PRESIDENT’S Letter

CONGRATULATIONS AND THANK YOUS:

First, a big thank you to all the board members, committee members and the membership for the warm welcome I received as NUCCA’s new president. It is very humbling and a great honor. I assure you; I will do all I can to continue the terrific job Dr. Scholten and all previous presidents have done to advance our wonderful work.

I am pleased and excited to acknowledge our two most recent fully certified doctors who were honored at the Newport Beach, Spring Conference. Drs. Hannah Orem from Rockford, Illinois and Levi Colt Wainwright from Tallahassee, Florida both gave outstanding personal and inspiring speeches which exemplified the many reasons why pursuing certification is so valuable. Congratulations!

It has been just a few short weeks and we have hit the ground running. NUCCA has been involved with the ICA Upper Cervical Forum which was held in Atlanta, Georgia, June 10-12. NUCCA doctors who spoke at the Forum were Drs. Scholten, Chung, and McNally. From all accounts all three did an outstanding job! Thank you!

Our amazing Executive Director, Amanda Sullivan, and staff have already been hard at work preparing for the Fall Conference in Minneapolis. We are anticipating another large number of members, outstanding instructors, challenging classes, and inquisitive students who are all learning from each other and striving toward achieving better corrections!

continued on pg. 2
WHY NOW:
I would like to take a moment to let you all know the reason I made the decision to opt in for the presidency of NUCCA. First, I have the blessing of my wonderful wife and family. Without Kim’s and the family support, there is no way I would be able to do this. I am sure you all know, anything you may want to do, would not work without the support of our loved ones. Secondly, there have been a handful of fellow colleagues who encouraged me and spoke very candidly about the potential NUCCA has on the chiropractic and health care stage. Having their support along with other members means the world to me. One other major factor was, after having a forced retirement, I felt I still had more to offer. After all these years (43) I am still in awe of our incredible work and what it can do for the suffering. If there was one professional thing I could do, it would be to help others become more proficient in the work, there by achieving optimum corrections for their patients. Bottom line, all things considered, the timing just seemed right.

WHAT TO EXPECT:
You will notice a “patient centered” approach to the conferences and educational classes, modules, videos, and online fireside chats. I strongly feel the pursuit of perfection of this work is not about passing a series of tests or questions but a complete understanding of the gift we all have, where we can serve our patients with a major key to their wellbeing. This work is not just about how many patients you see, but about the correction you get, one patient at a time. I was once asked who the most important person I took care of was, I answered, “the one I last saw.” The old adage, “you’re only as good as your last adjustment”, is so very true!

If we follow the NUCCA principles and protocols and work with other dedicated doctors to hone our skills, corrections will come faster than you might expect. Ultimately, you will simply “be doing your job” which is getting terrific corrections and helping more people than you can ever imagine. Please remember... “The work, works,” all we need to do is learn it, and then do it! Do not compromise and keep learning how to achieve better corrections.

You will also notice we will continue to bring NUCCA to the forefront by becoming more involved in the colleges, education of both the public and profession about what NUCCA has to offer. We will do this with humility, respect, and confidence in what we do and what we stand for.

APPRECIATION:
Having served as your president for several weeks and with better understanding of the responsibilities, I have even more respect and admiration for those who have served before me.

I want to acknowledge and thank our selfless board and committee members. Also, our research and certification teams have dedicated so much time behind the scenes to keep NUCCA at the forefront of chiropractic. We all thank you and recognize you are the ones who keep NUCCA growing and thriving. You are the reason NUCCA is so highly regarded in the chiropractic world, and why patients travel great miles to find a NUCCA doctor.

All my best,
Glenn Cripe, D.C.
CONFERENCE UPDATE & SAVE THE DATE

Spring 2022 Conference Recap
What an amazing conference! Thank you to all who attended! We look forward to seeing you at the Fall Conference in Minneapolis, MN in October!

NUCCA 2022 FALL CONFERENCE – Save The Date!
Join us for our 2022 Fall Conference, October 27 - 29, in Minneapolis, MN!

While we know many of our members are planning to attend in-person, we want to continue providing accessibility to those unable to travel. NUCCA plans to continue offering a virtual component while increasing the hands-on learning, breakout style classes we can offer now that we can meet again in-person. We hope to see you this Fall!

VIRTUAL CAREER FAIR
Calling all students, recent graduates, and young professionals! Seeking an associateship, preceptorship, or joining a booming practice? NUCCA’s Virtual Career Fair is still live! As part of our Spring 2022 Conference, multiple doctors are currently promoting openings in their practices. Click here to learn more about the participating doctors and to view the short videos detailing the open positions available at their practice.
NUCCA STUDENT CLUB Reminder

This is a reminder that NUCCA wants to continue to support the efforts of the NUCCA Student Clubs at participating Universities and Colleges. If your NUCCA Student Club will be holding an upcoming event that is focused on NUCCA or needs to purchase NUCCA supplies or equipment, you can be reimbursed!

**NUCCA will reimburse up to $500 per event/request ($1,000 calendar year max per University/College). Reimbursement will be granted and approved upon submission of receipts and satisfactory report from the University/College within two (2) weeks of event conclusion or purchase of supplies/equipment.**

Please click here to access the form. Provide as much information as you can to ensure the NUCCA Board has everything they need to grant approval.

Questions? Please contact the NUCCA office at info@nucca.org.

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REGIONAL WORKSHOPS

We’re excited for two summer Regional Workshops scheduled with Dr. Marshall Dickholtz, Jr and Dr. Kerry Johnson. Keep reading for more information on the workshops or check out full details on the NUCCA website. Spots are filling up and space is limited for each workshop, so reserve your spot today!

**The Gregory Standard**
Join Dr. Marshall Dickholtz, Jr. to recreate Dr. Ralph Gregory’s standards for adjusting, skill development, biomechanics, as well as his lifelong commitment to researching, learning, training and the maximal reduction of the Atlas Subluxation complex.

**When:** Friday, July 29 - Saturday, July 30, 2022

**Location:** HealthSmart
2565 Shermer Rd
Northbrook, IL 60062

**Instructor:** Dr. Marshall Dickholtz, Jr., NUCCA Board Certified

**Assisting:** Dr. Daiki Ishiyama, NUCCA Board Certified and Dr. Jason Langslet, NUCCA Board Certified

**Registration:** $675/person
Space is limited to the first 15 registrants

**Crossing the Level 3 Finish Line**
Join Dr. Kerry Johnson for this two-day workshop to hone in on the Level 3 NUCCA Certification process.

**When:** Friday, August 12 - Sunday, August 13, 2022

**Location:** Johnson Spinal Care & Associates
8678 Eagle Creek Circle
Savage, MN 55378

**Instructor:** Dr. Kerry Johnson, NUCCA Board Certified

**Registration:** $500/person
Space is limited to maximize the benefit to 10 attendees

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www.nucca.org
**JUNE SETTLEBACK SESSION** Recap

NUCCA’s Collegiality Committee hosts a Settleback Session once every other month. June’s topic was “What’s happening with NUCCA at the Chiropractic colleges?” Dr. Kyrie Kleinfelter, chair of NUCCA’s Student Affairs committee, facilitated the one-hour conversation.

The goal of the session was to provide an update from each of the NUCCA clubs and Upper Cervical Clubs that include NUCCA and to discuss the future of NUCCA with the next generation. Student club presidents from four colleges reported on the current state of NUCCA on their campuses. Eighteen students from five Chiropractic colleges also filled out a survey prior to the call to help prepare.

Grace Cho from Life West reported that there are usually 3-6 students taking the NUCCA elective every term. There are on average three active NUCCA interns in clinic seeing patients two days per week. Typically, they are having one or two workshops per month with the support of Bay Area NUCCA doctors. The challenge for club is finding students who want to help lead it. Another challenge is that NUCCA elective is rumored to be difficult or complicated.

Megan Leverance from Palmer Davenport reported that club attendance is growing. More early term students are getting involved. Advertising frequent guest speakers draws in new students and having active social media connection helps keep the new attendees engaged. Currently this “Upper Cervical Club” caters to learning about orthogonal methods with separate clubs for other UC techniques that sometimes do joint events. Tony Wheeler a student in clinic stated that while it may be perceived as a challenge that there is no staff doctor with knowledge of NUCCA, they can practice NUCCA in the clinic with few barriers. Rebecca Axtman and Tony are currently working with Dr. Kleinfelter and Dr. Zabelin to improve the x-ray set-up in clinic and trying to obtain digital analysis software for students to use rather than printing digital images to analyze with instruments.

Danielle Bush from NWHSU reported that she and Matthew Nelson are drumming up interest in NUCCA at Northwestern and the NUCCA club just re-established within this year is growing. She counted all the blessings that having Dr. Kerry Johnson right on campus brings. It also helps that Fall NUCCA Conference is right there. They desire to have NUCCA t-shirts and fanny packs to entice more students into joining the club. Dr. Terry McCoskey said he would personally finance the fanny packs. Hopefully some students will show them off at the next conference.

Josie DeRosa from Parker reported that there are no active Upper Cervical clubs on campus at this time. Josie just attended the NUCCA conference in Newport Beach, CA. She is interested in starting up a NUCCA club at Parker. She was offered tons of support and assistance from the doctors and students on the call.

This Settleback Session included conversations about leadership and growth of NUCCA at the colleges. Ideas brought up that have some planned action steps include more clubs desiring NUCCA t-shirts and swag; ideas for fundraisers and raising NUCCA awareness at the schools that the students can implement; wondering if anything can be done to make traveling to conferences more affordable for students; and a proposal from Megan Leverance to start a joint NUCCA student Facebook page to collaborate on resources, ideas, and events.

If you’re inspired to help expand NUCCA at the colleges, please reach out to Dr. Kyrie Kleinfelter at DrKleinfelter@yahoo.com.
BYLAWS Update

This year’s Annual Meeting was held at conference on Friday, May 13 at 4:00 pm PST. We had a quorum of attendees present and were able to proceed with our two business items, election of board members and bylaws revisions. Your newly elected and appointed Board is listed to the right. Regarding the bylaws, there were no objections or discussion and the newly proposed bylaws were passed unanimously. You can view the newly adopted bylaws here.

Congratulations to your newly appointed/reappointed Board of Directors. They look forward to serving NUCCA throughout 2022-2023.

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<td>President - Dr. Glenn Cripe</td>
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<td>Vice President - Dr. Kurt Sherwood</td>
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<td>Treasurer - Dr. Julia Radwanski</td>
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COMING SOON... NUCCA Online Modules!

Dr. Barbara Read and Dr. Cory Burt have been leading NUCCA’s #1 priority for 2022, “The NUCCA Online Modules Project”. This project will provide pre-recorded, on-demand, evergreen modules, to all active NUCCA members as an additional benefit to their membership. Non-members may purchase access for $995. The goal is to have them available by September 30, 2022.

Credentialed Instructors have been working diligently to provide prerecorded short, segmented online video content that will teach the foundational concepts of NUCCA. The goal is to provide a basic understanding of the fundamental elements of the NUCCA protocol in an easy to access format. Whether it’s a student, a new NUCCA doctor, or a seasoned NUCCA doctor needing a quick refresh, the NUCCA modules have it all!

This project will be released with Level One, fundamental instruction. The videos will be short, less than 10-15 minutes, to make them easy to access the specific areas you need. Ongoing plans include adding any updates from the Standard’s Committee or the Education Committee, more advanced content, and more detail on certain topics.

Special thank you to Dr. Read, Dr. Flory, Dr. Lapenski, Dr. Zabellin, Dr. Packer, Dr. Johnson, Dr. Scholten and Dr. Cripe for creating the module content for this project to be successful. We could not have done it without their efforts. Stay tuned!

JOIN THE NUCCA CERTIFICATION PROCESS

The NUCCA Certification Program is an integral part of Chiropractic education, training, and development. Becoming proficient in all aspects of x-ray positioning, x-ray analysis, biomechanics, patient evaluation, set up, and adjusting are essential to the reduction of the Atlas Subluxation Complex. If you are interested in starting or re-engaging in the NUCCA Certification process, click here!
CERTIFICATION UPDATE  From the Certification and Standards Committee

As the certification process continues to be the foundational expression of the educational systems in NUCCA’s training, we are continually striving to improve the program. Years of adaptation on how to more effectively coach and mentor doctors in this work has led to the program we have today. We are thankful for the years of development that have been put into it by the leading of Drs. Gregory, then Berti, and Dickholtz Jr. We are continually thankful for the countless hours spent by our reviewing doctors while they take time away from their practices, families, and lives to sow into the development of others.

Dr. Daiki Ishyama has been hard at work endeavoring to streamline the systems with an online “one stop shop” for all things “Certification”. Coupling availability to online exams, self evaluation checklists, google calendar’s, audio recordings for how to advance through the process, reporting for reviewers, and many other things has helped to make the process more streamlined for those wishing to advance their capacities to capture, understand, and maximally reduce the Atlas Subluxation Complex.

We continue to look at recommendations on how to improve the process and engage a larger percentage of our membership in their own growth and development. The Certification Committee is extremely proud of our two newly Board Certified Doctors. Dr. Hannah Orem, and Dr. Levi Colt Wainwright who have successfully completed their board certification! What they stand for, who they are, who they have become, and they quality of care received by their patients is a testament to the educational systems available in this program.

If you are wondering what value the process might have for the quality of care your patients receive, or the value it has for you as a doctor, we recommend reaching out to them and inquiring. We are thankful to our organization for standing as the benchmark for high quality patient care in the upper cervical community.

- Dr. Craig Lapenski Co-Chair
- Dr. Marshall Dickholtz Jr. Co-Chair

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DR. ROBERT J. GOODMAN Memorial Scholarship

Dr. Robert Goodman was a dedicated NUCCA practitioner who had a desire to support NUCCA beyond his years. Thus, the Dr. Robert J. Goodman Memorial Scholarship was established to support chiropractic students and first-year practicing doctors to attend a NUCCA Conference. Dr. Goodman found great value in the NUCCA seminars and wants to ensure others new doctors and students have the same experience. Dr. Goodman served as NUCCA President for 8 years, he was an Ambassador for NUCCA as well as an award recipient numerous times throughout his volunteer years serving the organization. Scholarships will be awarded in the amount of $500 per person/per seminar to cover the seminar fee and help cover some meals. Scholarship Criteria:

1. Must be a chiropractic student or first-year practicing doctors.
2. Must submit application by published deadline. Dr. Glenn Cripe and Dr. Brian Cripe, with the help of Dr Steve Nakano will select the scholarship recipients. These Drs. personally knew the heart of Dr. Goodman and are honored to award these scholarships in his name.
3. Submit your application for the Fall 2022 Conference by Thursday, October 6 to info@nucca.org!

Help Fund a Scholarship
If you would like to honor Dr. Goodman and support one of these scholarship offerings, consider making a donation to the memorial fund. Please complete this form to make your donation: Dr. Robert J. Goodman Memorial Scholarship Donation Form.
Research related to the Vertebral Subluxation Complex has been ongoing in the Chiropractic community for much of its 127-year history. Chiropractors have been studying methods on how to best reduce the vertebral subluxation complex while examining the positive impact on improved health and physiology.

Dr. Ralph R. Gregory established the NUCCA organization in 1966 with the intention of creating an organization that was founded on research proven principles and procedures. The NUCCA board of directors created an organization and technique designed to be tested, advanced, and refined over the years.

In keeping with the long history of those dedicated to research within the Chiropractic community, in October 1971 the National Upper Cervical Chiropractic Research Association (NUCCRA) was formed. NUCCRA later became the Upper Cervical Research Foundation (UCRF) in 2007 with the idea to further support upper cervical research. This organization has continued to test and validate the NUCCA procedure as well as produce research involving the physiological effects of the Atlas Subluxation Complex (ASC) and its optimal correction. As a research body, UCRF has focused primarily on NUCCA research but has also collaborated with other upper cervical techniques to help publish their research efforts.

UCRF is actively engaged in number of long-term projects and is awaiting the final approval of a paper titled “Study to Evaluate the Inter-Examiner Agreement of the NUCCA Analysis of the Atlas Subluxation Complex In a 3 View Upper Cervical Radiographic Series”. The study investigated the inter-examiner agreement between two board-certified NUCCA practitioners in marking and analyzing conventional orthogonal radiographic film sets. A total of 254 film sets were marked and analyzed by two examiners. The level of agreement and potential biases in their measurements were assessed using intraclass correlation coefficients (ICC) for absolute agreement and Bland Altman plot analysis.

The result was that the examiners had a 96.1% agreement in the measurements of the side of atlas laterality and a 94.5% agreement for atlas rotation. The ICC was .95 (95% CI=.93-.96) for atlas laterality and .92 (95% CI =.89-.94) for atlas rotation. The Mean difference in the measurement between the 2 examiners was -0.11, p=.12 for atlas laterality and .05, p=.55 for atlas rotation. Neither atlas laterality nor atlas rotation measurements were significantly different from zero. Bland-Altman plots were not suggestive of any proportional biases in the 2 measurements.

Results of the study were indicative of excellent agreement with no apparent proportional bias in the analysis of the radiographic film sets by board certified practitioners utilizing the NUCCA protocol.

In 2007, a study was published in the Journal of Human Hypertension that evaluated the effect of a specific chiropractic protocol (NUCCA) on patients with stage 1 hypertension (1). The results reported an average 15-point drop in diastolic blood pressure in those receiving NUCCA corrective care versus those receiving the sham intervention. Following the publication of the paper, the National Institute of Health (NIH) recommended that the NUCCA organization study the reliability of the assessment measures used in the NUCCA intervention protocol. The NIH was specifically referring to the supine leg check, upright postural evaluation, and analysis of the radiographs used in the correction protocol.

The supine leg check study (2) was completed and published in 2011. The recent paper “Study to Evaluate the Inter-Examiner Agreement of the NUCCA Analysis of the Atlas Subluxation Complex In a 3 View Upper Cervical Radiographic Series” has fulfilled the request of the NIH to evaluate the radiographic analysis used in the NUCCA image guided care.

Struggles currently exist with some chiropractic governing bodies limiting the capacity of licensed chiropractors to take x-rays for the purpose of guiding patient care. UCRF is committed to supporting chiropractor’s ability to use image guided care with patients and believe the results of the study help support that.

As a new era of opportunities exists within healthcare, our organization stands poised and committed to the upper cervical spine playing an ever-increasing role within the healthcare community.

Dr. Craig Lapenski, President UCRF
Board certified NUCCA specialist, NUCCA board of directors, NUCCA certification co-chair


1. How long have you been a member of NUCCA?
I have been a member of NUCCA for 25 years.

2. What has been your involvement in NUCCA?
I have been involved in many aspects of the organization over the years. First as a student, then after advancing my aptitudes and completing Board Certification, I have:
- Served on NUCCA Board of Directors for over 10 years
- Served as the Finance Chair of the NUCCA Board
- Served on the NUCCA Nominating Committee
- Served on the NUCCA Certification & Standards Committee
- Served as a lead instructor at the bi-annual NUCCA Conferences
- Hosted and instructed NUCCA Regional Workshops
- Assisted with the update of the online NUCCA textbook
- Served as a mentor to doctors in the Certification Program
- Served on the UCRF Board of Directors, and currently
- President of the UCRF Board of Directors
- Participated in many of the UCRF research projects including:
  - X-ray reliability Study,
  - The Vertex Positioning and Analysis Study,
  - The Short Condyle Study,
  - The Radiographic Positioning Study, as well as many others.

3. Please share what inspired you to pursue Chiropractic and more specifically NUCCA.
I was inspired to pursue Chiropractic by a Chiropractor who was a friend of the family and was one of the people I know who had the greatest level of job satisfaction. Once in Chiropractic college, I had some health challenges that were unresponsive to traditional Chiropractic. This led me to seek out a NUCCA doctor in my quest for help. Like many of the patients we see, I found the impact of the adjustment to be far reaching and altered my course in life to have me practicing NUCCA today.

4. What was your experience during the first phase of your NUCCA career? Places you practiced, etc.
When I graduated from school in February of 1999, there weren’t a lot of Associate opportunities available, so I opened a practice in Puyallup, WA (my hometown) which is about 45 minutes south of Seattle. I have practiced in three separate facilities over the years, but all within a few miles of each other.

5. What’s been your most rewarding experience about being a NUCCA doctor?
Without a doubt it is getting to see miraculous things occur daily. As much as I am a proponent of encouraging people to develop a healthy lifestyle (of which being neurologically free is a huge component) and maintaining their alignment to keep their health optimal, it’s awesome to see things clear up after correcting people. Week in and out I get to see people who are in a health crisis come out of it on the other side. Just recently, I had a patient with Trigeminal Neuralgia who had 6 MRI’s, 4 spinal taps, and a huge list of providers who have attempted to help her. 3 days after her initial correction, she had an 80 percent resolution of her problem. It’s amazing to be able to help people who have tried so many things and are still suffering! This procedure done well is really a gift to mankind.

6. What do you love about the NUCCA organization/community?
One of the most inspiring aspects of our community is the self sacrificial dedication to the work that runs through as an undercurrent. I also really love how the doctors stand for what they have seen to be true about this work and the difference it makes in the lives of others.

7. In your vision, how do you see NUCCA evolving over the next 10 years?
I see our organization continuing to pursue excellence in every aspect of the work and producing more published research to relay the importance of the upper cervical correction.

8. Tell us about your family.
I am very blessed to have a wonderful wife (Claire) who I met in Chiropractic college. We have been married for over twenty years. We have 4 children Chase (18), Sophie (15), Lane (13), and Faith (9). All have very different personalities but are wonderful kids that we are proud of. We like to do a lot of things together from hiking, wake surfing, spending time at the lake, watching movies, serving at our church, and taking vacations.

9. Share with us an interesting or fun fact about yourself?
When not taking care of patients at the office, or hiking with my family, I can be found functioning as a fishing guide for my friends and family for salmon and steelhead.
2022 GREGORY CIRCLE Members

Gregory Circle Gold
- Dr. Kerry Johnson

Gregory Circle Silver
- Dr. Philip Arnone
- Dr. Benjamin Kuhn
- Dr. Blair Schmaus
- Dr. Jeffrey Scholten
- Dr. Joshua Stockwell

Gregory Circle Junior Silver
- Dr. Jamie Cramer
- Dr. Keith Denton
- Dr. Craig Lapenski
- Dr. Patrick Lin
- Dr. Ashleigh Street
- Dr. Lee Yardley

Gregory Circle Senior Bronze
- Dr. Bradley Kennedy
- Dr. Michael Russamano
- Dr. Shawn Thomas

Gregory Circle Bronze
- Dr. Valeri Briski
- Dr. Justin Brown
- Dr. Stanley Dombroski
- Dr. Donald Erwin
- Dr. Vince Fitzpatrick
- Dr. Greg Goffe
- Dr. Jason Granger
- Dr. Sarah Johnson
- Dr. Phil Kanwischer
- Dr. Kyrie Kleinfelter
- Dr. Steven MacDonald
- Dr. Aurora Ongaro
- Dr. Reanna Plancich
- Dr. Julia Radwanski
- Dr. Luke Roller
- Dr. Kurt Sherwood
- Dr. Jayson Snyder

Gregory Circle Junior Bronze
- Dr. Jonathan Chung
- Dr. Natalie Dabrowny

- Dr. Christopher Dawson
- Dr. Michael Foran
- Dr. Patricia Gregg
- Dr. Clint Grover
- Dr. Shawn L Hall
- Dr. Scott Hansen
- Dr. Gordon Hasick
- Dr. Jeff Hedrich
- Dr. Brittany Holliday
- Dr. Daiki Ishiyama
- Dr. John Kowalczyk
- Dr. Jordan Landholm
- Dr. Terry McCoskey
- Dr. Matthew McNally
- Dr. Jim Moore
- Dr. Jordan Peel
- Dr. Barbara Read
- Dr. Finley Sesker
- Dr. Kalan Stittleburg
- Dr. Jack Stockwell
- Dr. Gary Thomson
- Dr. Marcella Ziska

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