

NUCCANEWS

NEWSLETTER OF THE NATIONAL UPPER CERVICAL CHIROPRACTIC ASSOCIATION - NUCCA

PRESIDENT'S Letter

The Fall Conference in Minneapolis was a resounding success by all standards! While we omitted the virtual option for attending the conference, we experienced exceptional attendance. We witnessed one of the largest turnouts of students in years, and their enthusiasm was infectious! Numerous valuable connections were established with the students.

Thanks to the feedback we received from the students we met with, NUCCA will enhance support for the clubs and facilitate more efficient learning opportunities for the students interested in NUCCA.

A big thank you to all the instructors at the conference for your many hours of preparation and excellent instruction in all aspects of the work.

Co-Chairs, **Drs. Barbara Read** and **Julia Radwanski**, along with the Education Committee, did a flawless job in organizing all the classes, as well as implementing a new survey that will help address the educational needs of the doctors in future conferences.

The conference was seamless due to our management team of **Amanda**, **Mary Pat**, and **Mark**, ensuring everything went smoothly.

Small Steps is experiencing a resurgence! This was one of the largest numbers of doctors who volunteered to implement Small Steps into their offices. Thanks to all who are involved! (Fun Fact...you can also do this year-round! I promise, no one will stop you.) This will make your grateful patients even more grateful, knowing they are contributing to the exceptional research UCRF is doing (plus getting a tax write off!).

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PRESIDENT'S Letter / cont. from page 1

Banquet Honors:

During the banquet, **Dr. Barbara Read** had an opportunity to thank and recognize **Dr. Elizabeth McConnell** for her work at Palmer, Davenport helping the students learn about NUCCA.

Congratulations to **Dr. Steven MacDonald** on receiving the Ralph R. Gregory Lifetime Achievement Award! Thank you, Steven, for your many years of unselfish dedication to NUCCA. You have done so much to promote, instruct, serve as a board member, write, and contribute to the advancement of NUCCA.

Also, congratulations to **Dr. Craig Lapenski** for receiving the Dr. Marshall Dickholtz Sr. Research Award from UCRF for his countless hours of research and his tremendous leadership as President of UCRF.

Upcoming Event:

Life West is having an Upper Cervical Week in mid-January. At this time, NUCCA will be represented by **Drs. Glenn Cripe, Allen Harrison**, and **Andrea Pritchett**. This will be an opportunity to present to the students and faculty the significance of the reduction of the ASC along with the how and the why of NUCCA.

NUCCA's 2024 Main Goals:

The NUCCA board is working hard at continuing its involvement in growing the clubs at the colleges. Seeing the turnout at the conference shows it is paying off big

time! Thank you to all the speakers visiting the colleges, and the dedicated instructors!

The Ambassadors, under the new guidance of Dr. Bill Dawson, will also be reaching out to those doctors whom we have not seen in a while. They will be inviting them back to the conferences to reconnect with their NUCCA family. If you know any, please reach out to them and let them know they are missed, and we would love to see them at the Spring conference in Newport Beach, April 25-27.

Calling all Volunteers:

We are looking for and welcoming those of you interested in becoming involved with the organizational side of NUCCA. As an all-volunteer organization, the more who help, the more efficient NUCCA becomes. We want your help, which will contribute to the continued thriving of the organization. Please reach out to Amanda at info@nucca.org with how you would like to get involved.



Dr. Glenn Cripe, D.C.President, NUCCA Board of Directors
NUCCA Board Certified

CONFERENCE Update & Save the Date

NUCCA 2023 Fall Conference Recap

What a fantastic conference! We extend our gratitude to all who participated in the 2023 Fall Conference in Bloomington, MN, from November 2-4. The event was a tremendous success, brimming with opportunities for learning and meaningful engagement.

NUCCA 2024 Spring Conference – Save the Date!

Join us for our 2024 Spring Conference, April 25-27, 2024, in Newport Beach, CA!

We hope to see you in the Spring!



STUDENT CLUB Updates

Barcelona College of Chiropractic:

We're having a blast at the Barcelona College of Chiropractic! Currently, we're immersed in various modules on the platform, gaining valuable insights. We've been sharing the initial NUCCA sessions with students



who joined us this semester. Despite limited resources, we're fortunate to have a group of passionate and eager students interested in mastering this fantastic technique. Our journey begins with the basics: understanding the distinction between misalignment and subluxation, exploring the neuroanatomy of the neck, conducting patient examinations with doctor/patient positioning, and covering leg check overviews, mechanisms, and performance. We're also diving into topics like patient placement, anatometer usage, and linechart interpretation.

A big shoutout to Grace Cho and Dr. Kyrie Kleinfelter for their invaluable assistance. Thanks to their support, we're on track to organize NUCCA sessions with specialized DCs. These sessions will focus on examining x-ray quality, alignment, biomechanics, headpiece placement, and adjustments, with the goal of eventually participating in certification. Exciting Upper Cervical events are on the horizon, and we can't wait to coordinate a call with all the clubs!

Life Chiropractic College:

The Life University Upper Cervical Club has been an

integral part of our campus for just over a year, boasting a team of 15 dedicated students. Our meetings cover a diverse range of upper cervical techniques, including NUCCA,



Advance Orthogonal, Blair,

Toggle Recoil, Knee Chest, and more. We feature themed nights, such as Toggle Night, focusing on foundational upper cervical techniques like Toggle Recoil. Quarterly, we dedicate a night to exploring case studies, showcasing how specific techniques within upper cervical care have positively impacted patients' lives.

Moreover, we regularly host Upper Cervical Docs from various parts of the country and actively collaborate with other campus clubs throughout each quarter. As a club, our mission is to unite various Upper Cervical techniques and build a community on campus to disseminate the knowledge and transformative power that Upper Cervical care holds.

Life Chiropractic College West:

Life Chiropractic College West in Hayward, CA, has proven to be an excellent environment for nurturing and developing a student **NUCCA club. Every** quarter, club members collaborate to brainstorm and enhance their skill



sets. A crucial element of this process involves regular guest speaker doctors who frequently visit the campus, leading hands-on workshops during lunch club meetings. The question-and-answer sessions, involving both incoming and established students, serve as a valuable platform to delve deeper into what makes NUCCA such an extraordinary technique!

NW Health:

Exciting times are underway for the NUCCA club at NWHSU! Our weekly club meetings are buzzing with new faces. Notably, several first-trimester students have expressed keen interest in NUCCA, and we already have a potential vice president lined up for the next trimester. The highlight of this term has been the demo patient series, where we randomly select a club member to go through the entire patient process over three weeks. It's an immersive experience, involving imaging, adjusting, and reviews with Dr. Johnson and the rest of the club. The feedback has been fantastic, and we're eager to introduce more dynamic ways to delve into NUCCA in the upcoming term. Stay tuned for what's in store!

STUDENT CLUB Updates / cont. from page 3

Palmer:

We've delved into the modules, educating our newer students on ASC and the biomechanics associated with NUCCA. Given the influx of new lower tri students, we've been priming them with fundamental concepts



as we prepare for additional speakers throughout the trimester. Dr. Kuhn recently addressed the club, discussing research and showcasing his X-ray analysis software. Next Friday, we're looking forward to a presentation by a local doctor who will delve into her expertise in digital motion X-ray (DMX) imaging. Excited to learn about the latest developments from everyone else!

Sherman College:

The NUCCA Club, established three quarters ago at Sherman College of Chiropractic, continues to thrive. Weekly meetings have become a regular occurrence, and the enthusiasm among students has surged,



fueled by their active involvement in the NUCCA Conference held in November. The presence of guest speakers has notably piqued the interest of an expanding number of students during each visit. The club's leadership is optimistic about boosting attendance in the coming year.

STUDENT CLUB Reminder

This serves as a reminder of NUCCA's ongoing commitment to supporting NUCCA Student Clubs at participating Universities and Colleges. If your NUCCA Student Club is planning an upcoming event focused on NUCCA or needs funding for NUCCA-related supplies or equipment, reimbursement is available!

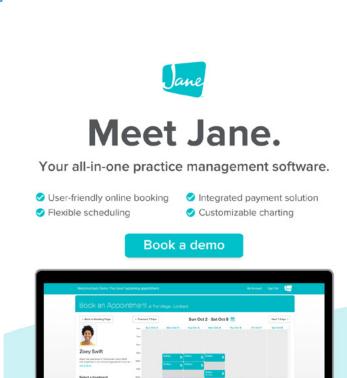
NUCCA is prepared to reimburse up to \$500 per event/request, with a maximum annual limit of \$1,000 per University/College. Reimbursement will be granted upon the submission of receipts and a satisfactory report from the University/College. Approval will be processed within two (2) weeks of the event's conclusion or the purchase of supplies/equipment.

To initiate the reimbursement request, please click on the button below to access the form. Provide as much information as possible to ensure the NUCCA Board has everything needed to grant approval. Request <u>form here</u>.

For any questions or assistance, please contact the NUCCA office at info@nucca.org.

If waiting for reimbursement poses a challenge for your club, kindly email the NUCCA office. We are happy to collaborate with you on alternative arrangements to ensure your club activities and expenses proceed as seamlessly as possible.

Thank you for your continued dedication to NUCCA, and we look forward to supporting your upcoming initiatives.



CALLING ALL PRECEPTORS!

Are you an experienced and dedicated Preceptor? If the answer is yes, we want to connect with you! NUCCA is currently in the process of assembling a comprehensive roster of its esteemed members who serve as Preceptors. Your valuable insights and contributions to the education and training of future NUCCA professionals are highly appreciated.

To be part of this initiative, kindly provide us with the following information:

- 1. Name: Share your full name so we can properly acknowledge your involvement.
- 2. State: Let us know the state in which you practice as a Preceptor.
- 3. Colleges You Are an Approved Preceptor For.

Please take a moment to email your details to NUCCA at info@nucca.org.
Thank you for your commitment to NUCCA, and we look forward to hearing from you soon!

Regional Workshops NUCCA

We're excited to announce 2 upcoming Regional Workshops early in 2024! Keep reading for more information or check out full details on the NUCCA website. Space is limited, so reserve your spot today!

Practical Adjusting Skills & Cases Workshop

Join us in the Seattle Area for our annual Regional Workshop put on by Dr. Craig Lapenski and Dr. Kurt Sherwood.

We'll spend one full day working on practical adjusting development as well as working through cases. Attendees should expect to hone their adjusting skills as well as develop a greater expertise in biomechanics, headpiece placement, and nuances in reducing the Atlas Subluxation Complex.

Space is limited to maximize benefit to 16 attendees.

When: Saturday, January 13, 2024

Location: 10305 196th St Ct E, Suite F, Graham, WA 98338

Agenda: 9:00 am – 5:00 pm Lunch will be provided.

Dinner, fellowship, and a ping pong tournament to follow

workshop.

Registration: \$400

Space is limited to the first 16 registrants.

Registration & Full Regional Workshop Details Here

The Gregory Standard

This course is designed to help you achieve exponential growth in the NUCCA technique, enhancing your proficiency in your natural self-expression. It's not just about acquiring more knowledge; it's about experiencing a breakthrough in your approach to reducing the ASC and taking effective actions within this new realm.

When: Thursday, February 1 – Saturday, February 3, 2024

Location: Hampton Inn Carefree, 2 Easy Street Carefree, AZ 85377

Instructors:

Dr. Marshall Dickholtz, Jr., NUCCA Board Certified Dr. Daiki Ishiyama, NUCCA Board Certified (assisting)

Registration has reached capacity and is now closed. If you are interested in attending, please email info@nucca.org to be added to a wait list.

If you are interested in holding a NUCCA Regional Workshop near you, please click the button below to fill out the online request form. If you have any questions about the process or holding a workshop, please reach out to the NUCCA Office at 952-564-3056 or email info@nucca.org.

Please note: Workshops take place during the summer or winter months so as to not interfere with conference attendance. (Summer: June, July, August / Winter: December, January, February)

Settleback Sessions



Get ready for a year of knowledge and connection as NUCCA's Collegiality Committee proudly presents the revival of Settleback sessions! Join us every second Wednesday of the month at 6:00 pm PST / 8:00 pm CST for an enriching experience. Best of all, registration is free!

Who should attend?

- Students seeking guidance for their future careers
- Students wondering if NUCCA is the right path to serve patients with diverse conditions
- STUDENTS!
- Doctors in search of direction for their professional journey
- Doctors curious about NUCCA as a means to address a wide range of patient conditions
- DOCTORS

TOPICS FOR THE FIRST 3 SESSIONS:

January 10th - "The NUCCA Difference!"

Ever wondered what sets the NUCCA procedure apart? Join us as we uncover the distinctive elements that make NUCCA stand out.

Click Here to Register

February 14th - "Student Certification in NUCCA"

Discover the best way to graduate and hit the ground running with NUCCA. Student Certification is your key to success!

Click Here to Register

March 13th - "The Importance of Imaging Prior To Adjusting with The NUCCA Technique"

In the world of NUCCA, seeing is knowing, and not seeing is guessing. Explore the significance of imaging before adjusting with the NUCCA Technique.

<u>Click Here</u> to Register

UCRF SMALL STEPS Recap



Gratitude goes out to the doctors who embraced the 2023 Small Steps to Success Campaign in their offices this November. Numerous participating doctors have expressed their enthusiasm for incorporating this campaign into their practices, as it allows them to discuss the significance of research and explore ways they can contribute to making a meaningful impact.

Collected funds were due by December 15. If you sitll have funds to send in, please get them in as soon as possible. Please include the names and addresses of patients needing tax receipts and the amount of each donation.

US Collected Funds

PayPal: nucca.org/small-steps-fundraising-campaign

Mail to the NUCCA office at: 10700 W. Highway 55, Suite 275 Plymouth, MN 55441

Call the office to process a payment over the phone, 952-564-3056.

Canadian Collected Funds

The Ralph R. Gregory Memorial Foundation (Canada) 5005 Elbow Drive SW Suite #201 Calgary, Alberta T2S 2T6

Thank you for your 2023 Small Steps Campaign efforts!

CERTIFICATION Updates

I had an experience last week that reminded me of how important it is to have ongoing coaching in whatever endeavor we are pursuing in life. As I age, I realize how critical it is to stay fit, so I have tried to carve out time to weight lift/exercise to age gracefully. I work out with an online trainer at home, and I find the coach mildly entertaining. He always says funny things like "just stick with what I've outlined for you, and you'll love the results", or "you'll dislike this now, but love me for it later" pertaining to a specific training regimen. I am finding so much truth in what he has said.

He was talking about the science behind the number or repetitions and the way he stages the sets. At first, I didn't know if I really believed him, but as I've just done what he has asked, I have found that I'm a lot stronger than I was a year ago. The key to getting healthier was for me to just follow his advice, and it really has significantly improved my strength, stamina, and overall health.

I concluded that even though I have a busy practice, responsibilities professionally, and a busy home and family life, I needed to keep physically active and wanted someone's expertise who had vetted out the most effective way of getting to the desired outcome.

Our practices work in the same way. Are we seeking ongoing coaching and mentoring? Are we trying to improve our ability to capture, biomechanically understand, and develop the adjusting skillsets to effectively reduce the Atlas Subluxation Complex to its maximal capacity? I think the answer for many of us is yes, but if you didn't answer with a strong yes, it's time for you to engage in the certification process. The process involves a natural outflow of skill progression as you clinically work through addressing the Atlas Subluxation Complex in patients every day with the help of a mentor doctor guiding you to a greater understanding.

In preparing for an upcoming workshop and asking myself "what should I share?", I had the experience yesterday of a difficult case that required an extreme amount of work and three post X-rays after the initial correction. It was annoying, to be honest, because initially, I couldn't get things reduced to the degree I wanted. However, after applying then altering my biomechanical perspective and adjusting the patient more, I was eventually able to get things maximally reduced and let the patient leave. The question of what should be shared depends on the group of people you are engaging with, and where they are at.

I had the experience recently of reviewing a set of films for a doctor in the certification program that is eager to learn and

just wants to serve their patients well. In the process of going over their films, I saw errors they were making that would leave them with an incorrect understanding of the patient's subluxation, leading to adjusting them on the opposite side of laterality. There were a handful of things in dealing with the patient's misalignment that they had an incomplete awareness of, would hinder the capacity to effectively reduce the ASC. Even if this individual was to attend one of the upcoming workshops, no amount of an instructor covering the nuances of what it takes to maximally reduce the Subluxation will replace the individualized learning that occurs in the certification program. This doctor doesn't need to just see a bunch of cases that I have worked through but needs to develop the patterns of what it is for them to be able to work through a case to get the desired outcome.

With that in mind, please do attend one of the upcoming regional workshops in the Northwest or Arizona. This way, you can continue to advance your learning while also getting engaged in the certification program. The coupling of information gleaned from others and then worked out in our own clinical application is the best way to advance our learning.

SYSTEMS TO HELP YOUR PRACTICE GROW!



(877) 252-1230

NUCCA CERTIFICATION LEVEL Advancements

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. Many of our members are currently in the process of their NUCCA certification, and we want to highlight those that have made advancements in the last quarter.

Congratulations to the following doctors for advancing in their process towards NUCCA Board Certification:

Completed Level 1 Candidacy

- Dr. Wontaek (Aidan) Hwang
- Dr. Connor Krause
- Dr. Charlie Ross

Completed Level 2 Candidacy

- Dr. Marie Biek
- Dr. Mylene Hopf
- Dr. Zachary Molland
- Dr. Mikael Reney

Completed Level 3 Candidacy

■ Dr. Corey Burt

New this year, NUCCA has implemented payment installment plans for those doctors interested in engaging in NUCCA Certification. The installment plans are now set up and optional to select in the NUCCA store when signing up for NUCCA Certification.

Want to learn more about certification and how to get started? <u>Click here!</u>

ONLINE MODULES

The NUCCA Online Modules are designed for doctors and students at any level of experience. A perfect example is how these modules are currently being utilized by a study group at Palmer College in Davenport! The module topics encompass all aspects necessary to become a successful NUCCA Doctor. From aligning your X-ray machine and analyzing images to examining patients and delivering adjustments.

The modules are intentionally concise and focused. You can access specific content when needed and proceed at your own pace. If you are new to the field, it's advisable to follow the topics in the recommended sequence. For those more advanced, you can target specific areas where you require assistance, without having to listen to complete lectures.

New content will be added as instructors identify needs and as standards of care continue to evolve. All material has been crafted and reviewed by Credentialed Instructors under the oversight of the NUCCA Education Committee and the Standards and Certification Committee. **NEW!** All students can now request access to our Online Modules video library, and membership status is no longer a prerequisite. To obtain access, students should reach out to the NUCCA office at info@nucca.org. In their request, they should include a valid student email address and provide their contact information.

- 1. All active members are eligible to request access to our Online Modules video library. This platform serves as a valuable complement to the NUCCA textbook. Here is how it operates: Request access by completing this online form: nucca.memberclicks.net/onlinemodules
- Within two weeks of your request, NUCCA staff will grant you access. (You will receive a unique, one-time login code and further instructions via email.)
- 3. Enjoy watching videos related to X-ray alignment, positioning, analysis, biomechanics, headpiece placement, adjustment, and more.

For inquiries regarding this new member benefit/resource, please email the NUCCA office at info@nucca.org.

UCRF RESEARCH Update

For those unable to attend the research update at the NUCCA Fall Conference, you were missed! The research update involved an overview of the Impact Report from the last 14 years of UCRF research. We have raised nearly 1.2 million dollars and have directly invested more than \$900,000 into research projects, including the PCMRI Migraine Study, Supine Leg Check, Finite Element Modeling Study, Hypertension Study, Vertex Study, X-ray Positioning Study, X-ray Agreement Study, and the Functional Leg Length Scoliosis Study.

We had a panel presentation from Dr. Gordon Hasick, Dr. Vivek Soham, and Dr. Craig Lapenski on the translation of knowledge gained from the X-ray Agreement project. Aspects of how research functions and how the effectiveness of a project is enhanced by asking the right questions early on were explored. We also discussed how the results of the study gained even greater significance by mid-study evaluation and adaptation. Many pearls of wisdom came from this panel that can help to guide future projects and engage our membership in conducting their own research endeavors.

Updates were given on the status of the Radiographic Positioning Study by Dr. Norris Golberg and Dr. Angela Manzanares. The second phase of the study is being evaluated to examine how training, certification level, and years in practice affects radiographic positioning. Currently, the datasets are being analyzed by our biostatistician Dr. Harrison Ndetan.

The 15th annual Small Steps to Success Flexible Giving Program took place in November. Our goal this year was to raise \$105,000. We have had a much higher number of our

NUCCA doctors involved this year and would like to thank all the practitioners for helping to support upper cervical research. Allowing the patients who have had their health positively impacted by this procedure to give into the future of our research endeavors is a great way to partner with them. This year will be the first year that part of the Gregory Circle residual will be used for other endeavors besides research, so Small Steps has an even greater role in our fundraising efforts. Thank you so much for all your engagement in Small Steps as we look to increase its impact in the future.

This year has the founding of a Practice Based Research Network under the heading of the organization. Dr. Jeff Scholten has been spearheading this to allow for data from a myriad of offices to be compiled for future projects, one of which will be looking at vertigo and the impact of NUCCA procedure on it.

In 2024, the Upper Cervical Research Foundation will heavily focus on Posture Focused Research. Studies will examine the validation of the tools we use and the impact of the reduction of the ASC on posture. Thank you so much for supporting our research efforts as we aim to support you in practice. The future of our organization and how we practice will be shaped and supported by what we investigate and publish.

As always, a huge thank you goes out to all our Gregory Circle members who contribute greatly to our research efforts. Our efforts wouldn't be possible without you.

Thank you again!

- Dr. Craig Lapenski UCRF President

MEMORIALS Honoring Dr. Philip Schalow



It is with deep sadness that we share the passing of NUCCA member, colleague, and friend Dr. Philip Schalow. Throughout many conferences and years as a member, Philip brought a genuine curiosity and desire to understand the ASC and the NUCCA work, as well as a heart to develop his skill to help his patients.

We extend our deepest condolences to his family and friends, and all his colleagues at Upper Cervical Care Center during this difficult time.

2023 GREGORY CIRCLE Members

Gregory Circle Gold

■ Dr. Kerry Johnson

Gregory Circle Silver

- Dr. Philip Arnone
- Dr. Benjamin Kuhn
- Dr. Max Pohl
- Dr. Michael Russamano
- Dr. Blair Schmaus

Gregory Circle Junior Silver

- Dr. Keith Denton
- Dr. Stanley Dombroski
- Dr. Craig Lapenski
- Dr. Patrick Lin

Gregory Circle Senior Bronze

■ Dr. Valerie Briski

Gregory Circle Bronze

- Dr. Alan Barnes
- Dr. Justin Brown
- Dr. Donald Erwin
- Dr. Greg Goffe

- Dr. Jason Granger
- Dr. Jeremy Kerrigan
- Dr. Kyrie Kleinfelter
- Dr. Steven MacDonald
- Dr. Russill Mills
- Dr. Kyle Murray
- Dr. Andrea Pritchett
- Dr. Julia Radwanski
- Dr. Jeffrey Scholten
- Dr. Kurt Sherwood
- Dr. Jayson Snyder

Gregory Circle Junior Bronze

- Dr. Marie Biek
- Dr. Jason Chesney
- Dr. Jonathan Chung
- Dr. Michael Court
- Dr. Jamie Cramer
- Dr. Christopher Dawson
- Dr. Vince Fitzpatrick
- Dr. Michael J. Foran DCCJP
- Dr. Norris Golberg

- Dr. Traci Grandfield
- Dr. Patricia Gregg
- Dr. Clint Grover
- Dr. Shawn L Hall
- Dr. Scott Hansen
- Dr. Gordon Hasick
- Dr. Jeffrey Hedrich
- Dr. Daiki Ishiyama
- Dr. Aaron Kiefer
- Dr. John Kowalczyk
- Dr. Terry McCoskey
- Dr. Jim Moore
- Dr. Aurora Ongaro
- Dr. Jordan Peel
- Dr. Reanna Plancich
- Dr. Kalan Stittleburg
- Dr. Jack Stockwell
- Dr. Ashleigh Street
- Dr. Shawn Thomas
- Dr. Gary Thomson
- Dr. Marcella Ziska

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