



Spring/Summer 2017

# NUCCA NEWS

NEWSLETTER OF THE NATIONAL UPPER CERVICAL CHIROPRACTIC ASSOCIATION - NUCCA

## President's Letter

As NUCCA practitioners, our lives are animated with meaning by the patients we have the privilege of helping. Each patient that thanks us for our contribution to their health is a gift which makes the life we lead one of tremendous privilege.

The past, the present, and the future; one is now, and the others are remembered or imagined. In this, the first year of our second half century as an organization, it is important for us to both recognize our accomplishments and remember our past. We have transitioned beyond the individual into the association that I believe was envisioned by Ralph Gregory when he founded NUCCA. We are the largest, and possibly the best organized, of the upper cervical groups. We are committed to the reduction of the Atlas Subluxation Complex, and we are curious about the neurophysiologic mechanisms at play in the recovery of our patient's health. We can revel in the pride of

a job well done, but to progress we must confront ourselves with what is left to accomplish.

As the first President of this organization not to have known Ralph personally, my leadership of our organization exists with a unique circumstance that will, by necessity, be repeated more often than not in future Presidents.

Memories of Ralph exist only in the minds of my mentors. Stories of his dedication to excellence inspire me, but they are not my stories. My story is the effect that this legacy had on my family; on loved ones who have all been impacted deeply and profoundly by the efforts of our predecessors. Those efforts cleared a path that is being trodden on by us now. Where we go, how we get there, and what our impact will be in the world is being created each day by you and me. The people that contribute to our organization from

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National Upper Cervical  
Chiropractic Association

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their time and their talent animate NUCCA. Making time for each other and fostering a welcoming environment creates the bonds of camaraderie and family that I feel, and that I deeply desire us all to feel. We are this organization; through NUCCA we have an avenue to make the world a better place for our grandchildren's grandchildren – this is our NUCCA. It is my privilege to continue to work with you as we volunteer our time and talents to the continued creation of NUCCA's legacy.

What will our NUCCA look like on its 100th birthday after many of us have passed on? How will we have used our organization to contribute to the greater good of our families, communities, profession, and society? We all have a unique capacity to contribute. Where is your passion? What do you see in NUCCA that can be developed to make

us stronger and more inclusive while maintaining our dedication to excellence? How can we progress without losing our identity?

As practitioners of the NUCCA procedures we are in pursuit of perfection. Whether it's the impeccable approach or roll-in, constant improvement is our motto. I couldn't be more proud of our past, am inspired by all of you that are our present, and am excited to experience what we will do together with our future.



**Dr. Jeff Scholten**

President, NUCCA Board of Directors,  
Board Certified Instructor



## 2016 FALL CONFERENCE Conference Update

[Click here](#) to view pictures from the Fall 2016 NUCCA conference in Minneapolis, MN where Dr. Johanna Hoeller was awarded the Ralph R. Gregory Award! Congratulations!

## 2017 FALL CONFERENCE Conference Update

The Fall NUCCA conference is right about the corner in Minneapolis, MN. Join us October 12-14 to review the NUCCA standards of care, and attend some new informative sessions. The class schedule will be released soon!

Be sure and plan to attend the following events at the October conference:

**Job Fair:** Friday afternoon, 12:00 – 1:00 p.m.

### **President's Reception/Banquet:**

Friday evening, 7:00 – 9:00 p.m.

[Click here](#) to get more information and register for the 2017 Fall NUCCA Conference. Also, don't forget to reserve your hotel room at the Hilton Minneapolis/St. Paul Airport Hotel by calling (952) 854-2100 or by [clicking here](#) to make your reservation online. The deadline for reservations is Tuesday, September 19th and the group rate is \$154.

## 2017 SPRING CONFERENCE Conference Update

There was so much to celebrate at the President's Banquet at the Spring 2017 conference!



Dr. Glenn Cripe was awarded the Ralph R. Gregory Award. Congratulations Dr. Cripe!  
Pictured with Dr. Cripe (middle) are Drs. Marshall Dickholtz, Jr. (left) and Gordon Hasick (right).



Dr. Robert Neff was awarded the Dr. Robert Brooks Service Award.  
Pictured with Dr. Neff is Dr. Robert Brooks



Drs. Daiki Ishiyama and Finley Sesker are Board Certified!  
They passed board certification recently and were honored  
and recognized for their accomplishment at the Spring 2017  
conference. Congratulations to Drs. Ishiyama and Sesker!



Dr. Gordon Hasick was awarded the Dr. Marshall Dickholtz Sr.  
Scientific Research Award. Pictured with Dr. Hasick is Dr. Marshall  
Dickholtz, Jr.

# 2017 SPRING RESEARCH UPDATE

by Gordon Hasick, NUCCA Board Certified and Dr. Charles Woodfield, Director of Research, UCRF



## IRAPS - International Research and Philosophy Symposium, Sherman College of Chiropractic, Spartanburg, SC, October 8-9, 2016



Dr. Matt Hudson provided the keynote address at the venue where subluxation is a welcome word. His topic on collaborative study of what works best for the patient, revealed his position as Director for Comparative-Effectiveness Research for Greenville-Spartanburg. However, he is at a loss in the process for attracting needed financial resources. Discussions afterward have led to open doors of possibility to collaborate. Any future HTN study must include the ethnically diverse population located in this part of the US. Matt was most impressed with what has been accomplished by UCRF.

Dr. Woodfield presented "Cerebral flow analysis of PC-MRI acquired data following a chiropractic intervention in migraine subjects." Dr. Christine Theodosios presented for Dr. Phillip Schalow, "Arcuate Foramen relative frequency and significance in causing symptoms in chiropractic patients."



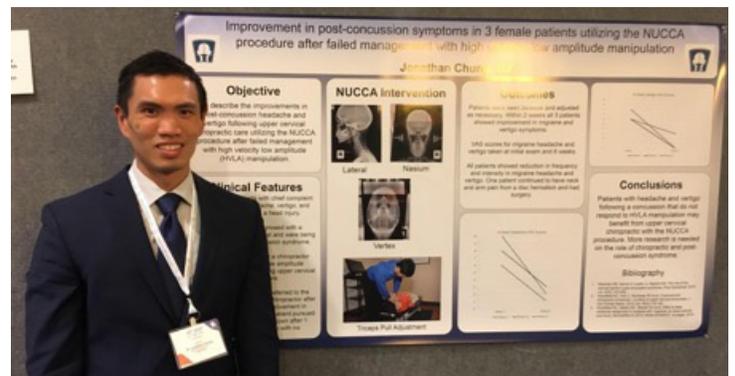
Dr. Woodfield presents at IRAPS 2016.



## Research Agenda Conference, Washington, DC. March 15-18, 2017



A first ever meeting in conjunction with the ACA, topics covered spine care defining the profession to granting prescriptive rights as an answer to physician shortages.



Another success for the UCRF Research Society; Dr. Jon Chung presented a poster, "Improvement in post-concussion symptoms in 3 female patients utilizing the NUCCA procedure after failed management with high velocity low amplitude manipulation."

Dr. Woodfield presented "MRI acquired data analyses before and after a chiropractic intervention in migraine subjects," which included estimated changes in cerebral perfusion after a NUCCA correction.

MRI data analyses before and after a chiropractic intervention in migraine subjects  
H. C. Woodfield, III, B.Sc.Ph.D., D.C.; D. G. Hasick, D.C.; S. Sethi, M.S.; K. Subramanian, M.S.; M. Fozz, M.S.; D. Urtisari, M.S.; E. Mark Haacke, Ph.D.  
1. Upper Cervical Research Foundation, Minneapolis, MN; 2. The Jefferson Clinic, Calgary AB, CA; 3. MRI Innovation, Inc., Decatur, GA

**BACKGROUND**

- Published MRI analysis of migraine data revealed two distinct groups with differing venous drainage routes comprising advanced data analysis;
- Further investigation into a physiologic mechanism underlying atlas misalignment involves

**N.U.C.C.A. INTERVENTION**

- Increased migraine incidents experienced chronically; care according to the established NUCCA protocol;
- Care provided by a Board Certified NUCCA practitioner;

**MRI DATA ANALYSIS**

- Data were processed by two blinded examiners, using SPIN (Signal Processing in sMRI, MR Innovations, Detroit, MI);
- Data reviewed by a third experienced examiner to ensure measurements were accurate within 10%.

**RESULTS**

- Mean age of eleven migraine subjects (eight females) was 40.6 (±16.6) years;
- Total arterial flow was same at baseline and after the intervention;
- Four subjects exhibited increased secondary periazygous venous flow (Type-II) with decreased venous outflow via the internal jugular veins (Type-I);
- At week 0, after intervention, Type-II cohort demonstrated increase in intervertebral compliance index (ICCI) 7.9 to 9.8. Compliance remained consistent in Type I cohort throughout study;
- At week 4, the seven subjects exhibiting primary Type I flow showed a decrease in venous flow (t-test, p=0.024);
- All subjects reported a decrease in migraine symptomatology without adverse reactions to NUCCA care;

**CONCLUSION**

- A larger subject pool with healthy controls is required for data comparisons to determine reliable and valid MRI measured responses to the NUCCA correction (intervention);
- Apparent physiologic flow changes observed after the NUCCA intervention in two cohorts characterized by their venous outflow type, compels further investigation.

**REFERENCES**

NUCCA annual fund raising event provided financial support

## RESEARCH UPDATE / cont. from page 4

### Up and Coming to the Literature

(Hurry up and Wait!)

1. *"Effect of atlas vertebrae realignment in a subject with migraine: a case report."* Dr. Woodfield submitted to Journal of Chiropractic Medicine (JCM) under review.
2. *"Improvement in 2 female patients with post-concussion syndrome using low-force upper cervical technique as an alternative to high velocity low amplitude adjustments: a case series."* resubmitted to JCM by Dr. Jon Chung.
3. *"Upper cervical chiropractic management of a performance related musculoskeletal disorder in a career violinist, a case review,"* submitted to Journal of Chiropractic Medicine by Dr. Philip Schalow and Dr. Woodfield.

4. *"Inter-examiner reliability in analysis of orthogonal radiographs,"* submitted to JMPT by Dr. Woodfield and Dr. John Hart.

To assure the survival of the NUCCA organization, the indexed literature must be filled with examples of how safe and efficacious NUCCA care is for our patients!



## Honoring Mary Ann Dickholtz

An organization passes a critical test when it continues to thrive after its first generation retires or dies. NUCCA has seen its future in a post- Dr Gregory world. We have bid farewell to many members and their spouses. Doctors who had been founding members, Board Certified Doctors, Instructors, Board members, Committee Chairs, and spouses. On 12 February of this year, NUCCA lost the last bridge to those times. Mary Ann Dickholtz, widow of Dr Marshall Dickholtz, Sr, died peacefully at home. She was a constant companion to Dr Marshall Dickholtz, Sr, accompanying him to conferences, supporting his role in NUCCA, raising money for research. But her most enduring gift was their two children. Sherry and Marshall, Jr not only became Doctors of Chiropractic, and not only both practicing NUCCA, but both are Board Certified!

Sherry practiced in Chicago for many years, but then shifted her focus to a broader patient base. She will only see a patient that has fur or feathers, and not the sartorial kind. She applied what she knew in NUCCA to include all sorts of animals. Sherry continues to support NUCCA. Marshall, Jr continues in private practice, is a credentialed Instructor, and is active on many Boards. Nowhere is his focus felt more than in Certification and Mentoring. He has pleaded, cajoled, threatened (well maybe not) and supported membership to continue in the process.

As NUCCA enters its 51st year, we are a thriving, growing, evolving group. We have restructured the Board, created new Boards, and are editing and rewriting our by-laws. These changes are intended to keep NUCCA dynamic and to streamline our decision process. As the second generation of NUCCA Doctors approaches its august years, I look forward to our membership stepping into the roles of leadership. We have so much talent in our members, that I foresee an even brighter future for NUCCA and our patients.



# DOCTOR SPOTLIGHT From Bolivia to New York City, the story of Dr. Rodrigo Imaña

by Matthew Kittleson



For those of you unaware of Dr. Rodrigo Imaña, allow me to introduce you to one of the most caring young NUCCA doctors of the organization.

Rodrigo hails from La Paz, the capital city of Bolivia, known for its high altitudes (the airport sits at over 14,000 ft elevation) and beautiful landscapes. He moved to the USA at 10 years old and after high school and undergrad, began Chiropractic school at

Life Chiropractic College West in Hayward California.

Coming from a Bolivian background, Rodrigo has had quite the story, which finds him now practicing in New York City, owner/operator of Human Potential Chiropractic.

After graduating in July of 2012, Rodrigo initially chose New York as his destination to work with Dr. George Gertner in White Plains NY for the first few months after graduation. Shortly after that experience, he began the quest for his own practice and didn't have to go too far to find it.

**NN: How did you find the financial investment needed to open an office in New York City? That can't be cheap!**

RI: No it isn't. After graduation, I began working with a Chiropractic business coach, Dr. Lee Newman, to really learn and understand the systems and processes for running my own clinic. Dr. Newman was excited to work with me, and we arranged a situation in which he financially backed the opening of my clinic with a set opportunity to purchase the clinic after a few years. We finalized that arrangement almost 3 years ago, and I've been in my current office for 4 years and 17 days! When the "Why" is big enough, the "How's" take care of themselves.

**NN: What have been the biggest challenges of being in NYC?**

RI: The biggest challenge has been the fact that I'm out of network. There are many companies in NYC and I want to be the Chiropractor for their employees. This has been a main focus of my efforts for generating business.

Being out of network has made it more challenging to get interest from them. But I am now approaching this challenge with different solution. After all, every challenge is a hidden opportunity.

**NN: And what are the upsides?**

IR: It's NYC!!!!

**NN: I understand (I have visited Rodrigo 2 times in the past 3 years...)**

What has been the biggest struggle so far in practice?

IR: With out a doubt, it has been the NUCCA work and obtaining quality reductions, specifically not always knowing what changes to make to perfect the correction. But this is also the reason why I love NUCCA.

**NN: What is your main marketing strategy for acquiring new patients?**

IR: I enjoy public speaking and I schedule as many speaking engagements as I can. I find that if you're inspired about NUCCA and have a mission with a message, people feel it and want to get checked.

**NN: What is your favourite part of the NUCCA organization?**

IR: I truly love the family element of the organization. I still remember my first banquet dinner (at a NUCCA conference) as a student and Dr. Dickholtz Sr. telling me "welcome to the family" while he was signing my NUCCA text book.

**NN: Are there any other NUCCA docs close to you? How does that impact your practice?**

IR: There's one that's close to me, Dr. Mike D'Avanzo, but that doesn't make too much impact, there are literally millions of people here!

**NN: Ok, how about a fun question, who is your favourite Beatle?**

IR: Beetlejuice! (I don't think he understood the question...)

Located at 315 West 57th St. in Manhattan, Dr. Imaña is a wonderfully caring and hard working NUCCA doctor. Next time you are in Manhattan make sure you take the chance to stop in and say hi. And the next time you have a referral for NYC, you can find him at [www.hpchiro1.com](http://www.hpchiro1.com)