



Spring/Summer 2019

NUCCA NEWS

NEWSLETTER OF THE NATIONAL UPPER CERVICAL CHIROPRACTIC ASSOCIATION - NUCCA

President's Letter

All things have a beginning and an end, and this President's Report sees us saying good-bye to our past Executive Director Debbie Norton, hello to our new Executive Director Mary Pat Nielson, and welcome to the beginning of NUCCA Regional Workshops.

Debbie Norton worked with NUCCA through our Association Management Company IntrinXec in which she held key leadership roles for over a decade. We have appreciated Debbie's pragmatic and reliable nature as well as her patience and fiscal prudence; her work with NUCCA has left our organization in excellent condition. For many years, Mary Pat Nielson assisted Debbie as our Account Executive and has now taken over Debbie's role as Executive Director; we look forward to continuing seamlessly with Mary Pat and wish Debbie all the best in her future endeavors.

I am so pleased to announce the very exciting development of Regional Workshops! In 2018, a task force was created to investigate the possibility of introducing Regional Workshops to supplement our doctors' learning through traditional NUCCA conferences. This initiative was a huge success, and NUCCA's inaugural trial Regional Workshop was hosted by Dr. Glenn Cripe in Newport Beach this past February. Procedures have been finalized, and Regional Workshops will be held in the summer and winter months to augment the learning available at NUCCA conferences.

There are three types of workshops available:

- NUCCA procedures (all three levels)
- Grand Rounds - Patient Care (all three levels)
- Clinical Sciences such as Advanced Imaging, Research Methods, Anatomy, Neurology, and Biomechanics

inside this issue:

- 2 > President's Letter
> Conference Save the Dates
- 3 > Fall 2019 Conference Update
> Spring 2019 Conference Recap
- 4 > Outreach to Chiropractic Colleges
> Palmer NUCCA Club
> Conference Exceptions
> NUCCA Team News
- 5 > NUCCA-NEWS: Doc Highlight Questionnaire

continued on pg. 2



National Upper Cervical
Chiropractic Association

www.nucca.org

PRESIDENT'S Letter / cont. from page 1

Both NUCCA procedures and Grand Rounds are offered by NUCCA Credentialed Instructors, while Clinical Sciences will be taught by appropriately Credentialed Faculty such as Diplomates or those holding advanced degrees. One of NUCCA's main purposes is continued education and practitioner growth, and Regional Workshops will enhance our ability to expand our reach around the world.

I recently attended the second Symposium on Upper Cervical Care hosted by the ICA's UC Council. This Symposium was not only full of fantastic learning, but it also allowed us to celebrate the graduation of 23 new DCCJPs, bringing the total number to 41. DCCJPs have the unique ability to understand the nuances and unique specialties of other upper cervical procedures along with the enhanced understanding of basic sciences and advanced imaging. With this specialized knowledge, DCCJPs are positioned to be able to understand and advocate for both the basic and advanced sciences of our work with the craniocervical junction.

The third round of DCCJPs started earlier this year and welcomed 35 candidates; it was my privilege to teach the first 24 hours of CCJ Clinical Anatomy over two weekends in April and May. NUCCA is once again well represented in this group of learners and we look forward to pushing our technique even further forward through these dedicated and well educated doctors.

NUCCA is a membership-based organization. We work on a variety of fronts, but education, research, public awareness, and endowment are our pillars. At a time in chiropractic

in which the ability to practice our methodology is under increasing scrutiny and threat, we need to be active as a community to ensure that the value we bring to our patients' health is scientifically validated. At our last conference, UCRF was able to facilitate a strategic push towards a greater understanding of the classification and interventions around cervicogenic dizziness. Please dig into the research available and expect future educational offerings to facilitate a greater understanding around this condition and how it responds to the NUCCA procedures.

Volunteerism is a hallmark of NUCCA membership, and this report finds our volunteer boards and committees engaging in a wide range of initiatives. A stronger NUCCA with a more engaged membership will allow us to contribute collectively and offer our services to a population in need. I thank each of you for the contribution of your time, treasure, and talent, and I look forward to continuing to work alongside you to ensure NUCCA develops and continues to contribute leadership in chiropractic craniocervical junction procedures.

Please enjoy a wonderful summer, and we look forward to seeing you at the Fall Conference, October 24 – 26, 2019 in Minneapolis!



Dr. Jeff Scholten

President, NUCCA Board of Directors

SAVE THE DATES for Upcoming NUCCA Conferences!

Fall 2019 Conference: October 24-26, 2019 in Minneapolis, MN

Spring 2020 Conference: April 16-18, 2020 in Newport Beach, CA

Fall 2020 Conference: November 12-14, 2020 in Minneapolis, MN

Spring 2021 Conference: April 8-10, 2021 in Newport Beach, CA

Fall 2021 Conference: November 11-13, 2021 in Minneapolis, MN

FALL 2019 CONFERENCE Update

The Fall 2019 conference is right around the corner and planning is underway! Bring your associate/colleague and meet us at the Hilton Minneapolis/St. Paul Airport Hotel October 24-26 for this year's Fall conference!

As always, Dr. Packer has arranged a fantastic class schedule for students and experienced doctors alike! We look forward to seeing you in Minneapolis!

Job Fair: Friday, October 25th, 12:00 – 1:00 p.m.

President's Reception/Banquet: Friday, October 25th, 7:00 – 9:00 p.m. Tickets are \$65/each and can be purchased when you register for the conference

Research Update: Saturday, October 26th, 9:00 – 10:50 a.m.

[Click here](#) to get more information and to register for the 2019 Fall NUCCA Conference.

Hotel Information:

You can begin making your hotel room reservations at the Hilton Minneapolis/St. Paul Airport Hotel.

Phone: (952) 854-2100

Website: [click here](#) to make your reservation

Mention the group NUCCA at the time of reservation to receive the special group rate of \$139. Please make your reservations by Tuesday, October 1, 2019.

Please note: It is very important that attendees of the NUCCA conference use the link above or call the reservation line above to book their room at the contracted group rate of \$139. Any reservations made using the following listed below, will NOT be coded to the NUCCA group and therefore affect the NUCCA organization.

- Hilton Honors points
- Partial Hilton Honors points
- Other special rates, such as AAA, ARPP, Government per Diem, etc.
- Any travel site, such as Expedia, Priceline, Hotels.com, etc.

SPRING 2019 CONFERENCE Recap

As always, the Spring 2019 Conference was a great success! We were so happy to see all of you there! Here are some pictures from the Friday night banquet at the conference.



Banquet Dinner



Banquet Dinner



Upper Cervical Diplomate Graduates (from right to left):
Michael Foran, Tonia Rogers, Jordan Landholm, Ben Kuhn, Mylène Hopf, Devin Young



Drs. Lapenski, Kang & Dickholtz, Jr.



Drs. Lapenski, Chesney & Dickholtz Jr.



Spring 2019 Conference Closing Group

OUTREACH TO CHIROPRACTIC COLLEGES

Late last year, a committee was formed to reach out to chiropractic colleges with the goal of making every chiropractic student aware that NUCCA exists and to have a general idea of what it is. The first objective is to get the institutional version of Dr. Gordon Hasick's Introduction to NUCCA video shown in a core curriculum class at 10 colleges by the end of 2019. Much progress has been made, but we would appreciate your help.

A natural result of this outreach will be more interest in learning NUCCA and participation in campus clubs. We're connecting with club leaders to offer curriculum

and support. We plan to stay connected to the clubs for better transitions from term to term which will grow and strengthen the clubs and ultimately the number of conference attendees and NUCCA practitioners.

If you have a good connection with a college professor/administrator, student leader, or other person who can help get the video into a core class or assist with establishing or growing a NUCCA/UC club, please reach out to Dr. Pat Lin, Dr. Jason Chesney, Dr. Kevin Hallmeyer, or email Dr. Kyrie Kleinfelter at drkleinfelter@yahoo.com.

PALMER NUCCA STUDENT CLUB UPDATE

We are planning to get together with other upper cervical clubs so that more students get to know more about UC techniques and have them practice later on. NUCCA, Blair, AO are the candidates. This is on NUCCA club's lead. And, for next trimester, we are going to focus on biomechanics

and 8 phases for practice. Plus, Dr. Kuhn will present to our club during the Lyceum. There is one student who is graduating on this October and he wants to stay Midwest or West Coast. And another NUCCA student graduating on February as well.

CONFERENCE EXCEPTIONS

This is a notice that the NUCCA Board of Directors approved Dr. Janeen Hoffos' request to remain active on the NUCCA website directory. Dr. Hoffos was required to attend the Spring 2019 conference in order to stay compliant with the NUCCA Membership/Conference policy. Dr. Hoffos was not able to attend the Spring 2019 conference and was granted a 6-month grace period by the NUCCA Board of Directors. Dr. Hoffos must attend the Fall 2019 conference in Minneapolis, MN. Failure to attend

this upcoming conference will result in Dr. Hoffos being removed from the NUCCA website directory.

As a reminder, the NUCCA Membership/Conference Policy is stated below:

To be listed in the NUCCA directory a doctor must be a member in good standing of NUCCA, and have attended at least one NUCCA Spring conference or NUCCA Fall conference during the preceding two calendar years.

NUCCA TEAM NEWS

We are thrilled to welcome two new members to the NUCCA team at IntrinXec. Mary Pat will continue as the new NUCCA Executive Director and we will also begin working with Jessica Bartram and MacKenzie McCullum. Jessica and MacKenzie will be working on the day-to-day operations and conference activities alongside Mary Pat. Welcome Jessica & MacKenzie!



Mary Pat Nielson



MacKenzie McCullum



Jessica Bartram

NUCCA-NEWS: DOC HIGHLIGHT QUESTIONNAIRE

Interviewer: Rodrigo Imana | **Being Interviewed:** Dr. Karn Kang

I. Where are you from? Please tell us more about yourself.

I am born and raised in Surrey, British Columbia Canada. I have always been heavily involved in sports and enjoy living an active lifestyle. Being very interested in human movement and sports, I went on to pursue my Bachelor of Human Kinetics at the University of British Columbia- Okanagan. Shortly after finishing undergraduate studies, I moved to Hayward, California to pursue Doctorate of Chiropractic at Life Chiropractic College West.



II. Please let us know what brought each of you into Chiropractic and NUCCA?

I actually went to chiropractic school not knowing very much about chiropractic. After learning all the core techniques within the school curriculum, a few friends insisted I sit in the NUCCA elective for some exposure. Upon completion of the elective class, I decided to attend a NUCCA conference in Minneapolis, Minnesota. Within the first couple hours of attending the morning classes, I knew this was the work I wanted to do. The level of specificity, reproducibility of the work and overall structure of the organization quickly led me to realize that this is what I was meant to do. Several months later my mother began to suffer from debilitating migraines and only after one NUCCA correction, her migraines went away. That solidified it even further that I wanted to practice this gentle yet very precise way of chiropractic.

III. How did the vision to practice in Canada come about?

The goal was always to always practice in Canada. I did not take part in any US board exams as I knew I would always come to Canada.

IV. How long have you been in practice and how's your experience being an associate been so far?

I have been in practice for just over a year and it has been amazing. Being able to go to work everyday and making a difference in the lives of individuals suffering is quite rewarding. Being an associate has been the best decision I could have made coming out of school. NUCCA is not an easy technique to practice, especially coming straight out of school. It is very technical and complex, but Dr. Ben Kuhn has been a great mentor and I have learned very quickly from him. Work does not feel like work when you are having fun!

V. We noticed that you're active in the certification process. What has been your experience with that? What inspired you to be active in certification?

The certification process is a great way to perfect your skills and get feedback from other board certified doctors. I always highly recommend it to anyone who is considering starting. There is always room for growth and what better way to further perfect your skills than by having 1on1 mentoring from a seasoned doctor. I started the certification process simply to further enhance my skills as a NUCCA doctor and be able to better serve my patients. I am currently level 2 certified and just recently started level 3 for board certification. I am a firm believer regardless of where you are in your skill level, that there is always room for growth. Our patients deserve the best!!

VI. In your vision, how do you see NUCCA evolving in the next 10-20 years?

The greatest thing about NUCCA is that it is constantly evolving from a technical and organizational standpoint. There are changes constantly being made to the NUCCA approach. I believe NUCCA in the next 10-20 year will be an approach to healthcare that people will become more familiar with. I truly believe it's the best-kept secret in healthcare today, but will not be a secret for too long.

VII. What do you love about the NUCCA organization?

That's simple! The people are what make NUCCA a great organization, as is the case with every successful organization. Everyone is super friendly, fun and committed to being excellent doctors. Definitely a first class organization in every aspect!!

VIII. Finally. Can you share with us some fun or funny times that have happened while practicing with Dr. Ben Kuhn?

Where to begin? Everyday is fun practicing alongside Dr. Ben Kuhn. We often use the same jokes while doing new patient consultations and interacting with other practice members, which can be confusing yet funny when patients hear the same joke from doctor to doctor. I just tell my patients that he uses my jokes because I am funnier than him. Overall we have lots of fun and everyday is a blessing to go into the clinic. I cannot see myself doing anything else besides practicing NUCCA.