



# NUCCA NEWS

NEWSLETTER OF THE NATIONAL UPPER CERVICAL CHIROPRACTIC ASSOCIATION - NUCCA

## President's Letter

This is my first communication with you – the NUCCA members- as President. First, I was deeply touched by the enthusiastic response received from those of you in attendance at the last conference.

Second, I realized the great responsibility I had taken on – to steward this organization so that its future would be assured. In revisiting our Mission Statement, as well as on the history and culture of NUCCA, I see that we must maintain and foster the tenets that are our foundation. Those are education, research, outreach, certification and standards.

Our next conference- Fall 2015 in MPLS has the theme “30 Years of Certification”. The Board envisions Certification as an integral component of NUCCA, like the roll in, like alignment, like post x-rays. We are offering two classes at the conference, one for each of the levels that requires an online test (I & II). In these classes, material will be presented to cover the

scope of each section, and attending doctors are encouraged to bring laptops/tablets to take the exam at the conference, in a classroom setting. Sometimes the hardest step to take is the first one; these classes and tests may help.

We have a first graduation class of Diplomate in Chiropractic Cranio-Cervical Junction Procedures. I congratulate the doctors who dedicated their time, energy, and resources to this endeavor. The impact these doctors will have is sure to be great. A new class is scheduled to matriculate in 2016, and I encourage you to consider this another way to gain skills and knowledge to advance Chiropractic and your personal careers.

UCRF has been ramping up activities with submitted articles and projects in different stages of development. A new group in NUCCA has been started to help Doctors gain the skillset and confidence to do research and submit papers to peer-reviewed journals for publication.

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National Upper Cervical  
Chiropractic Association

[www.nucca.org](http://www.nucca.org)

## President's Letter / cont. from page 1

Standards has been defining the NUCCA practice, and we have a mechanism in place to protect the brand by engaging doctors who use our name without belonging to the organization.

We have increased online presence both for doctors and patients. NUCCA has done its first Webinar last month. We continue to bring original, relevant content to the Web.

Social anthropologists posit that one of the key features of early human development was environmental selection for cooperation. It allowed humans to become the dominant species on earth. We must follow that path: build strong cooperative traditions between our brothers and sisters in Chiropractic, as well as those outside our profession. We already have a strong culture in NUCCA of helping aspiring doctors hone their skills. We are in multiple colleges, teaching NUCCA to Chiropractic college students. As president, I pledge to advance these principles.

Finally, I have always advocated a policy of inclusion. We as a Board have our limitations and we could not function at the level of diverse activities without the dedicated and passionate membership that participates in committees. Let us know your interests and passion in NUCCA and we can all help advance our Organization by applying our skills collectively.



**Michael Zabelin, DC**

President, NUCCA Board of Directors,  
Board Certified Instructor

## Small Steps Thank You

**Thank you to all those that participated in Small Steps in 2014!**

### Americans

Irene Adamczuk	Clint Grover
Lila Baker	Scott Hansen
Valeri Briski	Johanna Hoeller
Robert Brooks	Gregory Jean-Pierre
Justin Brown	Kerry Johnson
Martin Claus	Jaime Kaszer
Christopher Dawson	Jordan Landholm
Keith Denton	Craig Lapenski
Marshall Dickholtz Jr.	Nelson Lee
Jake Dodds	James LeFever
Lauren Dodds	Akala Lemus
Kathy Doyle	Giancarlo Licata
Don Erwin	Steve MacDonald
Meghan Flaherty	Andrew McCanse
Tym Flory	Luke McCully
Chad Frandsen	Christine Meakim
Bruce Giffen	Matt Morris
Patricia Gregg	Joe Perin

Reanna Plancich
Andrea Pritchett
Barbara Read
Angie Recendez
Tonia Rogers
Philip Schalow
Elan Schrier
Deb Sesker
Bryan Stewart
Jeanett Tapia
David Vasquez
James Weiss
Chad Wheatley
Jameson Wong
Vanessa Wulff
Lee Yardley
Cecilia Yu
Marcella Ziska

### Canadians

Jean-Paul Bohemier
Michael Foran
Gordon Hasick
Mylene Hopf
Sloane Hunter
Bradley Kennedy
Matty Kittleson
Benjamin Kuhn
Franchesca Lee
Russill Mills
Janice Noji
Aurora Ongaro
Mikael Reney
Blair Schmaus
Jeff Scholten
Tania Siqueira
Ankur Tayal
Shawn Thomas

If you are interested in Small Steps 2015, please email Mary Pat McGlynn at [mmcglynn@intrinsec.com](mailto:mmcglynn@intrinsec.com) to get signed up or for more information!

# 2015 SUMMER RESEARCH UPDATE

by Dr. Charles Woodfield and Dr. Gordon Hasick



## NUCCA Phase Contrast Migraine Study

Advanced MRI data analysis was completed by Magnetic Resonance Innovations, Inc. (<http://www.mrinnovations.com/>).

This inquiry allowed for exploration of additional hemodynamic and hydrodynamic flow pattern changes. Answering a call for papers from Dr. Paolo Zamboni, renowned MS researcher, Dr. Woodfield, Dr. Hasick, and MR Innovations MR physicist, Sean Sethi, are currently preparing a manuscript for submission to; *Behavioral Neurology - Special Issue on "Blood and Fluid Circulation of the Brain: The Neurovascular Component of Neurodegeneration."* The paper provides an extensive description of venous outflow in the migraine subjects before and after the NUCCA correction. Significant findings were observed in the migraine subjects exhibiting a secondary venous outflow drainage pattern in response to the NUCCA correction.

Dr. Clive Beggs from Bradford University, UK is currently studying the analysis report and will assist in authoring a manuscript describing the CSF outflow before and after the correction, possibly to the same journal. Many thanks to all our Small Steps supporters who helped fund this analysis and moved our research forward!

The original manuscript titled, "Effect of atlas vertebrae realignment in subjects with migraine" has been submitted to *Mayo Clinic Proceedings, Headache, and Cephalalgia*. The journals varied in their reasons for not accepting the paper. The replies provided ranged from "not of interest to our readers" and "there was no control group." One journal declined the paper 21 minutes after it was submitted. The manuscript is currently under review by BioMed Neurology Research International, which is an open access indexed journal.

## UPPER CERVICAL MONOGRAPH

<http://ucmonograph.org/>

By now everyone should have seen the MARSHALL DICKHOLTZ, Sr., D.C., F.I.C.A.–COMMEMORATIVE EDITION. If you have not seen it, please download your copy at [ucmonograph.org](http://ucmonograph.org/). Those who missed the printed copy at the Spring Conference can pick up their copy at the 2016 Fall Conference registration desk. Thank you very much to those who submitted material for this special edition.



## "Craniocervical chiropractic procedures – a précis of upper cervical chiropractic"

is currently on the UC Monograph website and available for download! ([http://ucmonograph.org/wp-content/uploads/2015/07/JCCA\\_Woodfield\\_PrecisUCchiro.pdf](http://ucmonograph.org/wp-content/uploads/2015/07/JCCA_Woodfield_PrecisUCchiro.pdf))

Published in June 2015, the paper provides an extensive description of Upper Cervical Procedures with summaries of current research, much of which has been done by NUCCA. The NUCCA contributions were provided by Dr. Jeffrey Scholten, Dr. Bryan Salminen and lead author Dr. Chuck Woodfield. The paper was a mutual effort that included members of the ICA's Upper Cervical Diplomate program.

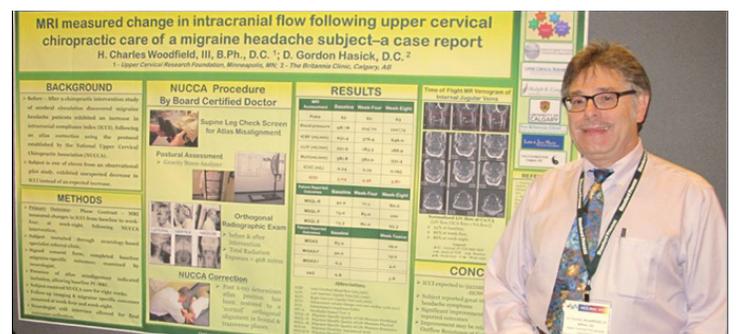
Be on the lookout for new content at [ucmonograph.org](http://ucmonograph.org) in time for the 2105 Fall Conference!



## 2015 ACC-RAC Conference, Las Vegas, NV, March 19-21, 2015

### Interprofessional Collaboration: Working Together for a Better Future

Two posters presented by Dr. Chuck Woodfield were in the spotlight this year; "Inter-examiner reliability in analysis of orthogonal radiographs" and "MRI measured change in intracranial flow following upper cervical chiropractic care of a migraine headache subject—a case report."



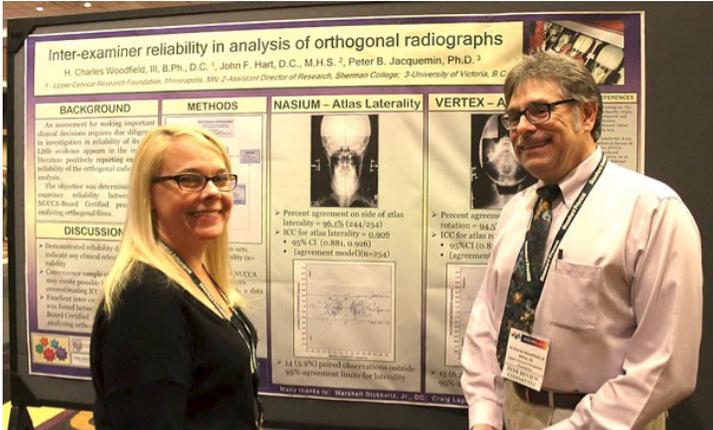
Dr. Chuck Woodfield at Migraine Poster, 2015 ACC-RAC

Dr. Claire Johnson the editor of JMPT, J Chiro Med, J Chiro Edu, J Chiro Hum, and the peer review chair of 2015 ACC-RAC assured Dr. Woodfield the x-ray manuscript has a home in JMPT. After viewing the Migraine case study poster, she stated interest in receiving quality case reports from NUCCA Doctors for submission into the Journal of Chiropractic Medicine. Dr. Johnson thanked Dr. Woodfield for peer reviewing submissions to the RAC conference.

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## RESEARCH UPDATE / cont. from page 3

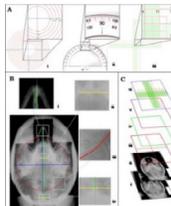
Having a NUCCA presence at these Conferences demonstrates to the profession that NUCCA is serious and persistent in conducting research. Submissions are being prepared for next year's conference, two by UCRF Research Society Members.



Dr. Woodfield and Dr. Janice Hubbard from Palmer Research discussing the X-ray Reliability Study Poster

### Radiographic Animation Study (RAS) Analysis Project

Dr. David Vazquez is finalizing the manuscript reporting the findings from the RAS Analysis study supported by Small Steps. An October manuscript submission is planned to Bio Med Central - Chiropractic & Manual Therapies. This online, open access journal will facilitate viewing of the RAS animated tutorials by links to supplemental digital content from within the article.

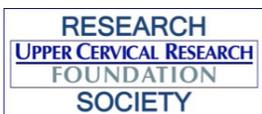


Work has begun on the research protocol for the Precision Alignment Device for Radiographic Animation Studies (PADRAS) Multi-Site Validation Study. It requires the production and installation of four to five functioning prototypes at various private practices. The PADRAS will be used for patient post to pre



x-ray positioning comparisons with data analysis based on developments from the RAS project.

### UCRF Research Society



The UCRF Research Society launched at the 2015 Spring Conference. The Society currently has nine volunteer candidates for

membership. They include: 1. Dr. Lila Baker Reedy; 2. Dr. Jonathan Chung; 3. Dr. Matthew Kittleson; 4. Dr. Jordan Landholm; 5. Dr. Janice Noji; 6. Dr. Tania Rogers; 7. Dr. Martha Schenk; 8. Dr. Finley Sesker; 9. Dr. Tymothy Flory. Each member has completed NIH training and received a certificate in human subject's research required by most IRB's. Currently everyone is obtaining a free account at PubMed and learning how to productively and effectively search the literature. Current and noteworthy research articles are being sent out to learn how to read, interpret, and critique the literature. A two-hour class reviewing the history of chiropractic research will be given during the 2015 Fall Conference in Minneapolis. Dr. Woodfield will be available to provide one-on-one tutorials with candidates in using PubMed.

### UCRF Strategic Planning Session:

A special UCRF strategic planning session was held prior to the 2015 Spring Conference in Newport Beach to map out the next steps of our research agenda. Jaime Nolan, president of IntrinXec, facilitated the daylong retreat. In attendance were eleven Doctors from UCRF and three of our staff members from IntrinXec. The entire day was spent looking at our past, present and future status of NUCCA as an organization within chiropractic as well as the healthcare community.



The day began by looking at the four boards comprising the NUCCA architecture and how they function together. These four boards include NUCCA, UCRF, Standards and Certification and Education Boards. It became very clear how they all work and are integral in supporting the membership of the NUCCA organization. The organization's role in the chiropractic profession as well as in other Upper Cervical Chiropractic procedures was considered. An examination of UCRF's strengths, weaknesses, opportunities, threats and future alternatives provided interesting conversations while presenting planning challenges. A current list of projects and their status were evaluated.

We have successfully grown the number of current projects with expanded funding to meet the budgetary

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## RESEARCH UPDATE / cont. from page 4

requirements. Success in publication of significant papers over the past few years has been accomplished with several in the pipeline. A new strategic initiative for 2015 to 2017 was created.

Thank you to all of our supporters that have helped us successfully move this research agenda forward. The future looks very bright and busy for UCRF!



*Attendees of the 2015 Spring Conference UCRF Planning Session :  
Drs. Glenn Cripe, Keith Denton, Marshall Dickholtz Jr., Gordon Hasick,  
Johanna Hoeller, Kerry Johnson, Craig Lapenski, Jeff Scholten, Jack  
Stockwell, Chuck Woodfield, Lee Yardley  
IntrinXec Staff: Jessica Burgus, Jaime Nolan, Debbie Norton*

### Small Steps in action...

From recent side trip to the Bill and Melinda Gates Foundation Visitor Center in Seattle.



*It never hurts to ask!*

## Conference Update

### Fall 2015 Conference Update

The Fall NUCCA conference is right about the corner in Minneapolis, MN. Join us October 29-31 to review the NUCCA standards of care, and attend some new informative sessions. This year's theme title is "30 Years of Certification".

[Click here](#) to view the course scheduled for the Fall conference.

Guest speaker, Susan Dawson, from Spinal Kinetics will be joining us on Saturday, October 31st for a presentation on Computerized Radiographic Mensuration Analysis: Practice and Principles. Susan has practiced Radiologic Sciences for 43 years and the last 27 years have found her traveling to speaker and educate on this topic. Please plan to attend this presentation from 11:00 am – 12:00 pm on Saturday, October 31st.

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

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

**President's Reception/Banquet:** Friday, 7:00 – 9:00 p.m.

[Click here](#) to get more information and register for the 2015 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.

# Understanding Torque

by Steven N. MacDonald, D.C.; NUCCA Board Certified

I am reprinting my article, "Understanding Torque," that was printed in the Upper Cervical Monograph, May 2000. This is a good opportunity for me to reprint this article for a review of the principles of Torque that is necessary for a complete correction of the ASC. Many before me have added greatly to understanding this element of the adjustment.

Chiropractic doctors who properly address the Atlas Vertebral Subluxation Complex (ASC) have to understand and correct axis spinous misalignment.

Torque in the adjustment is a method of correcting the axis vertebra spinous. It has long been a difficult concept to understand. Before we can know how to correct it, we must understand precisely what is occurring.

The cervical spine is divided into anterior and posterior columns. The anterior column consist of the vertebral bodies and discs. The posterior columns consist of the posterior articulations of the vertebrae.

The adjustor must realize that the torque is directed into the posterior columns to correct the axis spinous. Axis spinous and cervical spinouses displace in the posterior columns and this is where they must be corrected.

When a spinous misaligns, it moves up the post-zygapophyseal articulation that it is adjacent to, thus it must be corrected down the zygapophyseal joint.

An inferior axis spinous has moved up the zygapophyseal joint on the side of laterality. When Atlas laterality is adjusted, a force must also move into axis zygapophyseal joint to correct the axis spinous down the articulation, returning it to the midline of the axis vertebra.

A right sided inferior axis spinous requires a counterclockwise torque and a left sided inferior axis spinous requires a clockwise torque. Torque in these two subluxations transfers force down the zygapophyseal joint on the same side of laterality.

A high correction vector above zero forces the axis spinous away from its force, from the adjustor so to speak, and down the zygapophyseal joint to the axis body midline. A low correction vector below zero cannot force an inferior axis spinous away from the force. The reason is that this force is transferred into the atlas vertebra and away from the axis vertebra. This force cannot then go down the zygapophyseal joint on the side of laterality. A force directed from below zero tends to cause spinouses

to move more lateral toward the side of laterality. This approach is helpful in superior spinouses, spinouses that have moved opposite the side of atlas laterality. The adjustic force is transferred to the zygapophyseal joint on the opposite side of laterality.

A superior axis spinous is a spinous that has moved up the zygapophyseal joint on the opposite side of atlas laterality. The adjustor must transfer a force into the zygapophyseal joint on the opposite side of atlas laterality, correcting the axis spinous clown that zygapophyseal joint to the midline of axis.

The adjustor uses an opposite torque for superior axis spinouses. On a right frontal plane atlas laterality, the adjustor torques in a clockwise motion for a superior spinous. On a left frontal plane atlas laterality, the adjustor torques in a counterclockwise motion for a superior spinous.

In a superior axis spinous subluxation, the adjustor is attempting to transfer the torque into the anterior cervical column (anterior atlas arch), around to the opposite zygapophyseal articulation so that the force will move the superior spinous down its zygapophyseal joint and back to the midline of the axis vertebra.

More study is needed to increase our understanding of torque and axis spinous displacement within the subluxation and the adjustment. This article is an attempt to explain the basics of these concepts. The adjustor will have greater control of torque within the adjustment if the adjustor has a full understanding of the mechanics involved.

Thank you.



**Steven N. MacDonald, D.C.**

*NUCCA Board of Directors, Board Certified Instructor*

# PATIENT SPOTLIGHT

by Dr. Ankur Tayal

## **Migraine Headaches for 60 Years**

Shelia Perkins had migraine headaches since she was six years old, generally 1-2 times a week since the mid-1950's. Her husband had heard about NUCCA care and thought it made sense to him. After looking into it himself, he sent his wife in, hoping that NUCCA might be able to change things.

The headaches started at a very young age. She remembers being flung off horses many times as a little girl and in her teenage years. When she was 29, she had a stroke, which the Doctors say were residual from migraines. She lost function in her left arm and part of her vision after that stroke, much of which slowly recovered.

Another time, an elderly man driving a vehicle side-swiped her from the driver's side door. Neck and back issues followed from this injury.

Her blood pressure was extremely low and she has had two heart attacks.

"I have had many drug treatments and hypnosis, all with dismal results", she recalls. The pain would be so intense that her husband would inject pretty serious painkillers into her system. "Oh, Malcolm's quite good with a needle!"

She was assessed at UC Life Chiropractic Centre in Victoria, B.C. and they proceeded with the NUCCA program. X-rays were taken and the imbalance was corrected.

Shelia has not had a migraine headache since that first adjustment, which was 15 months ago. Needless to say, she is thrilled.

The icing on the cake for Shelia is how much she enjoys watching her body straighten itself out. She marvels about her model-like posture now, as compared to a very crooked frame from before.

"You also noticed that one leg was shorter than the other, and I was wearing orthotic shoes at the time. Well, they fixed that too so no more orthotics!"

NUCCA understands the relationships between head and neck alignment, posture, migraine headaches and blood flow. We are certainly on our way to understanding more about these relationships, and this great story is a product of all of our great work in the research and clinical fields. People like Shelia get a chance to enjoy their golden years.

"I feel like I was already living on borrowed time, so this is a nice bonus."