



Spring 2020

NUCCA NEWS

NEWSLETTER OF THE NATIONAL UPPER CERVICAL CHIROPRACTIC ASSOCIATION - NUCCA

President's Letter

Dear Colleagues,

We are currently amid what is perhaps the most significant worldwide upheaval that many of us, hopefully, will ever experience. The question of what makes a human healthy has perhaps never been more top of mind for almost the entire world population at the same time. While our Public Health officials concentrate on how to prevent the spread, we can do our societally appropriate part, but as chiropractors we also have another question - what creates health?

The concept of preventative health itself is a significant oxymoron, as health and disease are opposites. We can all recognize that we are moving one way or the other on this continuum with each passing moment, interaction, and decision.

When you buy or sell art, its value is only determined in the moment that someone is willing to provide capital to acquire the object. Having a healthy response in a human is like the value assigned to art. Within that framework, health can only be relatively established in the moment of an active attempted adaptation to a stressor. If the body can successfully manage the stress, it is healthy; if it does not successfully rise to the challenge, it is unhealthy. When my dad was 12, a speeding bus killed his father when it lost control and flew onto the sidewalk – we all recognize that some stresses are impossible to adapt to in a 'healthy' manner because there are limits to our capacity for adaptation.

continued on pg. 2

inside this issue:

- 2 > President's Letter
- 3 > Virtual Spring Conference
 - > COVID-19 Resources
 - > Regional Workshop Recap
- 4 > UCRF Research Updates
 - > NUCCA Certification
 - > NUCCA Classifieds
- 5 > NUCCA Online Textbooks
 - > NUCCA-NEWS



National Upper Cervical
Chiropractic Association

www.nucca.org

PRESIDENT'S Letter / cont. from page 1

Chiropractic Principle #24: The Limits of Adaptation

Innate Intelligence adapts forces and matter for the body as long as it can do so without breaking a universal law, or Innate Intelligence is limited by the limitations of matter.

The reality that a large percentage of our population has the potential to not have a healthy response to COVID-19 is being broadcast widely in our media and has many of our patients in a panic. Others are angry and frustrated. We know as Doctors of Chiropractic that panic, anger, and frustration are not health promoting activities. As a group, we are a subset of our profession, but we have what is perhaps the strongest objective rational health philosophy, and our patients need us.

Some of you have contacted me over the past few years with concerns about insurance re-imbursement being denied due to the "experimental" tag being applied to our procedures. During the past three years, something has been happening in our profession that may be an even bigger issue than being considered experimental, and if not addressed, it has the possibility of marking our procedures as antiquated.

JMPT recently published Guidelines for Neck Pain. Although NUCCA practitioners work on the neck, our work to create balance within the craniocervical junction transcends the constraint of neck pain practitioners. We all know that we have an excellent ability to influence and help those of our patients suffering from neck pain and disability. Within the context of the Clinical Guideline is a statement that we as practitioners need to attend to - *"There is no high-quality evidence to suggest that serial radiography of the cervical spine is a useful tool with high clinical yield."*

If there ever was a statement that was a call to action, this is it.

The scientific literature has long been fraught with clinical translation failures and subsequent literature bias. But this one continues to gain traction as chiropractic is evaluating itself, and we need to be prepared to present our perspective.

For the last many years, NUCCA and UCRF have been moving forward as quickly as possible to proactively defend your right to practice. Actions such as the much maligned Choosing Wisely document adopted by the ACA, the anti-subluxation rhetoric from the WFC, and Jenkins et al.'s 2018 statement *"The use of spinal X-rays should not*

be routinely performed in chiropractic practice..." might have been missed by you if you have been busy with your personal pursuits, families, and practices. Not being aware of what is happening in our political and scientific landscape does not make it any less dangerous to our ability to practice NUCCA, and now is the time for all of us to pay attention.

We need to urgently escalate our engagement to proactively influence our profession on academic, legislative, political, scientific, clinical and organizational levels. If being a part of the Gregory Circle to allow us the extra resources to engage is not a possibility for you, then join us by donating your energy and your intelligence. Even better – do both! As an organization of 250 dedicated doctors, we have the power to shift the inertia that has developed against our way of practice, but it won't happen without significant effort.

We've flipped the spring conference online, launched regional workshops, made progress on developing our credentials, began to update our bylaws, enhanced our presence in colleges, began to take our intellectual property online, increased our interdisciplinary relationships, began developing our health condition efficacy, supported each other with a number of collegiality initiatives, and developed ombuds services. We've done a lot, but there is so much more to do.

Reach out to me directly, your NUCCA/UCRF board members, and/or IntrinXec to get involved. Now is not the time to sit back and watch the show, now is the time for you to engage.

This COVID-19 situation is creating a stressful time as most of us are needing to manage many unknowns. Through all the adaptation necessary in your business and personal lives, know that we stand together as a community. Thank you for being a part of NUCCA. I look forward to seeing you online, Thursday, June 4, 2020.

Stay well,



Dr. Jeff Scholten

President, NUCCA Board of Directors

SAVE THE DATE for NUCCA Virtual Spring Conference

Thursday, June 4 -30, 2020: 4:00 p.m. PST / 7:00 p.m. EST.

CE Credits will be available for this virtual conference

NUCCA is thrilled to announce that we have moved our Spring Conference to a virtual format! Classes will be pre-recorded so that you will have the ability to watch them on your own time and at your own leisure! Continuing education credits will be offered for this online alternative.

Save the date to join us for a live kick off on Thursday, June 4, at 4:00 p.m. PST / 7:00 p.m. EST. More details will be sent via email as they are finalized but feel free to check our website for up to date information. Go to www.nucca.org and click on "Conferences & Workshops". We look forward to "seeing" you then!

COVID-19 Resources

Over the course of the last few weeks, our members and industry peers have been forced to make some very difficult decisions in response to COVID-19's rapid spread.

Closures, cutbacks, and cancellations have become necessary to slow the spread of this fast-moving, insidious virus. While we're all at different stages of this crisis, we encourage you to utilize the local, national and international resources made available to you.

We have created a page dedicated to COVID-19 updates and resources for you and our community. We encourage you to reach out to your industry colleagues and friends. It is through each other that we will come out of this on the other side as a stronger community. For more information, [click here](#).

We know that humanity will endure, and with it, so will NUCCA. On behalf of NUCCA and its leadership, we wish each of you safety, good health, and every kindness. We look forward to getting through this together.

REGIONAL WORKSHOP RECAP Recap

This winter we held three successful regional workshops around the country. Thank you to all of our attendees and doctors that participate in these important educational opportunities!

- Dr. Packer held a Spinal Biomechanics Made Simple workshop in Georgia
- Dr. Flory held an Adjusting & Biomechanics workshop in California
- Drs. Sherwood and Lapenski held a Practical Adjusting Development workshop in Washington

A note from Dr. Craig Lapenski:

This year's regional workshop in the beautiful Northwest was an incredible time. Drs. Lapenski, Sherwood, and Foran had the opportunity to work through a large amount of one-on-one training with doctors from around the U.S and Canada. The workshop included in-depth kinesthetic and visual head piece positioning, as well as advanced concepts in what factors may be limiting subluxation reduction.

The evening ended with a dinner at the Lapenski residence for all who could make it. Ping Pong and Foosball tournaments made for lots of laughter and fun as well as a great time of learning. Attendees commented on "personal breakthroughs" and really enjoying the congenial environment. Please join us next time!



UCRF RESEARCH Updates

Each year during the month of November, NUCCA and the Upper Cervical Research Foundation (UCRF) join forces to raise awareness and resources to support our ongoing research. Not only does your support help further NUCCA research, it brings awareness to your patients about the valuable work we do and how we contribute something precious to the healthcare system.

We are thrilled to announce that the 11th Annual UCRF Small Steps to Success Campaign raised over \$5,700!

For more information on the Small Steps Campaign and to donate, visit our website at www.nucca.org.

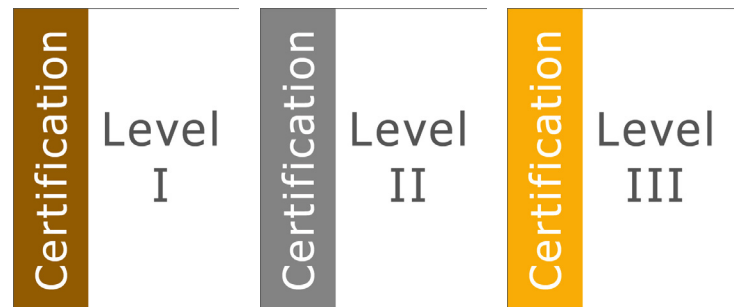


NUCCA CERTIFICATION

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.

For a limited time only, NUCCA has temporarily suspended* the fees for level one candidacy toward NUCCA Board Certification to all active NUCCA members! That means that if you are an active NUCCA member, you can take level one at NO CHARGE. That's a \$350 savings!

For more information on this extraordinary program and to sign up, [click here](#).



**This temporary suspension will be revisited by leadership throughout the next year and is not guaranteed to continue after the Fall 2020 conference.*

NUCCA CLASSIFIEDS

Posting in NUCCA's Classifieds is a cost-effective way to connect with your NUCCA colleagues to sell your equipment, request equipment that you're in need of, recruit staff and so much more.

Listings are \$65 for 60 days. For more information and to post your listing, [click here](#)!

VIRTUAL SPRING CONFERENCE

Save the Date: June 4 -30, 2020

NUCCA is thrilled to announce that we have moved our Spring Conference to a virtual format! Go to www.nucca.org and click on "Conferences & Workshops". We look forward to "seeing" you then!

NUCCA ONLINE TEXTBOOK

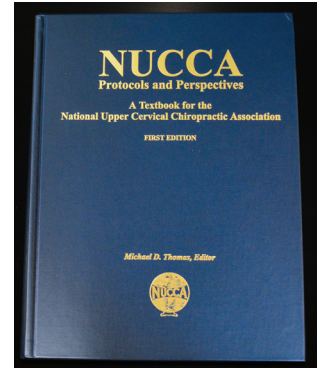
NUCCA is currently working on creating an online alternative to our textbook. Our hope is that this will become a useful resource to provide ongoing access to every member of NUCCA with clear, current protocols, which will be regularly updated upon approval of new standards and/or procedures.

We are currently updating the existing text to the correct NUCCA protocol/standard. Content updates will be approved by the Education and/or Standards Committees and include previously updated procedures, i.e:

- Lower angle/C2 spinous update
- Vector calculations update

In addition, we hope to include videos, interactive learning modules, and information on digital imaging.

We continue to research the best online platform and hope to see this product launched by the end of the calendar year. We will continue to update membership via email when this product is available for purchase.



NUCCA IN THE NEWS LIFEWEST Magazine

Chiropractic Magazine LIFEWEST recently featured an article with our very own President, Dr. Jeff Scholten! This article is part of a collection on different techniques in the Art of Chiropractic. To view this issue and read the article, [click here](#) and turn to page 11. Thanks for the shout out, Life West!

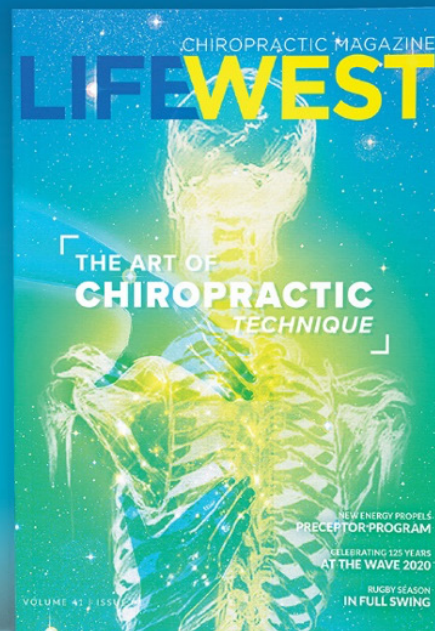
Dr. Scholten was also recently interviewed by Ron Oberstien for his LifeWest Leadership Lines series – check out the video [here!](#)



JEFF SCHOLTEN, DC

President, National Upper Cervical Chiropractic Association

NUCCA
nucca.org



Dr. Scholten was recently featured in an article by *Chiropractic Magazine LIFEWEST* – check it out [here!](#)