Diversity a hit with delegates at 2014 Convention

OVER 400 delegates descended on Dublin in May for the ECU’s annual Convention, where a fresh new format introduced by new Academic Convention Organiser Gitte Tønner included a rich mix of plenary sessions, debate and practical workshops.

Held in the iconic Convention Centre Dublin (CCD) the annual ECU event welcomed delegates from as far afield as Canada and the United States.

This year’s Convention focused on including all facets of the profession, resulting in over 95% of delegates reporting that they would be returning for future ECU events. The emphasis was on neurology, sports and debate, with big names from the world of chiropractic coming together to share thoughts, ideas and perspectives on the profession.

The Convention began on the Wednesday evening with a welcome reception, where the Executive, General Council, researchers, students, delegates and guests mingled with sponsors and traders in the exhibition area. With background music provided by a local harpist, ECU President Øystein Ogre welcomed all to what was to be one of the most successful Conventions in recent years.

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Swiss chiropractic programme gains government accreditation

Swiss chiropractors have been celebrating the news that their Zürich programme has been formally accredited.

In a statement issued on 16 July, Professor Kim Humphreys, Head of the Chiropractic Medicine Programme at the University of Zürich, announced that with immediate effect, and for a period of seven years, the Master in Chiropractic Medicine (M.Chiro.Med) degree has been officially accredited by the Swiss University Conference (SUK) and the Swiss Accreditation Council (CSA).

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Continued on page 17
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President’s message

Why we need to integrate with mainstream health care

For most of the 119-year period of chiropractic’s existence, chiropractors have been looked upon as practitioners of alternative medicine. When I graduated, chiropractic was virtually unknown and colleagues in other health professions referred to it as unscientific and dangerous to the public.

Now chiropractic is a household word. Those health professionals, who had said years ago that chiropractic was dangerous or unscientific, now find themselves competing with us and copying everything we do.

Natural development

I think we need to accept that when methods that have traditionally been considered to be alternative gain acceptance and recognition, they are no longer considered alternative. This inevitably means that conventional medicine is likely to accept the methods and implement them.

Today, there are a number of professions that include spinal manipulation in their training. We are no longer alone in offering manipulative spine care.

When I started in practice, most chiropractors performed spinal adjustments as their only method of treating patients. It was easy for the public: chiropractors adjusted, physiotherapists did rehab. Today, we see chiropractors utilising a broad range of other techniques: soft tissue work, advanced rehabilitation exercises, cognitive behavioural therapy and acupuncture. Investigations have moved forward too. From x-raying most patients, chiropractors now use other imaging methods and we have seen great growth in the use of MRI and ultrasound.

What we are seeing is a natural development in a modern society, where knowledge and skills belong to everyone, not one single group. The different health care professions look at the evidence for what most benefits patients and adopt methods that work.

What does this mean for the public?

It is becoming increasingly difficult for the public to see the big differences between the professions. A study recently undertaken by the Norwegian Health Directorate showed that physiotherapists, manual therapists, osteopaths, naprapaths and chiropractors all performed methods like spinal adjustments, stretching, rehab exercises, trigger point therapy and soft tissue techniques. The only objective difference between the professions was the level of education. To our satisfaction, the study found that it was chiropractors who were the best-trained health professionals to take care of spinal problems.

What is our answer to this situation?

The Achilles heel of chiropractic remains the lack of integration into the health care system. Traditionally, chiropractors have entered single practices and worked on their own throughout their professional careers and chiropractic institutions have often had their focus on students mastering this part of their professional lives. However, today we see a movement towards improved inter-professional relations, especially in countries with advanced legislation and regulation such as Denmark, Norway, Liechtenstein and Switzerland. Nowadays, the trend is that chiropractors establish practices with other health professions or join already-established multi-disciplinary centres. Sole practice is no longer the only option.

In my opinion, we must learn and be comfortable in working with other health professionals in the health care system and our chiropractic institutions must work to develop their inter-professional training. We must move away from the situation where I still see fear and discomfort in students’ eyes when they pick up the phone in order to communicate with the local medical doctor or physiotherapist.

I know there are exceptions within our chiropractic programmes. The universities of Zürich and Southern Denmark have inter-professional training as a natural part of their education already, with chiropractic students being educated alongside their medical colleagues. However, this should become the norm and I feel that we need to see all chiropractic educational programmes follow this pathway. How can we expect our students to co-operate and interact with other health professionals when we never taught them how to?

In many countries in Europe, and also the United States, the physiotherapy education is moving towards a five-year programme instead of the three-year bachelor programme. During the course of training, physiotherapists (and also osteopaths who are physiotherapists with some extra training) are trained in hospitals and multidisciplinary institutions. They are trained to communicate and work together with different health care professionals and use their language. Who do you think health care professionals, like medical doctors, are more likely to refer patients to? People you have worked with and speak the same language as you, or some chiropractor you don’t really know?

I think we need to see a shift in our chiropractic programmes towards inter-professional training. If we manage to make this shift, then I see a great future for our profession; improving our interaction with other health professions and integration of chiropractic into mainstream health care. The ECU is committed to see this happen.

Øystein Ogre DC, FEAC
ECU President
Blog address: ecupresidentblog.com
Email: ecupresident@gmail.com
ECU General Council Meeting – Dublin 2014

The 82nd ECU Annual General Council meeting took place this year on 28 May in Dublin. It was attended by 19 GC representatives of the 22 ECU Members, all members of the Executive Council and Secretariat, Chairs of the three ECU sub-committees (EAC, Research Council and EU affairs) and 16 observers, including Laurie Tassell, President of the Chiropractic Association of Australia, and Lone Koulsgaard, President of the Danish Chiropractic Association.

For the first time, student leaders were invited to attend and the ECU was pleased to welcome Mario Olarte of the Barcelona College of Chiropractic and Chris Wood of the McTimoney College of Chiropractic.

The meeting was chaired by ECU President Øystein Ogre and was conducted in a spirit of co-operation and harmony. The meeting heard from the DC Title Working Group, set up following the last GC meeting to examine the issues surrounding the awarding of DC certificates to graduates. The Chair of the Working Group, Vivian Kil gave a presentation and a discussion followed. It was agreed that the group would reconvene and report back to the GC at its next meeting.

The meeting was honoured by the presence of Laurie Tassell, who described recent attacks on the profession from sceptic groups and the media. He stressed the need for a clear identity and for the profession to stop making unfounded claims.

The meeting was pleased to welcome Laurie Tassell, President of the Chiropractic Association of Australia, and Lone Koulsgaard, President of the Danish Chiropractic Association.

Installation of the MRI unit, the first of its kind in a European chiropractic institution, is nearly complete and is on schedule to open in mid-September. Once the unit is commissioned, applications training for the dedicated MR radiologist and the radiography team will take place and imaging protocols and sequences will be finalised.

Principal of the AECC, Professor Haymo Thiel, said, “I am extremely grateful to the ECU for approving this grant. Not only will it help to support what is an exciting and important advancement for the institution, its students and patients, but ultimately it will be of benefit to the profession in Europe. “Our recent MRI awareness CPD event sold out and we are now in the process of building the Bournemouth Open and Upright MRI (BOUMRI) website. We also have a JustGiving website (www.justgiving.com/AECCMRI) for donations towards the MRI scanner project. I would like to thank all of those individuals and organisations who have already donated and encourage others to follow suit.”

For more information about the AECC’s open and upright MRI, visit www.bournemouthopenuprightmr.co.uk.

The meeting was pleased to welcome Mario Olarte of the Barcelona College of Chiropractic and Chris Wood of the McTimoney College of Chiropractic.

Reports were given by Sidney Rubinstein, Chair of the Research Council, Philippe Druart, Chair of the EU Affairs Committee and Martin Wangler, Dean of the EAC. In an historic decision, the GC agreed that from 1 January 2015, every ECU member chiropractor would automatically become a member of the European Academy of Chiropractic (see page 29).

The meeting was pleased to welcome Laurie Tassell, who described recent attacks on the profession from sceptic groups and the media. He stressed the need for a clear identity and for the profession to stop making unfounded claims.

The GC considered two financial requests and granted €30,000 to AECC in respect of its new upright open MRI scanner (see left) and €5,000 to the Hungarian Chiropractors’ Association for translation of important documents from English into Hungarian.

Finally, the GC voted third terms of office to ECU President Øystein Ogre and ECU Treasurer Vasilios Gkolfinopoulos, who will both continue to serve on the Executive Council until 2016.

The next meeting of the GC will take place in Stockholm, Sweden on 14-15 November.
Dr. Robert Melillo

Disconnected Kids

Childhood and developmental disorders within chiropractic practice

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Dr. Robert Melillo is an internationally known lecturer, author, educator, researcher and clinician in the areas of neurology, rehabilitation, neuropsychology and neurobehavioral disorders in children. He's also an expert in nutrition with more than 20 years of clinical experience.
ECU news

Philippe Druart receives 2014 Honour Award

Past ECU President Philippe Druart has been recognised for his contribution to the chiropractic profession in Europe with the 2014 ECU Honour Award.

At the annual ECU Gala Dinner, held this year in Dublin at the conclusion of its successful Convention, Dr Druart was honoured for his work, which has spanned over 40 years.

Presenting the award, ECU President Øystein Ogre paid tribute to Dr Druart: “Philippe’s contribution has been immense over many years and the profession owes him a huge debt of gratitude. Over the time he has been involved in the politics of the profession in Europe, we have seen many positive achievements, not least of which was the publication of the first ever European Standard for a health profession.”

Belgian-born Philippe Druart qualified from AECC in 1972. At that time, AECC was housed in Cavendish Road, Bournemouth and was a far smaller institution than it is now. Proud of his alma mater, he served not only as the Belgian representative (for 18 years!) but also as Chair of the AECC Board of Governors. During this time he saw the profile of chiropractic education grow in Europe and worked closely with past AECC principal Dr Kenneth Vall.

As well as working in his successful clinics within the Belgian towns of Liège and Waremme, Dr Druart became involved with the ECU in 1986, serving as the Belgian Chiropractors’ Union representative on the General Council until he was elected ECU President in 2004.

“Over the course of 18 years, I had a fairly good idea of what was going on within the ECU,” he says. “As President, I had the opportunity to work with some very strong national presidents who were at the GC table and we quickly moved towards a much more European approach. It was also great to see the development of the ECU Conventions, especially the 2007 joint ECU/WFC event in Vilamoura where we celebrated the ECU’s 75th anniversary.”

In 2005, Dr Druart moved to Spain with his wife, Kate, where they settled in Andalucia. “It is a beautiful area with lovely people and plenty of sunshine,” he says. “It was not easy to give up my practices, but I felt it was the right time for me and the quality of life here in Spain is good.”

After his presidency, Dr Druart returned to clinical practice, this time in Spain, where, he says, “things are somewhat different than in Belgium.”

“In some ways, it has felt a little like going back to when I first graduated in 1972. There is a need to build chiropractic’s reputation and we have no legislation in Spain. Sadly, we also have to pay VAT. There is a need to educate and inform our communities there, which will take some time.”

In 2013, Dr Druart was appointed as the Chair of a new committee charged with overseeing EU Affairs. After his success in steering through the CEN Standard for the chiropractic profession, Øystein Ogre considered him just the person for the job.

“Philippe brings with him such a wealth of experience and has a very detailed knowledge of the EU and its various arms,” said Dr Ogre. “For the ECU this knowledge is valuable as it’s important that we have a coherent strategy to ensure that chiropractic is best represented.”

In receiving the ECU Honour Award, Dr Druart also paid tribute to long-serving Executive Secretary, Anne Kemp, with whom he worked closely for many years: “Anne had a massive workload, but she dealt with everything really well. It was a blow when she decided to retire and we were all very sad to see her go.”

Dr Druart is grateful for having been given the opportunity to return to ECU activities, but is realistic about the challenges that lie ahead: “The current climate in the EU is not easy. We’ve not long had elections. It takes at least six months for the new administration to get itself in place, then another six to start becoming effective!”

“Our biggest opportunities lie with the Recognition of Professional Qualifications Directives and with EU Patient mobility issues. We need chiropractic to be legislated in every EU Member State and this is what we all must work hard to achieve for the future success of our profession.”

Dr Druart is clear on what needs to be done for the future of the ECU: “I want to appeal to the young people in our profession to invest themselves for the future of chiropractic in Europe. We have so much to offer as a natural, manual, scientific profession – often copied, but never equalled!”

The ECU has continued its rebranding exercise with the developing and launch of a new website.

With the development of its new logo last year, the ECU has been working on a fresh new look for its site, which will incorporate both the European Academy and the Research Council.

Designed to be simple and intuitive, it is hoped that the new site will serve as a resource for chiropractors, chiropractic patients and other interested parties wanting to find out more about chiropractic.

Secretary-General Richard Brown said: “The development of a new site is long overdue. It seemed crazy to us that there were separate websites covering what were all functions of the ECU and with the decision to formally reincorporate the EAC within the ECU, it seemed sensible to cover all areas of the ECU’s work under one site.”

The new site, www.chiropractic-ecu.org carries news and features, as well as forthcoming CPD events and information about member national associations. It will also link to a brand new Twitter feed, @ECUchiropractic and its Facebook page.

www.chiropractic-ecu.org – a new website for the ECU
ECU GC agrees to fund EU Affairs Joint Working project

The ECU General Council has agreed to grant €12,000 to allow the EU Affairs Committee to participate in a new Joint Action Planning and Forecasting project.

The project, known as JA-HWF, was initiated to address current challenges within health systems. An ageing population, ageing workforce, increased demands for health care and rising costs all contribute to a need to transform the current framework. This has been recognised within the European Commission and the JA-HWF provides a platform for collaboration and exchange within EU Member States to prepare for a future health workforce.

The JA-HWF project is funded by the Health Programme of the European Union. It relates specifically to the identified shortage in terms of the European health workforce (which it is estimated will reach one million by 2020) and the challenges of a mobile workforce between Member States.

While mobility is a core value of the EU, it creates problems when the valued workforces of some countries migrate to their wealthier neighbours. The JA-HWF will focus on meeting challenges in terms of the availability of health workers and their skill mixes.

The AIC has taken the lead in this project and John Williams, Biju Khanchandani and Donatello Testerini have already been involved, including attendance at a meeting in Bratislava in January 2014.

They are familiar with the objective of the project and have been able to network effectively with other stakeholders, including the Health Ministries of 24 EU States, professional groups (including AIC chiropractors), teaching institutions, the WHO and NGOs. In this way, key decision-makers in EU Health have been introduced to chiropractic.

The Joint Action project lasts for three years. For the ECU to fund this project, an estimated €12,000 is required for 2014, with an anticipated lesser amount for 2015 and 2016.

There are four main areas of work in the project, known as Work Packages:

- **WP4** focuses on data collection, particularly as it relates to mobility and migration.
- **WP5** looks at supply and demand planning methodologies based on an analysis of current practice as it relates to best practice.
- **WP6** focuses on horizon scanning, including the estimation of future needs in terms of skills and competencies.
- **WP7** is concerned with the sustainability of the Joint Action project as it relates to activities and collaboration.

From a chiropractic perspective, the current focus is on WP5 and the opportunity to demonstrate chiropractic's role in best practice models.

The key aim of ECU involvement is to try to convince the large existing stakeholders (medical doctors, dentists, pharmacists, etc.) of the need to include chiropractic as part of the solution in relation to health system transformation.

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**AECC**

### Continuing Professional Development

- **Motion Palpation Institute - MPI Spine - Corey Campbell**
  - 18-19 October

- **Primary Spine Practitioner - Course A - Donald Murphy**
  - 8-9 November

- **Neuro Orthopaedic Institute in association with AECC presents - Explain Pain - Tim Beames**
  - 15-16 November

- **Series in Clinical Musculoskeletal Paediatrics - Seminar 1 Pregnancy and Foetal Development - Joyce Miller & Maria Browning**
  - 15-16 November

- **Gonstead Seminar of Chiropractic - John Cox & William Droessler**
  - 15-16 November

- **Cervicogenic Dizziness and Vestibular Rehabilitation - Richard O’Hara**
  - 6-7 December

- **Series in Clinical Musculoskeletal Paediatrics - Seminar 2 Paediatric Feeding, Nutrition and Growth - Joyce Miller & Maria Browning**
  - 31 January - 1 February

- **Dynamic Neuromuscular Stabilisation - DNS - Exercise Course**
  - 31 January - 1 February

- **Management of Lumbar Disc Derangements - William Morgan**
  - (Chiropractic representative for the United States Navy's Musculoskeletal Continuum of Care Advisory Board)
  - 7-8 February

- **Primary Spine Practitioner – Course B – The Cervical Spine - Donald Murphy**
  - 14-15 February

- **Prague School to Athletic Development Series - Faulty Movement Patterns & Rehab of the Athlete - Craig Liebenson**
  - 6-8 March

For details of all postgraduate opportunities please visit: [www.aecc.ac.uk/cpd](http://www.aecc.ac.uk/cpd)
Diversity a hit with delegates at 2014 Convention

Continued from page 1

The first day of the event began with an energetic display of Irish dancing following by an official welcome from the hosts, the Chiropractic Association of Ireland. Øystein Ogre gave an inspiring opening address before Gitte Tønner chaired a lively opening session on the value of diversity in the profession.

High-profile sports chiropractor Alan Sokoloff delivered an energetic and inspiring presentation on the value of teamwork, and shared his practical knowledge during some highly popular workshops.

Research, workshops, quantum physics … and whisky

As usual, the Convention attracted submissions of original research, with both new and experienced researchers presenting their latest work. The quality of this year’s abstract submissions was extremely high, with individual and institutional researchers producing high quality presentations. This provided some difficulty for the judges, chaired by ECU Research Chair, Sidney Rubinstein, in deciding which researcher would receive the annual Jean Robert Award for Research, but in the end it was Denmark’s Erik Poulsen who was named the winner for his work on osteoarthritis of the hip (see page 15).

One of the features of this year’s new format was the range of practical workshops. Delegates were given a wide choice of themes with ECU joint platinum sponsors Activator Methods and Foot Levelers providing excellent instructors to share techniques as well as captivating sessions on functional neurology and sports chiropractic.

A big attraction at this year’s Convention was Professor Bruce Lipton. His work in the field of quantum physics drew a large audience as he shared his thought-provoking work, as delegates were invited to discard traditionally-held views and open their minds to new ideas.

At the end of a busy first day, over 200 delegates and guests made their way to the Jameson Irish Whiskey Museum for an evening of traditional food, drink and entertainment hosted by the CAI. The mix of Jameson’s and lively Irish singing and dancing ensured that people were on their feet very quickly!

Day two saw more excellent presentations, with Dr Mary Baker of the European Brain Council, Professor David Cassidy and Professor Ted Carrick presenting in the area of neurology and brain injury. With increasing interest in the field of functional neurology, the presentations stimulated delegates and proved popular with all.

Maintenance care, masterclass and moving forward

Among the liveliest debates was one on the value of maintenance care. Conflicting views ensured...
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Convention

“Participants were treated to a diverse range of ideas on treatment prescription and volume”

This year’s Convention saw a rich thread of workshops that ensured that there was something for everyone. The new format proved extremely popular, with options to learn new techniques relating to peripheral joint care, attend ultrasound workshops, and find out more about the latest evidence-based methods for spine care.

The Convention ended with the presentation of research awards and a closing speech from Øystein Ogre, who paid tribute to the efforts of the CAI organising team and to Gitte Tønner.

On Saturday evening, delegates were treated to the best of Irish hospitality at a well-attended Gala Dinner with great food, fine wine, lively entertainment and dancing until the early hours.

All agreed that Dublin 2014 was a great success and with the joint WFC Congress/ECU Convention next year in Athens, now is the time to start making plans for what promises to be another stimulating and enjoyable event.

audience participation and with Eurovision-style voting, there were plenty of opinions voiced from all parties! The debate was enhanced by the presence of Charles Normand, a professor of health policy and management and economics. Stressing the value of supportive care in long-term conditions, he provided a stimulating ‘outsider’s view’ on the issue of maintenance in chiropractic.

This year’s EAC masterclass was entitled The Great Dosage Debate and featured a host of chiropractic personalities, including David Byfield, Tammy de Koekkok and Dominique Hort. Participants were treated to a diverse range of ideas on treatment prescription and volume. The debate was conducted in a lively spirit and the exchanges were both entertaining and stimulating.

Focusing on the theme of diversity, Saturday afternoon saw a ‘fireside chat’ styled debate between Gerry Clum and Richard Brown. Chaired by David Chapman-Smith, Drs Clum and Brown debated the need to evolve the chiropractic profession, embrace Darwinism and move forward. Offering differing philosophical perspectives the two traded ideas on the merits of modernising the profession, yet on the whole a respectful consensus was achieved.

Thankfully, the debate did not boil down to a dance-off at the Saturday night gala dinner!

Popular new format

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Sue Wakefield, who is retiring as Executive Director of the BCA, on being presented with a gift in recognition of her service to the ECU.

Mark Zieglar of Foot Levelers with AECC Director of Clinic Neil Osborne
There was so much on offer

Second-year chiropractic student Mario Olarte talks of his experience at Dublin 2014

This year’s ECU Convention was not my first, but for me it was by far the best. As a student, I was really pleased to see that the programme had material not just for qualified chiropractors but also plenty for us students, too!

The organisation of this year’s event ensured that there was a huge range of activities and different workshops, seminars and debates to choose from throughout the Convention. They appealed to a wide spectrum; from second-year students like me, to recent graduates, to those with many years of experience. There was also a diverse range of subjects covered and I was exposed to new ideas that both inspired and excited me about my future career.

I found the debates about current issues to be interesting and the hands-on workshops were stimulating. I also enjoyed learning about the latest research going on in our profession.

I attended this year’s Convention as a student volunteer and jumped at the opportunity to be there. Being a volunteer was really not too challenging at all: I helped out at the registration desk, completed some light tasks and was available at the busy times of the Convention, but really I was largely free to attend whatever I wanted to.

What I appreciated this year is that even as a second-year student, I felt really comfortable being there and was able to really benefit from being exposed to so many different areas of the profession.

I particularly enjoyed the presentations on functional neurology, and especially those from Ted Carrick and Heidi Grant. The Activator seminar from Arlan Fuhr was also great and I found the final debate between Gerard Clum and Richard Brown about the adaptability of our profession in the near future really fascinating.

But for me, the highlight was the exciting and inspiring talk of Bruce Lipton. This was just so interesting and it left me speechless!

At some points, there were so many inviting seminars and workshops going on at the same time, it was really hard to choose which one to attend! Fortunately, a number of them were repeated so that it was possible to get to most of what was on offer.

The ECU General Assembly was really worth attending. Øystein Ogre told us about the current status of the chiropractic profession in Europe and many of the issues related to it. It was also interesting to hear about the experiences of Laurie Tassell in Australia.

During the breaks, I really enjoyed exploring the exhibition area, where all kinds of vendors and sponsors showed off their instruments, programmes, protocols and techniques, some of which I had never seen before.

Away from the academic programme, the Convention provided an excellent opportunity to socialise with students from colleges all over Europe, to speak with prestigious chiropractors and meet inspiring speakers.

It was great to catch up with friends and meet fellow students whom I had met at previous ECU conventions. To be at such a large international gathering of chiropractors, listen to their stories and learn from their experiences – not to mention experience their generosity towards us students at the bar – was unforgettable!

From all of the above it is unnecessary for me to say that after Dublin 2014, I’m definitely looking forward to the joint WFC Congress/ECU Convention in Athens next year!

Mario Olarte
Year 2 student, Barcelona College of Chiropractic
Alpha and Omega: Athens 2015

NEXT YEAR’S joint WFC Congress/ECU Convention promises a dazzling array of world class speakers and something for everyone.

Held in the ancient Greek city of Athens from 13 to 16 May 2015, The Alpha and Omega of Spinal Healthcare will be the WFC’s 13th Biennial Congress and will incorporate the ECU’s Annual Convention. Presentations will include those from policy makers, practitioners and those at the cutting edge of research.

WFC President Dr Greg Stewart, explained: “The line-up of speakers we have assembled for our 2015 Congress is amongst the best ever. I challenge any chiropractor to look at the academic programme and not find a whole host of subjects that will fascinate and inspire.”

As its title suggests, the focus for the joint WFC/ECU event will be on spinal health care, from the ancient roots of spinal manipulation right through to futuristic technology that would have shocked our forefathers.

The opening plenary session will feature some of the biggest names in spinal research from around the world. Jan Hartvigsen, Greg Kawchuk, Scott Haldeman and Christine Goertz will look at the impact of spinal manipulation on body systems and its utilisation for mechanical, neurological and medical conditions. Fascinating developments in neuroscience also feature in the first morning’s session with names such as Ted Carrick and Heidi Haavik applying their knowledge and research to evidence-based spinal health care.

Day two will see an inspiring line-up of speakers exploring the current opportunities in spinal health care. Chaired by one of the profession’s leading researchers, Denmark’s Professor Jan Hartvigsen, a succession of speakers will describe what they see as the ‘Rules of Engagement’ and the realities of practice.

Leading figures from the fields of paediatrics, adolescent care, pregnancy and seniors will be the main attraction on the final day of the Congress. Arguably the foremost chiropractic paediatrician in the world, Dr Joyce Miller, will speak alongside Drs Lisa Hestbaek, Rosemary Oman, Paul Dougherty and Lisa Killinger in the discussion of the management of special populations.

As is customary at both WFC and ECU events, the profession’s leading researchers will be presenting their original work, competing for the awards that recognise outstanding contributions to the development of spinal health care by chiropractors and institutions.

This year there will be a record number of technique workshops and special interest presentations in a host of exciting and innovative areas. With Dr Dan Murphy describing the science of subluxation, to adjusting and McKenzie workshops, to Lindsey Rowe’s ever-popular radiology sessions, the opportunities are endless. There is even the chance to get a taste of animal chiropractic with a special equine adjusting session!

Registration is now open for this unique chance to experience the world’s leading chiropractic event. Visit www.wfc.org now to reserve your place and start planning to visit Greece in 2015.

President of the Hellenic Chiropractors’ Association, Dr Vasileios Gkolfinopoulos, adds: “We look forward to welcoming chiropractors from around the world to our beautiful and historic country. We have ancient history, beautiful beaches, a vibrant culture and of course the very best that the sun gods can offer!”

The Convention provided an excellent opportunity to socialise, to speak with prestigious chiropractors and meet inspiring speakers”

Claire Wilmot with AECC Head of Marketing Lisa Martinez

Academic Organiser Gitte Tenner with Alan Sokoloff
The Alpha and Omega of Spinal Healthcare
HILTON ATHENS HOTEL

www.wfc.org/congress2015
IN THE last issue of BackSpace I wrote about study design and discussed briefly which designs are optimal to answer your clinical question. In this issue I would like to discuss the role of systematic reviews and meta-analyses.

What are systematic reviews?
Systematic reviews are an attempt to summarise the available evidence and support clinicians in bringing their practice more in-line with evidence-based principles. Their necessity becomes painfully obvious when one considers that there are more than 20,000 medical and allied journals, collectively publishing more than one million articles per year.

The past
Prior to the 1990s, reviews were nothing more than narrative (or descriptive) reviews. In practice, an author was invited to write his commentary about a given therapy but these types of reviews often reflected nothing more than the opinion of the author. With no strict selection criteria of the articles being listed, readers were left to question why certain articles had been included or excluded. Often, articles were included to demonstrate that a particular therapy was effective which supported the preferences of the author, while those which had a ‘negative’ or equivocal result were excluded. Furthermore, in the early days, no attempt was made to ‘pool’ (or combine) data from the individual studies (which I explain later) with the result that reviews were long, dry narrative reports leaving the reader even more bewildered and questioning whether the therapy was effective or not and whether it should be implemented in practice.

The present
Following this period came enlightenment and attempts were made to bring order from chaos. Emphasis was placed on ‘systematic’. Explicit search strategies and selection criteria became the norm, so it was clear to the reader which databases were searched and which studies were included or excluded. Furthermore, attempts to evaluate methodological quality were introduced.

This process of ensuring good methodological quality of studies is not just an exercise for epidemiologists who are looking for work in their ‘free time’, but serves to raise the likelihood of their being more representative of the true picture. Typically, poorly-conducted studies over-estimate the effect of a given therapy, thus making it appear more effective than in reality. For example, in RCTs the process of randomisation is critical and it is important to consider whether patients were properly assigned to the therapy or control group. During this period, techniques for ‘pooling’ (or combining) data from individual RCTs were introduced, and are known as meta-analysis. Different studies, resulting essentially in a comparison of ‘apples with oranges’. Obviously, in order to prevent this, clinical insight is necessary, but it can also be ‘tested’ by conducting sub-group or sensitivity analyses in order to determine if and how much the apples and oranges really are dissimilar.

What are meta-analyses?
Use of meta-analysis is a statistical technique for pooling data. The basic idea is that if, for example, there were three RCTs with 40 subjects in each trial, pooling allows us to combine the trial data from these three studies (assuming that they all measure the same effect and are roughly equal in terms of design, population, intervention, and outcome). If they aren’t, this introduces ‘heterogeneity’, which makes the interpretation of the results questionable and potentially compromises the validity of the results.

In short, with a far larger number of subjects, pooling gives us greater statistical power. It also gives us better insight into the effect of a therapy and makes it possible to detect small effects, and effects in sub-groups. One of the main criticisms of meta-analyses occurs when combining uniquely different studies, resulting essentially in a comparison of ‘apples with oranges’. Obviously, in order to prevent this, clinical insight is necessary, but it can also be ‘tested’ by conducting sub-group or sensitivity analyses in order to determine if and how much the apples and oranges really are dissimilar.

The Cochrane Collaboration
Around the time of the evidence-based medicine (EBM) renaissance came the need for a repository for systematic reviews and a global organisation that could achieve this. The answer came with the Cochrane Collaboration which was established in 1993. Today it includes more than 28,000 people from more than 100 countries who have collectively produced more than 4,500 reviews. Cochrane reviews are highly regarded due to their detailed analysis and rigour and are often seen as the gold standard of systematic reviews; as the author of two such reviews I can attest to the exacting standards that are required in their preparation.

Conclusion
Evidence-based practice is the use of the best available scientific research, the experience of clinicians and the preferences of patients. Chiropractors, like all health professionals, should be encouraged to utilise evidence-based practice in the best interests of their patients. Over the years, systematic reviews have undergone development, and now represent an important link in the EBM hierarchy. It is no longer acceptable to cite individual studies that support a particular style of practice while ignoring those that are less supportive or critical. While scientific research still does not have all of the answers, we should all look to see what works best and then apply this to our patients.

Sidney Rubinstein DC, PhD Chair, ECU Research Council

“Chiropractors should be encouraged to utilise evidence-based practice in the best interests of their patients”
Patient education (PE) is recommended as a core intervention for patients with hip osteoarthritis (OA) but effectiveness in terms of improvement in pain and function is small and conclusions form systematic reviews are contradictory. Manual therapy (MT) is recommended as an adjunct intervention but evidence is limited to a few randomized clinical trials (RCT). Therefore, the objectives of this study were to investigate the feasibility of including a PE program and MT in a randomized clinical trial in a Danish health care setting for patients with hip OA and specifically examine the effectiveness of a PE program alone or in combination with MT when compared to a minimal control intervention.

Methods:
A total of 118 patients with unilateral hip OA were randomized into one of three groups: PE, PE plus MT, and a home-based stretching program. PE involved 5 (2 individual and 3 group) educational sessions taught by a specially trained physiotherapist and MT involved 12 sessions delivered by a chiropractor including a combination of trigger point release therapy, muscular stretching and joint manipulation. Primary outcome was patient-rated pain intensity on an 11-box numerical rating scale and primary end-point was at 6 weeks immediate following interventions. Secondary outcome measures included the Hip disability and Osteoarthritis Outcome Score (HOOS), patients’ perceived global effect of interventions (PGE) and numbers having had hip replacement surgery at 12 month follow-up.

Results:
Follow-up data was available for 111/118 patients. Baseline-adjusted reduction in pain intensity was 1.9 points (95% CI 0.9 – 2.9) greater for the combined PE/MT group when compared with the home-based stretching group. No difference was found between the PE and home-based stretching group (-1.0 – 1.0). The HOOS scale demonstrated similar results as the primary outcome. At 6 weeks, 76.5% of patients in the PE+MT group had classified themselves as improved compared to 22.2% in the PE group and 12.5% in the MCI group, p<0.001. At 12 months, 12 patients in the PE group had received hip replacement surgery, 4 in the PE/MT group and 7 in the home-based stretching group.

Conclusions:
The chosen trial set-up and selected outcome measures were feasible in a Danish health care setting and a combined patient education and manual therapy intervention demonstrated clinically and statistically significant differences in comparison to a home-based stretching program for patients with hip OA. The patient education program alone was no better than the home-based stretching program.

First Prize: Erik Poulsen

Patient education with or without manual therapy compared to a control group in patients with Osteoarthritis of the Hip. A proof-of-principle three-arm parallel group randomized clinical trial

Erik Poulsen, Jan Hartvigsen, Henrik Wulff Christensen, Ewa Roos, Werner Vach, Søren Overgaard

1 Nordic Institute of Chiropractic and Clinical Biomechanics; Odense; Denmark
2 University of Southern Denmark, Department of Sports Science and Clinical Biomechanics; Odense; Denmark
4 University of Freiburg, Institute of Medical Biometry and Medical Informatics; Freiburg; Germany
5 Odense University Hospital, Department of Orthopedic Surgery and Traumatology; Odense; Denmark

Erik Poulsen is a 1989 graduate of Palmer College of Chiropractic, Davenport and has since worked as a chiropractor in the US, England, Scotland and Denmark. In 2006 he completed his MSc in Advanced Professional Development from the Anglo European Chiropractic College and Portsmouth University and has for the last 10 years had a special clinical and research interest in hip disorders. He received his PhD in 2012 from the University of Southern Denmark. Erik currently works part-time at the Nordic Institute of Chiropractic and Clinical Biomechanics and part-time in private practice. Dr Poulsen is an individual member of the ECU.
**Research Council update**

There are currently 11 projects being supported by the ECU Research Fund. This includes one that has recently been completed and several that are nearing completion. Just under half of these include chiropractors working on post-doctoral studies, while the remainder include chiropractors working towards PhDs and one working on a Master’s project.

The Research Council is proud to have supported young researchers such as Johnny Branney at AECC, who recently won the ‘New Investigator’ award at the 2014 ECU Convention in Dublin (see page 15). His study investigated the effects of manipulation on cervical spine inter-vertebral motion patterns and patient-reported outcomes, and has been presented at many international spine symposia. It has also recently been published in Chiropractic & Manual Therapies.

Seven new funding proposals were considered by the Research Council earlier this year. For a number of reasons, only one of these was funded. As a Research Council, we would like to support more high-quality projects, but restrictions on funding require us to make tough decisions. Despite this, the Research Council looks forward to many future applications, but we would stress that researchers are encouraged to seek co-funding from their respective national organisations and other stakeholders. In fact, the Research Council looks favourably upon those applicants who are able to demonstrate other sources of funding.

This year funding went to support an exciting new PhD project lead by Dr Annemarie de Zoete, a chiropractor from the Netherlands. The project will use individual patient data (IPD) from RCTs of spinal manipulative therapy (SMT) for chronic low-back pain. The goals, among other things, are to identify characteristics of SMT such as type of practitioner (e.g. chiropractor, manual therapist) and types of manipulative techniques (e.g. HVLA manipulation, mobilisation) which are likely to influence the overall treatment effect. Use of IPD data will allow for exploration of individual patient and treatment characteristics which are masked by the use of aggregate data in standard meta-analyses. This means that IPD meta-analyses have the potential to produce more clinically relevant results than standard meta-analyses. The results are expected in 2017.

Sidney Rubinstein DC, PhD Chair, ECU Research Council

**IFEC announces new collaboration**

The Institut Franco-Européen de Chiropratie (IFEC) has announced exciting developments in its collaborative, educational and research work. With strong existing links to the world-renowned Université Paris Sud as well as the chiropractic programmes at Université du Québec at Trois Rivières, Perth’s Murdoch University and the University of Zürich, IFEC is constantly strengthening its academic and research capacities at its campuses in Paris and Toulouse.

In a ground-breaking partnership agreement, IFEC has joined up with the Program for Interdisciplinary Research in Sports Science and Human Movement (PRISSMH) at the University of Toulouse III (Paul Sabatier).

PRISSMH is attached to the Life Sciences department at the university and has developed an innovative collaboration, comprising a behavioural approach, incorporating biomechanics, experimental psychology and neuroscience, and a social science approach, which includes political sociology and relationships between body, mind, health and cultural factors.

Head of IFEC, Dr Olivier Lanlo, is positive about the new collaboration. “The long term plan here is to expose our students to a wide range of factors associated with sport and human performance. In particular, we want to show them how knowledge of the various philosophies of health can be combined with research and the current evidence base.”

Dr Lanlo recognises that there are historical conflicts between philosophy and science in chiropractic. He is keen to maintain the fundamental identity of the profession, whilst at the same time introducing contemporary ideas. “We firmly believe that it is important that our profession understands its history and maintains its roots, but does so in a lucid manner,” he said. “By using the academic skills and research expertise of the faculty at the university, I am confident that the student experience will be enhanced and that the identity of the profession will be maintained by graduating chiropractors who are both scientifically and philosophically grounded.”

In other developments, IFEC has announced a new research initiative working with a team of sociologists to build on the PhD thesis of Dr P L Gaucher-Pesherbe, a French chiropractor who studied the sociological history of chiropractic. Dr Lanlo stresses the importance of putting an end to what he sees as an artificial split between so-called scientific chiropractors and philosophical chiropractors. “Here at IFEC, we are modernising our approach to educating tomorrow’s chiropractors. We want to understand our students - their personalities, beliefs, goals and what they need to get from our programme. We recognise that ensuring a solid understanding of the social sciences is as important as anything else. By marrying pure science with the history, traditions and philosophy of chiropractic we are confident that we will succeed in better integrating chiropractic into the health system.”

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**General news**

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General news

AECC develops links with WHO in Geneva

IT IS often said that some of the best education takes place outside the classroom. Four senior AECC student interns, accompanied by Dr Neil Osborne (AECC Director of Clinic), eagerly accepted a recent invitation to visit the World Health Organisation (WHO) in Geneva, Switzerland. The AECC has now been asked to collect data for the organisation.

This memorable day began with a tour of the WHO Campus, followed by presentations from a number of WHO staff members, including a discussion with the lead author of the first-ever International Disability Report.

The group then shared time with WHO interns, who outlined the exciting and important contributions that students and new graduates could make to the work of the WHO. This is something that has been extended to the chiropractic profession in recent years, due largely to the outstanding contribution of Dr Molly Meri Robinson Nicol, a Senior Technical Officer within the WHO Classifications Department. Dr Robinson Nicol explained how there were opportunities for undergraduates and new graduate chiropractors at the WHO as part of a Fellowship programme, which could include students and graduates from AECC.

Not only was this a great learning experience for the students, but the WHO has also asked AECC to consider collecting data for it; a unique opportunity to collaborate with the organisation. The AECC, which developed the Bournemouth Questionnaire, has a strong track record in the collection of self-reported data, from patients recording pain and anxiety levels, and has strongly engaged with Care Response, a leading method of collecting and summarising presentations and outcomes of patient treatment.

Professor Haymo Thiel, AECC Principal, said of the link: “With approximately 50,000 patient visits per year, AECC hopes to become a leading collaborating institution for the WHO in the field of musculoskeletal pain and disability. This is an exciting development and demonstrates the potential for collaboration at the highest level.”

Swiss chiropractic programme gains government accreditation

Continued from page 1

Speaking after the announcement Professor Humphreys said: “This is an historic day for chiropractic. As the first Chair for Chiropractic in a university in Switzerland I am deeply honoured to be part of this amazing achievement. There are many Swiss chiropractors who have worked long and hard for this day and I am grateful for their sacrifice and perseverance that made it possible. “I am also grateful for the tremendous support and encouragement we have received from our home, the Orthopaedic University Hospital of Balgrist. They have been amazing in helping us to establish ourselves as valued members of the team.”

The first cohort of students began the six-year M.Chiro.Med programme at the University of Zürich in September 2008. The programme is fully integrated within the University of Zürich Medical Faculty and students study chiropractic along with four full years of medicine.

After graduation, students must pass a federal examination and then enter a two-year postgraduate programme. The postgraduate programme was accredited by the Swiss government in 2011 under the same procedures and conditions as all other medical faculties (i.e. residency programmes).

Graduates are eligible for the Doctor of Chiropractic Medicine (D.Chiro.Med) degree upon completion of an additional research thesis submitted at least one year after completion of the M.Chiro. Med programme.

After an extensive accreditation process and site visit in 2013, the SUK and CSA announced their approval of the chiropractic programme on 3 July 2014.

Professor Humphreys concluded: “The future of chiropractic in Switzerland is bright as we are where we should be; working together, shoulder-to-shoulder, as a respected member of the health care team for the benefit of patients.”

Commenting on the announcement, ECU Secretary General Richard Brown said: “This is a proud time for chiropractic in Europe and another landmark achievement for the profession in Switzerland. The ECU salutes the work of Professor Humphreys and his colleagues. They set high standards for chiropractic education and deserve the thanks and appreciation of all within the profession for what has been achieved.”

National handball triumph for AECC Ladies team

THE AECC Ladies Handball team has been crowned champion at the UK Student Handball Championship.

The final play-offs, held earlier this year in Dagenham, London, saw disaster strike for the AECC at the outset, losing one of their players to a knee injury. With no substitutes, the team was forced to play on with just six players, winning every match before defeating Nottingham in the final.

As a result of winning the UK Championship, the AECC ladies went on to represent the UK in the European play-offs in the Netherlands.
AECC diagnostic ultrasound unit gets major boost

AECC HAS signed a major new agreement with FujiFilm SonoSite to equip its diagnostic ultrasound teaching unit with eight new high specification ultrasound machines worth over €800,000.

Since the introduction of the Centre for Ultrasound Studies (CUS) and the appointment of its Director, Dr Budgie Hussain, the programme has gone from strength to strength. There are currently 75 students at CUS, studying diagnostic ultrasound in musculoskeletal, obstetrics and gynaecology and abdominal applications as well as in specialist areas such as nuchal translucency screening and ultrasound-guided injections.

Students come from a variety of backgrounds, including medicine, nursing and midwifery, radiography and physiotherapy as well as chiropractic.

To reflect the success of this initiative, in 2013 the AECC expanded the centre with the introduction of six new consulting and teaching rooms. The agreement signed with FujiFilm SonoSite equips the centre with state-of-the-art ultrasound machines for these teaching facilities.

The loan agreement, in place for three years, reflects the reputation of AECC as being at the leading edge of diagnostic ultrasound education and training nationally, and is an endorsement of the high regard in which global manufacturer FujiFilm holds AECC as a centre of excellence.

AECC Principal Professor Haymo Thiel commented: “The AECC is delighted to enter into this agreement with SonoSite, from which students can train on the latest high-tech equipment to enhance their learning experience and ensure they leave with up-to-date skills and competencies. We hope this agreement will continue well into the future with mutual benefits for both SonoSite and the College.”
**Obituary:**

**Robert Jean Gevers (1948-2014)**

Dr Robert Gevers, a founder member of the Spanish Chiropractic Association, passed away in May this year following a short illness. Dr Gevers was instrumental in developing the chiropractic profession in Spain and was the first President of the Asociación Española de Quiropráctica (AEQ).

Born in 1948 in Antwerp, Belgium, Dr Gevers’ first degree was in economics, graduating from the University of Leuven in 1970 before deciding to pursue a career in chiropractic. Having married into a family in which the parents had been direct disciples of BJ Palmer himself, Dr Gevers boarded a ship, sailed to the United States and embarked on the chiropractic programme at Palmer Chiropractic College. Four years later, in 1974, with his first child and a chiropractic degree, he flew back to Spain.

Dr Gevers opened multiple clinics in Madrid and, with unrivalled passion for his new profession, soon developed an excellent reputation, leading to first a three-month, then a six-month waiting list for new patients. Within a very short space of time, Dr Gevers was Spain’s most celebrated chiropractor.

It became clear that a professional association was necessary to organise and promote chiropractic in Spain. With Dr Gevers as one of its five pioneering founder members, the AEQ was established in November 1986 and became a full member of the ECU in December of that year. This was a challenging time for chiropractors in Spain, with the threat of prosecution (for practicing medicine without a licence) constantly hanging over them.

Dr Gevers was active in the ECU and participated in the establishing of the World Federation of Chiropractic. Well-known within the profession, his charismatic and persuasive character ensured that the AEQ maintained a strong push for legislative recognition, although this did not come to fruition during his lifetime.

ECU Past President and fellow Belgian chiropractor, Philippe Druart, recalls: “Whilst trying to look at ways that chiropractic could achieve legislation in Spain, Robert would look at all of the angles and would sometimes call me up to 10 times a day! If he didn’t get the answers he was after, he would call again and again, examining every possible area.

“Concerning his beloved profession, Robert never gave up and remains a shining example for all young chiropractors starting their own practice: first, to defend your profession at all levels and second, to be dedicated to your patients as much and for as long as you can.”

As a past AEQ president, Dr Gevers continued to work tirelessly for the association, meeting with Ministries of Health and Education in pursuit of legal recognition for chiropractic in Spain. His efforts were rewarded by the establishment of the Madrid College of Chiropractic (formerly RCU) and the Barcelona College of Chiropractic. He finally stepped down as AEQ President in 1994.

With his wife, a native of Spain, Dr Gevers had four children, three of whom became chiropractors, including the current AEQ President, Carlos Gevers-Montoro. Carlos paid tribute to his father: “Since my father founded the AEQ, the Spanish chiropractic family has grown to more than 230 members and every year chiropractors are graduating from our two extraordinary colleges, Barcelona Chiropractic College and the Madrid Chiropractic College. None of this would have been possible without my father. He was more Spanish than any of his Spanish-born children!”

Dr Gary Auerbach of Tucson, Arizona, served as the WFC’s first president in 1988. He comments: “Robert was a close friend and partner in the 1980s as we worked together on the international organisation of the profession, with formation of the World Federation of Chiropractic and the development of chiropractic in Spain. He had so much to do with the successful growth of the profession in Spain and will continue to do so through his son Carlos.”

Dr Gevers had one final adventure in 2013, when he opened a practice in Leon, Mexico and delivered his last adjustments. It was there that he passed away peacefully in his sleep on 18 May, 2014.

Robert Gevers is quoted as saying: “Chiropractic is the most gratifying profession there is if practised with generosity and a giving attitude.”

As the legacy of his work lives on, those words will resonate with chiropractors across the world.

The ECU offers its sincere condolences to Carlos, his family and others who were close to Dr Gevers. With his passing, the chiropractic profession has lost an inspirational leader.

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**International Medical University visits AECC and WIOC**

The Anglo European College of Chiropractic (AECC) and Welsh Institute of Chiropractic (WIOC) were visited by the President of the International University of Malaysia (IMU) and several members of its executive, including the Head of the Chiropractic Programme at IMU, Dr Peter Diakow, in June.

IMU is Malaysia’s first and most established private medical and health sciences university with over 22 years of dedicated focus in health care education. It is also the first university in Malaysia that offers a chiropractic degree programme alongside other health subjects, including medicine and dentistry.

AECC has had a Memorandum of Understanding with IMU for a number of years, under which students from its chiropractic programme can apply to AECC at a certain point in their studies to finish their education in the UK. Similarly, agreements have been made with WIOC and constructive discussions were held when the IMU representatives visited WIOC as part of their UK trip.

David Byfield of WIOC with representatives of Malaysia’s International Medical University
General news

DEXA Scanner installed at WIOC

A NEW state-of-the-art DEXA scanner has been installed at the Welsh Institute of Chiropractic.

Operational training on the scanner took place in June and planning is now well-advanced for the business and research components of the initiative.

Dr David Byfield, Head of WIOC, commented: “There is a great deal of interest from the Local Health Board in this technology as waiting lists in the area are currently exceeding nine months.

“There are a number of people to thank for this development, particularly Dr Simon Williams, principal lecturer at the Faculty of Life Sciences and Education, who was instrumental in the grant application that secured funding for the equipment.”

WIOC will be collaborating with Dr Williams and others in the Faculty to maximise the academic and research potential of the service.

DEXA (Dual Energy X-Ray Absorptiometry), often referred to as bone density scanning, measures bone mineral density and is used to diagnose osteoporosis. It is the most widely-used and thoroughly studied form of bone density analysis. It can be used at any age, but most commonly is used in women over 50 and men over 60. It is non-invasive and works by utilising low-dose x-rays at two different energies to distinguish between bone and soft tissue. The examination is usually performed at the commonest sites of fracture: spine, hip and wrist.

What do T and Z scores mean in DEXA scanning?
DEXA measures bone mineral density and is considered the gold standard in osteoporosis scanning. Results are given in the form of ‘T’ and ‘Z’ scores.

The T score is also known as the ‘young normal’ measurement and indicates how bone mineral density compares to that of a healthy 30-year-old female. Peak bone density is reached at 30 and should ideally remain at this level.

The T score is the most important value. It is measured in units of standard deviation (SD) from this ideal, either above normal (+) or below (-). Optimal bone mass T-scores range from -1 to +1. Osteopenia is diagnosed when the T-score is between -1.75 and -2.5. A T-score below -2.5 is considered diagnostic of osteoporosis.

The Z-score is also known as the ‘age-matched’ measurement and compares bone mineral density with what would be expected in someone of the same age and size. Again, measurements are in SD units. Z scores do not reflect the strength of the bone, just how it relates to a reference value for age-, race- and gender-matched individuals.

New research department at Madrid College of Chiropractic

THE MADRID College of Chiropractic (formerly RCU) has established a new research department at its campus at the Maria Cristina University at El Escorial.

Under the directorship of Dr Arantxa Ortega de Mues, the first projects have commenced in collaboration with the Jimenez Diaz Hospital Foundation and the University San Pablo CEU. Collection of data has been made towards its running costs.

Currently, the eCU accredits three institutions which are not associated with ECU Member National Associations. These are in Durban, South Africa and Dublin, Ireland as well as the McTimoney College of Chiropractic in the UK.

ECCE accreditation visits

As well as first accreditations, re-accreditation visits have been scheduled by the ECCE’s Committee on Accreditation for the Institut Franco-Européen de Chiropraxie (November 2014) and the Welsh Institute of Chiropractic (February 2015).

In compliance with European Association for Quality Assurance in Higher Education (ENQA) regulations, the accreditation process and all visit reports are now available for review on the ECCE website (www.cce-europe.com).
Richard Brown to be next WFC Secretary General

The WORLD Federation of Chiropractic (WFC) has announced that Richard Brown will be its next Secretary-General from 1 July, 2015. He will succeed David Chapman-Smith, who retires from this position, but will remain in a transitional role for one year until June 2016.

Richard has been in private practice since graduating from AECC in 1990 and until selling his practice earlier this year was the owner and clinic director of a large multidisciplinary practice in Stroud, Gloucestershire. He has a keen interest in sports chiropractic and served as a chiropractor in the medical team at the Polyclinic in the athlete’s village at the London 2012 Olympic Games. He has extensive experience as an expert witness in regulatory practice hearings and clinical negligence litigation, drawing on his combined qualifications in law and chiropractic.

In recent years Richard has become well-known to the profession internationally as an invited lecturer in many countries and world regions. “We are most excited to have someone of Dr Brown’s outstanding abilities, character and proven leadership experience to carry the WFC forward during the next decade,” said WFC President Dr Greg Stewart of Canada. “Although the search process

CTDRU wins award at BritSpine

The Clinical Technology and Diagnostic Research Unit (CTDRU) incorporates the former Chiropractic Research Unit at the University of South Wales. Here, its head, Professor Peter McCarthy, outlines its recent activities and achievements.

Ceri Jones and Bianca Zietsman presented our ACROM work at the BritSpine Conference at Warwick University. This work was a composite of Ceri’s and other undergraduates’ work, co-ordinated and quality-assured by Bianca. The awards were being presented while we were discussing possible research collaborations and with many excellent pieces of research being presented, we hadn’t considered the possibility of winning! Only later did we realise that CTDRU had won the special presentation award for non-clinical research!

On the sporting front, we are about to host a long-term sports injury collaborator of ours, Dr Sally Lark, who is currently based in Massey University, New Zealand. Although it will be a short visit, we will be looking at preparing data for publication and designing the protocol for an additional research collaboration.

The ECU’s 2014 Convention in Dublin was attended by David Byfield and Mike Barber. David Byfield moderated some discussions and gave a podium presentation and hosted a group of poster presentations based on his research into forces transmitted during a manipulative thrust.

CTDRU has recently managed to obtain two small grants. In March we heard we had been successful in attracting £49,500 (equivalent of £132,000 when including the matched funding from industrial partners) to continue the work into Raynaud’s phenomenon. This secures Bianca Zietsman’s research assistantship position until December 2014. In addition, Lee McCarthy and Bianca have been doing some exploratory work regarding possible future collaboration with iThink Sport, a company interested in the psychology of sport performance. This work was funded by the Strategic Insight Programme (£2,500).

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Belgium announces Royal Decree for chiropractic

Belgian chiropractors are celebrating after a surprise publication of a Royal Decree that included a range of health professions, including chiropractic.

The Royal Decree, which incorporates homeopathy, acupuncture and osteopathy as well as chiropractic, covers a range of general conditions:
1. Professional indemnity insurance
2. A system of registration for individual practitioners
3. Regulations regarding publicity
4. A list of non-authorised acts for non-medical practitioners who are not medical doctors

The Royal Decree further makes provision for the establishment for a Chamber of Chiropractic. This Chamber, comprising five members of the Belgian Chiropractors’ Union and five medical practitioners (representing medical faculties of Belgian Universities), will act as a sovereign body to register the individual practitioners.

However, there remain specific conditions that will necessitate a further Royal Decree, which cover undergraduate and postgraduate education, graduate education programmes, a system of continuing professional development, a list of authorised acts and a code of ethics. All of these conditions will need to be satisfied in order to register as a chiropractor in Belgium.

Over the last two-and-a-half years the BCU has worked tirelessly with the authorities to ensure every detail of every condition would be satisfied. This has led to a detailed series of so-called ‘advises’, the products of intense negotiations and consensus, which were passed to the Minister of Health.

Sadly, the progress of the second Royal Decree was halted by electoral in-fighting and a blocking of the dossier by one of the political parties. As the result, the Minister of Health was unable to complete the work, leaving matters outstanding until such time as a new Minister prioritisises and passes the second Decree.

The history of legislative pursuit dates back many years, but was firmly established in 1999 with the Colla Law, named after a Belgian Minister of Health, Marcel Colla. The Colla Law recognised formally four main complementary health professions, but despite this, nothing progressed until 2011 when the then Health Minister executed the three next critical steps in the process: the recognition of the Belgian Syndicate of Chiropractic; the establishment of a Chamber of Chiropractic; and the establishment of a Paritary Commission. The Chamber provided specific advice on details of the chiropractic profession, while the Paritary Commission’s role was evaluate this advice. The outcomes of these discussions led to the historic announcement in May 2014.

Speaking on the development, BCU Vice President and ECU GC Representative Bart Vandendries, said: “The passing of this Decree is excellent news. We still have some way to go but this important first step is a historic development for the chiropractic profession in Belgium.”

The pursuit of legislation in Belgium: a timeline
1923 The first chiropractor arrives in Belgium
1932 Formation of the ECU with Belgium as a founder member
1946 Belgian Chiropractors’ Union named in statutes
1994 Petition containing of 213,000 signatures calling for legal recognition of chiropractic
1999 Colla Law is passed
1999 Chiropractic treatment partly reimbursed, yet not implemented in the social security system
2001 Publication of Royal Decree concerning conditions on recognising professional association of non-conventional medical professions.
2007 Recognition of the BCU by the State Council
2011 Recognition of the BCU by the Ministry of Health
2011 Establishment of the Chamber of Chiropractic and the Paritary Commission
2014 Announcement of the Royal Decree

Humanitarian work continues at Madrid College

The Madrid College of Chiropractic (formerly RCU) is continuing its humanitarian work with the poor and underprivileged both in Spain and beyond.

Working with Caritas Madrid, an agency of the Catholic Church, students from the Madrid college are engaged in working with the poor. MCC maintains a satellite clinic within a home in Madrid where students on the MChiro programme, under the supervision of extended faculty, provide care to staff and service users at the sheltered housing facility.

Staff and members of the 2014 graduating class also travelled to Nepal to work with the local NGO Into the World to provide care at its satellite clinic within a home in Nepal to provide care at its sheltered housing facility.

Speaking on the development, Ricardo Fujikawa, said: “This experience is aimed towards developing in the graduating students a sense of duty and changing the reality of health care in specific settings and under challenging conditions.”

All care was provided under the supervision of MCC faculty, extended faculty and local professionals serving with the NGO.
Paediatric chiropractic celebrates PhD for Dr Joyce Miller

Dr Joyce Miller has long been recognised as one of the chiropractic profession’s leading paediatric specialists. She has recently been awarded a PhD by Bournemouth University for her research into the connection between musculoskeletal health and excessive crying in infants. BackSpace reports on this inspiring American who has devoted her life to the chiropractic care of infants and children.

The name Joyce Miller has become synonymous with paediatric chiropractic care; she is in great demand as a teacher and lecturer. Hundreds, if not thousands, of chiropractors throughout the world have been touched by her passion for treating infants and children and for the past 17 years AECC graduates have benefited from her wisdom and expertise.

Now, Joyce has another qualification to add to her already-impressive CV; she has successfully defended her thesis and has been made a Doctor of Philosophy for her research into excessive crying in babies and its relationship with musculoskeletal health. As she explains, she had to overcome her fears before embarking on her PhD:

“The most difficult part of the PhD was feeling convinced that I could do it. Haymo Thiel (Principal of AECC) encouraged me hugely and gave me the confidence that I should go for it. Haymo is a great leader as he not only pushes you to do more, but he also actively assists throughout the process. He taught me how to avoid procrastination and just get on with things.

“This determination was absolutely essential for me to attempt the PhD as the work was more or less continuous and needed to be done alongside my day job at AECC. However, I just loved it! I had been thinking deeply about the subject of excessive crying in babies and musculoskeletal health for well over a decade and being able to express my ideas and roll them out with evidence was for me a source of joy rather than a chore.”

“I’m so pleased that I took up the challenge of a PhD. I had a brilliant supervisor in Professor Edwin van Teijlingen. He is the Professor of Maternal and Perinatal Health Research at Bournemouth University and being able to discuss my simple ideas with such a great mind was a major treat.”

Joyce graduated from Northwestern Health Sciences University, Minnesota, in 1984. Upon graduating she practised for 12 years in Green Bay, Wisconsin, home of the famous Green Bay Packers NFL American Football Team.

It was while treating ‘the Packers’ that Joyce developed an interest in treating younger patients. With a range of musculoskeletal conditions presenting at her practice, largely as a result of American Football, she developed a thriving teen-based practice. As these teens grew up and had children of their own, Joyce’s practice expanded into treating babies. She says:

“Even then, I found crying babies a fascinating enigma but couldn’t explain why it was that they often stopped crying with chiropractic treatment. When an RCT was started at Northwestern, I was really keen to get involved and, inspired by the likes of Gert Bronfort, I went back to see what I could do.”

Joyce came to Bournemouth in 1996 to present her US research findings at a BCA conference that was being held at the Bournemouth International Centre. She recalls it fondly:

“I remember that week really well. It was the best week of weather that has ever occurred in Bournemouth! I couldn’t work out why it was that everyone did not want to live here as the climate seemed just like California!

“I suppose looking back on it, I was having a late mid-life crisis. I felt overworked and fatigued and really needed a change. It was while I was in Bournemouth that I spoke to Professor Kim Humphreys and he suggested that as I was a diplomate from National and Logan College I apply to manage the orthopaedic programme at AECC. I was hired, started in September 1997 and the rest, as they say, is history.”
It was after having started as a tutor at AECC that Joyce identified the opportunity for a dedicated paediatric practice within the college clinic. Building the practice did not take place overnight and Joyce describes how it gradually evolved:

“The infant practice was built slowly but surely. We experienced a number of successes in conditions such as excessive crying, sleeplessness and problems with feeding and so it was that parents of babies and GPs started sending more and more babies to us at AECC.

“We never did any marketing at all for the service we were providing. Word just spread and we found ourselves seeing more and more.”

Joyce is convinced that the benefits of treating a paediatric population extends beyond just caring for infants and children:

“Treating babies is a privilege as it changes families for the better and this in turn helps whole communities. We so often see that once the baby gets better, the grandparents come in, then the father, then the siblings; even the mother finds the time to get help with her musculoskeletal maladies.”

The World Health Organisation estimates that over one third of children have musculoskeletal complaints and acknowledges that this estimate may be very conservative. Injuries can occur before birth (due to intra-uterine constraint) or at birth, which in modern obstetric practice is increasingly likely to be assisted rather than natural.

Joyce is certain that early management of musculoskeletal disorders in children is vital to prevent problems occurring later in life:

“Never has it been more necessary for chiropractors to recognise the contribution they can make to public health by caring for babies and children,” she says. “There are special issues involved in paediatric care; from newborn babies right through to adolescence and the musculoskeletal challenges seen in teenagers. Research has repeatedly demonstrated that early treatment is important as it can prevent long-term disabilities.”

With colleagues at AECC, Joyce established a dedicated feeding clinic in collaboration with Bournemouth University. She has seen remarkable results:

“When babies are helped so that they can breastfeed successfully, it improves the lifelong health for both the baby and the mother. We feel that this is our small contribution to the public health goals of breastfeeding for all infants.”

Joyce has encouraging words for chiropractors considering pursuing an academic higher degree:

“I would recommend all chiropractors to consider it,” she says. “My experience in pursuing a PhD programme is that it helped me to understand my work in a way that no other method can. The mind is only satisfied when it is open to receiving and developing new ideas. As well as this being my personal experience, my MSc students say the same thing; they are quite often disappointed when the programme comes to an end!”

ECU Secretary General Richard Brown said of Joyce’s PhD award:

“This is an achievement of which the whole profession in Europe should be extremely proud. Building the research capacity in the field of paediatric chiropractic is important, not just in expanding the evidence base, but in inspiring other chiropractors with a similar interest to formally pursue their studies.

“Joyce’s work is an excellent endorsement of what can be achieved within this special population and I hope it will stimulate others to build on her work.”

Joyce has strong words for critics of paediatric chiropractic care:

“Anyone opposed to treating babies and children with chiropractic simply has no idea about the problems that musculoskeletal imbalances cause in this population and their impact on families.

“Recognising that dramatic changes have occurred is not a matter of guesswork. The differences in the health and behaviour of children is often immediate and the families we work with are simply amazed at the changes occurring before their eyes.

“Take infant colic, for example. Our RCT showed that while reassurance was a factor, it was actually the manual treatment that was effective in decreasing excessive crying.”

A self-confessed workaholic, Joyce spends most of her time engrossed in furthering her knowledge and developing new areas of interest.

“I have a great deal to accomplish before I die,” she says. “I must do some more research studies myself, but importantly, I am committed to nurturing enough chiropractors with Masters’ degrees such that we reach a critical mass and the research capacity evolves to a sufficient level.

“My life’s goal is to help develop the safety and effectiveness of chiropractic care for the paediatric patient,” says Joyce. “We need to focus on research and make every effort to achieve these goals.”
Making the most of it

Gitte Tønner

Gitte Tønner is the ECU’s Convention Academic Organiser. She is also a member of the Board of the Netherlands Chiropractic Association and runs a busy private practice in Amsterdam. Richard Brown spoke to her to find out how this tireless Danish chiropractor manages to fit everything into her life.

When you first meet Gitte Tønner it is difficult not to be struck by her energy and presence. She is powerfully built and it is clear that she is someone who takes care of herself; when she casually mentions in conversation that she has just cycled hundreds of kilometres across the Netherlands, through Belgium and into Switzerland to visit friends for a few days, you immediately sense that this is a lady who routinely undertakes tasks that would defeat mere mortals.

Gitte first came to the attention of the ECU in 2012, when, as a member of the host committee for the Amsterdam ECU Convention, her organisational skills made her a stand-out candidate for the Academic Organiser’s job. With big shoes to fill following the retirement of Vassilis Maltezopoulos, Gitte quickly set about putting her own mark on the Convention, moving the format away from a strictly scientific meeting to a diverse mix of speakers from all quarters of the chiropractic world.

“I know it was a risky strategy,” says Gitte. “People were comfortable with the format and regularly attended, but I felt that we were missing out on a large segment of the profession who didn’t feel that the Convention met their needs. I wanted a broader appeal that would bring chiropractors of all persuasions together.”

It was a strategy that worked. The Dublin 2014 Convention was hailed as a great success, with over 95% of delegates saying that they would like to come back next year and both undergraduates and chiropractors of many years’ standing saying how much they had enjoyed the programme. At the end of the event, Gitte was tired, but happy.

“I think we achieved what we set out to do,” she commented. “The feedback was positive and those I spoke to found the new look Convention was refreshing.”

Gitte Tønner was born in 1974, the daughter of working-class Danish parents. She grew up loving the countryside and spent much of her childhood outdoors, riding horses and exploring the area around Copenhagen. Her late father was a profound influence during her childhood and into her early adult life. She says: “He was a man of few words. However, what it meant was that when he spoke, people listened and respected what he had to say. More than that though, he was a do-er; he made sure he did what he set out to do and just quietly got on with things. He was my hero and we just had an amazing connection.”

Gitte has always had a strong sense of adventure and when she left high school at 18 she spent two years travelling around the world, visiting Nepal, India, Canada and Australia. During this time, she remembers having some interesting jobs and to earn enough money for the next leg of her journey she found herself as a rickshaw driver, a festival face-painter and a cleaner in some of Australia’s less salubrious hostels.

“Suffice to say, I don’t mind getting my hands dirty,” she laughs. “I’m not sure I’d want to return to those jobs but they were certainly an eye-opener for me!”

On her return to Denmark, Gitte worked in a hospital before embarking on an English degree at the University of Copenhagen. She found that she loved reading books and analysing novels but during her course she broke her foot, an event that was to change the course of her life – and career. While she was recovering, Gitte read a Danish book called What You Can Be. At that time, she had no idea what she wanted to do, but on working through the book concluded that she wanted to work with her hands, work fairly normal hours and have the broadest and deepest knowledge within whatever field she chose to work in. She also wanted to work with people, one-on-one. With this shortlist of requirements, Gitte discovered chiropractic.

“No-one in my family had ever visited a chiropractor or even knew much about them”
Making the most of it

wanted to do, my knowledge of chiropractic was pretty minimal.” Still on crutches, Gitte hobbled to an open day at the University of Southern Denmark (USD) at Odense. Listening to an inspiring speech from Niels Nilsson, then director of the programme, Gitte instantly knew that chiropractic was the profession for her. She enrolled on the course.

As it happened, 1998 was the first year of a new curriculum at Odense, with both students and lecturers having quickly to get acquainted with a new model of integrated teaching. Gitte found herself part of small, intimate groups of students rather than the large mass. For her, having in-depth debates among small groups of passionate individuals held more appeal than, as she says, drinking beer and partying.

Gitte became involved in the Student Union early on and was part of the welcoming committee for the visit of the ECCE accreditation team. She became a student faculty adviser and was trusted with representing the university during official events.

It was after having organised a visit to AECC in 2001 that Gitte first learned about the World Congress of Chiropractic Students (WCCS). As a result, in 2002 she went to Palmer College and remembers attending a meeting which changed her perspective on the profession:

“At Odense, on the chiropractic course I was really a student of clinical biomechanics. We had not been exposed to pathology and going to Palmer was a real revelation. In fact the USD’s chapter did not get accepted into WCCS at first because we did not have enough philosophy.”

Gitte’s trip to the USA continued with a visit to Western States Chiropractic College, where she met and interviewed Stefan Pallister. On her return to Denmark, she took what she had learned and set about working with the university to broaden its programme.

In 2003, Gitte travelled to Quebec as part of a WCCS delegation to explain more about the Danish programme and in 2004 she represented USD at Sherman College. Here, she was introduced to the concept of straight and mixed and witnessed first-hand chiropractic evangelism.

“Those guys had so much passion and energy. It was like arriving on a different planet,” command of Dutch rather than my adjusting skills! It was a steep learning curve on all counts. That curve has now flattened off a bit, but my enjoyment curve continues to climb.”

Now with her own practice in Amsterdam, Gitte works as a sole practitioner and continues to love chiropractic.

“I treat people in my practice, not conditions,” she says. “I suppose you could describe my practice as wellness-based, but Ninja, also keep me grounded and quickly tell me when I’m getting too stressed and intense!”

It is no surprise that Gitte lists her father among her heroes, but within the profession she specifically mentions Danish chiropractor Carsten Nøedskø and German Chiropractic Association President Timo Kachel.

“I really admire Timo,” she says. “He has three children, a really busy family life, and faces constant resistance on a legal and political level. However, he takes it all in his stride, with humour and good grace. I know that there are a lot of people in the profession who sacrifice time to devote to the profession, but Timo stands out for me.”

So what of the biggest challenges facing the profession?

“We need to listen to each other more and respect other people’s perspectives. We also need passionate, skilled people who are leaders, regardless of gender. I don’t agree with women being put in positions just because of their gender, but at the same time women need to get out there, use their skills and talents and demonstrate what they can offer.”

It is obvious to anyone who meets her that, like her father, Gitte is ‘a do-er’. Her energy is infectious and she is now focusing her attentions on next year’s joint ECU/WFC Congress in Athens. It is clear that she is enjoying her role as ECU Convention Academic Organiser. She says:

“My aim is to bring people together. It sounds idealistic but we have to do this for the sake of chiropractic. I sometimes see myself as just a pawn in a big chess game, but most of the time it’s really fun and inspiring to be in a position of influence and inspiration. I want people to get out of their suits, open dialogue and work together to positively impact on the profession.”

“I like to provide whole-body health and facilitate healing in my patients. I have a certificate in neurochemistry and nutrition and I like to tell patients how they can help themselves”
Coralie Pellissier

Coralie Pellissier is a remarkable young woman. In just six years since she qualified as a chiropractor, she has become a recognised expert in sports chiropractic and has set up an international humanitarian mission which provides chiropractic treatment to the people of Nepal. Richard Brown spoke to this chiropractic trailblazer to find out more about her and her work as President of the Into The World Corporation.

Coralie was born 32 years ago in Scarborough, Canada, the daughter of a chiropractor. She received her first chiropractic adjustment at the age of five months and has not stopped being adjusted since.

“To grow up in a chiropractic family is something pretty special and unique,” she says. “I can count on the fingers of one hand the times I can remember taking painkillers and I am rarely sick. Becoming a chiropractor was therefore a natural choice for me.”

When she was nine, she moved with her parents to Italy. This early move may explain her excellent linguistic ability and as a fluent speaker of four languages (French, Italian, English and Spanish) her communication skills throughout the world have contributed to her success.

At an early age she showed considerable talent for sport, representing Italy in international snowboarding championships and attaining a black belt in karate.

A keen swimmer, she gained qualifications as a lifeguard and was an enthusiastic scuba-diver.

“I suppose I was a bit of an adrenaline junkie,” laughs Coralie. “If there was an element of danger involved, I was up for it. I think I terrified my parents! I still love bungee jumping, sky diving, climbing and white water rafting, so I suppose it’s in my blood.”

With a strong interest in seeing the world, when she was 29 Coralie spent a year travelling and fell in love with Asia.

Deciding to embark on a career as a chiropractor, Coralie attended the Anglo-European College of Chiropractic in Bournemouth, from which she graduated with a Master of Chiropractic degree (MChiro) in 2008. She speaks fondly of her education:

“A ECC is a wonderful college. The clinical preparation and the knowledge you gain in those five intensive years of study is spectacular. The college campus and its resources are in my view amongst the best in the world.”

A year after graduating, Coralie opened a clinic with her father in the Italian city of Genoa. Her private practice flourished, and she quickly became well-recognised for her skills and ability in treating both adults and children.

“Children have something special; their spontaneity, their expressions … or simply their sincerity. Taking care of new generations means taking care of our future!” she says.

As an advocate for chiropractic, Coralie also became involved in promoting the profession at a national level and has been a prolific author for the Italian chiropractic patients’ association magazine, Pro-Chiropractica.

Her sporting achievements led to a specialist interest in sports chiropractic and she served as the vice-president of the Italian Committee of Sports Chiropractic from 2010 to 2013. She continued her studies and in 2009 was awarded the prestigious FICS-recognised International Chiropractic Sports Science Diploma (ICSSD). Putting her skills into practice straight away, Coralie volunteered at a number of international events, working as a chiropractor for the Italian teams at the World Student Games in Turkey, the World Tae Kwon Do Championships and for the Italian Disabled Ski Team at the 2011 Championships in Sestriere.

Coralie’s first experience as a volunteer was in Costa Rica during...
Chiropractic trailblazers

her fifth year at AECC: “I think this was where my dream began,” says Coralie. “In Costa Rica we had to go back to the real basics of chiropractic. There were no fancy machines, no cool tables; just our knowledge, our hands and our feelings! It was there that I learned so much about myself and where I had the opportunity to put into practice what AECC had taught me. The experience was priceless.”

This ignited a passion for bringing chiropractic to those in under-served communities around the world and in 2011 she travelled to Nepal as part of a chiropractic mission.

She was so moved by her experience that in 2013 she decided to set up Into The World. During its first official mission, three chiropractors spent two weeks in Nepal, treating over 300 patients.

“It was an incredible experience,” says Coralie. “Nepal is a country of amazing natural beauty and its people are among the warmest I have ever met. I soon realised that this was a very special place for me and one where I could make a difference to the lives of those who would otherwise not have access to chiropractic.

“Every day is a challenge. I started from scratch and had to find accommodation, transport, food, a water supply, a translator and, of course, chiropractic benches. I had to make contact with the colleges, convince them to let the students come and also become a businesswoman. Did I ever regret it? No way! I love travelling. I love teaching. I love helping the poorest in need and I am extremely proud of what we have set up here in Nepal.”

Into The World is an international organisation that aims to promote, develop and support health internships and voluntary work tied to English language teaching in Asia. It provides an unforgettable cultural exchange for students and brings a positive influence on the Nepalese social and economic environment.

The mission has provided students from AECC, IFEC, BCC, MCC (Madrid) and recently IMU (Malaysia) with the opportunity of immediately putting into practice what they have learned during their academic careers through the practical experience of working in an under-served area. As Coralie explains, volunteering in Nepal is quite unique:

“Of course, those receiving chiropractic care benefit greatly from it, but for the young people taking part, Into The World provides a life-changing experience and an opportunity to learn about themselves, their roles as health professionals and also as human beings.”

Medical internships are currently offered to students of chiropractic, physiotherapy and massage. With two- or three-week internship packages available, students spend time volunteering in Kathmandu and Shaktikhor, but also spend three days visiting the memorable Chitwan National Park.

Coralie is passionate about what she does and about the potential for Into The World to achieve lasting, meaningful change. As she frequently quotes: “A dream dreamed alone will never become reality.” She has established a team with a pyramid structure where every individual has a part to play.

“We believe that the internship provides a once-in-a-lifetime chance for students to enrich themselves before heading into private practice. The skills acquired from volunteering in Nepal develop interpersonal communication, and nurture independence, open-mindedness and adaptability. Working alongside experienced doctors in sometimes stressful situations also prepares students for the realities of practice.”

Into The World’s 2014 missions involved 40 chiropractors treating some 10,000 patients. Students from a range of chiropractic institutions were exposed to Asian culture, cooked with families, played with children and integrated themselves into the lives of the Nepalese community.

Life in Nepal is intense but despite this, Coralie finds time to relax. She says:

“I love Asia. I’m lucky to have a supportive family, a wonderful husband and a fantastic partner and colleague in my sister. Nepal has it all: jungle adventures, elephant walks, canoe trips, all of which really help to recharge the batteries. And don’t forget, we live next door to the highest mountain in the world – the views are simply magnificent.”

Speaking of this year’s mission, Coralie says: “I would personally like to congratulate and thank each and every person who has taken part and I am grateful for the support of those who continue to spread the word about the positive things we have and will continue to achieve together”.

And what of the future? Coralie has set her sights on expanding her vision, with potential opportunities being explored in Borneo, Africa and India. However, she is keeping her feet firmly on the ground:

“Our vision is a long term project and we really want to change the health system here in Nepal where we operate. With patience and continuous effort we can do so much.”

For more information about Into The World visit http://volunteersintotheworld.com.
The EAC Governing Council has been working hard to try and raise its profile and create real value in being a Member or Fellow of the Academy. It is committed to ensuring access to postgraduate education and the promotion of lifelong learning so that it may be enjoyed by all ECU chiropractors.

Under the lead of the ECU Executive Council, the ECU General Council decided at its meeting in Dublin in May to open up EAC membership to all members of ECU member national associations. This means that with effect from 1 January 2015, all ECU member chiropractors will benefit from the work of the Academy.

This is great news for the profession and great news for the EAC! The benefits of this decision are clear. The fundamental aims of the current EAC and the ECU will be better served and the advantages to ECU member chiropractors will be expanded. The identity of the ECU as a body committed to academic excellence and professional development will be strengthened by a reintegration of the academic and political arms of the ECU.

Our goals and objectives are clear and well-established:

- The EAC will continue to respond to the needs of the profession in the areas of Graduate Education Programmes (GEP), Continuing Professional Development (CPD) and Research
- It will facilitate the development of GEP programmes in those countries where there is currently no such provision, developing broad criteria to facilitate programme development
- It will continue to support established GEP programmes and facilitate sharing of knowledge and best practice
- It will promote CPD through the national associations in order to meet EAC and CEN standards including support for Masterclasses, and Researchers’ Day, through its Special Interest Groups (SIGs);
- It will facilitate development of research capacity by supporting PhDs and Post Doctorate studies
- It will facilitate the understanding of research that bridges the gap between researchers, clinicians and politicians

So, from next year onwards, all members of the ECU will also be members of the EAC, which means that the Academy will represent approximately 3500 member chiropractors and over 100 Fellows, supported by a Secretariat and Governing Council.

In order to work on key educational activities for our profession in Europe, we need your personal input and feedback. We would like to hear whether our goals and strategies as well as our activities are matching your individual and national association needs.

2014-2015 will be my last year as Dean of the EAC. I would like to take this opportunity to direct our special thanks to all active EAC members for their strong commitment, support and great work for our Academy since its inception in 2007. Your professional support, and in particular financial contribution, year by year, has been greatly appreciated by the Governing Council of the Academy.

Support EAC journal

BIOMED CENTRAL’S co-owned, online, open-access journal Chiropractic and Manual Therapies (C&MT) should be supported by all ECU chiropractors, says Secretary-General Richard Brown.

“It is important for the journal and for the development of the profession that Chiropractic and Manual Therapies attains an impact factor,” said Richard. “For this to happen, we need chiropractors and others to cite its research in their own academic papers. With high-quality papers being accessible in full, free of charge, via its website www.chiromt.com, C&MT is an excellent resource for high-quality, peer-reviewed materials.”

The Impact Factor (IF) of an academic journal is a measure reflecting the average number of citations of recent articles published in the journal. It is used as a measure of importance of a journal within an academic field. Journals with a higher IF are considered more important than those with a lower IF.

C&MT is the official journal of the European Academy of Chiropractic (EAC), the Royal College of Chiropractors (RCC) and the Chiropractic and Osteopathic College of Australasia (COCA). Its Editor-in-Chief is Associate Professor Bruce Walker of Murdoch University, Australia, while both associate editors Dr Iben Axen and Professor Peter McCarthy are based in Europe. Dr Axen says:

“I am convinced that the way forward for the chiropractic profession is through research. As with all other professions in modern health care, we need to systematically scrutinise our theories, methods and results.”

C&MT aims to provide chiropractors, manual therapists and related health professionals with clinically-relevant, evidence-based information. It serves as a critical resource in its field of interest and by being open-access, it is more readily available to practitioners, researchers and clinicians worldwide.

All articles published in C&MT are included in PubMed, the most widely used biomedical bibliographic database service, which is run by the US National Library of Medicine. It is also included in no fewer than 12 other medical bibliographic databases.

The journal has a robust peer-review process and at present publishes approximately half of the submissions it receives. It welcomes manuscripts from researchers and clinicians and publishes not only original research, but commentaries, reviews, debate articles, case reports, methodology articles, study protocols and systematic reviews.

Professor McCarthy says: “I believe it is important for chiropractic to have a functioning journal of high quality and impact as it is a very important way to assure other professions of the scientific endeavours of this manual therapy profession. I agree with many others that the profession must adapt as understanding and knowledge base increases.”
The world is facing tectonic shifts in the nature of health issues facing the western world, a leading health economist has claimed. Professor Charles Normand, Chair of the European Observatory on Health Systems and Policies, was speaking in Dublin at the 2014 EAC Researcher’s Day.

In a powerful speech, Professor Normand, who is based at Dublin’s Trinity College, emphasised the dramatic rise in chronic conditions, which has led to shifting demographics and a marked impact on public health. He also pointed to the changing relationships between patients and health providers, and a move away from treatment towards a preventative model of health care. He suggested that success should be measured not simply by mortality rates, but by a reduction in the rate of decline or even a plateauing in the impact of chronic conditions.

This year’s Researchers’ Day saw over 35 researchers from Europe and North America meet at the Convention Centre Dublin (CCD) to debate how research could counter the potential threats and further the opportunities presented to the chiropractic profession in Europe.

Also speaking at the event were Jakob Lothe, President of the Norwegian Chiropractors’ Association, and Netherlands Chiropractic Association member Igor Dijkers, who set out the role that research was playing in professional development within their respective countries.

WFC Secretary-General David Chapman Smith provided an insight on the international perspective, particularly his experiences with the World Health Organisation. He confirmed his view that research constitutes the door to mainstream health care, suggesting that those WFC countries that had invested in research had prospered, while those that had not, had done less well.

In the afternoon, delegates divided into four groups to generate a SWOT (strengths, weaknesses, opportunities, threats) analysis for the profession in Europe. Groups went on to look at potential solutions that research could offer.

There were several key messages that came out of the day’s discussions, not least of which was the claim that health care should be organised as a network, not a hierarchy. It was agreed that there was a need for patient-centred, rather than system-centred, care.

Jakob Lothe gave an outline of Norway’s journey towards legitimacy, characterised by a united front, long-term planning and integration into the health system. On the other hand, Igor Dijkers highlighted the disparity between groups and cited the lack of a clear identity beyond the chiropractic profession in the Netherlands.

In summarising the day, Professor Normand stressed the need to shift health priorities from cure to management and from a disease-focus to a focus on the individual. This view was welcomed by the chiropractic delegates, but it was agreed that it would only ever be achieved if chiropractors worked to justify their role and prove their worth in the health care system. The role of inter-professional networks was stressed, with integrated health projects gaining special attention.

The organisers of Researchers’ Day, Lise Hestbaek and David Newell, were delighted with the day. Lise said: “Bringing together and listening to such a range of inspiring speakers was such a treat. As usual, the EAC has put on a great day. We’re looking forward to meeting up again next year in Athens.”
Born To Walk: Myofascial Efficiency and the Body in Movement

James Earls
Lotus Publishing

Born To Walk commences by looking at the ‘Walking System’, recognising the connection of the components of the neuro-myofascial-skeletal-vestibular system. Earls stresses the point that gait is a structurally integrated movement - a whole-body movement - not simply something that is the preserve of the lower body. He goes on to look at the impact of the surface upon which we walk and the evolution of a highly economical system, where joints, muscles and fascia work in sync to produce effective locomotion.

There is a strong focus on Thomas Myers’ Anatomy Trains and the transference of forces through lines of fascia. The impact of stretching and shortening of tissues as part of an integrated system is discussed. Interestingly, he refers to each step as being a controlled fall, where counter movements prevent overbalancing.

In the second chapter, Earls discusses the mechanical chain and the four functions of walking: propulsion, stance stability, shock absorption and energy conservation. He explains that healthy walking is about striking a balance between movement and stability. Starting with the impact of the foot on the ground and its relationship with the ankle, Earls takes the reader through the mechanical chain, looking at the forces and actions of fascia, joints and muscles, before focusing on the components of the rest of the lower limb. Not ignoring the influence of the rest of the body, he describes events in the torso and shoulder girdles, as well as the impact of dysfunction in just one of the components on the rest of the system.

The bulk of the text (Chapters 3 to 7) is given over to analysing the impacts of the Functional Lines and how vectors are created to give maximum efficiency of the system. Sagittal plane mechanics and the role of fascial lengthening are set out along with the impact of loading created by the push-off action of gait.

Moving on to the lateral line, the role of the pelvic stabilisers and the scalene muscles of the neck are introduced. Here, the impact of leg length inequality is discussed, with the consequent impact of shortening or shortening on the sacral base, facet joints, arches of the foot and the effect on the fibularis muscle. The cascade effect on the spinal structures, thoracic cage and intercostal muscles and the potential for chronicity is outlined.

Perhaps one of the most interesting chapters describes the Spiral Line, chiefly due to the number of tissues that are involved in creating propulsion and counter nutation in the pelvis and associated structures. In particular, the ‘switch’ of the greater trochanter, stimulating the tensor fascia lata and the opposite shoulder girdle. This creates a crossover effect which necessarily stabilises the skull and allows the head to remain static.

The Inner Core is addressed by reference to the Deep Front Line, connecting the jaw to the soles of the feet via the neck, chest, abdomen and pelvis. Here the diaphragm and the pelvic floor are important components, along with the visceral fascia and protective coverings of delicate organs.

As well as the impact of these tissues on movement, the constant effects of the proprioceptors are considered, particularly in the deep posterior compartment of the calf. The last of the functional Lines considered in the text relates chiefly to the upper extremities and the dissipation of energy related to bipedal gait. While less involved in walking, the arm lines nevertheless have the potential to impact on the efficiency of gait and overlap with anterior and posterior lines, particularly as they relate to the magnitude of arm swing.

The book concludes with a look at footwear and the hazards of high-heeled shoes and lack of appropriate biomechanical support. It points out that a three-inch heel increases the stress on the metatarsal heads by some 76 per cent and advocates that, for a normal foot, the ideal shoe would be flat.

At 213 pages, this is not an exhaustive text on the anatomy of gait, but will be an extremely useful book for chiropractors looking to enhance their knowledge and consideration of the functional elements of walking. Chiropractors will readily relate to the application of principles of forces, vectors and biomechanics. With posture and gait playing an important role in spinal biomechanics, the consideration of walking patterns and functional lines will assist in expanding the clinical skill set for all chiropractors.

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