

Quarterly World Report

JULY 2020



SPECIAL FEATURE

**Standing strong: chiropractors
deliver during global pandemic**

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President's message
COVID-19 feature
Education news
Research news
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Pandemic has exposed strength and resilience of global chiropractic community

Dr Vivian Kil, WFC President

Just five months ago (it seems like an eternity) we found ourselves at the outset of a pandemic. Talk of COVID-19 was everywhere: it was mentioned in every news report and it was all we could think about. We were all shocked, scared, baffled, and uncertain about what was to come. What we were told was that this pandemic would have an effect on every aspect of our lives, and it would touch each and every one of us in every corner of the globe.

Fast forward to summer 2020. Those early prophecies proved correct. We have witnessed the full, brutal impact of this global pandemic. But although many of us are still shocked, scared, baffled and uncertain about what may still confront us, we have also proven to be resilient. We have continued our lives, adapted to the situation at hand, and we have made the best of it.

I recognize the hardship throughout this period, I recognize the grief, and I feel for those who have lost their health or lost family members and loved ones as a result of COVID-19. But in the midst of tragic circumstances, there is a silver lining. Amazing efforts by those within our profession have shown that good things can come from dealing with a crisis, and I am proud of the fantastic response of our profession in all seven WFC regions over the past months.

In parts of the world where our colleagues were designated as essential workers they have continued to care for their patients in trying conditions, sourcing PPE, implementing physical distancing measures, setting up 'parking lot' waiting rooms, and maintaining rigorous disinfection regimes.

For others in parts of the world where government restrictions forced chiropractors to close their doors, lockdown did not stop them from reaching out to their patients, calling them up to check their welfare, offering support and pivoting to telehealth consultations.

We have seen how chiropractors have used opportunities during this pandemic to improve their knowledge and skills through online continuing education, so that when they return to work they can serve their patients and communities even better. We have seen providers of continuing education stepping up and providing temporarily free access to continuing education to help chiropractors in financial hardship as a result of closure of clinics.

We saw educational institutions swiftly moving their entire operations online to continue provision of education to our many thousands of chiropractic



students around the world. This not only asked for adaptability from staff and faculty, but also from students, especially those finishing their education and graduating during these trying times.

Amazing efforts from those within our profession have shown that good things can come from dealing with a crisis

Associations around the world have galvanized their teams to deliver great advice, reassure members and advocate for government support.

Adversity often brings out the best in people and we've seen fortitude, resilience and determination in abundance. In life, it is so often about having the courage to continue that counts. Thank you to our amazing worldwide chiropractic community for inspiring us and making us proud. **VK**

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CONTACTING THE WFC

Write to us:

World Federation of Chiropractic
160 Eglinton Avenue East (Suite 601)
Toronto, Ontario M4P 3B5, Canada

Call us:

+1 416 484 9978

Email us:

General enquiries	info@wfc.org
Richard Brown	rbrown@wfc.org
Khalid Salim	ksalim@wfc.org
Sarah Villarba	svillarba@wfc.org

NEWS ITEMS

The WFC welcomes news items, digital images and feature stories to include in the QWR. Send all submissions QWR@wfc.org. Please note all submissions may be subject to editing.

QWR ADVERTISING OPPORTUNITIES

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History made as Vivian Kil elected WFC President

The WFC Board of Directors has elected Vivian Kil as its President. Dr Kil, who has served as Interim President since May 2019, becomes the youngest elected president in the history of the WFC and its first female leader.

Dr Kil has served as a Director representing the European region on the WFC Board since 2016 and was elected to its Executive Committee in 2018.

An experienced leader, she has previously served the chiropractic profession in the capacity of President of the Netherlands Chiropractic Association and Vice-President of the European Chiropractors' Union.

The WFC Board comprises 13 Directors representing the 7 WFC world regions. As President, Dr Kil will chair the Board and work closely with her colleagues on the Executive Committee, which oversees the day to day activities of the WFC.

A graduate of AECC University College in the United Kingdom, Dr Kil is a full time clinician and owns a multidisciplinary clinic in the town of Beek in the Netherlands, close to the Belgian and German borders.

Speaking after her appointment as Interim President, Dr Kil said: "I am grateful for the confidence that the Board has placed in me to lead the WFC at this exciting time in its development.

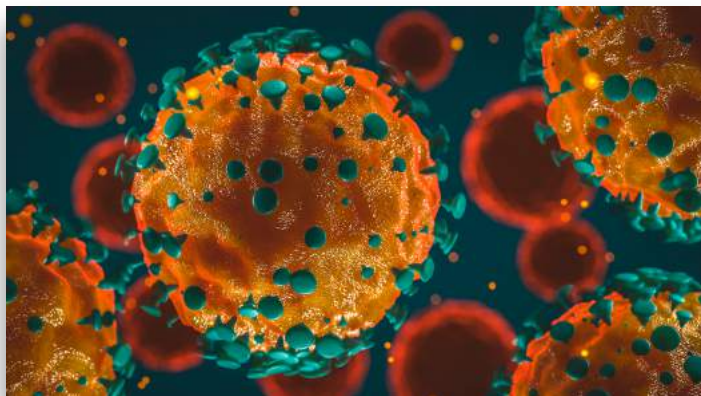
"I am committed to pursuing our mission, executing our strategic plan and championing the principles of evidence-based, people-centered, interprofessional and collaborative care. There is a great need for chiropractic globally and we have tremendous opportunities to support and build the profession around the world."

WFC Secretary-General Richard Brown commented: "The appointment by the Board of Dr Kil as President is an historic development for the WFC. It reflects our strong commitment to diversity and equality of opportunity and we are proud to have someone with Dr Kil's character and leadership experience serving as President.

"Our constituent members around the world can have every confidence that our highly committed Board is being led by someone of such ability and integrity."

At its meeting in May, the WFC also elected Dr Michele Maiers (North American region) to serve as Vice-President and Dr Keisuke Takeyachi (Asian region) to serve as Secretary-Treasurer.

WFC provides advice notes to chiropractors during COVID-19 pandemic



The spread of the coronavirus pandemic shows no sign of abating, with over 10 million confirmed cases having been reported worldwide.

Since March, the WFC has been providing regular advice notes to chiropractors to support the profession in light of the rapidly evolving COVID-19 situation.

The advice notes have been utilized in guidance issued by a number of WFC member national associations to their memberships

The advice notes cover a range of subjects relevant to the pandemic, providing updates on case numbers, information about the coronavirus itself, key messages relevant to chiropractic and advice from the World Health Organization (WHO).

WFC has consistently emphasized the importance of personal protective equipment (PPE), including hand washing, physical distancing, respiratory etiquette, and surgical masks and face coverings. It has also covered issues such as domestic violence and stress.

With new evidence emerging each day from a wide range of sources, WFC decided that it will only use WHO-sourced materials and resources.

The WFC advice notes have been curated by Dr Claire Johnson (WFC Public Health Committee Chair), Professor Greg Kawchuk (WFC Research Committee Chair) and Dr Richard Brown (Secretary-General).

Commenting on the WFC advice notes, Richard Brown said, "At a time of great uncertainty and confusion for many, we have been mindful of the absolute need to ensure that information we provide is current, evidence-based and reliable.

"The feedback we have received from our national association members and followers on our social media platforms has been very positive. We remain vigilant for any emerging information from WHO that would require us to update our advice notes."

The latest WFC advice note, dated June 15, can be accessed at https://bit.ly/WFC_C19_2020_06_15.

OUR PEOPLE

WFC BOARD OF DIRECTORS

Vivian Kil (President)	European Region
Michele Maiers (Vice President)	North American Region
Kei Takeyachi (Secretary-Treasurer)	Asian Region
Kendrah da Silva	African Region
Efstathios Papadopoulos	Eastern Mediterranean Region
Gian Joerger	European Region
Carlos Ayres	Latin American Region
Gerald Olin	North American Region
John Maltby	North American Region
David Peeace	North American Region
Holly Tucker	North American Region
Corrian Poelsma	Pacific Region
Andrew Lawrence	Pacific Region

RESEARCH COMMITTEE

Greg Kawchuk DC, PhD (Chair)	Canada
Christine Goertz DC, PhD (Vice Chair)	USA

PUBLIC HEALTH COMMITTEE

Claire Johnson DC, MS, PhD (Chair)	USA
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DISABILITY & REHABILITATION COMMITTEE

Pierre Côté DC, PhD (Chair)	Canada
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SECRETARIAT

Richard Brown DC, LL.M (Secretary General)
Khalid Salim (Finance & Administration Manager)
Sarah Villarba (Administrative Assistant)

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SPEAKER LINEUP



Vilayanur Ramachandran
Keynote Speaker



Joe Dituri
Keynote Speaker



Alan Goldhamer



Major Erik Johnson



Ed Le Cara



Robert D. Oexman



Rob Rosenbaum



David Seaman



J. Donald Dishman



LTC (Ret) Daniel T. Johnston



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Friday
07.31

Chronic Inflammation and the Nervous System

David Seaman

8am - 9am

Understanding Oxygen: Evidenced-based Review of Hyperbarics

Joseph Dituri

9:30am - 11:30am

Treating Patients with Primary and Comorbid Insomnia Using CBT-I

Robert Oexman

12:30pm - 1:30pm

Blood Flow Restriction Training for Spinal Cord Injuries

Ed Le Cara

2pm - 3pm

Structure, Function, and the Human Cell: The Future of Wellness in America

Dan Johnston

3pm - 5pm

Saturday
08/01

Respawn: A Gaming Based Approach to Medicine that Optimizes Therapeutic Success through Adaptive and Purposeful Engagement

Erik Johnson

8am - 9am

Can Fasting Save Your Life?

Alan Goldhamer

9:30am - 11:30am

Dysautonomia and the Craniocervical Junction

Rob Rosenbaum

12:30pm - 1:30pm

Transcranial Magnetic Stimulation: An Overview of Clinical Applications

J. Donald Dishman

1:30pm - 2:30pm

Embodied Minds; Disembodied Brains

Vilayanur Ramachandran

3pm - 5pm

Why equity and diversity are critical to the WFC's mission

Richard Brown, WFC Secretary-General

The past few weeks have shone a light on racism and inequality in society. News reports have carried disturbing images of brutality and violence that have shocked the world. The circumstances of the death of a black man in Minneapolis have awakened society to the ugly reality of discrimination that continues to blight communities and workplaces in our society. The outpouring of grief, with demonstrations in cities and towns throughout the world, reflected not just the tragic killing of George Floyd, but an expression of pent-up frustration that has afflicted generations who have had to endure the injustice of racism.

It seems inconceivable that in 2020, people continue to suffer persecution based on their ethnicity and the color of their skin. Conscious and unconscious discrimination result in sections of society who remain disadvantaged in terms of healthcare, education, job security, and in everyday life. It is so obviously wrong, yet sixty years on from the race riots of the 1960s we find ourselves with still so far to go in attaining a fair and just society.

The WFC's vision is a world where people have universal access to chiropractic so that populations may thrive and reach their full potential. Representing over 90 countries in 7 world regions, the WFC recognizes this as a bold ambition. The social determinants of health are such that for social, political, environmental and economic reasons, many millions of people do not enjoy access to basic health services, let alone chiropractic. Yet it is a vision that the WFC is committed to pursue. We believe fervently that all people should be able to access a chiropractor, regardless of their circumstances, yet in under-served communities this is far from being the case.

In 2015, I had the privilege of working as a volunteer with World Spine Care in rural Botswana. At first hand I was able to witness the hand-to-mouth existence that characterized the lives of those with the most minimal of resources and see for myself the realities of global inequality. Botswana is but one example where access to chiropractic is limited but in every country there are communities where access to services is far from universal and where sections of those

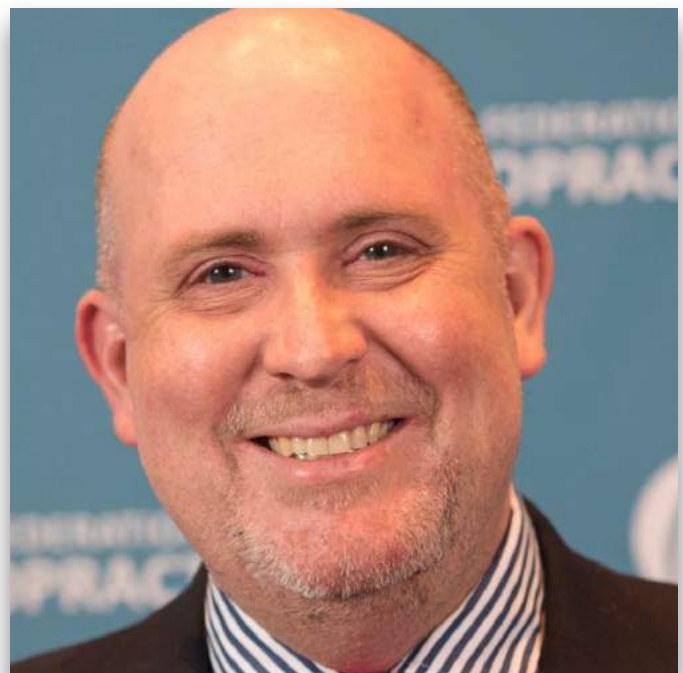
communities are actively discriminated against.

It has been shown that racism is considered a fundamental cause of adverse health outcomes for racial/ethnic minorities and racial/ethnic inequities in health [1]. In maternity departments, women from non-white ethnic groups report being treated less favorably, with less kindness, greater waiting times, and felt less involvement in decisions about their care [2]. This is unacceptable in any health profession and where such discrimination exists it must be called out.

In chiropractic we have a long way to go to ensure that our global workforce reflects the diversity of the communities that we serve. Whether it be ethnicity, gender, disability or orientation, as a profession we must strive to ensure that the chiropractic profession actively promotes equity and diversity in all its forms. To fail to do so would be to abdicate our responsibilities as health professionals and let down the societies we serve.

[1] Williams DR, Lawrence JA, Davis BA. Racism and health. Evidence and needed research. *Annu Rev Public Health* 2019 Apr 1;40:105-125.

[2] Henderson J, Gao H, Redshaw M. Experiencing maternity care: the care received and the perceptions of women from different ethnic groups. *BMC Pregnancy Childbirth*. 2013;13:196



Logan University announced as WFC Premier Corporate Partner

Logan University has signed a three-year agreement to become the Premier Corporate Partner of the WFC.

Announcing the partnership, WFC Secretary-General commented, "We have a longstanding relationship with Logan and are excited about this partnership."

"As a strong supporter of our #BeEPIC campaign, we know that Logan is aligned with our values, mission and vision. The range of programs offered at the university reflects its commitment to interprofessional, collaborative care and their extensive history of delivering evidence-based, quality chiropractic education makes Logan an excellent fit for the WFC."

Logan University (www.logan.edu) is located in Chesterfield, Missouri. It is a special focus university providing college education in chiropractic and other health sciences. Named after its founder, Dr Hugh Logan, Logan University was established in 1935 in St Louis. In 1973, it acquired Maryknoll Seminary and has added to the estate with a range of other buildings. Located on a 112-acre wooded hilltop site, in 2007, Logan University included in MSNBC's list of most beautiful college campuses.

Logan University has 1664 registered students, of which 855 are Doctor of Chiropractic students (56% female). As well as Doctor of Chiropractic programs, Logan University

offers a Doctorate in Health Professions Education, online Masters in Nutrition and Human Performance, online Masters in Sports Science and Rehabilitation and a range of other programs.

Logan University's President, Dr Clay



Dr Clay McDonald, President of Logan University.

McDonald DC, MBA, JD commented: "The World Federation of Chiropractic is a valued partner in our shared mission of improving access to chiropractic across the globe."

"For many years, the WFC has served Logan well as resource, supporter and champion of our students, faculty and graduates, and our recent commitment to this organization is a just one example of our gratitude."

"We are truly honored to be affiliated with the WFC and together look forward to advancing the chiropractic profession with evidence-based, patient-centered, interprofessional and collaborative care."



Logan University is located in Chesterfield, Missouri, USA

LOGAN UNIVERSITY

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Leaders keep learning, no matter what.

Health care providers are in greater demand than ever. As one of the nation's top chiropractic colleges, Logan University stepped up to the challenges presented by the COVID-19 pandemic, seamlessly shifting to online learning. While our campus was temporarily closed, Logan University continued to educate the next generation of health care leaders. Soon, our DC students will return for Logan's renowned hands-on training. For practicing chiropractors, we offer online master's in Nutrition, Sports Science, and a Doctorate of Health Professions Education. Learn more at logan.edu.

CCA appoints new Director to WFC Board

Dr Gerald Olin has been appointed by the Canadian Chiropractic Association (CCA), replacing Dr Ayla Azad who has stepped down as she takes up a new role as Director of Professional Practice at the CCA.

Dr Olin is the current Board Chair of the CCA. He steps down from this role in June 2020 having served a term of 2 years.

He completed his undergraduate degree at the University of Winnipeg and is a 1997 graduate of Northwestern University of Health Sciences. In 2018, he also completed a Chartered Director (C.Dir) program at the Caribbean Governance Training Institute.

Dr Olin is in private practice and is the director of a multidisciplinary health facility in Winnipeg, Manitoba, Canada. With a keen interest in sports chiropractic, Gerald is the team chiropractor for a number of elite sports teams including the Winnipeg Jets (NHL).

He is a consultant to Manitoba Health Insurance (Chiropractic Health Services) and to the Province of Manitoba Department of Family Services.

Dr Olin has held a number of offices within the Canadian Chiropractic Association besides his current role as Board Chair. These include First and Second Vice-Chair (2016-2018) and Chair of the National Opioid Advisory Committee (2017-present), Chair of the Audit and Finance Committee (2015-2016) and regional Director representing Manitoba (2013-2015).

Prior to his work with the CCA, Dr Olin was active at

With a keen interest in sports chiropractic, Gerald is the team chiropractor for a number of elite sports teams including the Winnipeg Jets (NHL).

Provincial level, holding a number of offices including those relating to professional standards and government relations. He was a lead on securing funding for a community clinic in Winnipeg providing chiropractic and other services for under-served communities.



Dr Gerald Olin

Dr Olin spent 18 years working with the Canadian Chiropractic Examining Board. He has been a guest lecturer at the Faculty of Medicine and Faculty of Pharmacy at the University of Manitoba since 2008.

WFC Secretary-General Richard Brown said, "We're sorry to lose Dr Azad, and congratulate her on her new appointment at the CCA.

" At the same time, we're delighted to welcome someone of Dr Olin's skill and expertise to replace her on the Board of Directors. His extensive experience in clinical practice, association management and governance will be a true asset to the Board."

Coronavirus forces venue change of 2021 Biennial Congress

The previously-planned 2021 Biennial Congress, due to take place in Tokyo, Japan, is the latest event to fall victim to the coronavirus pandemic.

Secretary-General Richard Brown and the WFC Professional Conference Organizer met with representatives of the Japanese Association of Chiropractors and the Tokyo Convention and Visitor Bureau in February 2020, just as the effects of the virus were gathering pace.

"The rescheduling of the 2020 Olympic Games to 2021 and the impact on accommodation and meeting rooms, made holding the WFC Congress in Japan not feasible," said Dr Brown.

With the approval of the WFC Board, an alternative venue has been sought and the WFC can now announce that the 2021 Biennial Congress will be held September 22-25, 2021 in Kuala Lumpur, hosted by the WFC member for Malaysia, the Association of Chiropractors Malaysia.

Dr Brown continued, "Kuala Lumpur is a fantastic city and is a perfect location for our 2021 Congress. With most of the world having spent months in lockdown, 2021 will see the re-emergence of in-person events. We are committed to hosting a fantastic event which, in the tradition of WFC Congresses, will be a true celebration of the profession."

Malaysia is the fastest-growing nation for chiropractic in the WFC's Asian region. Since the introduction of a chiropractic program at the International Medical University in Kuala Lumpur, the numbers of chiropractors has grown significantly.

Kuala Lumpur is the capital city of Malaysia, boasting gleaming skyscrapers, colonial architecture, charming locals and a myriad of local attractions. Well served by international airlines and with modern, high-end hotels, green spaces, Asia's top shopping malls and a vibrant night life, Malaysia 2021 truly is an unmissable destination for the WFC Congress 2021.

WFC BIENNIAL CONGRESS
KUALA LUMPUR
MALAYSIA
SEPTEMBER 22-25, 2021

SAVE THE DATE

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CHIROPRACTIC MALAYSIA



WORLD FEDERATION OF
CHIROPRACTIC

Report of the WFC Board of Directors

The WFC Board of Directors met on May 7-8, 2020 for what should have been its annual in-person meeting. Unfortunately, the coronavirus pandemic caused the meeting to be rearranged from downtown Toronto to a virtual meeting via teleconference. To avoid 'screen fatigue, and taking into account a 17-hour difference in time zones between members of the Board, the meetings were restricted to 3 hours per day.

The Board welcomed Dr Gerald Olin as its newest Director. Dr Olin is a direct appointment by the Canadian Chiropractic Association (CCA) which, by virtue of its membership size, is entitled to appoint two WFC Directors. As mentioned elsewhere in this report, Dr Olin replaced Dr Ayla Azad, who has taken up an exciting new role as Director of Professional Practice at the CCA.

While Directors are either appointed or elected to the Board, once in post their overriding duty is to the WFC. This means that their fiduciary duty as Directors is to always act in the WFC's best interests, maintain confidentiality, declare conflicts of interest where they exist and fulfill other duties that are defined in the *Canada Not-for-profit Corporations Act*.

There was much discussion on the Board about the impact of the COVID-19 pandemic. Although the WFC head office in Toronto has been closed as a result all staff have pivoted to working from home, resulting in a seamless transfer to a virtual working environment.

The WFC Strategic Plan 2019-2022 is based on four pillars: support, empowerment, promotion and advancement. The Board received reports from each of its 7 regions. Regrettably, as a consequence of COVID-19, the Secretary-General had been forced to cancel a number of engagements that would have taken him to many of these regions. However, he reported that regular communication with leaders in the WFC regions, as well as educational leaders and other key stakeholders was being well received, as were the WFC Advice Notes being posted on the WFC website.

The Board noted with concern the proliferation of

short courses of education that were emerging in some parts of the world. It reiterated its support for high quality, evidence-based educational programs and the value of accreditation as a means of quality assurance.

The Board received reports from the respective chairs of the Research Committee, Disability and Rehabilitation Committee and the Public Health Committee, noting the significant amount of work being undertaken by these committees.

The Board discussed matters of governance review, including Board policies and optimizing the efficient running of the WFC. In particular it considered role descriptors for members of the Board, a Code of conduct for Board members and expectations of member national associations.

The Board noted the significant engagement with the World Health Organization as a non-State Actor in official relations. It noted that attendance at the World Health Assembly would be virtual for the first time in WHO's 72-year history.

Having been granted permission from the Government of Canada, it was agreed that the Annual General Meeting of WFC Members would take place via teleconference on November 17, 2020.

The Board was informed of the necessity to reschedule the 2021 WFC Congress, which had been planned to take place in May in Tokyo, Japan. As a consequence of issues related to the COVID-19 pandemic, not least of which was the rescheduling of the Olympics to 2021, the Board agreed that alternative venue should be sourced. It has since been agreed that the WFC Biennial Congress will take place September 22-25, 2021 in Kuala Lumpur, Malaysia.

Finally, the Board conducted elections for the Officers of the WFC. These resulted in the election of Dr Vivian Kil as President, Dr Michele Maiers as Vice-President and Dr Keisuke Takeyachi as Secretary-Treasurer.

Richard Brown, Secretary-General.

WFC committee members selected to be part of groundbreaking WHO initiative

Members of the WFC's Disability and Rehabilitation, Public Health and Research Committees are among those recently appointed to serve on a ground-breaking WHO development group.

Since 2017, WFC has been a participant in WHO's Rehabilitation 2030 initiative. It builds on the objectives of the United Nations' Sustainable Development Goals (SDGs), particularly SDG3, 'to ensure healthy lives and promote wellbeing for all at all ages.'

Within SDG 3, a specific target calls for the achievement of Universal Health Coverage (UHC) defined as "all people receiving the full spectrum of quality health services (health promotion, prevention, treatment, rehabilitation and palliative care) that meet their needs without being exposed to financial hardship in paying for the services". The World Health Organization (WHO) has defined the achievement of UHC as one of the strategic priority



goals to address SDG 3 in its General Programme of Work 2019-2023 (GPW 13). To address this in terms of rehabilitation services, WHO's Rehabilitation Programme has launched the "Rehabilitation 2030 - A call

for action" initiative.

The Package of Rehabilitation Interventions (PRI) will comprise information on evidence-based rehabilitation interventions that are relevant for people at all stages of life, along the continuum of care, across all service delivery platforms, and across all world regions, with a specific focus on low- and middle-income countries.

Having been contacted by WHO to propose members for a Development Group for Low Back Pain as part of the PRI, the WFC has seen 7 of its recommendations resulting in invitations to participate.



Dr Jessica Wong is among those selected to join the PRI Development Group for Low Back Pain.

- Professor Pierre Côté (Disability and Rehabilitation Committee)
- Professor Jan Hartvigsen (Research Committee)
- Dr Jessica Wong (Public Health Committee)
- Professor Margareta Nordin (Disability and Rehabilitation Committee)
- Dr Christine Cedraschi (Disability and Rehabilitation Committee)
- Dr Martin Camara (President, Association of Professional Chiropractors of the Philippines)
- Dr Geoff Outerbridge (Director, World Spine Care)

WFC Secretary-General Richard Brown commented, "For the WFC to have been involved in the formation of this Development Group reflects the role that WHO sees in WFC as a participatory Non-State Actor and strengthens our collaboration. It also emphasizes the growing role that chiropractors are seen to play in rehabilitation and disability prevention".

Celebrating 40 Years

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has proudly published the WFC Congress award winning scientific papers.

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WFC Public Health Committee advises heightened awareness of domestic violence amid COVID-19 pandemic.

With chiropractors increasingly engaged in telehealth consultations in the wake of the closure of offices and clinics around the world, the WFC's Public Health Committee (PHC) is warning chiropractors to be alert to signs of domestic violence in patients seeking help for back, neck and joint pains.

The call comes as United Nations Secretary-General António Guterres issued stark figures indicating that the rate of violence against women and girls had risen sharply following the imposition of lockdown measures during the pandemic. Dr Guterres pointed out that the threat of violence for many women and girls was largest in the very place where they should feel safest: in their own homes.

Figures have shown that domestic violence is not limited to low-income countries. Increased economic and social stresses, combined with people being contained within their own homes are creating a toxic environment for domestic violence in all countries.

WFC PHC Chair Dr Claire Johnson commented, "We are calling on all chiropractors who are conducting either face-to-face consultations or telehealth interviews to be very alive as to the possibility of non-accidental injuries to women and girls. Frequently, they may be evasive when it comes to reporting how they came to suffer their injuries and chiropractors should be cognizant of all potential causes of new musculoskeletal injuries."

Even before restrictions were placed on movement of populations due to the pandemic, figures show that domestic violence affected approximately one third of women. In the United States a quarter of college students



Dr Claire Johnson, Chair, WFC Public Health Committee

reports sexual assault or misconduct, and in sub-Saharan Africa the figure is as high as 65 per cent.

The impact of domestic violence is profound. Female victims of domestic abuse suffer long term physical, sexual, reproductive and mental health consequences. Research has demonstrated that women who have suffered domestic violence are twice as likely to have an abortion and twice as likely to suffer with depression. They are 1.5 times as likely to acquire HIV as a result of violence and 2.3 times more likely to develop alcohol-related disorders.

Figures from 2017 showed that of the 87,000 women intentionally killed, over fifty per cent were killed by intimate partners or family members. In women of reproductive age, women are as likely to die from domestic abuse as they are from cancer.



Continued

WFC Public Health Committee advises heightened awareness of domestic violence amid COVID-19 pandemic. (continued)

The United Nations has reported a surge in calls to domestic violence helplines around the world, most noticeably in China, where reports have tripled since the lockdown came into force. In Australia, Google reported that the number of online searches related to domestic violence increased by 75 per cent. South Africa saw over 90,000 calls reporting incidents of domestic violence in the first week of the lockdown. Support groups have been overwhelmed by calls, with centers and refuges having quickly become full or recommissioned as additional Covid-19 wards.

It is thought that the forced confinement has fostered tension and strain on relationships, which have been exacerbated by fears over security, loss of employment, health concerns and money worries.

Dr Johnson continued, "The lockdown has created a tinderbox effect and we strongly encourage all chiropractors to be mindful of issues around domestic violence when questioning women and girls about their symptoms. Careful, discrete, open questioning about onset, cause, and characteristics may bring up inconsistencies and patients may sometimes be evasive.

"With verbal interviews now often taking place through the medium of a screen, limitations on physical examination may conceal marks or scars."

Women's, children's and adolescents' health is one of the key focus areas of the WFC PHC and the impact of the Covid-19 outbreak has meant that many families are facing heightened challenges. As well as professional consultations, Dr Johnson also encouraged a heightened awareness of women and girls breaching lockdown rules to spend time in parks and other open spaces. "We're aware of some women being verbally abused in these circumstances, but there may be very valid reasons of personal safety that explain why women are where they are. We encourage everyone to show compassion at what is an extremely challenging time for many."

Eklund sees WFC award-winning maintenance care paper published in leading journal

The first prize in the 2019 WFC Research Competition has been published in the journal *Chiropractic and Manual Therapies* (https://bit.ly/Eklund_NCMIC).

The NCMIC Scott Haldeman Award is given to the paper judged by the WFC Congress Scientific Committee to be the most outstanding, innovative and impactful.

The paper was presented as a platform presentation at the joint WFC ECU Congress, EPIC2019, held in Berlin.

Authored by Andreas Eklund et al the paper is entitled "The Nordic maintenance care program: maintenance care reduces the number of days with pain in acute episodes and increases the length of pain free periods for dysfunctional patients with recurrent and persistent low back pain - a secondary analysis of a pragmatic randomized controlled trial."

The aims of this study, which involved 319 patients, were to investigate 1) pain trajectories around treatments, 2) recurrence of new episodes of LBP, and 3) length of consecutive pain-free periods and total number of pain-free weeks, for all study participants as well as for each psychological subgroup.

The study concluded that maintenance care targeting dysfunctional patients was effective, and that for patients with recurrent and persistent low back pain the clinical course becomes more stable and the number of pain-free weeks increases between treatments.

The WFC acknowledges the generous and longstanding support of NCMIC in sponsoring the WFC Research Awards.

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WFC issues statement of solidarity with WHO amid pandemic

As the only chiropractic non-State actor in official relations with the World Health Organization, in late April the WFC issued a statement of solidarity supporting WHO's work and actions, especially during the COVID-19 pandemic.

WFC has been a non-state actor in official relations with WHO since 1997. One of just over 200 global organizations to hold this status, WFC supports WHO by promoting global public health and advocating for universal health coverage.

Secretary-General Richard Brown explained further: "As the only chiropractic organization represented at WHO, we are in a unique position to work alongside and support the initiatives that are relevant to the work of chiropractors."



The headquarters of the World Health Organization is in Geneva, Switzerland.

"As primary care, portal-of-entry health professionals, chiropractors are responsible for not only treating pain syndromes but are expected to provide evidence-based, responsible public health advice. This can include advice on smoking cessation, physical activity, lifestyle and disability prevention.

"We work with a number of departments at WHO, including non-communicable diseases, integrated, people-centered health services, global health workforce and norms and standards. Directly linked to WFC initiatives, we also have two doctors of chiropractic working at the WHO's headquarters in Geneva."

WFC Statement of Solidarity with WHO

At a time of significant threats to global public health, the World Federation of Chiropractic (WFC) stands in solidarity with World Health Organization (WHO) in its role of promoting health for all and in protecting population health in all nations.

WHO is the United Nations' specialist agency for health. In the midst of the coronavirus pandemic we consider that the role of WHO has never been more important in coordinating a unified, global response to the spread of COVID-19. In countries with strong health systems and in those whose health systems are fragile, the role of WHO is critical in bringing together scientific, epidemiological and clinical experts to guide the response of Member States and minimize loss of life.

Beyond the current pandemic, we consider that WHO's expertise in developing norms, standards and technical documents to improve population health, tackle premature mortality and support best practice in disease prevention and health promotion is crucial. This includes the care of spine and musculoskeletal disorders and the effects of these disorders on the nervous system and on general health.

Many countries rely on the support and expertise of WHO to protect the health of their citizens. In the midst of a global pandemic, the threat is all the more worrying as resources are stretched and the world looks to WHO for support in containing the spread of the coronavirus outbreak and in saving lives.

The WFC is the only chiropractic organization in official relations with WHO as a non-State actor. We call on all governments to step up efforts to beat the coronavirus pandemic by working collaboratively and maintaining funding to WHO. The health of nations, societies, communities and families depend on a unified, coordinated response. Solidarity is key and no single nation will beat this pandemic alone.

WFC Member Organizations Shine During COVID-19

With the COVID-19 pandemic far from over in many parts of the world, many chiropractors have been hit severely by lockdown restrictions preventing face-to-face care. Those who are permitted to continue in-person treatment face strict guidelines on personal protective equipment (PPE) requiring dramatic changes to their usual working practices.

It has been a distressing time for

many health professionals, including chiropractors. Thankfully, chiropractic national associations, educational institutions and other bodies have stepped up magnificently to support doctors of chiropractic, chiropractic students and communities around the world.

In this special feature, we showcase some of the examples of outstanding work being done

during the coronavirus pandemic.

As well as those mentioned here, there will also be the 'unsung heroes' whose work often goes unseen. We salute everyone who has gone the extra mile in supporting the profession at this most challenging of times. In the future, it will be a time to look back, reflect, and be proud.

CDAHK becomes voice for better health during pandemic

During the COVID-19 outbreak, information has been changing every week. Hong Kong's raft of executive decisions were sufficient to help slow the spread of the coronavirus without a complete lockdown of the city.

The Chiropractic Doctors Association of Hong Kong (CDAHK) provided a weekly radio and newspaper announcement to the Hong Kong community in order to advise the latest healthcare information to the public. CDAHK also became a direct channel for the Hong Kong government to release announcements to the profession.

Unlike the countries worst affected by COVID-19, people in Hong Kong were able throughout to source chiropractic care and were not ordered to remain in lockdown. CDAHK Vice Chair, Dr Rick Lau led a team in tracking down scarce PPE supplies, and distributed over 250 masks to each association member, enabling ongoing safe and effective chiropractic care to be delivered.

In addition, one of Hong Kong's leading epidemiologists utilized big data and contributed significantly to advice advocating social distancing, wearing of masks and avoidance of gathering. Other local researchers had also worked with Dr Eric Chu, Chairman of CDAHK, in investigating the effects of COVID-19 outbreak on the health-seeking behavior of patients with musculoskeletal disorders in the private



Dr Eric Chu, President, Chiropractic Doctors Association of Hong Kong.

sector in Hong Kong as compared to the big data from the last 3 years. The preliminary data supported the importance during the outbreak of private facilities, including chiropractic clinics, to complement the public healthcare institutions. It also implied the importance of chiropractic clinic during the period. This bodes well for future public-private sector collaborations to alleviate the workload within the public sector.

Puerto Rican chiropractors show strength in sustained adversity

As the world reels from the COVID-19 pandemic, the island of Puerto Rico has had to cope with not just one state of emergency in 2020, but two.

In January, Puerto Rico was hit by a series of earthquakes that devastated and paralyzed the southern half of the island. Images of destruction were flashed across the world's TV screens as those affected fought to retrieve possessions and rebuild their lives.

In the middle of these most testing times, the Puerto Rican Chiropractic Association (AQPR) rose to the challenge.

For the first time chiropractors, in conjunction with the medical community including psychologists and social workers teamed up to provide multi service care to the most affected citizens. Working with various interdisciplinary organizations that provided emergency care to our most vulnerable population affected by the earthquakes, AQPR chiropractors were able to bring relief to people in their hour of need.

As COVID-19 struck the world in March, the Puerto Rican population was tested once again as a national lockdown was ordered to minimize the spread of COVID-19. AQPR approached the government medical task force that oversees the management of protocols prevention and essential services, which responded by formally recognizing the role of chiropractic as an essential healthcare service.

AQPR members thus began providing emergency musculoskeletal care under strict infection control protocols.

After five months of struggle, better news followed, with the announcement that along with the medical community, chiropractic was included in a tax income reduction incentive reform. This tax income



A devastating earthquake hit Puerto Rico in January 2020



When COVID-19 struck, AQPR members put on PPE and joined a government task force to provide emergency musculoskeletal care

relief, commonly known and “law#60” conferred tax benefits for having provided a vital role in the healthcare system of Puerto Rico. The inclusion of chiropractors in this legislation is the culmination of four years of intense efforts which started under the direction of AQPR Past President Dr Mayda Serrano.

Canadian Chiropractic Association rewrites the playbook in response to COVID-19

Since March, Canada's chiropractors have faced COVID-19 challenges arising from clinic closures and shelter-in-place directives. As a result, Canadian chiropractors shuttered practices, lost income and faced uncertainty about their futures.

Recognizing the severity of this historic disruption, the CCA pivoted its staff, focus and resources to address the crisis. Between March and May – the CCA retooled to deliver programs and services to help chiropractors weather the storm and position

- 1,250 new members added to the CCA Members Private Facebook group, now totaling 2,300 members. It is the go-to meeting place for Canadian chiropractors to connect, share information and keep abreast of ongoing efforts and updates. There were 670 posts and 8,900 comments during this period
- 150 incoming member emails and 50 telephone calls on average every business day



themselves for post-COVID success. As of May, provinces began to reopen in stages, allowing chiropractors to start seeing more than emergency cases – but under very different conditions than before.

Below is a snapshot of CCA's activities and results of its efforts between March 10 and May 31:

- 30,000+ page views to the COVID-19 National Resource Centre (launched March 17), the Telehealth Best Practice Guide (April 14) and the Return to Practice Resources page (April 28)
- 8,000 member letters sent to federal and provincial politicians as part of efforts to make criteria for relief programs fair for chiropractors. Two campaigns resulted in changes to federal support programs; the third campaign is still underway

- 123 emails sent in English and French to keep members up to date on developments — more than two per business day
- 31 webinars about pandemic issues, return to practice, telehealth and the Master Class series. 8,600 attended the live sessions and 11,000 watched the YouTube recordings
- Partnered to create an online store for PPE that opened on April 27

Launched a customized telehealth software product – Virtual Chiro Care – on June 15

Persuaded Canada's largest extended healthcare insurers to reimburse chiropractic telehealth visits

Feedback from members has been overwhelmingly positive. The CCA will continue to be nimble to support our members and the patients they serve.



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British Chiropractic Association rises to challenge of COVID-19

Our approach to the challenges of COVID-19, has been to exemplify the outstanding, professional support members have come to expect from the BCA, by providing unwavering leadership and giving clarity in an uncertain environment.

We initially worked to understand the changing needs of our members, creating resources and adapting services to support them during the crisis and the lasting effects beyond it.

This included remodeling the operational working of the BCA, altering our communication methods to articulate the latest updates and advice in a way that was clear and trustworthy for our members, and for the public who were also looking to the BCA for direction.

The BCA's role in this crisis has included leading and supporting more than just our members and the UK's chiropractic community. Visits to our website from the general public and patients showed the need to produce clarity to potential patients also.

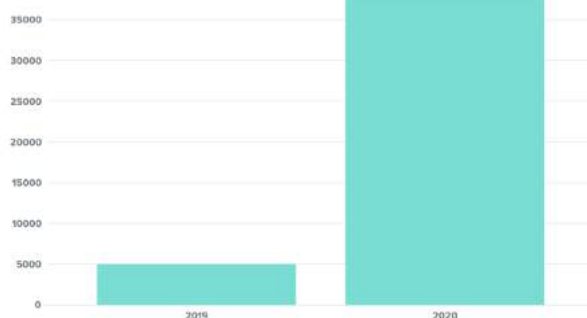
Using public information and our extensive press work, we were able to showcase chiropractic expertise, as well as provide valuable support to the public who were adapting to life in lockdown and experiencing back and neck pain caused by poor home-working set ups.

As lockdown lifts, the balance of risks to personal and professional safety is upmost in our minds when advising members on how to return to work during COVID-19. Developing a system that considered the necessary risks and articulating this to members helped to navigate the changes being made by the four separate UK countries.

As the largest professional association in the UK, we understood the responsibility to lead and manage our community in a way that could stand up to scrutiny and leave a positive, lasting impact.

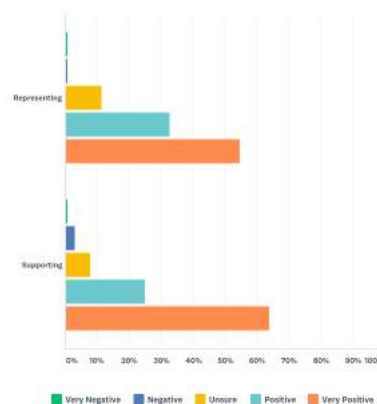
We are very proud to have secured a trusted, long-term relationship with our members, whilst protecting the reputation of the chiropractic profession.

Visits to the BCA website 1st Feb - 19th May 2109 vs 2020



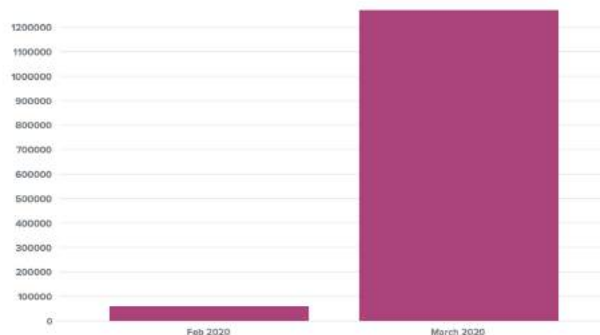
Once COVID-19 hit, visits to the BCA website increased dramatically.

Q11 How well do you feel the BCA have been in representing and supporting you at this time?



Feedback from BCA members showed high levels of satisfaction with service provided.

Press coverage increase February to March 2020



BCA experienced a huge uplift in press coverage in the early stages of COVID-19

ACA provides advocacy and information support for chiropractors during pandemic

The American Chiropractic Association (ACA) has been active during the pandemic in ensuring that its member doctors of chiropractic have been kept up to date in relation to federation legislation and relief efforts taking place throughout the United States of America.

ACA has also been curating information from multiple credible sources and partners for use by doctors of chiropractic and have set up a dedicated resource page at acatoday.org/COVID19. This resource is continually updated with information, guidance and resources relating to the coronavirus.

Meanwhile, patients and members of the public can visit the ACA's sister website HandsDownBetter.org for consumer-focused resources, including mental health resources for families and children.

In late March, ACA's Board of Governors released a statement highlighting ACA's commitment to providing reliable information about chiropractic care as well as clarifying misinformation that may cause confusion.

The statement directly addressed claims in some quarters of the chiropractic profession that spinal adjustments can boost immunity and decrease the risk of contracting COVID-19. The ACA stated, "While spinal adjustments are effective for a number of conditions, there is no quality evidence to support that they can improve immunity to COVID-19."

ACA has also taken action to protect the interests of chiropractors and their patients during the pandemic. In April, ACA contacted the Cybersecurity and Infrastructure Agency (CISA) of the Department of Homeland Security

requesting the addition of chiropractors to the federal list of essential healthcare providers. Shortly after receiving ACA's letter, CISA released an advisory memorandum that includes chiropractors as part of the essential critical infrastructure workforce.

ACA continues to build support for the Chiropractic Medicare Coverage Modernization Act, or H.R. 3654. If passed, H.R. 3654 (HR3654.org) would allow beneficiaries to access all Medicare-covered benefits allowable under a chiropractor's state licensure. ACA is encouraging all its members to contact their Members of Congress in support of this important legislation.

Through its **Learn ACA** online education platform (learn.acatoday.org), ACA is offering on-demand online education from some of the chiropractic profession's most knowledgeable subject matter experts and respected thought leaders. **Learn ACA** is now offering 13 free continuing education (CE) credits to ACA members.



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CASA excels with Lockdown Webinars and works with regulator to effect regulatory change

In response to the COVID-19 outbreak, a state of disaster was declared on March 15, 2020 in South Africa.

A full military-ruled lockdown was implemented from 26 March, which permitted chiropractors to only treat emergency cases. Lockdown measures continue in South Africa, albeit with fewer restrictions, which have allowed chiropractors to return to practice with stringent health guidelines entailing the use of personal protective equipment (PPE) and sanitization protocols.

The Chiropractic Association of South Africa (CASA) reports that this has been a challenging yet rewarding time. As the state of emergency was declared, telehealth was emerging in South Africa as a means of interacting with patients. CASA worked closely with the Allied Health Professions Council of South Africa (AHPCSA), South Africa's regulatory body for chiropractors, to allow for the use of telehealth for the profession. Within a matter of days, the documentation was submitted, and telehealth was declared legal to chiropractors to use, the first profession in South Africa to be regulated in this way! Legal formalities were completed swiftly as

well as provisions made for malpractice insurance cover.

For chiropractors in South Africa, the COVID-19 pandemic raised many new issues beyond insurance matters. Revision of consent forms and back-to-practice guidelines were just two matters CASA had to consider.

With CASA's annual conference being canceled and opportunities for continuing education limited, CASA, led by Secretary-General Dr Bridget Bromfield, launched its "Lockdown Webinar" series, which were a huge success and attracted more than 300 participants at each session.

CASA's social media campaign has also greatly intensified and has proved an excellent means of keeping well informed. CASA is particularly grateful to the WFC for the continued information which facilitated CASA's communication to our members.

CASA looks forward to the gradual relaxation of South Africa's lockdown rules, enabling chiropractors to get back to doing what they love doing – treating patients.



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Malaysian association extends friendship to global partners with ACM Care

On March 18, the Malaysian government established and initiated the Movement Control Order (MCO) to prevent the spread of COVID-19. During the MCO period, the Association of Chiropractic Malaysia (ACM) strongly recommended that all chiropractic centers in Malaysia cease operation.



ACM members dispatch masks and sanitizer around the world

On May 4, with the situation improving, the Malaysian government moved to the next phase named the Conditional MCO (CMCO). Resulting in some sectors reopening sectors in order to restart, recover, and revitalize the Malaysian economy. This included chiropractic practices.

Strict and constantly updated standard operating procedures (SOPs) have been provided and mandated by the government and local authorities to assist with business reactivation and operation. On June 7, the government announced the Recovery MCO (RMCO) phase, during which more sectors are allowed to operate.

As a token of solidarity and friendship, during this challenging time the ACM started a campaign called 'ACM Care'. This project involved the ACM dispatching face masks and hand sanitizer to its supportive members and affiliates around the world as tokens of appreciation.

NBCE takes prompt action to maintain exam integrity

Since 1963, the National Board of Chiropractic Examiners (NBCE) has developed exams that measure professional competency, with Parts I-IV required to become a licensed chiropractor in the United States.

In response to the COVID-19 global pandemic, it was determined that the integrity and quality of exam administrations could not be maintained while protecting the health and safety of examinees and test site administrators when complying with Federal, State and local mandates. The NBCE canceled in-person exams for March, April, and May 2020 in order to avoid potentially exposing the virus to over 3,000 examinees and 1,250 test site personnel within approximately 20 communities.

NBCE resumed regularly scheduled testing for the Part II exam on June 13-14. Exams that were canceled have been rescheduled. The Spring Part IV exam has been rescheduled for July 10-12 at ten test sites across the country. Additionally, the Part III & Physiotherapy exams were rescheduled for July 18-19 and the Part I exam was rescheduled for August 13-18. This massive rescheduling process would not have been possible without the hard work, cooperation, and support of chiropractic college leadership, their facilities team, test site staff, vendor partners, and the dedicated staff of NBCE, all of whom were working outside their normal operations.

Ordinarily, NBCE schedules its annual meeting in conjunction with the Federation of Chiropractic Licensing Boards (FCLB) in order to discuss and vote on issues vital to chiropractic practice nationwide. Because of travel restrictions and stay-at-home orders across the country due to COVID-19, meeting in person this year was neither safe nor feasible. In order to continue with the facilitation of the Annual Meeting, over 100 delegates, alternates, and interested parties met virtually through a secure online platform on April 24, 2020. NBCE is grateful to all participants who took time away from their patients and families to attend the 2020 Virtual Annual Meeting, thus maintaining the integrity of the chiropractic profession.

ChiroSuisse Task Force fights for PPE during COVID-19

Thomas Thurnherr

From mid-March onward, the coronavirus also took hold of the entire society in Switzerland. On 16 March, the Federal Council declared the situation to be "extraordinary" and suspended public life. The population was called upon to stay at home. All commercial business and leisure activities were temporarily closed. The health care system - and thus also the profession of chiropractors - was severely affected.

At the outset, following restrictions announced by the Federal Council, ChiroSuisse set up a Task Force to support its members. Medical practices, were required to maintain primary care, but to reduce consultations to urgent cases only. The confusion and uncertainty were great.

The ChiroSuisse COVID-19 Task Force consisted of members of the board and employees of the ChiroSuisse office. Everyone worked intensively, sometimes until late into the night. The Task Force clarified matters tirelessly, sought information, made inquiries at a national level and at cantonal offices and wrote to the Federal Councilors.

Due to the omission of chiropractors in the regulations, it was impossible to source PPE, and chiropractors were advised that protective masks were reserved for medical personnel only.

Within a short time, the Task Force was able to grasp the situation and draw up measures and recommendations. Members of ChiroSuisse were continuously informed via e-mail. FAQs were compiled and answers were prepared and published on a website set up specifically for this purpose.

In the beginning there were many questions whether chiropractic practices had to be closed down completely. In Switzerland, chiropractic is a university-based medical profession, which is

regulated by the Federal Law on Medical Professions. However, in the first version of the COVID-19 regulation and also in the accompanying explanations, chiropractors were simply forgotten. It took some time before it was clear that chiropractic clinics were permitted and even required to remain open to provide care in urgent cases. However, due to the omission of chiropractors in the regulations, it was impossible to source PPE, and chiropractors were advised that protective masks were reserved for medical personnel only.

The ChiroSuisse Task Force realized that even cantonal doctors sometimes lacked the knowledge that chiropractors have a medical education and were classified as medical personnel. It was only after several interventions at the highest level that the director of the federal office of public health declared in a letter that chiropractors are eligible for PPE. However, by that time, masks were impossible to source.

As a consequence of the substantial drop in patient numbers, many ChiroSuisse members were confronted with financial constraints. The Task Force clarified the economic formalities and found that self-employed workers were excluded from the Federal Council measures.

With limited economic support from the state, most chiropractors have suffered a painful loss of income. ChiroSuisse will continue its efforts to ensure that nationwide planning explicitly includes chiropractic clinics in the future, thus ensuring that patients can continue to be cared for as needed even in times of crisis.



Logan Maintains Commitment to Highest Quality Education Through Global Pandemic



As news of the COVID-19 pandemic spread around the globe, members of Logan University's Cabinet were constantly monitoring updates from the media, government leaders, the World Health Organization and Centers for Disease Control and Prevention, in order to make strategic decisions that were in the best interests of students, employees, patients and guests.

As organizations of all sizes faced never-before-seen challenges, the Logan community stepped up in a remarkable way, demonstrating its ability to navigate tough but necessary changes to ensure the health and safety of all.

Ultimately, University leadership made the decision to close campus to non-essential employees and temporarily migrate all instruction online. This was certainly a large undertaking, but one Logan was well-prepared for thanks to prior investments in technology and existing structures within the online programs in the College of Health Sciences.

Still, transitioning all College of Chiropractic courses—which are typically hands-on—required quick and creative thinking, an investment in additional resources, and an adjustment for both students and faculty in how they learned and taught. Within just a week and a half from the decision to close campus, Logan's College of Chiropractic courses were fully up and running online—demonstrating Logan's commitment to continue to provide the highest quality education to students.

Logan's Academic Technology Services and Information Technology Services teams—whose job is to provide resources, guidance and advice so faculty can do their job of helping students grow their knowledge and understanding—worked especially hard to help transition courses online and collaborate with instructors to translate the hands-on lab experiences to the computer screen.

But technology alone couldn't solve the challenges brought about by the global crisis. Recognizing the difficulty of the situation for students, the leadership team asked the Board of Trustees for a zero tuition increase for the 2020-21 year.

In addition, Logan extended the withdrawal deadline for spring and summer courses, gave students the option of being graded on a pass/fail basis, and offered a final trimester, complete tuition-paid scholarship for spring 2020 DC students needing to delay one or more courses due to the pandemic. The University also fulfilled its commitment to keep all full-time faculty and staff on the payroll with absolutely zero furloughs or employee reductions through the end of August.

Through the many challenges and changes, students, employees and patients remained Logan's highest priority, and leadership is confident that the actions taken to date have prepared Logan to emerge as an even stronger institution.

"Throughout this experience, we have identified strengths and opportunities to improve our courses—in both face-to-face and online environments—and take them to the next level," said Dr. O'Reilly. "We also have an increased understanding of each other's perspectives. When you come together the way we did so positively, it helps build and strengthen relationships."

NIKKB supports Danish chiropractors with video consultation and webinars during COVID-19 lockdown

When COVID-19 forced Danish chiropractors into partial or full lockdown in March, NIKKB sprung into action to support those chiropractors who were affected.

Supporting practicing chiropractors, NIKKB set up a two-way video consultation system through the web-based electronic health records (EHR) system KirCACS, which enabled users to carry out online consultations with their patients.

At the same time, the Danish regional authorities modified a mobile app originally developed to

enable doctors to carry out online consultation, such that it could also be used by chiropractors.

With the lockdown confining some chiropractors to their homes, NIKKB created ten continuing professional development webinars.

NIKKB and the Department for Sports Science and Clinical Biomechanics at the University of Southern Denmark (SDU) also set up a number of new CPD webinars for chiropractors, including webinars on self-management (by Professor (SDU) and Senior Researcher (NIKKB) Alice Kongsted), X-rays of the hips and pelvis (by Canadian researcher Sarah Dion) and video consultation on the neck patient by Associate Professor Henrik Hein Lauridsen (SDU).

Having developed a dedicated COVID-19 microsite, the Danish Chiropractors' Association kept Danish chiropractors updated on guidelines, news on COVID-19, information and advice during the lockdown.



Activator pivots to seamless VT

As well as serving the chiropractic profession throughout the world, Activator Methods has always been committed to the health and wellness of the public. As the coronavirus pandemic took hold, Activator reacted swiftly, to provide leadership and continuing education and training to the chiropractic community.

To respond to the needs of it current and future Activator Doctors, all scheduled in-person Spring seminars were transferred to the virtual training platform **Activator Institute VT**.

In addition, Activator Methods was grateful to partner with multiple colleges during the closure of their campuses, supporting students who were taking Activator courses in transitioning from their campus-based course to the Activator online learning platform.

Activator Methods remains committed to the provision of safe, effective and people-focused care amidst the uncertainty of COVID-19, and is dedicated to the safety and well-being of our community of Activator chiropractors.



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Knowledge translation expert grants free student access to weekly research reviews

One of the chiropractic profession's leading experts in knowledge translation is gifting student access to informative weekly research reviews.

Dr Shawn Thistle, CEO of RRS Education(<https://www.rrseducation.com/>) is offering global access to his service free of charge to any student enrolled in a chiropractic program.

Dr Thistle is a Canadian chiropractor, educator, speaker and medico-legal consultant. He established RRS Education in 2006 as a trusted source of evidence-based, clinically applicable information for chiropractors and other manual medicine providers around the world. He is a part time lecturer at the Canadian Memorial Chiropractic College and is a popular speaker at WFC Congresses and events. Dr Thistle was one of the most highly rated workshop presenters at EPIC2019, with standing room only for those waiting for a glimpse of his outstanding sessions.

Dr Thistle is one of the strongest supporters of the WFC's #BeEPIC_campaign. As well as his student

offer, he has been offering a \$250 voucher to early career chiropractors (up to 5 years in practice following graduation) to put towards RRS online learning programs since the COVID shutdown began.

Dr Thistle commented "We know how challenging it is to not just keep up with the amount of research being produced, but to interpret it in a clinically meaningful way. RRS Education's weekly Research Reviews help chiropractors make sense of emerging and existing evidence and synthesize it into their daily practice. Further, the COVID shutdown affected us all, but particularly new grads. I hope the \$250 offer helps my colleagues obtain some evidence-based credits without the financial burden. So far, we've given away over \$100 000 to younger doctors around the world! At RRS Education, we're committed to helping chiropractors to #BeEPIC."

For more information, contact shawn@rrseducation.com.

Dr Shawn Thistle

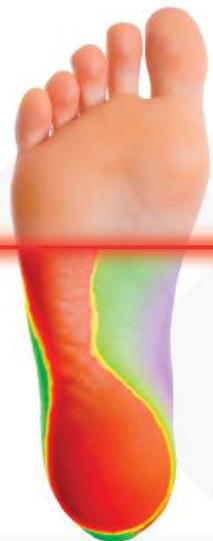




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FICS Foundation awards grant to create a global sports chiropractic research agenda.

The FICS Foundation is a charitable not for profit corporation affiliated with FICS (Federation Internationale de Chiropratique du Sport) an international organization representing the specialty field of sports chiropractic. Its vision is to have a substantial positive effect on the welfare of athletes, athletic performance and sports medicine through sports chiropractic on the international stage.

The FICS Foundation awarded researchers USD \$4,000 grant for research entitled: An international Delphi study to identify sports chiropractic global research priorities.

The principal investigator for this research is Dr. Melissa Belchos. This grant funds her thesis project for the Sports Sciences Residency Program at Canadian Memorial Chiropractic College.

Her co-investigators are Drs. Alex Lee, Stephen M. Perle, Katie de Luca, and Silvano Mior.

Dr. Lee is the Chair of the Research and Education Commission of the Royal College of Chiropractic Sports Sciences (Canada) and a member of the FICS Research Commission.

Dr. Perle is the Chair of the FICS Research Commission, the North American Representative on the FICS Executive Council and Professor of Clinical Sciences at the University of Bridgeport School of Chiropractic.

Dr. de Luca is a post-doctoral research fellow at Macquarie University in the Department of Chiropractic



Dr Melissa Belchos

and a two-time FICS Research Award winner.

Dr. Mior is a Professor and the Director, Research Partnerships and Health Policy at CMCC.

The purpose of this study is to determine consensus on research priorities to create a global sports chiropractic research agenda. This will be done using a Delphi study design, a systematic method to integrate expert opinions to determine consensus on sports chiropractic research priorities. Clinicians, academics and leaders from the sports chiropractic field will be recruited internationally.



Long-serving chiropractic journal editor to step down

After 15 years as Editor-in-Chief of *Chiropractic and Manual Therapies*, Professor Bruce Walker has announced that he will be stepping down at the end of the year.

A champion of evidence-based practice, Dr Walker recently celebrated the journal gaining an impact factor, a formal measure of the importance of a journal in terms of how often it is cited. *Chiropractic and Manual Therapies* is co-owned by Chiropractic Australia, European Chiropractors' Union, Royal College of Chiropractors and the Nordic Institute for Chiropractic and Clinical Biomechanics.

He has published over 90 papers in peer-reviewed journals and was recognized nationally in 2016 with the Order of Australia medal.

The decision to step down coincides with his retirement from Murdoch University, where he serves as Professor in the College of Science, Health, Engineering and Education.

Professor Walker's successors as Editors-in-Chief will be Professor Simon French and Dr Iben Axen, both members of the WFC's Research Committee.



Dr Bruce Walker

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MCC duo launch practice-based research network in Spain

Chiropractic in Spain has experienced numerous challenges during its history, not least that it remains unrecognized and unregulated. Similarly challenging has been the generation of a research ethos within chiropractic in Spain.

To address this, in June 2018, under the leadership of Dr Arantxa Ortega, the Research Department of the Madrid College of Chiropractic at Royal University Centre (MCC-RCU) commenced a bold project.

It was understood that chiropractors in Spain had interest in contributing to research in chiropractic, but they just did not know how to do it. The R.I.Q. (Spanish Research Network) was established with the purpose of generating and promoting a research culture within the profession and to bridge the gap between researchers and clinicians.

Currently, there are 20 clinics and chiropractic offices nationwide participating as members of R.I.Q. Out of these twenty clinics, seventeen are involved in the main project of the R.I.Q.: helping chiropractors to apply Patient-Reported Outcome Measures (PROMs) to follow up patient responses to treatments, and to use this data for patient education and also for research and publication.

The IT of MCC-RCU has developed a mobile app that allows chiropractors to generate codes that are given to each patient. The patient then logs in and fill one of the questionnaires selected for their case. These questionnaires are already validated and employed in Spain. The questionnaires are applied before the beginning of the treatment, and then repeated at week 6 and week 24. Data is handled by the Research Department following the patient data protection guidelines adopted by Spain. After the treatment of the data, the chiropractor receives the information and presents it to the patient.

Dr. Ortega and Alma Vazquez - director of the International Office at MCC-RCU – have analyzed data from the workshop sessions, concluding that patients value chiropractors participating in a research network. They concluded that if that was considered important by patients, every effort should be made to encourage chiropractors in Spain to join a research network.

Currently, R.I.Q is exploring developing collaborative relationships to enhance data collection.



Dr Arantxa Ortega, Director of Research and Alma Vazquez, Director of the International Office at Madrid Chiropractic College

JCCA publishes open access inaugural chiropractic sciences edition

The Journal of the Canadian Chiropractic Association published the April 2020 edition, presenting the inaugural chiropractic sciences edition.

This edition was guest edited by Dr. Brynne Stainsby, DC, FCCS(C), who was recently named as an Assistant Editor of the Journal.

Numerous impactful articles by outstanding chiropractic scientists are presented including a qualitative study describing the experiences of patients with disabling lower back pain, a case series describing rib fractures after manual therapy and another on benign joint hypermobility syndrome, a study assessing locus of control among Huntington disease patients, and a Delphi study of European chiropractors to determine their opinions on the role of chiropractors in treating patients with cancer.

Several other important papers and case reports were included. All JCCA articles are openly accessible for free. To access your copy, visit

<https://www.chiropractic.ca/jcca-online/issue/april-2020-volume-64-no-1/>

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NZCA supports neurophysiology research to explore effects of spinal adjustment.

A review of published research in 2019 has demonstrated the impact that registered chiropractors from New Zealand are having on the profession.

Last year, twelve chiropractors from New Zealand published 18 peer-reviewed papers in 13 peer-reviewed journals, a significant output from a small profession amounting to just 640 practitioners nationwide.

With a significant focus on neurophysiology, there is a growing body of information to support a greater understanding of chiropractic care, spinal manipulation, patient outcomes and brain function.

Several of the New Zealand papers investigate neural plastic changes following a variety of interventions and stimuli. One such study found that Xbox 360 games can help improve cognitive function in people with mild cognitive impairment.

Two case reports highlight improvements in motor function following chiropractic care focused on correction of vertebral subluxation. Another clinical

trial looked at the effects of a single session of chiropractic care, specifically focused on correction of vertebral subluxation on stroke survivors. On average the people in the trial receiving chiropractic care improved their motor strength (measured by plantar flexion) by 65% or more following a single session of chiropractic care.

Many of the New Zealand studies were financially supported by the Hamblin Trust, set up by the New Zealand Chiropractors' Association (NZCA) over 30 years ago to fund and disseminate chiropractic research, and to support researcher development. NZCA members are actively encouraged to contribute financially to the Trust's activities, in addition to contributing their own work, such as case reports.

The long-term goal is to provide solid scientific backing for chiropractic to continue growing and thriving within the New Zealand health system. As the ongoing publication of New Zealand-based studies indicates, this is a strategy that is bearing fruit.



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European Space Agency partners with AECC University College to test SkinSuit for Astronauts

Over the last two years, staff at AECC University College undertook some exciting research into an innovative solution to potentially reduce back pain that can affect astronauts. Funded by the European Space Agency's (ESA) Space Medicine Team at the European Astronaut Centre, this research involved 18 undergraduate Chiropractic students – all of whom agreed to stay overnight in our on-site Clinic to test out this solution first-hand.

Dr. Alexander Breen, Senior Research Fellow and Technology Lead for Quantitative Fluoroscopy, explains:

The Issue for Astronauts

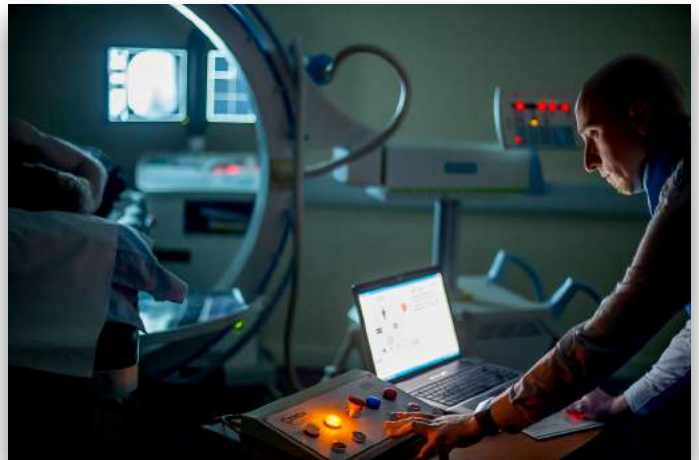
“When astronauts go into space, there is very little gravity (microgravity) acting on their spines compared to the gravity we experience on Earth. We know that in microgravity, the discs in astronauts’ spines appear to swell and their spines elongate. As a result, their spines typically expand in excess of what people do on earth when lying down because gravity isn’t compressing their spine.



Advanced imaging investigates the effect of microgravity.

“This expansion may reduce the natural curves of the spine causing the supporting ligaments and muscles to become weak which might contribute to astronauts’ experience of back pain, both during their time in space and on return to Earth.

“Astronauts also appear to be at a higher risk of experiencing disc herniation, where discs become displaced and press on spinal nerves causing pain.”



Dr Alexander Breen

SkinSuit Solution

“Our research involved a special microgravity countermeasure SkinSuit, which is designed to reduce disc swelling.

“The SkinSuit, was developed at King's College London in collaboration with ESA. It was inspired by the prototype Gravity Loading Countermeasure Skinsuit (GLCS) proposed by the Massachusetts Institute of Technology (MIT). The SkinSuit uses a bi-direction elastic weave material, combined with distributive padding and stirrups to generate graded compression through the spine.

“It was already clear that the SkinSuit was having an effect from studies using simple height measurements of participants. We wanted to investigate this at a segment level: essentially we wanted to establish exactly where the effect was generated and how.”

Why AECC University College?

Alex continues: “We are uniquely placed to run this study here at AECC University College. Firstly, we’re one of very few institutions in the UK to have an Open Upright MRI scanner. This meant we could measure the difference between standing up and lying down.

“We also have the unique advantage of having fluoroscopy systems on hand too. This, in

Continued

Out of this World: European Space Agency partners with AECC University College to test SkinSuit for Astronauts (continued)

conjunction with our special image tracking software, is a unique imaging service that was developed by Professor Alan Breen and his team in the Centre for Biomechanics Research at the AECC University College."

What next?

"We have performed some preliminary analysis and the results appear promising. The next step is to complete the final analysis and to report back to ESA our findings. Then we can submit the work for publication in a scientific journal.

"The SkinSuits will now go back to the ESA so that further research and evaluation can be performed in order to determine whether this is a viable option for

astronauts to wear regularly in space."

Credits

This research project combined the expertise of the AECC University College with the problem highlighted by Kings College London and the European Space Agency, led to this work being performed by Professor Alan Breen and Dr. Alexander Breen, Dr. Philip Carvil and Dr. David A Green.

The study also employed two undergraduate Research Assistants, Emilie Claerbout and Jade Merifield.



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IFEC students gain first hand public health knowledge due to COVID-19



Patient care at IFEC Toulouse

In response to the COVID-19 crisis and the general lockdown decided by the French Government, the two Institut Franco-Européen de Chiropratique (IFEC) campuses were closed to students on March 13, 2020. Within days, IFEC staff had reorganized the program to seamless online delivery.

The entire lecture program was delivered online between March 19 and early May. Electronic exams had been implemented through a system certified by the Ministry of higher education. The most challenging issue was the disparity of internet access for our students.



Student support was also crucial. IFEC reinforced its internal communication with the setup of webinars and questions & answers sessions. The Student Affairs and Human Resources services set up specific hotlines and email addresses. Our psychologist consultant was also available to students suffering from stress or anxiety.

Despite all efforts, some components of the education program cannot be undertaken via e-learning. The reopening plan for the clinics and the technical labs foreseen by early June has been designed and submitted to the Ministry of Health and Regional health agencies. In light of French regulations on social distancing, IFEC ordered a large amount of PPE to ensure the patients', students' and staff members' protection with the use of masks, safety glasses, hydro-alcoholic gel, viricide solvent/detergent solutions being mandatory. Physical contact is permitted only when strictly necessary. Online patient assessments were undertaken prior to physical assessments and treatments at the clinic. Feedback and intern debriefings are performed by clinicians via vide conference.

Despite two months of physical campus closure, the academic year at IFEC will be completed almost on time. The greatest impact has been felt by final year students, especially as it relates to their clinical rotation.

The COVID-19 pandemic has proved a unique opportunity for IFEC students to learn *in situ* how to prevent infection dissemination and to acquire the basic skills and knowledge in relation with hygiene rules.



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University of Johannesburg embraces remote learning experiences.

The University of Johannesburg's Chiropractic Department implemented various measures to migrate to online learning amid the COVID-19 outbreak and national lockdown.

The second term started on April 20 with an orientation week that lasted until April 25. Online lectures officially began on April 28, 2020, and despite the migration being challenging, the learning opportunities were embraced with commitment and dedication by both lecturers and students.

Online learning was approached either synchronously, where all students were online at the same time for a lecture, or asynchronously where students chose the time of accessing content such as with a pre-recorded lecture.

First year students navigated through most of their subjects with pre-recorded lectures. Videos and online discussions addressed more difficult concepts, while worksheets monitored activity and understanding, and prepared students for assessments.

Although subjects with a practical component presented greater challenges as students were unable to practice this skill, students expressed enthusiasm to engage in these subjects.

UJ's chiropractic students have responded well to these unprecedented circumstances. They reported that they enjoyed the flexibility that pre-recorded lectures offered, which allowed them to revisit difficult concepts that often require reinforcing repetition. Home study and the saving of valuable travel time also proved popular.

Dr. Joseph Pfeifer Named Associate Provost and Dean of College of Chiropractic at Logan University

Joseph Pfeifer, DC has been named Associate Provost and College of Chiropractic Dean at Logan University, overseeing Logan's campus-based health professions programs, including the College of Chiropractic, and the



Dr Joseph Pfeifer

Montgomery Health Center.

Since earning his DC degree from New York Chiropractic College (NYCC), Dr. Pfeifer has spent more than 35 years in the chiropractic profession, most recently at the University of Western States in Portland, Oregon.

"Chiropractic is a profession that has so much to offer," he said. "It continues to evolve and has so much potential to improve quality of human life. My whole life, I've had an interest in not only practicing health care but also teaching young professionals to be able to understand the profession that has a tremendous impact on so many people."

Dr. Pfeifer has earned a post professional certification from the Academy of Chiropractic Sports Physicians, a Diplomate from the American Board of Chiropractic Neurology (DABCN) and a Diplomate from the American Chiropractic Academy of Neurology (DACAN).



UQTR - 15 years of humanitarian chiropractic missions in Bolivia

Joe Lemire, MSc, DC, FCCS(c), Professor clinician, UQTR



Dr Joe Lemire (standing, left) with UQTR students

After 15 years of humanitarian missions, COVID-19 is preventing Université du Québec à Trois-Rivières(UQTR) chiropractic senior interns from traveling to Bolivia this summer.

A traditional commitment in the UQTR calendar, the pandemic has meant that highly sought out students' project will be put to hold this summer. Twenty interns and two clinicians were scheduled to fly to Cochabamba, Bolivia, at the end of July to take part in a 2-week long chiropractic mission. Flight cancellations have resulted in many disappointed students who had been organizing and fund raising for the past 8 months for their humanitarian mission.

In 2019, for the first time I led a multidisciplinary health team to a mission in Bolivia. While I have had the opportunity to bring UQTR chiropractic students on three

previous occasions, this multidisciplinary team was exceptional. Our team consisted of 18 chiropractic senior interns, three senior kinesiology students, two supervising clinicians and one biochemist clinician.

As usual, the chiropractic interns concentrated their care by assessing and treating patients while recording the pertinent health information in a health passport that was given to each patient as their personal health record. With the help of a translator each treatment lasted an average of 30 minutes. Nearly 3000 Bolivians benefited from chiropractic treatments over a period of ten days. During that time, many patients received three to five treatments. This gave the opportunity to the students to appreciate the benefits of their chiropractic care.

The three kinesiology students devoted their time at showing and prescribing exercises to patients. Every day, about 100 patients received a home program of exercises. In addition, our biochemist clinician, spent two sessions each day explaining the harmful effect of diabetes and how to prevent it. On average 20 Bolivians attended these 2-hour sessions. It is known that the prevalence of diabetes in Bolivia is comparable to the Canadian population, however, six out ten Bolivian cannot afford the medications for diabetes. These presentations were well received and plenty of questions were answered.

Time will tell when another opportunity to return for a chiropractic mission to Bolivia will be possible.

Logan University Health Centers Provide Telehealth Chiropractic Care Through COVID-19

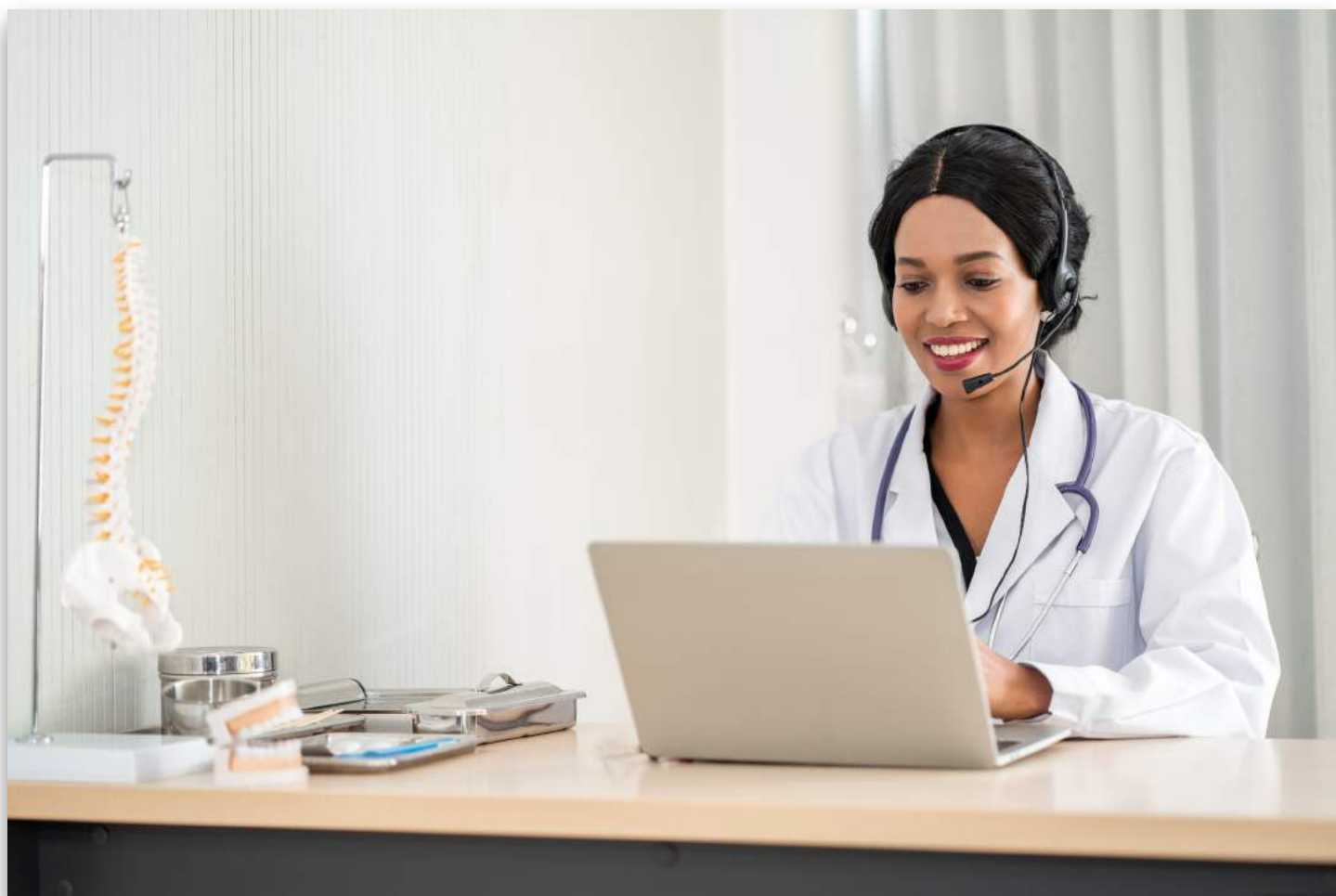
This spring, Logan University's Health Centers launched Doxy, a HIPAA-compliant telehealth tool that allows chiropractic clinicians to safely continue to treat patients via video—after all, pain and dysfunction don't stop for a pandemic. Telehealth has been gaining acceptance over the past few years, but the trend was hastened greatly by the COVID-19 pandemic.

According to Vincent DeBono, DC, CSCS, vice provost of

innovation and new ventures at Logan, telehealth not only allows Logan's clinicians to continue to provide essential care, but it also expands patient access to chiropractic without risking their health and safety. Logan clinicians use the technology to screen patients to determine if an office visit is necessary, or whether at-home therapy such as applying ice or heat, performing directional movements, or beginning a series of therapeutic exercises will suffice. Telehealth also offers a

convenient, safe way for clinicians to follow up with patients after an office visit.

"While chiropractic is generally more hands-on than other health care disciplines, in these times of social distancing, we had to weigh the risk versus benefit of a physical office visit," said Dr. DeBono. "There are many ways our clinicians can provide quality care and guidance via telehealth to offer temporary relief."



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- **Dr. John Maltby**, Former President and Chairman of the Board of the International Chiropractors Association of California (ICAC), and member of the Human Touch Wellness Council

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Australian chiropractor featured in pro-surfer Tyler Wright's inspiring story of post viral syndrome recovery

Two-time world surfing champion Tyler Wright suffered post-viral syndrome for more than a year after developing influenza while competing in South Africa. The symptoms lasted for over a year, a year which forced her to withdraw from all competition, and from normal life itself. Confined to bed, her symptoms left her on the verge of giving up completely.

Doctors told her that the symptoms could last between 18 months and 5 years. It seemed that there was no hope of her recovering her fitness such that she could return to the sport she loved.

Then she was introduced to Dr Brett Jarosz, a chiropractor with a special interest in neuro-orthopaedic rehabilitation. He had successfully worked with Tyler's older brother after a brain injury sustained while surfing.

On examining Tyler, he found severe deficits in neurological function. She also suffered with Potts Syndrome, characterized by heart rate spiking on standing from sitting. Carefully breaking down the biomechanical actions of surfing, Dr Jarocz gradually improved Tyler's performance and restored her neurological function.

Tyler underwent 7 weeks of intense neuro-rehabilitation with Dr Jarosz. Improvements were noted almost immediately. In less than two months, she was able to return to the surf. In her first competition following her recovery, in Maui, Hawaii, she reached the final. Recently, Tyler's story was featured in Australia's 60 Minutes. The episode can be viewed at https://youtu.be/Y_14KOVtlwU

Brett Jarosz is a member of the Australian Chiropractors Association (ACA); Sports Chiro Australia (SCA); the Federation Internationale de Chiropratique du Sport (FICS); the Australian Strength and Conditioning Association (ASCA); and is a full professional member of Sports Medicine Australia (SMA).

Dr Jarosz graduated from RMIT University in 2006 with a Bachelor of Applied Science in Complementary Medicine and a Master of Clinical Chiropractic in 2008, both degrees achieved with Distinction.

Dr Jarosz has been recognized by the Chiropractors Association of Australia (National) Academic Excellence Award and the Chiropractors Association of Australia (National) Graduate of the Year. He received the CAA Excellence in Chiropractic Science Award, as well as the RMIT Chiropractic Diagnostic Radiology award. In 2010 he was awarded his International Chiropractic Sports Science Diploma from the International Federation of Sports Chiropractic.

In 2012, Dr Jarosz graduated from Murdoch University with a Postgraduate Diploma in Sports Chiropractic. In 2013 he was nominated and awarded Fellowship of the International College of Chiropractors, making him one of the youngest recipients of the FICC worldwide. He also successfully completed and



Dr Brett Jarosz

passed the American Chiropractic Neurology Board exams, and was awarded Diplomate status that same year.

In 2014 Brett received the Clinical Excellence Award from the Australasian Academy of Functional Neurology. In 2015, he was nominated and presented the Chiropractor of the Year Award by the Chiropractors Association of Australia (Victoria). Brett then received his International Certificate in Sports Chiropractic in 2019 (an upgrade from the ICCSP to ICSC) from the International Federation of Sports Chiropractic.

In 2019, he also completed, and was accorded the title of Level One Strength and Conditioning Coach from the Australian Strength and Conditioning Association, as well as being accepted as a Fellow Sports & Exercise Chiropractor, awarded by the Australasian Institute of Chiropractic Education.

Brett is a lecturer for The Carrick Institute of Clinical Neuroscience and Rehabilitation (Florida, USA), where he teaches post-graduate clinical neuroscience and rehabilitation courses. He is also a lecturer for FICS and in 2015, Brett completed the NOR (Neuro-Orthopedic Rehabilitation) course series, and now helps develop and teach the NOR courses around the world.

World Spine Care's Volunteer Experience Transforms Lives

World Spine Care Clinical Supervisor, Dr. Alan Bertolero Shares How His Experience in Moca, Dominican Republic transformed his chiropractic career.



Dr Alan Bertolero, Tasha Kekoanui and Dr Aki Oshita

World Spine Care is a charitable organization with a mission to improve lives in under-served communities through sustainable, integrated, evidence based, spine care. World Spine Care provides dedicated patient support to those who need it most, thanks to the generous support of spine care providers who volunteer their time at clinics in under-served communities.

Dr. Alan Bertolero, Clinical Supervisor at World Spine Care's Clinic in Moca, Dominican Republic, found that the experience transformed his career, providing invaluable knowledge on

complex patient cases and learning opportunities related to marketing a clinic and operational practice.

WSC: Thanks for sitting down with us today. We'd love to hear about your current role, and how you got to where you are!

AB: It's a pleasure to share my experiences with you, and others who may be interested in volunteering. Just a few weeks after returning from the Dominican Republic, I started working at Cornerstone Community Chiropractic in Ewa Beach, Hawaii. We have two office locations in Oahu.

I am blessed, the office I work in is exceptional. I work with an amazing team of four chiropractors, who make work not feel like work. We do something called You're the Best (YTB), where throughout the day when someone does something helpful or positive, we write it down to be read the next day during the morning huddle. For example, "YTB front desk crew for handling patient flow smoothly today!" "Uplifting" is the perfect word to describe Cornerstone!

WSC: That's wonderful! Sounds like a dream job! How did your experience volunteering for WSC

World Spine Care's Volunteer Experience Transforms Lives (continued)

help prepare you for your current position?

AB: My time at World Spine Care was truly transformational. I learned how to work with political leaders and other senior leaders in the Dominican Republic, and that really was a valuable experience. I remember the first meeting we had with the Senator I was so nervous, especially since I didn't really know what people were saying due to the translations. Out of necessity I quickly gained more confidence and got better at my communication skills in those types of situations. Also, my Spanish improved dramatically. People can spend all kinds of money on languages programs, but working right there, you receive the wonderful side effect of learning a new language. The World Spine Care clinic – and our clinicians, are very well respected in the Moca area so it showed that what we are doing is very needed and is benefiting people greatly.

WSC: What was the most memorable/important thing you

learned from your experience volunteering for World Spine Care?

AB: I played with one of the local professional basketball teams for a couple months, so I thought it was pretty cool when I was shooting some hoops at the park one day and a kid came up to me like I was a celebrity.

WSC: How did the WSC Volunteer experience line up with your expectations?

AB: I thought it was going to be mostly clinical work, but many of the challenges were outside of the clinical setting. Through my role at World Spine Care, I learned a lot. I was exposed to much more business development, the research process, as well as learning how to deal with unexpected challenges which became the norm.

WSC: Do you have any advice for anyone considering volunteering for the WSC DR clinic?

AB: If you are thinking “*maybe this isn't the right time to go,*” or “*I have too much student debt,*” just realize that if you are waiting for the perfect time to go, then you will be waiting your

entire life. You can always think of some reason for you not to do this but taking the leap of faith and joining an amazing organization like World Spine Care will give you an experience that far outweighs any issues you may encounter.

WSC: What advice would you give someone coming to volunteer?

AB: Try things! There is so much opportunity in the Dominican Republic that if you want to work in the hospital, organize an event, set up a program, it really is just a matter of putting in the effort to make it happen. Also, be patient! Coming from the San Francisco Bay Area where life is very fast paced, it took some time getting used to the slower paced lifestyle. There are going to be frustrating delays which may drive you crazy, but be persistent and things will happen in time.

To learn more about World Spine Care, and how you can get involved, contact Kait Graham, Volunteer Program Manager, at: kait.graham@worldspinecare.org.





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Legendary chiropractor receives Australian honor for service to profession and community.

Report by Dr Andries M Kleynhans

Australian chiropractor Dr Allan Terrett has been recognized in the Queens Birthday Honours List for 2020.

Dr Terrett was appointed a Member of the Order of Australia (AM) for "Significant Services to the Chiropractic Profession, to the Community of Ballarat, and to Archery".

A former soldier in the Australian army, Dr Terrett graduated in 1979 from Preston Institute of Technology, now RMIT University – Bundoora, Victoria, Australia. His interest in teaching began when he was asked to be an anatomy tutor, and to supervise diagnostic radiology practical sessions in his final year.

His career has been in education and research, part-time private practice (28 years), medico-legal (expert witness in over 300 cases), and on numerous professional boards and committees.

One of his first academic tasks was to develop and teach the first course in biomechanics at a chiropractic college. While teaching he completed a 2-year Graduate Diploma in Tertiary Education and a Fellowship degree in Clinical Sciences which covered subjects as diverse as chiropractic techniques, clinical orthopedics, clinical neurology and radiology to eye-ear-nose-throat and skin diseases. He then completed the first research Master's degree in chiropractic in the world.

Dr Terrett has taught thousands of undergraduate and postgraduate chiropractic and osteopathic students who remember his ability to make difficult orthopaedic and neurological subjects much easier to learn and understand. He was an Associate Professor (1996-2014) at RMIT University, and has held Visiting Lecturer's positions in England, Paris, and Toulouse, and has given invited lectures in 19 countries.

He has written over 50 articles in peer-reviewed journals, chapters in nine books, and two textbooks. He has been on the Editorial Board of three peer-reviewed journals and has received three major literature awards.

In 1979, he developed an interest in accidents and injuries associated with spinal manual therapy, leading to him being dubbed 'the grandfather of vertebrobasilar injury research'. Two of his papers were reprinted in the Journal of the American Chiropractic Association in 1988, which stimulated a sudden interest in the topic by the profession around the world.

In 1992 he was awarded a Fellowship by the International College of Chiropractors (FICC) (USA), and in 2006 he was awarded a Fellowship by the Australasian College of Chiropractors (FACC) for his many contributions to the



Dr Allan Terrett

chiropractic profession.

In 1995 he was the first person in the southern hemisphere to be awarded the prestigious 'Chiropractic Researcher of the Year' from the 'Foundation for Chiropractic Education and Research (FCER)' (USA), and his research has been quoted by the World Health Organization (2005).

In 2003 he was awarded the 'Chiropractor of the Year' by the Chiropractic Association of Australia (Vic), and has been the only chiropractor to have been awarded the 'Centenary Medal of Australia' (for Services to Medicine).

Dr Terrett retired from RMIT in 2014, but since then has been busy giving postgraduate lectures around Australia, continued involvement as an expert witness in cases of claims of medical negligence (malpractice) against practitioners, a charity project in the Philippines, writing historical books and working on safe-secure water supply and sanitation projects for rural villages in the southern Philippines.

Dr Terrett is married to Eve, has two sons (Adam and Robert), a grandson (Ezra). He is a Rotarian, an archer, a genealogist, and a member of the Royal Australian Air Force Association. He is a Knight of the 'Caballeros de Rizal' - 8th Order of Merit (Philippines).

The WFC congratulates Dr Terrett on this well-deserved accolade and thanks him for a lifetime of service to the chiropractic profession.

Lebanese chiropractors celebrate passing of legislation

Chiropractors in Lebanon are celebrating after legislation regulating the chiropractic profession was passed in parliament.

President of the Lebanese Chiropractic Association, Dr Haifa Abouassi, announced the historic achievement for chiropractic in May. The new law follows years of active lobbying by the Lebanese Chiropractic Association whose members have until now practiced in the absence of any form of regulation. The new law provides for chiropractic licensure in Lebanon with statutory recognition.

Passing of the chiropractic law follows years of lobbying, meetings, and phone calls with members of the Lebanese Medical Syndicate, lawyers, judges, ministers, and members of parliament. It has been officially announced that, having met worldwide chiropractic standards, native Lebanese chiropractors will be able to practice in Lebanon.

The passing of chiropractic legislation comes over 20 years after chiropractors rejected the terms of a law drafted by the Lebanese Ministry of Health and Welfare, which insisted on referral from a medical practitioner as well as prohibiting use of the title Doctor.

The new chiropractic law in Lebanon is a hard-won achievement. Since 2015, the Lebanese Chiropractic Association has engaged in countless hours of meetings, with numerous drafts being written and rewritten, objections from the Medical and Physiotherapist Syndicates being submitted, and strident objections from Lebanese University officials. The Lebanese uprising and the coronavirus pandemic added further challenges.

Licensure under the Act is restricted to Lebanese citizens who have undertaken a prescribed program of education and passed a colloquium examination conducted by the Ministry of Education in Lebanon. The Act makes specific reference to the evaluation, analysis and examination of biomechanical defects of the joints (which it defines as subluxations) in order to establish and perform the necessary treatment for correction. It further refers to the prescription of exercise and therapeutic advice related to the spine. Drug prescription and the performance of surgery is expressly forbidden in the Act and compliance with public health regulations regarding clinic facilities is



Dr Haifa Abouassi, President, Lebanese Chiropractic Association

described. Provisions for disciplinary sanction are also included. Practicing chiropractic without a license is outlawed under the Act.

Dr Abouassi commented, "Despite all these hurdles, a small group of chiropractors and their ardent supporters and enthusiasts never gave up. They continued lobbying and fighting until the law was finally passed without any specific stipulations or limitations. I am extremely proud and overjoyed to be surrounded by hard working and dedicated colleagues who labored tirelessly to bring the skill, care, effectiveness, and benefit of this unique profession to the people of our country."



Jamie Greenawalt named Foot Levelers Senior Vice President of Business Development

Foot Levelers is excited to announce Jamie Greenawalt as the company's new Senior Vice President of Business Development.

Ms Greenawalt, who is the granddaughter of Foot Levelers founder Dr. Monte H. Greenawalt, will oversee Foot Levelers' customer support, technology, sales, and educational departments. Her priorities include expanding the company's domestic and global footprint, with a large emphasis on technology development and innovation.

"My goal is to expand Foot Levelers reach to help more people live a pain free and stabilized life at a low cost and high satisfaction. Healthcare providers and their patients are our number one priority, and it's our responsibility to ensure their expectations are not only being met but exceeded. There has been so much growth within Foot Levelers the past few years and I am elated to continue building on that momentum," Ms Greenawalt said.

Jamie Greenawalt has vast experience in business development. She was in charge of the Foot Levelers International Business division from 2009 to 2012 where she oversaw unprecedented growth by building partnerships with international organizations and strengthening relationships with international healthcare providers. She also led the company's Education and Research Departments.



Jamie Greenawalt, Senior VP Business Development, Foot Levelers

"Foot Levelers can be a major part of a paradigm shift within the mainstream healthcare community where the first course of treatment is preventative, drug-free, and natural. In this new future we are building together I'm excited to grow these partnerships to create a healthier, happier patient who better understands the value of conservative care."

Living and promoting a healthy lifestyle is at Greenawalt's core. She worked at the World Bank in Washington D.C. for its food and nutrition security agriculture program, and also with the United Nations Food and Agriculture Organization (UNFAO) in Rome. Her responsibilities took her across the world, including Europe, the Middle East, and South and Southeast Asia. In those areas Greenawalt worked alongside governmental and private sector entities on implementing strategies to grow healthy and sustainable food. Her duties also included empowering and educating female business owners on securing credit and financial stability.



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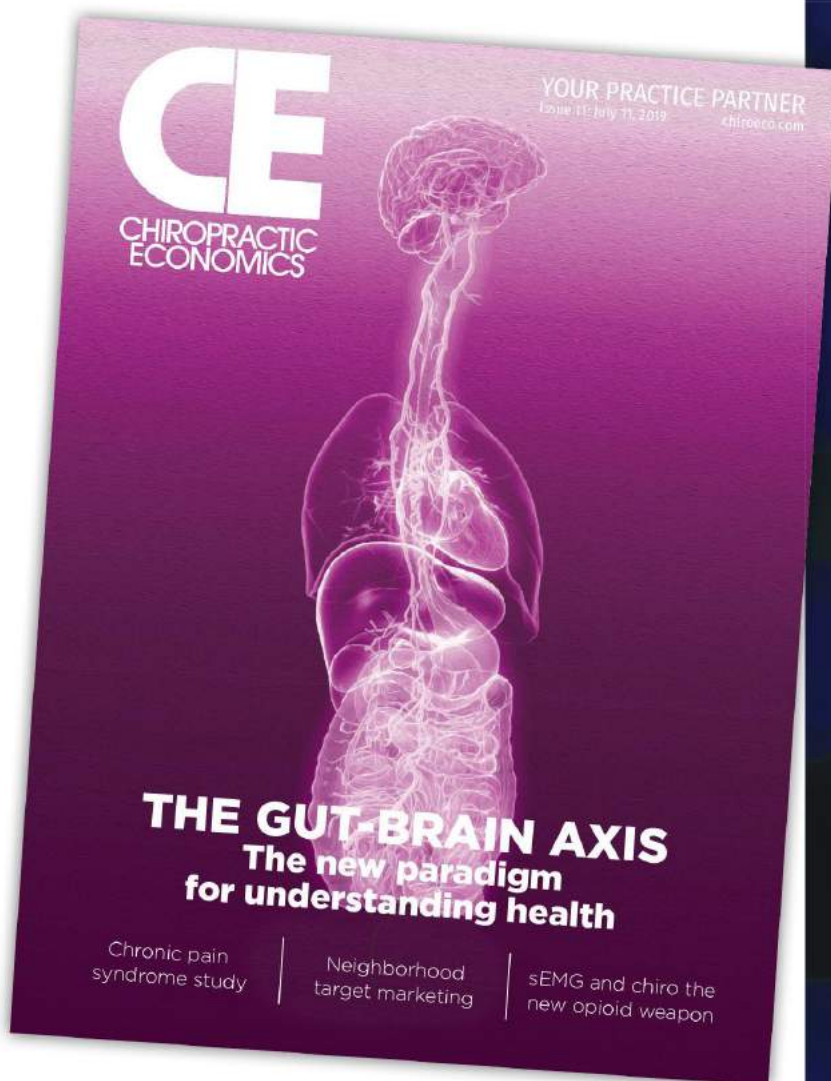
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Elevating the profession amidst a pandemic

Sherry McAllister, Executive Vice-President, Foundation for Chiropractic Progress

Last year, the Foundation for Chiropractic Progress (F4CP), a not-for-profit organization comprised of more than 28,000 members dedicated to educating the public about the value of chiropractic, announced a brand-new membership initiative to generate positive media opportunities outside of the United States -- Global F4CP. Global F4CP offers marketing membership benefits to Global Leaders of chiropractic organizations outside of the U.S.

Global F4CP launches as a follow up to the F4CP's successful Group Membership initiative established in the U.S., which hosts 37 U.S. State Associations and their members who are enrolled in this program.

Enrolled in Global F4CP to date are the following organizations:

- Portuguese Chiropractors Association (APQ)
- Association of Chiropractic – Malaysia
- Chiropractic Association of South Africa
- Chiropractic Association of Ireland

Extending beyond implementation, Global Leaders can utilize the Foundation's material to promote their Association as an expert chiropractic resource in their region, to build relationships with other providers, educate consumers and develop media contacts in their area.

Global Leaders accept responsibility to vet each resource to ensure accuracy in their country/district/province and translate all material before disseminating to their membership.

To learn more about Global F4CP Membership, visit www.f4cp.org/global.

If you are a member of your region's chiropractic association and are interested in the benefits of Global F4CP, please connect the leadership of your association to F4CP Marketing Manager Megan Gilson at megan@f4cp.com for additional details about enrollment.

Canadian regulator targeting misleading claims by chiropractors

A Provincial chiropractic regulatory board is clamping down on misleading advertising amid media exposure of unsubstantiated claims being made by chiropractors in advertising and on social media.

On 30 January this year, the College of Chiropractors of British Columbia (CCBC) brought in new rules banning misleading claims about pregnancy and childbirth.

The effect was quickly seen, with the number of infractions dropping dramatically within 6 weeks.

CCBC Registrar Michelle Da Roza has announced that the CCBC will be proactively monitoring digital marketing by chiropractors as part

of its role in protecting patients and the public.

As a result of the new rules, chiropractors are barred from making unsubstantiated claims about chiropractic techniques being effective for correcting the position of a fetus in utero, preventing postpartum depression and avoiding premature births of caesarean sections.

CCBC has developed new software that scans chiropractors' websites for false or misleading claims and Da Roza reports that it has yet to identify any problems in relation to the new pregnancy and childbirth rules.

Chiropractors in British Columbia

are not barred from treating children and infants with spinal manipulation after a recent review showed that it posed no significant risk of harm.

All provinces and territories in Canada are regulated separately.



Landmark decision by tax authorities exempt chiropractic services from VAT in Spain

In a landmark decision, the Spanish Department of Taxation announced in June that chiropractic services provided by the members of Asociación Española de Quiropráctica (AEQ) will be exempt from Value Added Tax.

After a verdict of the European Court of Justice on VAT exemption for chiropractors brought in 2019 by the Belgian Chiropractors' Union, the AEQ was granted a meeting by the Spanish Tax Agency. The Spanish Tax Agency invited the AEQ to present a binding query to its Department of Taxation in order to get a legally binding decision. The preparation of the query was a complex task and it took almost 2 months until it was ready to be submitted.

The query was presented to the Department of Taxation on Friday March 13, the day before Spain declared a state of emergency and went into one of the strictest lockdowns in the whole world. During this time, all Spanish Government Agencies were closed and the AEQ wondered if their hopes of a positive decision would be dashed. However, the Department of Taxation produced a binding answer on June 25, confirming that chiropractic services provided by the AEQ members shall be VAT exempt.

The Department stated:

"The (European) Court of Justice indicates that, regarding the application of the (VAT) exemption

to the practice of Chiropractic and Osteopathy, this exemption is not conditioned by the fact that the qualification for the practice of the profession is included among the healthcare professions regulated by the legislation of the Member State.

However, the Court indicates that it is necessary for the professionals who want to apply for the exemption to possess the required professional qualifications".

"It can be pointed out that those professionals (AEQ members) hold professional qualifications required for the application of the (VAT) exemption".

Chiropractic in Spain remains unregulated but recognition at government level marks a significant step forward for the profession.



New Board Chair for CCA

Dr Debbie Wright has been announced as the new Board Chair of the Canadian Chiropractic Association (CCA).

Dr Wright, an honors graduate of Canadian Memorial Chiropractic College, practices in Vancouver Island, British Columbia. Previously the Board Director for British Columbia, Dr Wright takes over the CCA Board Chair position from Dr Gerald Olin, who has been appointed to the Board of the WFC.

As well as serving as Board Chair, Dr Wright also holds a position as a Best Practice Collaborator with the Canadian Chiropractic Guidelines Initiative.

There are over 9000 chiropractors licensed in Canada. With over 8300 members, the Canadian Chiropractic Association is the largest WFC member national chiropractic association.



Dr Debbie Wright, CCA Board Chair

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Philippines hosts first virtual General Assembly

Amidst the pandemic, the Association of Professional Chiropractors of the Philippines (APCP), together with the Philippine Institute of Traditional and Alternative Health Care (PITAHC), Department of Health (DOH) hosted its first-ever virtual General Assembly for Chiropractors last May 15, 2020.

PITAHC's Director General Dr. Annabelle De Guzman MD, MPH, discussed the signed Memorandum of Agreement with Food and Drug Administration (FDA) which gives (PITAHC) the honor to assess the efficacy, safety, and benefits of Herbal and Traditional medicines. Also, part of her discussion was the R.A. 8423 Amendment (TAMA Law), a bill that will give regulatory powers for the practice of chiropractic, chiropractors, and the regulation of products. This bill is supported by Congresswoman Angelina Tan, The Chair of the Committee on health in the Lower House, both Senators Manny Pacquiao and Bong Go which will be passed to Congress by Senator Bong Go.

APCP's President, Dr. Martin Camara, discussed several documents that have gone through the legal process and are currently for immediate implementation including all-new chiropractic applicants for registration with PITAHC will go through a 6-month supervisory period and be assigned a supervisor. At the end of the period, the supervisor can recommend - approval, denial, or extension. It was also emphasized that there should have an approved PITAHC document for the registration of Clinics/Training Centers. Also, clinics are not allowed to sell more than 18 chiropractic adjustments on a prepayment basis.

As the Enhanced Community Quarantine (ECQ) was lifted to General Community Quarantine (GCQ), protocols were also discussed for the re-opening of clinics.

- Mandatory wearing of face masks, face shield/ goggles, and gloves for protection.
- Social distancing should be observed (1 meter apart)
- Advanced scheduling of appointment/consultation to ensure the limited number of staff and patients inside the clinic.
- Opposing the entry of staff and patients with a temperature of 37.5C and above, with respiratory or cold, and flu symptoms.

Also, guidelines for appropriate responses on situations such as confirmed cases of COVID-19, building reports of confirmed cases, and suspected cases were discussed.

To maintain the good reputation of chiropractors and Chiropractic, the association discussed the marketing and communication policy in lieu of the pandemic. It was made clear that the role of Chiropractors during a pandemic is basically to treat patients with neuromusculoskeletal complaints and as trained primary portal healthcare providers and keep the public healthy. In accordance with, Chiropractors role is to Inform and educate patients about proper sanitation, injury prevention, and exercises.



The APCP hosted its Annual General Meeting online as a consequence of the coronavirus pandemic.

Additionally, Dr. Camara encouraged chiropractors to join an association and set out the benefits of being a part of the Association of Professional Chiropractors (APCP):

1. A legal way for chiropractors to work in the country because of the TAMA Act (R.A. 8423)
2. DOH to allow chiropractic coverage (Philhealth) under United Health Care (UHC)
3. APCP is the only registered professional body for chiropractic with PITAHC and the World Federation of Chiropractic (WFC)

Report from the African Chiropractic Federation

Elga Drews, President, ACF

The African Chiropractic Federation (ACF) is the regional federation of national associations of African nations. Sadly, as a consequence of the COVID-19 pandemic, the planned AGM and regional seminar of the ACF, due to be held in Uganda, was forced to be canceled. The cancellation was not only a disappointment for the ACF, but also for the Chiropractic Association of Uganda, which had secured a meeting with the Ministry of Health to discuss legislation for chiropractic in Uganda. CAU members remain optimistic that the meeting can be rescheduled at a future date.

The COVID-19 pandemic has affected African nations less seriously than in other parts of the world, but due to fragile health systems, the potential for uncontained spread is real. Many governments have implemented lockdown restrictions and, thankfully, the number of confirmed cases of COVID-19 has been comparatively low. However, there is much fear in many of the populations in African nations as the pandemic has meant closure of street markets and other means to earning a livelihood, as well as an abrupt cessation in tourism. As a consequence, the threat of starvation in some parts of Africa is causing greater anxiety than fear of the coronavirus.

Amidst this uncertainty, the ACF has mobilized to run a short series of lectures focusing on NGOs delivering chiropractic services, outreach programs and community projects. By sharing best practice, the ACF hopes that significant collaborative learning will improve the delivery of services and tackle some of the issues common to each.

Dr Mufudzi Chihambakwe, Zimbabwean born, South African trained and now based in Botswana as the Clinic Supervisor for the two World Spine Care clinics in Mahalapye and Shoshong will provide an update on the World Spine Care clinics in Botswana and relate the challenges, successes and shortcomings of Spine Health Africa, an NGO he co-founded with two other Zimbabwean born chiropractors, Dr Kudzai Zvenyika and Dr Alistair Makowe, providing outreach programs into under-served communities in Zimbabwe.

Dr Afua Adjei-Kwayisi, the former clinical supervisor of the World Spine Care Clinic (WSC) in Ghana, will give feedback on WSC in Ghana. She also serves as the Head of the Physical Therapy



Kudzai Zvenyika of Spine Health Africa at a community event in Zimbabwe.

and Rehabilitation department at the Greater Accra Regional Hospital at Ridge and we are looking forward to her sharing her experience and knowledge educating communities on spinal health and wellness.

Hand Back Health is an NGO registered in Uganda, founded by Dr Sarah Worthington, to provide free chiropractic care in a rural area to a population that would not have any other alternative, but nonetheless are in desperate need of care.

"Matsogo a Sechaba – hands of the community" is a community project which aims to bring musculo-skeletal treatment to the under-served communities of South Africa. Dr Kendrah da Silva, current president of the Chiropractic Association of South Africa and board member of the WFC, representing the African Region, will explain how this project is to be a collaborative effort between the association, tertiary institutions, the department of health, and community centers.

Finally, Dr Elga Drews, president of the African Chiropractic Federation and president of the Namibian Chiropractic Association will talk about the regular outreach projects that the NCA runs in collaboration with the Madrid College of Chiropractic to deliver spinal care services to under-served communities in Namibia.



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Your Developing Baby, A Practical Handbook for Parents of Baby's First Year

Published by: Balboa.Press - A division of Hay House

Author: Kristin Lien Selvaag DC

Written by a Norwegian chiropractor, *Your Developing Baby* is an informative handbook written around a core of baby massage as well as different aspects of how to get to know your new baby and how to communicate through touch, speech, songs and movements.

With 25 years of clinical experience, Kristin Lien Selvaag DC has over 15 years' experience of instructing baby massage as well as first-hand knowledge gained through the raising her own 3 children. *Your Developing Baby* is not only a book that provides parents with a head start; it is also useful for chiropractors with an interest in the treatment of neonates and a refreshing read for more experienced chiropractors.

The book explores various aspects of the developing baby, including the development of skin, bonding, senses, reflexes, hormones and developmental paths. The author describes these in a readily understandable manner and demystifies primitive reflexes and adverse effects of hormones.

The chapter on baby massage is set up as a workbook and has very instructive illustrations and images of techniques and playful exercises. There is a helpful section on Dad and sibling's relationship to baby. Establishing daily routines and bedtime advice have been included in its own chapter. If you have forgotten all your nursery rhymes and if you want to learn some balance exercises for babies, separate chapters have been assigned to this!

Useful information on uncomplicated everyday ailments including how to deal with infantile colic, cradle cap and baby acne can be found in one of the text's chapters. The importance of presence and mindfulness completes the book with personal anecdotes from the author's rich clinical experience.

Emphasis on presence, intention to treat, time, enjoyment, mutual benefit and mindfulness can be found throughout the book. The illustrations are clear and well explained in the text. Many of the other aspects of having a new member in the



Dr Kristin Lien Selvaag

family have also been thoughtfully laid out.

This is a very useful book for first time parents. It helps to give new parents confidence in how to relate to and communicate with their new baby. It is full of practical advice. Great to have a few copies for sale in the clinic reception for expecting mothers and fathers as well as for excited grandparents. It is a great addition to the advice and treatment given by chiropractors to infants.

**Øistein H. Haagensen DC, MNCA, FFEAC,
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