

Convention receives EU patronage

Photo courtesy of European Parliament

M Hans-Gert Pöttering

THE HIGHEST-EVER number of delegates – over 450 – was recorded when the ECU held its sell-out annual convention in Brussels from 1 to 3 May 2008 at Le Plaza Hotel. With the assistance of Padre Eldemiro of RCU in Madrid, Philippe Druart was able to obtain the High Patronage of the European Parliament for the event: “For the first time in its long history, the ECU has now received a kind of official acceptance among the European institutions. This must be the starting point of the harmonisation of chiropractic in Europe,” he said.

The convention was officially opened by the President of the European Parliament, M Hans-Gert Pöttering, in a video presentation. The following is a transcript of his speech:

“Ladies and gentlemen, distinguished guests, dear friends – let me start by expressing my gratitude for the invitation that was extended to me by my friend Padre Eldemiro, Rector

of Real Centro Universitario Maria Cristina and by M Philippe Druart, President of the European Chiropractors' Union (ECU) to address the participants of this distinguished gathering. Although I cannot be present, with the aid of modern communication technology, I have the opportunity to address you by means of this video message.

“The European Chiropractors' Union Convention that you are celebrating in Brussels has, this year, been granted the patronage of the European Parliament. This important event has a clear European dimension: it has an academic focus and reflects the concerns of the European Parliament which is well known for its commitment to health. The ECU was established to promote the development of chiropractic in Europe as well as to pursue the interests of chiropractic as a science and a profession by research, teaching, publications and legal activities.

“It is impressive that more than 450 delegates representing some 3,500 chiropractors from all around Europe participate in the Convention. You represent the chiropractic profession on a pan-European level. The 18 European national associations soon will become 20 once the two new candidate members – Hungary and Poland – join you.

This year a European Working Party for chiropractic has been founded with members of the European Parliament. I welcome this fact. The Working Party will work towards the harmonisation of chiropractic in Europe.

I would like to conclude by extending my best regards and by wishing you all a successful and fruitful annual Convention.”

New ECU Secretary

Meet the ECU's new Secretary on page 4.

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Manneken Pis - a famous Brussels landmark

Previous issues of *BACKspace* are available from the ECU office. See page 3 for contact details.

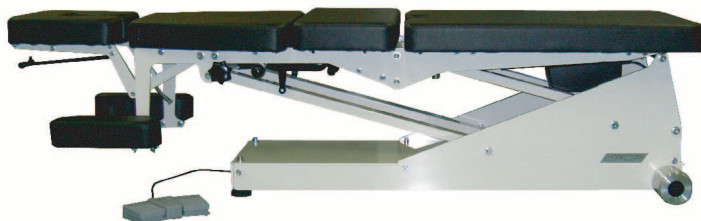


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President's report

A triumph in Brussels

ELECTIONS TOOK place during the General Council meeting held on 30 April and again I have been re-elected as President, but I promise it will probably be the antepenultimate time so I can finish the European work! Barry Lewis (GB) was re-elected as second VP, Chris Mikus (Liechtenstein) as Secretary and Ben Bolsenbroek (NL) as Treasurer. George Carruthers was warmly thanked for all the work he did during his four years in office, and especially for the creation of the EAC.

Funding

At the meeting, two funding requests were agreed by the General Council. The first went to the Swiss Association who were granted €125,000.000 over a five year period (€25,000.00 per year) towards the new chiropractic

education at the University of Zurich (see the article on page 5). The second was a grant of €16,000.00 to the Welsh Institute of Chiropractic as a contribution towards a digital radiological system which has already been of huge benefit during the short time it has been installed.

Convention

Brussels was a triumph indeed (450 delegates and 600 all together). It's great: "Brussels was too small"! For the first time, we had to turn away delegates. Research was one of the main topics with a Research Day (a meeting of European researchers/prospective researchers) on the Wednesday – also a huge success (see page 21). We therefore decided to keep this on the agenda for future conventions.

European patronage

This Convention was under the high patronage of the European Parliament. M Hans-Gert Pöttering, the President of the European Parliament gave the opening address by means of a video. The support he gave to the profession was more than we could ever have hoped for! The most important words were probably "harmonisation of chiropractic throughout Europe"! You will have read on the front page the verbatim text of his address.

European harmonisation

The members of the European Parliament who form the European Working Party for Chiropractic (EWPC) met for the first time in May and will become an official working party of the Parliament at their next meeting on 8 October when I will have the opportunity to present the aims and reasons of this EWPC. **If any of you know of an MEP who**

could join us on 8 October call me as soon as you can!

At the same time, ECU has started a consultation with the European Standardisation/Normalisation Centre, which, after completion of all guidelines, requirements and standards, will implement the necessary rules for an official standardisation of chiropractic in Europe. If accepted, the EU will impose this 'CE' stamp throughout Europe, in countries where there is no legislation. As a consequence, a chiropractor will have to follow this 'label of quality' if he/she wants to open a practice anywhere in Europe where regulation is not yet set up. That will lead to the protection of the title and the profession and guarantee the highest possible standards throughout Europe.

New members

We are really pleased to announce that Poland has now joined the ECU – welcome indeed! Hungary is a candidate member and will certainly be the next country to join, which would bring us to a nice round figure of 20 members. This is a crucial point because to obtain EU funding or any European support, we need to have as members as many of the 'new' European countries as possible.

Sidney Rubinstein

I had the great pleasure to be present at Sidney Rubinstein's public defence of his PhD in the Vrije Universiteit van Amsterdam. It was very impressive and you can read a full report on page 18. We all hope Sidney is the leader of a long cohort of candidates among the Netherlands' chiropractors! Many of them expressed a desire to follow in his footsteps.

Parker Seminars

The Association of Italian Chiropractors (AIC) invited the



ECU Executive Council and General Council to attend the Parker Seminars organised in conjunction with AIC in Rimini in June. Stathis and Barry accompanied me on this special occasion. It was a great success with 250 DCs from all over Europe and US/Canada taking up this opportunity. It was a great social occasion as it was also organised to celebrate the Italian law for chiropractic where DCs will be considered as Primary Health Providers. At a special event, the President, John Williams, thanked his staff and Professor Saraceni, Professor of Medicine in the University of Roma who was officially presented with honorary membership of the AIC.

Stathis, Barry and I were invited to lunch by Fabrizio Mancini and Gilles Lamarche (president and director of Parker Seminars) to discuss the similarities/differences between the US and Europe on chiropractic. We concluded that everything is possible if specific personalities are respected.

ECU Research Council

At the same time, the ECU Research Council was meeting in Brussels. Jean Robert introduced the members to the proposed future chair of the Council. He is a lovely guy (MD-DC) from ... Belgium! See the report on page 4.

The next ECU Convention in 2009 will be in Alghero, Sardinia (Italy). Book early because Brussels was too small! Then in 2010 we will be in the UK.

Happy to share all this with you ...

Philippe Druart DC
ECU President

BACKspace

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New Secretary ECU/ Secretary General EAC

CHRISTOPHER MIKUS was unanimously elected as the new Secretary of the ECU at the General Council Meeting held in Brussels on 30 April. This position carries with it the position of Secretary General of the European Academy of Chiropractic.

After receiving his Bachelor of Science in Exercise Physiology/ Kinesiology from the University of California, Los Angeles, Chris attended the Los Angeles College of Chiropractic. There he earned his Doctor of Chiropractic degree, graduating Cum Laude in 1994. Since graduation, he



Chris Mikus, George Carruthers

has been in private practice in Schaan, Liechtenstein. He has also served as the national Vice-president and President of the Liechtenstein Chiropractic Association. In this capacity, he has represented the profession at numerous governmental and interdisciplinary functions. He has

been the Liechtenstein national representative to the ECU since 1998. Chris is married and has two (soon three!) children.

Chris has taken over from George Carruthers who, after serving as President of the BCA, joined the Executive Council in 2004 as Treasurer and then became ECU Secretary/EAC General Secretary in 2006. George was the driving force behind the establishment of the European Academy of Chiropractic. President Philippe Druart presented him with a token of thanks at the Convention Gala Dinner.

Photo: Barry Lewis

Research Council Meeting

A MEETING OF the ECU Research Council took place on 21 June in Brussels. Acting chair, Jean Robert, welcomed new member

Lise Hestbaek DC PhD (University of Southern Denmark) left, who replaces Inger Scheel (Norway).

Lise joins Jean and the two other members of the Research Council, Professor Norbert

Fraeyman and Professor Alan Breen. Professor Fraeyman, of the Faculty of Medicine and Health Sciences, Pharmacology Department, Gent University (Belgium) was recruited to the Research Council in 2006 as an

external expert. Although specialising in basic sciences Professor Fraeyman has for many years been involved in a course on Reflections on Alternative Medicine at the university.

Tom Michielsens, from Belgium, was also invited to the meeting as a prospective replacement for Jean Robert. He was asked to take the position, accepted, and has been 'officially' appointed at the next meeting of the Administrative Council of the European Academy of Chiropractic. It was agreed that Jean will work alongside Tom to help and advise him until the next Research Council Meeting.

For a number of reasons, a meeting of the Research Council did not take

place in 2007. It was therefore the first meeting that Professor Fraeyman had attended and he was impressed with the high standard of some of the applicants and prospective research studies. During a two-day discussion, not only were the projects evaluated in detail but also great attention was given to the general outline of future experimental work in this field.

The committee discussed incoming requests and funding was granted for two new projects, one from Lars Uhrenholt (Denmark) and one from Iben Axen (Sweden). It was agreed at the meeting that future requests will be evaluated by external experts (DC, PhD, epidemiologist etc) because the projects are now more specialised than in the past and nobody is able to master all fields. Decisions on funding will be made after studying the external evaluations. Nowadays this is the standard procedure in research and comes at no cost to the Research Council.

Research is a very high priority for the ECU and the EAC and discussions are under way with regard to the sourcing of funds. Ideas from members are very welcome!

ECU included in EU directory

PRESIDENT PHILIPPE Druart has received an invitation to include the ECU's details in a new European Health Non-Governmental Organisation (NGO) Directory.

This directory will contain information on all European and national level NGOs working in the field of health. The development of the directory has been funded by the European Commission who sees this as an invaluable tool when consulting civil society. This directory will be accessible via the EU health portal.

The easily searchable database will contain the contact details, specialisations and cross referencing of every NGO dealing with health issues at national and European level. Once finished, the database will increase the visibility of NGOs to EU institutions and the European Commission will use the database as part of its public consultations and dialogue with civil society.

Philippe has now completed and returned the ECU entry for inclusion.

Mission statement

The European Chiropractors' Union (ECU) is an organisation representing and promoting chiropractic, and its education, as a distinct unified profession offering a forum and support to its members and aspiring to establish harmonised legislation throughout Europe.

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ECU news

Chiropractic Education and Research at the University of Zurich

The MedBG/LPMéd that came into effect in September 2007 regulates the education and the postgraduate education of the medical professions in Switzerland. This is a milestone for the Swiss Chiropractic profession and means that it will be possible to study chiropractic in Switzerland. The Swiss Association for Chiropractic (ChiroSuisse) thanks the ECU for its generous help in funding this education for the next five years.

CHIROPRACTIC EDUCATION and research will soon be instituted at the University of Zurich (UZH), and it has been announced that Kim Humphreys will become assistant-professor at the Medical Faculty there. The first cohort of undergraduate chiropractic students will begin their studies in the Faculty of Medicine, UZH on 15 September 2008. So far there have been about 60 applicants, who now have to pass an aptitude test.

The curriculum will be patterned on the two-cycle, six-year Bologna model in keeping with the trend for standardisation of university education in Europe. During the first

three years (Bachelor of Medicine, Schwerpunkt Chiropractic cycle), chiropractic students will attend a combination of medicine and chiropractic subjects with the chiropractic curriculum emphasising the development of manual diagnostic and therapeutic skills. Students must then apply for entry into the second three-year, Master in Chiropractic programme. The Master's programme will emphasise the further development of diagnostic and therapeutic knowledge and skills and their integration into competent, evidence-based chiropractic practice including multidisciplinary clinical settings.

Research is also a major focus of the chiropractic initiative at UZH. In keeping with the ongoing need for evidence for chiropractic care, the research initiatives will focus on identifying subgroups of back and neck pain patients, studying examination and treatment methods and investigating patient outcomes with chiropractic care.

Postgraduate Education at the Swiss Academy for Chiropractic

For many years the chiropractic profession in Switzerland has offered Postgraduate Education (PGE) at the Swiss Chiropractic

Institute, now known as the Swiss Academy for Chiropractic. In order to work in his/her own practice, it is a prerequisite for a chiropractor to have done PGE and passed the PG Exam that leads to the title Fachchiropraktorin/ Fachchiropraktor, Chiropraticienne spécialiste/ Chiropraticien spécialiste. PGE lasts about 2½ years at present. Chiropractors have to spend four months in a clinical setting and then do two years' internship in a chiropractic practice that is entitled to have assistants. During the internship the assistants have to follow the courses offered by the Swiss Academy for Chiropractic.



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Polish Chiropractic Association becomes 19th ECU member

The Polish Chiropractic Association has become the 19th member of the ECU. Here its President, Leszek Majkowski DC, tells us about its history, and the impact that ECU membership is having.

THE POLISH Chiropractic Association was formed about a decade ago in Canada. At first members consisted of Polish speaking DCs practising in Canada, and the Association was first registered with the WFC.

However, with the socio-economic changes that took place in Poland in recent years, I, together with two US licensed DCs, Jane Hajduk and Anthony Narushka, came to Poland and started to offer chiropractic services. In May 2008, during the ECU Brussels Convention, we proudly become an official ECU member.

In general, Polish awareness of chiropractic is very small. Most people use the term 'bonesetter' interchangeably with 'chiropractic'. Therefore most MDs in small towns are not referring to us – on the contrary, they forbid chiropractic treatments. Since chiropractic is not regulated in Poland, lots of 'healers' from eastern countries come here, present themselves as 'chiropractors' and do lots of harm to patients and to the profession. That is why last year the Ministry of Health started



From left to right: Leszek Majkowski, Jane Hajduk, Anthony Narushka

to work on legislation to regulate all, non-mainstream health providers. Chiropractic, however, was not on the list of considered providers, which means that once the bill is officially in place, practising chiropractic would be illegal!

Becoming a member of ECU gave us the strength to write many letters to key people and finally we arranged a meeting with Katarzyna Chmielewska, the Director of the Department of Higher Medical Education at the Ministry of Health on 1 July. We were asked to bring 'Polish experts', who would back up our cause. Thanks to Dr Narushka's good, long-lasting relationships with local neurologists, we were able to invite three, among them the Professor of Slaska Medical Academy. All of them are in favour of establishing chiropractic in Poland and the recognition of our diplomas.

The meeting with the Ministry of Health took place in an audio-visual room. It went very well. The video of Mr Pöttering's speech at the last ECU Convention made a huge impression. We got overwhelmingly positive endorsement from the attending neurologists, and the two hour

discussion was very constructive. The biggest obstacle was how to resolve the problem of title protection. There are lots of courses for MDs, physiotherapists and students on manual therapy. Graduates of those courses adopt the title 'chiropractor'. If we press for title protection, we might get major opposition from medical institutions who than would oppose introduction of legislation. The next problem was the use of

the 'doctor' title. Doctor in the Polish language implies PhD; 'Dr' in terms of MD is 'lekarz', and this title is reserved only for graduates of Polish medical schools. We discussed the need to form a chiropractic educational institution, accredited by the ECCE, which could be a part of the University. The Ministry representatives, however, were convinced that there is a need to regulate the profession.

The next steps for us will require the following:

- ✓ Finalising registry of association within the legal structure
- ✓ Submit a letter directly to minister Kopacz MD, and the Minister of Labour to request the registration and regulation of the profession
- ✓ Submit evidence based study that would support the scientific aspects and cost-effectiveness of chiropractic.
- ✓ Submit, if possible, supporting letters from the Polish College of Physicians and other official medical institutions.

Nordisk Institut for Kiropraktik og Klinisk Biomekanic – NIKKB

NIELS GRUNNET-NILSSON, formerly Director of Studies at the Institute of Sports and Clinical Biomechanics at the University of Southern Denmark, has accepted a position on the Board of NIKKB as the ECU representative.

Now that Poland has joined the ECU, it brings the number of Union Members to 19 with Hungary as a candidate member.

The membership numbers of the Union Members continue to rise and today stand as follows:

Associate Members	9	Belgium	97
Cyprus	12	Finland	46
France	268	Germany	62
Great Britain	1314	Greece	27
Iceland	7	Ireland	121
Italy	209	Liechtenstein	4
Luxembourg	5	Netherlands	214
Norway	413	Poland	3
Portugal	22	Spain	155
Sweden	173	Switzerland	
259			
Total	3420		

NB Denmark withdrew from the ECU in 2003

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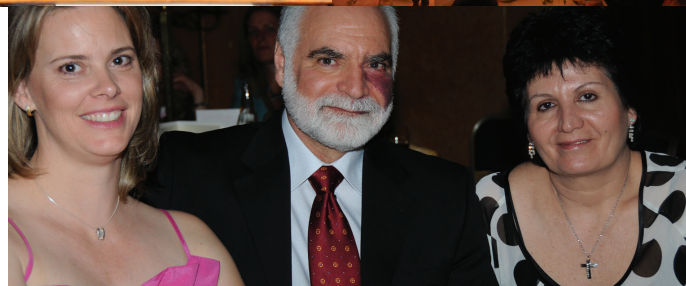
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Convention



ECU Convention 2008, Brussels

This year's Convention was the first ever to be sold out! It took place from 1 to 3 May at Le Plaza Hotel in Brussels and was attended by over 450 delegates, including 66 students, and more than 30 researchers participated in the first Research Day to be included in the event. Around 150 people accompanied the attendees.



Photos: Øistein H Haagenesen

Brussels, the chiropractic capital of Europe 2008

Vassilis Maltezopoulos, ECU Convention Academic Organiser, offers some highlights from the convention's academic programme.

THIS YEAR'S programme was one of the tightest and most plentiful, successful both in quantity and in quality. The organisers tried to provide an all-round programme, so that it would have something for everyone and at the same time cover each topic as thoroughly as possible. From 8.30 am to 6.30 pm, the days seemed long, yet there was more time for lunch and coffee breaks than in previous years. Blending well with the social programme and the exhibition stands, the convention proved an excellent opportunity for

delegates to learn, relax and meet old friends and colleagues.

The title – *Chiropractic Horizons: Possibilities and Limitations* – allowed us to cover many clinical topics from chiropractic's traditionally strong points, like the management of low back and cervical syndromes, to more controversial subjects. In addition, the role of our profession in the health care system and the possibility of integration of chiropractic in multi-disciplinary centres were discussed in depth. Key speakers, including Alan Breen, Charlotte Leboeuf-Yde, James Cox, Haymo Thiel, Michelle Wessely, Neil Osborne, Pete McCarthy and many more, not only gave excellent presentations, but put together and chaired lecture sessions, workshops and presented some of the best original research papers. At the same time, personalities from the medical community and other health

disciplines, such as spinal surgeons and physiotherapists, were present to share their point of view and clinical expertise in certain relevant topics. Lecture sessions and workshops were planned in a way that covered each topic starting from basic background knowledge and extending to the most recent advances.

One particularly interesting session was taken by Skevos Poullas, a neurosurgeon from Greece, who presented his unique work on minimally invasive surgical procedures for disc herniation, using flexible or rigid endoscopes. There was also a workshop on the use of diagnostic ultrasound for common musculoskeletal conditions, by Budgie Hussain and Jane Cook from AECC. This attracted many participants, who requested a similar workshop for next year, on the possibility of the diagnostic M/S ultrasound becoming an everyday tool for the chiropractor! Michelle

Wessely's lectures and workshops were once again very popular and highly informative, especially the ones where she presented x-rays and MRI scans of hip pathologies.

The one disappointment in the programme was the absence of the highly-advertised workshop on sports chiropractic by Milan FC's leading sports chiropractor Jean-Pierre Meerseman, who didn't keep his promise and failed to make it to the convention.

Overall, it was a rewarding three days' learning experience that everyone enjoyed. We all left with the feeling that the convention is improving in every aspect and as is evident by the increasing numbers of attendees, we should be looking forward to even bigger events, whether in the big cities of the north or in southern beach resorts.

Editor's note: Congratulations to Vassilis and Vivi on their marriage in July!



L-r Dr Zano Tyrannis, Vassilis Maltezopoulos, Vivi (his fiancé) and Vasileios Gkolfinopoulos

Photo: Barry Lewis

Convention

Overwhelmed with the superb quality

Charles R Herring, DC, President of the Foundation for Chiropractic Education and Research, Norwalk, Iowa USA, gives his impressions of the Convention.

OVER THE past year and a half the Foundation for Chiropractic Education and Research (FCER) has been taking major strides in becoming an organisation to meet the needs of the chiropractic profession and to become an internal organisation. It was a privilege to be at the ECU Convention to meet personally doctors of chiropractic in Europe.

On the Wednesday prior to the convention, I attended the ECU General Council Meeting. I was so impressed with the organisation. In the United States we have the Congress of State Associations (COCSA). COCSA helps associations learn about challenges and successes from around the country to better meet those challenges as they move from one state to another. I quickly learned that the ECU has a much bigger task because of the differences in licensure and laws of the various member countries, not to mention the language differences. And yet the leadership of the ECU is making it work. I left this meeting truly amazed at what is being accomplished for the profession in Europe.

Next I attended the first European Academy of Chiropractic (EAC) Research Day, which was the first meeting of the researchers in Europe. It was exciting to see the individual researchers present information about their current projects. The discussion that followed the presentations was also impressive. Martin Wangler, Director of Academic Affairs of the EAC, was present and was



Barry Lewis (l) and Charles Herring (r)

very involved in the discussions about the future direction of the research community and plans to develop methods for communication and collaboration.

I listened to Dr Wangler lead the group in their efforts to develop new initiatives for educational programmes and research. I was then given the opportunity to address them to convey the message that FCER is very interested in helping and supporting the ECU in the areas of education and research.

These meetings led to many individual conversations with the leadership of the ECU and leaders of the various member nations about ways we can all work more closely together for the future of the profession. I kept hearing all weekend: "It is one profession".

On the Thursday the educational programme began. From the very first session and the first lecture by Alan Breen, to the last workshop on the Saturday

afternoon, I was overwhelmed with the superb quality of the lectures. The information presented truly gave me a vision of the things to come for the chiropractic clinician. Practising in a multi-disciplinary setting, I found the information provided to be very relevant to my practice and the patients I treat.

This was an exciting convention. Philippe Druart, ECU President, is to be commended. His leadership, along with many others who are working so closely within the ECU, is providing a valuable service to the profession. We owe them a great deal of gratitude for their service. Personally I would like to thank Dr Druart and everyone that I came in contact with for their warm welcome and hospitality. I truly believe that the activities of both the ECU and FCER will lead to a close working relationship that benefits the chiropractic profession and the clinicians throughout the world.



Willem Michielsens

Convention babies

TOM MICHIELSEN (the chair of the Belgium Organising Committee) had two reasons to look forward to May of this year. The first was to see the fruits of the committee's hard work and commitment for the last two years and the second was to await the birth of his and his wife's Stefanie's second child. Everyone kept their fingers crossed that the two events would not happen at the same time and fortunately they didn't – quite. To their delight Stefanie gave birth to their second son, Willem (a brother for Mathijs) on 12 May, just eight days after the close of the convention – perfect timing!

Coincidentally Tom's cousin, Frans Wauters (also a chiropractor), and his wife Ils were expecting a baby around the same time. Their timing was not quite so perfect – they left the gala dinner on the Saturday night in a hurry and their son Ward arrived safely the next day – on 4 May!

Congratulations to both families.



Ward Wauters

Golf winner

The third ECU Convention golf tournament was won by the organiser, Dirk Verstraete.

Convention

How to organise a convention

The organising committee sees a very different side to a convention. Anneke Verbeeck gives us the 'backstage' view of the proceedings in Brussels

VISUALISE THIS: it is the Saturday before the ECU 2008 convention, the weather is absolutely lovely and the six members of the Belgian organising committee are inside the BCU president's office all day, meticulously filling the delegates' envelopes with the correct documents and the right tickets. Beth Anastasiades and Phylactis Ierides had luckily saved us a great

deal of work by typing in people's names on the certificates and the tickets beforehand. The computer and printer played up at the beginning to tease us, but soon the organising engine started to run and all we had worked so hard to prepare started to come together...

Three years of monthly meetings, 14 visits to the venue hotel Le Plaza, a countless amount



I-r Annick Jacques,
Gérald Parent,
Tom Michielsen

Photo: Barry Lewis

of e-mails, numerous national and international phone calls, many hours of leisure time and six very motivated Belgian chiropractors is what it took to organise the ECU 2008 convention in Brussels.

Ruben Cordonni was in charge of the co-ordination of the exhibitor stands, measuring and taping their area to the exact inch. He also found us a great sound guy who supplied and cared for the audio-visual material during the conference.

Gérald Parent was our accountant and collected all the information that needed to go into the book of proceedings. Two precision jobs which he conscientiously fulfilled.

Anneke Verbeeck gladly accepted the task of managing the social programme: there was the jazz band during the opening reception, the Belgian night with Brueghel dinner, the day trips in Brussels and Brugge, the pub crawl and the gala dinner.

On organising the golf tournament **Dirk Verstraete** feels that although not that many people signed up for the golf, they had a fantastic time enjoying the weather, the other chirogolfers' company and the beautiful golf course. He also accepted the challenge of bargaining hotel rates for the different hotels. For this he visited more than 25 hotels in order to get the best price and a variety in style.

Annick Jacques was in charge of a variety of jobs that are

often overlooked by conference delegates. She looked up prices and ordered samples of different types of name badges, clips and conference bags. She prepared the little chocolate teasers that were given out at the conference in Portugal to advertise the Brussels convention. She had lovely boxes of chocolates prepared as gifts to the speakers at our 2008 convention. Annick also was in charge of the welcome desk alongside the unrivalled and priceless Beth Anastasiades.

And last but not least, there was the chair of our organising committee, **Tom Michielsen**. Together with Vassilis Maltezopoulos, Tom took care of contacting the speakers for the academic programme. He also co-ordinated the five other committee members, set dates for our meetings, and made sure we were still on track. Tom says: "It gave a very gratifying feeling to organise this event together with a brilliant team. Thank you Gérald Parent, Anneke Verbeeck, Dirk Verstraete, Ruben Cordonni and Annick Jacques for the good work. Thank you ECU (with Philippe Druart our president and Anne Kemp) and you BCU for the opportunity and the feedback."

The preparation may have seemed to have lasted a long time; the convention itself, on the other hand, was over before we knew it. What an experience!

ECU Award 2008

Jean Robert received the ECU Award for 2008 from President Philippe Druart during the gala dinner for his exceptional contribution to the profession.

JEAN IS a French citizen and graduated from the Los Angeles College of Chiropractic in 1977. With his wife Jacqueline Robert DC, he moved to Geneva and set up his private practice in 1980, retiring last year when Jacqueline passed away.

Jean became an Executive Board member of the Swiss Chiropractic Association in 1983 and has been involved in professional bodies ever since. He was Research Department Head of the Institute for Advanced Studies (Association Suisse des Chiropraticiens) for ten years (from 1984) after which he was Director of the Swiss Institute of Chiropractic for a further ten years. For European chiropractic he was Chair of the ECU Professional Council from 1987 until 1996, when he took on the position of Chair of the ECU Research Council, a job to

which he has given a huge amount of time and energy. He is at present still acting chair, awaiting the official appointment of his replacement (see page 4). The ECU Research Fund has limited money available and it has not always been an easy task for the Council to distribute this to all of those who have applied for funding. However, the funding that has been granted has gone a long way to help European researchers.

Jean's own interest in research started early in his career and he has had many articles published over the years. He has also taught regularly and spoken at numerous conferences and conventions. He has been a member of the Swiss intercantonal examination committee for chiropractors and an external examiner at the AECC. He continues as an external examiner at the IFEC.

In presenting the ECU award, President Philippe Druart thanked Jean Robert for his commitment to the profession for the last three decades and expressed the sincere appreciation of the ECU.



I-r Philippe Druart,
Kate Druart, Jean Robert

Photo: Øistein H Haagenesen

Convention

Acting on your feedback

The answers that delegates gave to the Convention questionnaire have been very useful in planning future events. Here our convention organisers comment on some of the results.

Academic programme

THE LARGE majority of delegates felt that the academic programme met its stated objectives and was of educational value. The presentation topics were rated, in order of preference:

- a Case Studies
- b Research News
- c Orthopaedics
- d Technique
- e Radiology, Neurology
- f Paediatrics
- g Sports Chiropractic, Philosophy
- h Practice Management

The undisputed (and repeated) loser is Practice Management, which is why it is never included in ECU Conventions. Sports Chiropractic and Philosophy draw a large number of both followers and opponents.

According to Vassilis Maltezopoulos, ECU Convention Academic Organiser, these are taken into consideration by the organisers of future conventions: "For example, there are people who think research is more important than philosophy, and others who think the other way round. Therefore, in Alghero we will incorporate a bit of both. Results have favoured sessions on imaging, which we have been including in all recent conventions and we will continue to do so. Case studies is a 'new' topic that came up in the questionnaires, so I am planning to do a session on case studies for the UK convention!"

Almost two-thirds of respondents are in favour of a seminar, a day or two prior to, or after, the Convention, exclusively for Convention participants.

There are two advantages to this:

- a The delegates save on travel expenses, as they can attend a chiropractic seminar (for an extra charge) without having to travel to another destination to get extra CPD points.
- b Chiropractors who are not registered at the Convention

will not be allowed to attend the seminar, so safeguarding the Convention participation numbers.

Delegates rated their preferred techniques, in order, as:

- a Gonstead, AK
- b SOT
- c TBM
- d Diversified, Thomson, BEST
- e Activator
- f NET, ART

General organisation

The greatest deterrents to attending the Convention were quoted as cost and time away from office. Cost was also given as a reason for not

attending the gala dinner, as were the speeches.

75% of the delegates prefer concurrent lectures.

Baiju A Khanchandani, chairman of the organising committee for Alghero 2009, has taken these comments very seriously: "We have expanded the concurrent lectures to include double programmes in the morning. This means more lectures than ever before. The lecturers will be receiving a copy of the questionnaire and will be encouraged to make their presentations 'case oriented'.

"Alghero is great value for money compared to other convention sites, and the AIC is negotiating with the

ECU to cut the speeches at the Gala Dinner to the bone!"

About two-thirds of the respondents prefer a set menu instead of a buffet for lunch. Answering these, Phylactis Ierides adds: "We will be trying a new idea for 2009: serving sit-down 3/4 course lunches at the same time as buffets and the option of having no lunch at all."

The most preferred venues for conventions are the big city centres and the southern seaside resorts: the organisers already follow this preference: after the 2009 Convention in Alghero, Sardinia (see below), the 2010 event will be in the UK.

Looking forward to next year

The Association of Italian Chiropractors is proud to be hosting the 2009 ECU Convention in Alghero, Sardinia. Baiju A Khanchandani, Chairman of the organising committee, is looking forward to it.

THE THEME is *Chiropractic: a Vital Science* and the Convention comprises an academic programme, various committee meetings, alumni meetings – plus a social programme rich in culture, cuisine, sport and deckchairs!

The aims of the Convention are to present knowledge in its breadth, depth and application to chiropractic. Cognitive, chemical and structural considerations of a vital organism are integrated in a variety of practical systems and presented in a colourful snapshot of what the science, philosophy and art of the profession have to offer.

Google searches, e-mail newsletters or small seminars just don't compare. At the Convention, you can experiment with the latest research, try techniques, talk to, touch and poke the people who write our textbooks (and newsletters) and set our standards. This Convention will gather people from all corners of the planet

and profession: an opportunity for comparison, synergy and cross-fertilisation of ideas – and for something new to spring from this melting pot. The profession needs a varied gene-set of ideas in its knowledge base; our patients need our profession. The goal is to encourage chiropractic to move forward, preparing for the challenges that our patients bring us and our profession faces.

Highlights will include clinical gems from chiropractic neurology, paediatrics, applied kinesiology, sports chiropractic, cognitive science and Bio-Geometric Integration Technique System, an overview of the TMJ, clinical procedures for new patients, plus, a first, a workshop on animal chiropractic. Hotel Carlos V, the venue hotel, lends itself particularly well to double lecture programmes in the morning, and breakout workshops in the afternoon, allowing the most complex ECU

academic programme to date.

The social programme involves great weather, food (you have 10 months to get those waists in order), and trips. We are planning for children (yours) so let us know how many you think you may bring to help us organise.

The profession's politicians have planned a plethora of meetings (of minds) and the AIC intends that the Alghero backdrop will prove conducive to co-operation and collaboration, to follow on from the success of the AIC-Parker Seminar in Rimini.

The ECU Convention in Alghero will beat doing homework on the internet with your feet in a bowl of sand. Delegates need only bring a swim suit, an appetite and an open mind.

Alghero has been chosen as one of the sites for meetings during the G8 Summit in 2009. If it's good enough for them ...

General news

AECC teaching clinic to open April 2009

THE DEVELOPMENT of the new teaching clinic at the Anglo European College of Chiropractic (AECC) is going to plan; handover is at the end of this year and patient treatment will start in January 2009. The support for this project from the profession has been excellent across Europe and it is not too late to join in and have your name 'set in stone' for the future. A full list of donors can be viewed at tinyurl.com/6gtpl.

The official opening will take place on Friday 3 April 2009 at the joint AECC/BCA conference (3 – 5 April 2009) so please note that in your diary now. Some excellent speakers have been lined up for the conference including Professor Stuart McGill, Dr Warren Hammer, Dr Thomas Souza, Dr Donald Murphy, Dr Jean-Pierre Meersseman and Dr Alex Nieper.

AECC Principal Ken Vall is excited about this development: "It will not only give us a modern facility enhancing our delivery of care to patients, but it will also increase our research efforts and the establishment of an assessment centre, particularly for sports injuries.

"We are investing in state-of-the-art equipment for assessments and rehabilitation. At the imaging level, apart from a new x-ray machine, we also hope to have a C-ARM for conducting Objective Spinal Motion Imaging Assessments (OSMIA). The technology has been developed by Professor Alan Breen and has a huge diagnostic potential for back

pain patients and perhaps even more as a research tool in chiropractic.

"It measures continuous 2-D inter-vertebral motion in patients in a manoeuvre previously only possible in cadaveric experiments. Using a brief (20 seconds) digital fluoroscopy exposure recorded during continuous controlled motion (recumbent passive or weight-bearing active), image processing software tracks between 100 and 500 positions of individual vertebrae. Inter-vertebral motion in flexion-extension and lateral bending are automatically computed and expressed as continuous rotation (ICR) through the motion. This allows the measurement of stiffness (and consequent stress transfer to adjacent levels), laxity (in terms of 'neutral zone' enlargement) and peak load concentration (ICR) as the motion progresses. Radiation dose is around 2.5mSv per investigation (one year's background dose). Patient image acquisition takes around 20 minutes and the reliability and accuracy is comparable to roentgen stereophotogrammetry. Standard operating procedures have been developed for routine clinical use and so far, around 180 procedures have been performed on patients. Analysis takes around 20 minutes of operator time plus 1 – 5 hours of computing time depending on processors. Publication has been constrained by IPR issues but one early paper is available at tinyurl.com/5hvnom."



A SIX-DAY SUMMER school in chiropractic paediatrics was launched at the Anglo European College of Chiropractic (AECC) in June. This was the first time the AECC has held a CPD event for chiropractors over an extended period of time. The summer school was led by Dr Joyce Miller and covered many aspects of care of the neonate and the paediatric patient in the first year of life, as well as growth and development issues in the young child, and care of the pregnant patient.

The summer school was a great success, attracting over 100 delegates, with 86 attending

for the entire six days. AECC is considering repeating this in the future, as well as holding extended CPD events in other subject areas during the year. Many delegates were AECC students, mainly those just about to enter their final clinic year. Events such as this provide a unique opportunity to prepare chiropractors and chiropractic students for paediatric practice.

Paediatric cases now form a significant proportion of the patients seen in the AECC clinic, reflecting the expertise and growing reputation of Dr Miller and her colleagues in this field of clinical practice.

ECCE approaches ECU for ENQA funding

ECCE IS now a Candidate Member of European Association for Quality Assurance in Higher Education (ENQA). This is the normal first step to full membership and lasts for up to two years. ECCE has been informed of a number of issues that it needs to address for full membership and it is working on these. One particular issue is the ECCE's own quality assurance mechanisms. Dr Tim Raven was appointed Chair of the Quality Assurance Committee, and some new initiatives in this area are

expected in the near future.

The membership fee for Candidate and Full membership €4500 per annum. However, the ECCE will need to undergo an external review by ENQA in the next two years, and the fee for this is €30,000. Although the ECCE is in a position to pay the annual fee, which was already put into the budget for 2008, it is not in a position to cover the review fee. As a result, President Jennifer Bolton has approached ECU to request funding for this.

General news

UK Doctorate degrees awarded

DR PAUL Bruno and Dr Amanda Jones-Harris both received Doctorate degrees from the University of Portsmouth in May.

Paul graduated from CMCC in 2004 and started his PhD in October 2004 as a Research Fellow at the AECC. This Fellowship was supported by the College of Chiropractors in conjunction with the AECC. The title of Paul's thesis was *The Prone Hip Extension Test: An Assessment of its Clinical Usefulness in Low Back Rehabilitation*. Paul has



Paul Bruno

received the Prize for Postgraduate Writing from Clinical Chiropractic for three years in succession. Staff at AECC are very pleased that Paul took up a post as a Lecturer at the

AECC last September.

Amanda started her studies in the Professorial Doctorate in Chiropractic in 2001 while she was still a practising chiropractor. Since then, she has joined the AECC as a full-time member of faculty and continued with her

research work in *The health-care role of chiropractors in the UK*, supervised by Professor Jennifer Bolton. This is a historic event – Amanda is the first chiropractor to complete the Professional Doctorate and graduated as DChiro in July.

Research and postgraduate activities continue to expand and diversify at the AECC. Many of the postgraduate and CPD programmes now regularly attract attendance from a variety of health care professionals. This is particularly evident in the delivery of the College's diagnostic ultrasound courses. The Centre for Ultrasound Studies (CUS)

Chiropractors' opinions of their healthcare role in the United Kingdom: a mixed-methods study

Amanda R. Jones-Harris
DC, MSc, Clinical Chiropractic, FEAC, FRC, FRC, FRC, FRC



Amanda Jones-Harris

now has its own website www.aecc.ac.uk/ultrasoundcentre and is already establishing itself as a centre for excellence in its field.

IFEC appoints Director of Anatomy

AN INTENSIVE course in anatomy and dissection is run by IFEC every September, and it is attended by all students in the first three years, as well as being used as a basis of revision for the fourth and fifth year, and graduates too. It takes place in one of the well-established medical schools in Paris, and is organised by Jean-Jacques Fradin, and Sylviane de Vergie.

Sylviane, a graduate of IFEC, has just taken up the post of Director of Anatomy. She has vast clinical experience as well as having taught at IFEC for a number of years, so the move was a natural one. Sylviane has been organising the recently-opened anatomy room at IFEC, allowing the students to continue their learning with anatomy models.

DCConsult -- Better Patient Care through Research

By Charles R. Herring, DC, President
Foundation for Chiropractic Education and Research
Norwalk, Iowa USA

*DCConsult*SM, the new online chiropractic and alternative health care information resource, has been launched by the Foundation for Chiropractic Education and Research (FCER) as the first iteration of its new Evidence-Based Resource Center announced last year. The web site, available by subscription, is the profession's newest clinician/patient/research information resource, and is cutting edge in its technology and its inclusivity of chiropractic and alternative health care information.

Unique to *DCConsult* are the evidence-based reviews. Each topic includes reviews on prevention, diagnosis, and therapy and rates the current state of evidence. The reviews are designed to provide the practicing clinician with quick, easy to digest research information on the various components of health care. There are currently 17 conditions reviewed but the list will continue to grow as more reviews are completed.

How Does It Work?

DCConsult has been developed as a web site that provides global access to information. Practitioners use the site to search for scientific evidence relevant to the patient's condition and treatment, with links to a wealth of databases with additional related information. With *DCConsult*, the clinician may search for and compile information regarding recommended patient care and treatments, develop and print customized patient handouts in several languages, find and use in daily practice detailed research articles and commentaries, and search active links to other health care-related databases.

What's more, clinicians who subscribe before November 30, 2008, will benefit from the lowest rates to be offered.

This One-Time Offer Will Go Away

We urge you to preview www.dcconsult.com (the evidence-based review for plantar fasciitis is available for preview without a subscription) and consider subscribing to take advantage of the special Charter Subscription Rates. The special rate offers will expire after November 30, 2008. By subscribing now, you will lock the special rate in for the next three years: FCER member rate -- \$97 USD (€61.60/_48.65 [as of 30/06/08]); non-FCER member rate -- \$297.00 USD (€188.58/_148.96 [as of 30/06/08]). Be sure to check out your professional association's web site for a link to *DCConsult* – should you subscribe using the link, a special discount may apply. Help your patients to better health through research by enjoying the many benefits of *DCConsult* today at www.dcconsult.com

General news

Stathis Papadopoulos elected WFC President



THE ECU is delighted that its 1st vice-president, Dr Efsthathios (Stathis) Papadopoulos, has been elected as the new President of the World Federation of Chiropractic (WFC). The election of Executive Officers took place at the annual meeting of the WFC Council held in Seoul, South Korea on 4-7 June.

Stathis graduated from Palmer College in 1981 and has been in private practice in Nicosia for 23 years. In 1984, he was a

founding member of the Cyprus Chiropractic Association and has been president of the Association since that time. Stathis has been on the WFC Executive Committee since 2004 when he was elected 2nd vice-president. He became 1st vice-president in 2006. His current term of office runs for two years.

Stathis told *BACKspace*: "For me the question of unity throughout our profession and the world is of the utmost importance. During my

term I want to continue and expand the WFC's support for pioneering chiropractors in those countries in the four WFC regions where chiropractic is largely undeveloped and under-represented: Africa, Asia, Eastern Mediterranean and Latin America. The profession in these regions faces a growing threat from other professionals and lay persons teaching, practising and claiming chiropractic as their own. The longer we delay in establishing our

profession on a proper basis the more our progress will be complex, slow and difficult."

The ECU President, on behalf of the Executive Council and the General Council, wishes Stathis the best of luck in this prestigious position.

Editor's note: Dr Mike Flynn (USA) was elected the 1st Vice President, Dr Dennis Richards (Australia) the 2nd Vice President and Dr Greg Stewart (Canada) the Secretary

IFEC involved in France-Quebec agreement

ON THE 400th anniversary of Quebec this autumn, a summit of the French-speaking world (*Francophonie*) will be held in Montreal. The President of the French Republic, Nicolas Sarkozy, and Prime Minister of Quebec, Jean Charest, will conclude a France-Quebec agreement aimed at the global recognition of skills and achievements of people practising a regulated profession or trade.

In recognition of this event, a delegation from the *Ordre des Chiropraticiens du Québec*, represented by Dr Andre-Marie Gonthier, chairman and the two vice-presidents, Dr Georges Lepage and Dr Sylvie Marie Le Blanc, visited Paris on a mission from the Government of Quebec to meet with representatives of the

French government. As part of the preparation for this meeting, the delegation met at IFEC on 18 June, in the presence of Dr Philippe Fleuriau, President of the French Chiropractic Association and Mr Charles Martin, Director of IFEC. Dr Gonthier said "All 1100 chiropractors from Quebec praise the willingness of the French and Quebec governments to establish a France-Quebec agreement on mutual recognition of professional qualifications. This agreement will reinforce links and challenges already shared by the two official chiropractic organisations. We would like to thank the *Institut Franco-Européen de Chiropratique* for its hospitality and its important contribution to the cause of the France-Quebec exchange."



24 students complete first year at RCU, Spain

THE FIRST academic year has ended very well at the chiropractic school in the Real Centro Universitario, Madrid and the first cohort of 24 students will increase to 30-32 with the direct access places for physiotherapists and medical doctors.

The new school was established in 2007 after years of planning by and with the support of the Asociación Española de Quiropráctica (AEQ).

The curriculum design is based on the curriculum used at the Anglo-European College of Chiropractic, and the educational programme follows the standards of the European Council Chiropractic Education (ECCE). The curriculum features innovative educational approaches such as integrated modules and

problem-based learning (PBL), allowing students to be more active and independent in seeking information.

The chiropractic programme is five years long and spans a total of 10 semesters. Requirements for admission include successful completion of the Bachillerato, the Selectividad exam, required for admission into a Spanish university and RCU's admission exam, consisting of a psychotechnic exam, personal interview and English test.

Leading the faculty is Ricardo Fujikawa DC, MD, a Palmer graduate from Brazil who spent five years leading the development of the chiropractic program at Feevale Central University in Brazil and speaks fluent Spanish.



Ir Marie-Sylvie Leblanc, André-Marie Gonthier, Philippe Fleuriau, Charles Martin, Georges Lepage

General news

PCE can help a profession to promote itself

ECU conventions are always good inspiration for ProChiropractic Europe (PCE) – but this year's was also a big 'eyeopener' for Ann-Liss Taarup, its President – and not a very pleasant one!

TO OUR great surprise and disappointment we discovered several of the chiropractor delegates had no idea of the fact that they, in their own countries, have a chiropractic patient association – ProChiropractic. An organisation with a president, an e-mail address etc. Whether this is the fault of the patient association or the chiropractor association it is hard to say.

But why keep it a secret? That is difficult to understand. Why has it not been widely publicised and why are DCs not taking the advantage of having a lay movement of people to work for the authorisation, education and protection of the title of chiropractic?

There are countries that will do anything to find a person who will take on the role of president in the chiropractic patient association they want to start up. And yet there are several already functioning – without being used!

For example, a Finnish DC had no idea that Jenny Ruuskanen, an attorney in Turku, is the perfect person for progressing chiropractic in Finland. She has been president of the Finnish ProChiropractic Association for a number of years and is also secretary for PCE.

Spanish DCs have president Margarida Meseguer and secretary Daniella in the Asociacion ProQuiropractica Espanola with an office in Barcelona. This



Photo: Phylactis Ierides

Left: Ann-Liss Taarup, President of PCE Right: Katrín Sveinsdóttir, ECU rep of the Icelandic Association

could be an important grassroots movement for legal authorisation, now that Spain is so lucky to have the education at the RCU in Madrid.

A French DC did not know that Maria-Christine Perruchon is the president of ChiroPlus – and surely they need to have an organisation of lay people to move chiropractic on with their goals. France has for many years had a powerful chiropractic patient association with great personalities as presidents.

One person alone or a few DCs

cannot accomplish much. If you want chiropractic to move on into the future, you chiropractors have to be in solidarity with the work of ProChiropractic associations. The organisations must have meetings together, plan their future steps together and be in agreement – you must 'nurture' such a partnership. A chiropractic patient association cannot do the work alone – only with close communication and understanding will you be successful. And it will bring you success – there is absolutely no doubt about that.

The members should, of course, be enrolled for your chiropractic patient association at the clinics – that is the only possibility if you want to increase the numbers. Consumers as members of such an association will make your goals, visions and dreams come true.

So get started – contact your ProChiropractic association and contact your colleges. Each of you should bring your ideas. Only together can it be done.

ProChiropractic associations in the Federation of PCE:

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 Marie-Christine Perruchon mcperruchon@peermusic.com France
 Margarita Meseguer margarita.meseguer@med.ge.com Spain
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Please contact etogalt@mac.com if you need a copy of the DVD *How to establish a ProChiropractic association*.

WIOC introduces MChiro programme

THE UK'S General Chiropractic Council has agreed that the approval of the Privy Council will be sought for the recognition of the Master of Chiropractic (MChiro) integrated masters programme at the University of Glamorgan without conditions. This accreditation award would be in respect of degrees issued during the period 1 July 2009 to 31 October 2014. The MChiro will replace the existing BSc Hons Chiropractic degree which will be phased out during 2009.

David Byfield, Head of the Welsh Institute of Chiropractic (WIOC) at the University of Glamorgan is delighted with the news: "This is a massive accomplishment for the WIOC academic and administrative teams and is the culmination of approximately one-and-a-half years of work – university validation of the new degree, preparation of documents, university quality requirements, training, accreditation visit and all the correspondence and communication required to complete such a task. I would also like to thank the quality office and faculty management for their support during the process.

"This is a significant event and provides an excellent platform for future development within higher education. It is all about raising standards within the profession and providing our students with the best available undergraduate education. This achievement also brings the WIOC at the University of Glamorgan into line with other awards offered at European institutions."

FICS News

The latest issue of the FICS News is available at www.FICS-sport.org.

General news

WFC Council meets in Seoul

The annual WFC Council meeting was held at the Seoul Palace Hotel, Seoul, South Korea from 4 to 7 June 2008. **Barry Lewis**, European Regional Representative, reports.

WE RECEIVED a very warm welcome from many of the local practitioners – especially the Korean President, Dr Taeg Su Choi. South Korea has an ‘interesting’ situation as they have a government-approved, university-based chiropractic degree programme – and yet the practice of chiropractic is illegal and many practitioners have fallen foul of the local laws.

We spent three days in meetings and one day ‘on tour’, briefly visiting the Demilitarised Zone (which separates North and South Korea) before moving on to Hanseo University where the chiropractic programme is in place. They have a beautiful campus with around 10,000 students. The university is privately owned by two medical doctors whose daughter happens to be a chiropractor!

Following a tour of the facilities we then visited another Hanseo campus based on a purpose-built airfield where they train pilots, supporting air-crew and air traffic controllers. We were hosted at a dinner there with traditional Korean music performed by local people before returning to Seoul very late at night.

At the meeting itself, considerable time was spent discussing the WHO Congress on Traditional Medicine which is scheduled for Beijing on 7 – 9 November this year. That will be followed by the biennial WFC/ACC Clinical Education Conference on Technology (10 – 11 November). There is an attendance fee payable for the latter which includes entry to the Congress. What an opportunity for individuals to visit the city hosting the Olympics! The Congress will commence with



an Opening Ceremony in the Great Hall of the People located in Tiananmen Square and will last for half a day. Following that, various symposia will take place including one on Manual Health Care which is being organised by the World Federation of Chiropractic.

The WFC/ACC Education Conference is a primary meeting for over 100 educational leaders and executives from 29 chiropractic colleges in 11 countries. The co-sponsors will be the International Board of Chiropractic Examiners (IBCE), the National Board of Chiropractic Examiners (NBCE) and the Foundation for Chiropractic Education and Research (FCER). All details for the education conference are posted on the WFC website at <http://tinyurl.com/67rd6n>

We also discussed the situation in Brazil where the local association is having increasing problems with physiotherapists trying to take over the title and function of chiropractic. They are not the only country with problems, however, and Council

spent some time discussing the apparent increase of people providing seminars to non-accredited practitioners. This seems a particular problem in Europe and we agreed that WFC would support the ECU in its efforts to marginalise people who become involved in this activity.

Several large projects are being undertaken by the WFC over the next year or so. One is a Visioning Process whereby WFC is attempting to look to the future with appropriate goals and action plans; Council spent a half day reviewing materials submitted

by many member associations and trying to rationalise the many suggestions that have come forward so far. Members will hear more of this project over the coming year. The other task is a profile of the profession which is being drafted under the leadership of Dr Greg Stewart. This still at an early stage but many people will be asked for help on this over the coming months.

Next year the biennial WFC Assembly and Congress will be held in Montreal, Canada from 25 April to 2 May 2009. The organisation for this is almost complete and it promises to be an exciting week in a stunning city. Decisions have been made on the academic and social programmes. Rooms have been set aside and accommodation ranges from Can\$109 to \$239 – so there is plenty of availability at either end of the scale.

And a footnote: while we were meeting in Seoul, next door to us a number of chiropractors were organising themselves into a new chiropractic association. By the end of their meeting they had agreed terms and formed the Chiropractic Association of China. The meeting was facilitated by Dr Bruce Vaughan (Hong Kong), a former President of WFC.

Photo: Barry Lewis

Odense granted ECCE accreditation

THE EUROPEAN Council on Chiropractic Education (ECCE) is pleased to announce that its Commission on Accreditation has granted accreditation of the **Institute for Clinical Biomechanics at Syddansk Universitet Odense, Denmark** with effect from 2 May 2008.

The period of accreditation is

for five years with a review visit scheduled to take place in 2013.

The ECCE extends its congratulations to the Institute for Clinical Biomechanics at Syddansk Universitet, and the academic staff in the field of chiropractic. The ECCE looks forward to a continuing fruitful co-operation with the University.

EAC

The EAC at work for you

EAC Secretary-General Christopher Mikus DC, FEAC discusses the ever-increasing benefits of membership of the Academy.

THE NEW Oxford English Dictionary defines an academy as 'a society or institution of distinguished scholars and artists or scientists that aims to promote and maintain standards in its particular field'. In its brief two-year history the European Academy of Chiropractic (EAC) has had the distinct honour to call a number of individuals in the chiropractic profession members and fellows. A brief glance at the impressive list of founding fellows of the EAC confirms this statement. Every week the academy continues to add new leaders in the areas of chiropractic research, politics, teaching, etc...

The academy, however, aims to be much more than simply a chiropractic honour roll. Its stated goal is the academic promotion of the chiropractic profession in Europe. The EAC seeks to achieve this goal by acting as an umbrella organisation for the individual national CPD and GEP committees. It will provide a framework for these committees in helping to develop or refine their own postgraduate programmes. To these ends, there are a number of projects that have already commenced or will soon begin. Included among these are:

- 1 The Graduate Education Programme (GEP), under the capable leadership of Martin Wangler DC, which will provide a model for the individual national associations to give their recent graduates a quality clinical and academic experience to further improve their clinical skills after completing their undergraduate studies.
- 2 The Continuing Professional Development (CPD) department led by Øistein Haagensen, which has already begun awarding CPD points to quality academic seminars and conventions throughout Europe. Furthermore, Dr Haagensen is responsible for the individual speciality colleges of the EAC. Chiropractors with interests in sports, orthopaedics, paediatrics, craniopathy, kinesiology, neurology, radiology, research and animal chiropractic will find a home to discuss relevant issues with other members with similar interests. In the coming months, an intranet forum will be established to simplify communication between specialist members.
- 3 EAC members will in the future be able to access an online library of journals relevant to the chiropractic profession. This would, of course, make doing literature reviews at home much easier.
- 4 A discount for academy members to the annual ECU Convention, which is already established. Discussions are also underway with other CPD organisers to give a discount for their seminars to EAC members. These discounts would in all likelihood more than offset the annual €75 membership fee.

As you can see, the EAC is working hard to make your professional development a top priority. Throughout Europe and indeed the rest of the world, health care professionals are increasingly being required to demonstrate not only competence in their field of expertise, but also proof that they are staying up-to-date in their profession of choice. This is indeed how things should be. Our patients deserve nothing less. The EAC can be your vehicle to reach this goal. I therefore invite you to visit the ECU website (www.ecunion.eu) and follow the links to the EAC to download and fill out an application form for membership today.



Photos: Øistein H Haagensen

An EAC meeting about the Graduate Education Programme (GEP) took place in Brussels on 2 May 2008. Martin Wangler DC MME FEAC, EAC Director of Academic Affairs, reports.

THE PURPOSE of the meeting was (1) to inform GEP representatives about EAC's mission, (2) to facilitate communication, collaboration and knowledge exchange between ECU member nations and the Academy, and (3) to learn about needs to prepare for best and safe chiropractic care.

EAC mission

The Academy promotes professional chiropractic education in Europe through collaboration, support and research, assuring and rewarding quality among all 19 ECU member nations.



Problem identification

Fifteen GEP representatives working in three small groups addressed and discussed the questions (A) why GEP? and (B) what are the current/ideal approaches in Europe?

Why GEP?

Graduate Education Programme refers to a defined period of time immediately following graduation at the end of which the graduate is fit to practise in an autonomous and independent manner. A defined programme of lifelong learning is a core requirement for receiving and maintaining Membership/Fellowship of the EAC. It furthers competencies like chiropractic expertise, professionalism, scholarship and preparation for autonomous and independent practice.

Current and ideal approaches for Chiropractic Graduate Education in Europe

During the workshop it was interesting to observe representatives of



countries with GEP programmes already implemented willing to help and guide those who do not have GEP programmes in their countries. Different educational strategies were listed. There was agreement to include some kind of assessment in GEP.

Personal comment

The outcome of the meeting looks very promising. All participants were personally involved and reflected on competencies, evidence, and assessment. Further surveys among the 19 ECU member nations and their GEP representatives will help to define a future model for graduate education in Europe.

Adverse events following chiropractic care for subjects with neck pain

Sidney M Rubinstein DC, PhD is the first Dutch chiropractor to attain his PhD in the Netherlands. Here, he reflects on the meaning of his work.

MY PHD thesis focused on benign adverse events and to a lesser degree, addressed serious neurological complications, specifically stroke, following chiropractic care for subjects with neck pain. Based upon the data from a prospective, multi-centre, observational cohort study, which included 529 patients, it was possible to answer a number of clinical questions. The work includes a description of the type, incidence and severity of adverse events following treatment, and two prognostic evaluations of adverse events and outcome. In addition, the association between benign adverse events and outcome with chiropractic care was examined.

From this study, we determined that adverse events following chiropractic treatment to the neck are common and mild to moderate in intensity. The events identified typically affected the musculoskeletal system, although other non-musculoskeletal reactions were observed, such as dizziness, nausea, or ringing in the ears. This is consistent with

previous work. During the course of the 12-month study period, ~5,000 treatments were registered. No serious adverse events were observed. Two-thirds of the cohort reported recovery at three months despite the fact that the majority of the subjects had chronic, recurrent complaints and a prior history of care. Only two subjects reported to be much worse at three months, when treatment would have been essentially completed.

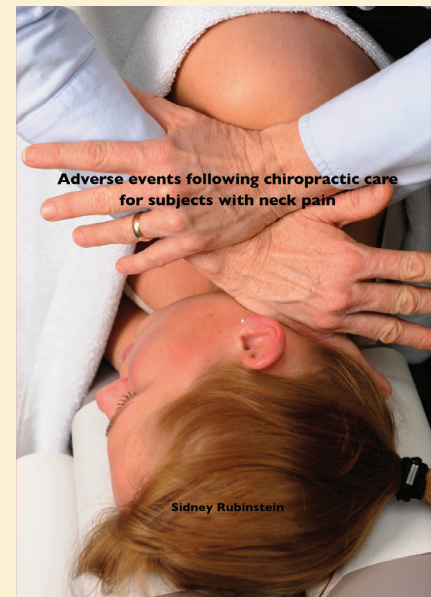
Through regression modelling, we determined that those on sick-leave or receiving workers' compensation or those with chronic neck pain were more likely to develop an adverse event following treatment. Manipulative techniques involving a component of rotation to the neck were also predictive of a reaction. Surprisingly, such variables as age and gender of the patient or years of experience of the chiropractor were not predictive of an adverse event.

In another prognostic analysis, we identified which patients were most likely to benefit from

treatment. Only one variable is clearly associated with a better outcome, that is, shorter duration with neck pain. Other variables, such as level of education, intermittent (vs constant) neck pain, or expectations that the treatment would be beneficial were also identified, but this evidence is less convincing.

One major limitation of the study is the obvious lack of a control group. However, while a randomised clinical trial design is desirable, the relatively small sample size of trials limits the statistical power and extrapolation of findings to clinical practice, particularly with regard to adverse events. An observational study design was chosen because it allowed us to examine a large number of reactions in patients treated in diverse practice settings by a large number of chiropractors.

Finally, two separate systematic reviews were conducted, one of which addressed the risk factors for stroke, or more specifically, cervical artery dissection. In short, 31 studies were identified, including two studies on cervical spine manipulation. In both studies important forms of bias were identified, suggesting that these results and conclusions must be questioned. Since publication of this review, a methodologically strong case-control study has been published (Cassidy et al), which demonstrates that a visit to the chiropractor is not associated with greater risk than a visit to the primary care physician for those under 45 years of age with neck pain or headache. This seemingly provides support to the



Adverse events following chiropractic care for subjects with neck pain

Sidney Rubinstein

argument that patients who suffer a stroke following chiropractic care, seek treatment, either from the chiropractor or the primary care physician, for a stroke or dissection in progress.

In a second systematic review, we examined orthopaedic tests of the neck designed to either confirm or refute a suspected radiculopathy in those patients with neck and radiating pain in the arm. When consistent with the history and other physical findings, a positive Spurling's, traction or neck distraction, Valsalva's, and shoulder abduction test might indicate a cervical radiculopathy, while a negative upper limb tension test might be used to rule it out. However, the lack of sufficient evidence precludes any firm conclusions regarding their diagnostic value, especially when used in primary care.

The PhD thesis is available to be downloaded from the ECU website at <http://tinyurl.com/6mbjtr>



l-r Jan Pool, Sidney Rubinstein, Tammy Rubinstein de Koekkoek

Photo: Fred Schuurhof

Research

Research day at ECU

*Prior to the ECU Convention in Brussels, researchers in Europe came together to brainstorm their ideas and inform each other of their research activities and interests. Professors **Charlotte Leboeuf-Yde** and **Jan Hartvigsen** (NIKKB), and **Jenni Bolton** (AECC) describe what happened at this ground-breaking event.*

THE IDEA of getting the chiropractic researchers together in an informal setting grew out of the realisation that although there are several active research groups in Europe, there is relatively little inter-group collaboration. This may be due, in part at least, to a lack of opportunity for researchers to meet up and get to know what different research groups are interested in. Chiropractic research in Europe has a long way to go, and this initiative was designed to facilitate the research effort and explore the opportunities for collaboration and joint research projects.

Over 30 researchers participated in the event. Every one gave a short presentation of their research interests, and there was time over the breaks and lunch for like-

minded researchers to talk face to face. We are grateful to the European Academy of Chiropractic and the ECU for providing the facilities and supporting the event, as well as Jytte Johannesen at NIKKB for administrative support.

There was agreement at the end of the day that it had been informative and a worthwhile occasion to share ideas as well as to meet up and catch up with colleagues. It was also agreed that the event would be repeated next year, in Sardinia on Wednesday 20 May immediately prior to the ECU Convention. The Research Day is an inclusive event and any researchers who did not attend this year, and would like to be included on the mailing list next year, should please contact Jytte (j.johannesen@nikkb.dk).

Research at IFEC

THE DEVELOPMENT of research at IFEC has continued to move in a positive direction with the appointment of Charlotte Leboeuf-Yde as Director of Research. Charlotte has started by engaging the fourth year in some basic projects, exposing them to different facets of the research model, allowing

them to build the critical capacity so essential for understanding research. This work will continue with the third and fourth years in the upcoming academic year. The students have really appreciated this input, and it has even sparked some interest amongst them to continue the idea of research at IFEC and in clinical practice.

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Straighten Up Europe

THE BRITISH Chiropractic Association has been involved with the chiropractic associations in France, Germany, Italy, Netherlands, Sweden and Finland in commissioning market research to examine the problems with back pain and posture across Europe. The European Backometer features in the publicity campaign which each country is using to promote its own agenda and raise awareness.

In the UK, Chiropractic Awareness Week 2008 took place

on 14-20 April, and the theme was the continuing importance of good posture. The campaign was supported by the BCA's PR consultants through national and regional media coverage, and their press release is shown below.

The Straighten Up Finland campaign is also continuing, and a PowerPoint presentation has been distributed to the Finnish teachers' union. The Straighten Up website has also been translated into German, and the Italian Association has formed a

Straighten Up Italia group to work on the project.

Nederland Recht Je Rug (Straighten up Netherlands) forms part of the Netherlands Association's publicity campaign, which has five principal targets: the insurance sector, the public, education, health care providers and politicians.

Straighten-up-Sweden has started to spread all over the country, where, together with Sweden's Bone and Joint Decade (BJD), the Association has sent

out a folder to schools and the associations involved with people with arthritis. BJD paid for the folders and the Association provides the chiropractors to visit and show the exercises. There has already been some good media coverage.

Other countries are also joining in. The Irish Association are planning a Straighten Up Ireland campaign to coincide with chiropractic awareness week there, and Cyprus too has launched the campaign.

GERMANY IS REVEALED AS THE NO. 1 EUROPEAN HOTSPOT FOR BACK PAIN

'EURO BACKPAIN BAROMETER' UNCOVERED BY EUROPEAN CHIROPRACTORS' UNION

A poll of over 15,000 people across seven European countries reveals that Germany is number one for all the wrong reasons, with 67% complaining of back pain.

The **EURO BACKPAIN BAROMETER** from The European Chiropractors' Union shows that the single biggest cause of back pain across Europe is bad posture.

The new survey unearths that across the countries surveyed, on average, at least half of the population suffers with back pain and Germany is leading the way:

1. Germany – 67%
2. Italy – 63%
3. UK – 52%
4. France – 50%
- Finland – 50%
6. Sweden – 36%
7. Netherlands – 26%

Across all seven countries, but it's not just bad posture that can trigger back pain problems:

- Italian fashion has a lot to answer for with nearly **15% of back pain sufferers in Italy blaming their high heels for back pain**
- Whilst in Germany, **using a computer is the second most common trigger for back problems**
- In the UK, **pregnancy is a bigger trigger of back pain than anywhere else**

More shocking is the 'grin and bear it' culture across Europe, **on average, people with back pain have been suffering for 3-5 years.** The Swedes are the longest suffering, with 78% claiming to have had back pain for three or more years. 11% of those in Finland have been suffering for as long as they remember and 27% of those in the Netherlands with back pain have been suffering for 10 or more years.

The soaring levels of back pain across Europe are also having an effect on the economy with many taking long periods of time off work. In the UK more than one in 20 sufferers say they have taken more than six months off work, compared to Italy where it is less than one in 500.

Not surprising when you consider that the **vast majority of back pain sufferers across all countries have office based jobs**, where poor posture seems to be increasingly prevalent. Hours of sitting and slouching over computer keyboards is evidently taking its toll.

Over one in four sufferers across Europe are experiencing back pain on a daily basis, but hitting the medicine cabinet is the preferred port of call over any other form of treatment, despite the majority of respondents admitting that pain killers do not work for them.

Philippe Druart, European Chiropractors' Union comments: "Incidence of back pain is continuing to rise at an alarming rate in Britain and across Europe as a whole, and poor posture continues to be the main culprit. This study highlights what a detrimental effect back pain can have on people's lives. The major thing it prevents people from doing is exercise – adding to our increasing sedentary lifestyles. But lack of sleep is a top three problem in almost all of the countries and over one in ten back pain sufferers have been prevented from going on holiday. So it really is affecting every aspect of our lives."

"We want to educate people about how making a few simple lifestyle adjustments can help to reduce the risk of back pain as well as making you feel and look better. We are encouraging people to incorporate a very simple three minute exercise entitled 'Straighten Up Europe' routine into their daily lives to help strengthen the spine and improve posture."

The exercise routine is available to download from www.straightenurope.eu.

Research

Research update from WIOC

It became apparent at the research day (see page 19) that there was a general lack of awareness of the research being carried out at the Welsh Institute of Chiropractic (WIOC) at the University of Glamorgan. David Byfield, Head of WIOC and Peter McCarthy, Chiropractic Research Unit Leader have produced the following update to help correct this.

THE BEST start point is to say that the portal to the website for the Chiropractic Research Unit (CRU) at the WIOC can be found at: <http://chiropractic.research.glam.ac.uk/>.

Although the CRU has been in existence since 2001, it is only in the last three or four years that research has started to consolidate into specific themes of activity. This has been helped by having some success in obtaining external funding and collaboration with industrial partners. The culmination of this success was the inclusion of the CRU in the 2008 research assessment exercise (RAE); an activity which assesses relative activity across all eligible university research units in the UK. We represent the first truly complementary health profession driven research unit to be entered into this exercise (Exeter was entered into the last RAE in 2001). The entry criteria are quite strict and this can be a double-edged sword with respect to outcome; however the RAE forms a starting point by which any grade we attain will support the claims of the profession that it is research active and building in this area.

Another major coup from the perspective of chiropractic research activities has been the two sizeable awards/grants from the Welsh Assembly Government, through its Knowledge Exploitation Fund scheme. The first, for £60,000, resulted in a patented device, collaboration with industry and generation

of expertise in thermography, including collaboration with the National Physical Laboratories. The second, more recent award/grant for £200,000 with a matched £200,000 to be supplied by industrial collaborators, has secured data for a PhD student (a chiropractor) and an externally funded research fellow and developed links within sensor design and technology throughout this University, Swansea University and local industries (including one international company) to research seating comfort – a project close to all people's hearts! The expertise gained will generate numerous opportunities for future expansion of this and adjacent areas of research.

A recent outcome of clinical research with both direct relevance and potential importance to the profession relates to the effectiveness of chiropractic management of chronic low back pain patients in an NHS chronic pain clinic setting. This project has been completed and the first brief publication of the pilot is currently waiting for its appearance in the Journal of Alternative and Complementary Medicine. The data for the main trial and follow-up (six months) has been analysed and is currently being prepared for submission.

Future updates will bring more information, but remember the web page if you are interested in knowing more about what we are doing or wish to explore ideas for future studies.



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Ingrid White becomes president of GCA ... again



Ingrid White

INGRID WHITE has been elected president of the German Chiropractic Association, taking over from Michael Hafer. This is the second time that she has held the post; her first tenure was from 2000 to 2004, following five years as vice-president.

"There are those who warned me to not look back," she says "and I can certainly agree with not reliving the past, but it is a privilege to be chosen to help forge the future. Also to work as an association official grants a different outlook not only for the microcosm of the national association, but also for in-depth information in the workings, politics and history of other national associations, the European Chiropractors' Union, and even the profession worldwide through communication with WFC and WHO.

"For this experience, and the friendship of many of my peers and all those dedicated to the chiropractic profession globally, I am immensely grateful."

BCA sues author for libel

THE AUTHOR of a book about alternative medicine that includes a highly negative chapter about chiropractic is being sued for libel by the British Chiropractic Association.

The book, *Trick or Treatment – Alternative Medicine on Trial* is by Professor Edzard Ernst, the first Professor of Complementary Medicine in the UK and Simon Singh, a broadcaster and writer. It was published in the UK on 21 April 2008 and launched with an intensive marketing campaign that led to coverage in many UK national newspapers, national radio interviews and even a feature in the Sydney Morning Herald in Australia.

On 19 April 2008, Simon Singh wrote an article in The

Guardian newspaper entitled *Beware the Spinal Trap* in which he stated: "The British Chiropractic Association claims that their members can help children with colic, sleeping and feeding problems, frequent ear infections, asthma and prolonged crying, even though there is not a jot of evidence. This organisation is a respectable face of the chiropractic profession yet it happily promotes bogus treatments".

This information, which Singh took from the BCA website, is backed up by evidence which is published in peer-reviewed journals. It contains no sweeping claims and there is no talk of miracle cures.

In English Law, a profession cannot be defamed but an

organisation can and following legal advice the BCA has initiated proceedings against Simon Singh for libel. The BCA Council is also developing a strategy to counter the outrageous claims which Professor Ernst makes against the chiropractic profession in the UK, though it acknowledges that this is not a 'quick-fix' solution.

Editor's note: In Portugal, Dr Adrian Wenban has had a letter to the Journal of Clinical Neurology and Neurosurgery published. He was responding to an article describing adverse neurological effects in three patients after chiropractic spinal manipulation in Lisbon. Dr Wenban refuted the claims that the manipulation was chiropractic as there was no evidence that qualified chiropractors provided the interventions.

It's time to MOVE

A SWISS/GERMAN PUBLISHING company has developed a special card game for ChiroSuisse, the Swiss Chiropractors' Association, in association with Dr Marco Vogelsang, a chiropractor in Zurich.

Move! was developed by Hurter & Schoenfeld, and offered to ChiroSuisse as a small and educational present for young patients and their parents on Spine Day 2007. It is a specially-designed and highly customised card game for children and the whole family. It includes and promotes exercises – the name says it all: you have to move to win.

Children need regular exercise – but in too many cases they do not get it. Move! tests the player's abilities in terms of strength, co-ordination, endurance and balance. Tests of this kind and exercises are usually dull, but this game

is fun! In the course of its development, it was successfully tested in Swiss schools. It is only distributed by chiropractors in Switzerland, and ChiroSuisse is proud to say it has been a great success – patients and schools ask for it.

As well as educating children about exercise, Move! promotes chiropractic. ChiroSuisse had several thousand decks produced, in both German and French versions, and sold them to members at favourable rates. Chiropractors distributed them free-of-charge to their patients – and the French ones are now sold out.

Hurter & Schoenfeld – who also published *The Swiss Chiropractor's Encyclopaedia of the Spine* – is willing to offer customised versions in other European languages if any Associations wish to follow ChiroSuisse's example.

www.hurter-schoenfeld.com



National association news

Swedish investigation is a move in the right direction

The decision to license graduates of the Scandinavian College of Chiropractic (SCC) in 1998 has been a serious problem for the profession ever since. The Swedish government licensed these chiropractors without properly investigating the educational standard of the school. This important issue has finally been addressed by the Department of Education in Sweden, which has ordered an investigation. Stina Berg, President of the Swedish Chiropractic Association, explains.

THE REPORT from Sweden's Institute of Higher Education in December 2004 showed that SCC had many insufficiencies and did not fulfil the requirements for an institute of higher education. After a lot of hard work and help from all the Nordic countries, as well as ECU and WFC, a memorandum from the Department of Education was published on 27 May 2008 addressing the situation regarding the SCC. The memorandum describes the situation thoroughly, listing all the prior investigations. It also describes the Nordic agreement regarding health personnel, which permits all licensed health practitioners to practise, upon application, within any other Nordic country.

Furthermore, the ECCE is mentioned as the European accreditation organ for chiropractic educations which hold a candidate status with the European Network for Quality Assurance (ENQA). The only ECCE-accredited chiropractic education in the Nordic countries is the University of Southern Denmark (SDU). The memorandum also points out that Sweden is the only Nordic country which licenses non-ECCE accredited chiropractors. Also noteworthy is that chiropractors who earned their education at the SCC cannot apply for licence in the other Nordic countries based on their education. Therefore, the only way to apply for a licence as a SCC graduate is through the Nordic agreement. Lately, all the Nordic countries have been vastly

criticising the poor educational quality of the SCC and are considering making an exception in the Nordic agreement regarding the licensing of chiropractors from the SCC.

The chiropractic education should hold the same quality as SDU in Denmark and/or AECC in England

Presently, there are no governmental agencies which audit the educational quality of the SCC or the Naprapathic College of Education (NCE). This investigation is therefore of great importance. "It is not acceptable that an education which leads to licensure is not under regular quality audit. This is a vital investigation as patients are entitled to feel safe and secure when seeing a licensed chiropractor or naprapath," says Lars Leijonborg, Minister for Higher Education and Research, Ministry of Education and Research.

The investigator assigned, Erland Ringborg, is responsible for the analysis of possible benefits and disadvantages integration with a university might have on both the chiropractic and the naprapathic education. The quality of the education will also

be investigated. Suggestions will be made on how these institutes can be affiliated with an institute of higher education (university) as well as the design, content, and what degree will be achieved after completion of the education. At a minimum, the chiropractic education should hold the same quality as SDU in Denmark and/or AECC in England.

Erland Ringborg will collaborate with all concerned

governmental agencies and collect information from other ECCE-accredited chiropractic institutions. The deadline for this report is set for 1 March 2009.

It is a step in the right direction and it is encouraging that this important issue has finally been taken seriously. Hopefully, this investigation will put an end to the shattered situation for chiropractic in Sweden and instead move the profession forward.

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Case to remember

Relief of back pain in a patient with deep venous thrombosis

by **Tom Michielsen DC, MD, FEAC**

History

MRD, a 55-year-old male is a regular patient in the clinic presenting on a 'call when needed' principle with mechanical low back pain. His symptoms are often associated with his position on his bike.

He presented again with acute left-sided low back pain radiating into the upper thigh during cycling. There were no sensation changes and he had no pain during walking. Activities of daily living and sleep were not disturbed. The feeling of his pain pattern was slightly different from the low back pain he had before. His first complaint started during cycling the day before the appointment.

Clinical examination

Clinical examination revealed a tight low back with painful motion restrictions at L2 and L5. Deep lumbar flexion generated some of the pain in the left leg. Extension gave relief. The left leg showed visible short spasms and atrophy of the quadriceps on the left (at the time interpreted as fasciculation), a hyper-reflexive knee jerk reflex on the left and slightly diminished muscle power of the quadriceps and psoas (most likely because of the pain it caused). Local palpation showed a very tight and painful tensor fascia lata on the left. Further neurological and orthopaedic exams were normal.

Treatment programme

An initial diagnosis of mechanical low back pain originating from L5-S1 was put forward as a working diagnosis. Since the radiation in the leg did not follow a typical L5 referral pattern, the patient was also referred for an EMG and to a neurologist to exclude a neurological cause of his abnormalities in the left leg (possible upper motor lesion?). The EMG, nerve conduction velocity study and neurologist exam were diagnosed normal.

The patient was treated with flexion distraction, side posture manipulation of L5, L2 and trigger point therapy of the quadratus lumborum, tensor fascia lata and gluteus region on the left. After two treatments in

that same week, his symptoms had improved significantly. On visit number three, he had developed pain in the right-sided sacro-iliac region, again only with cycling. There was no radiation to either leg. The pain on the left side had completely resolved. However, he had a sudden onset of mid-thoracic pain that same morning with minor breathing discomfort. Clinical examination showed normal lung and heart auscultation, blood pressure of 120 over 70 and a pulse of 75. Chiropractic examination showed restrictions over D5-6 with erector spinae hypertonicity bilateral and a sacro-iliac PI restriction on the right.

Since he had a past history of pulmonary embolism originating from a deep venous thrombosis of the calf seven years before (after having suffered a tibia plateau fracture), he was urgently referred to his local hospital to exclude a relapse of this.

Diagnosis

Although his clinical history only suggested a hint of this diagnosis, it was confirmed with a ventilation perfusion scan and CT of the pelvis that he was suffering from a pulmonary embolism originating from a thrombus in the iliac veins. Rx thorax and electrocardiogram were normal. He was treated with anticoagulant therapy which gave complete resolution of his symptoms in the low back and the chest. The DVT was more than likely also responsible for the findings in the neurological exam. However, a proper explanation is difficult.

Pulmonary embolism and deep vein thrombosis (DVT)

Deep vein thrombosis is a common condition but difficult to diagnose clinically. The typical symptoms are pain in the leg, swelling and heat/redness of the skin. Very often these symptoms are not present (2). Well known risk factors are surgery, trauma, bed rest (hospital and nursing home), longer periods of immobility (like air travel), malignant neoplasm, central venous catheter or pacemaker and extremity paresis (3). Increased oestrogen levels, as with the oral contraceptive pill and with pregnancy also increase this risk, especially when combined with smoking (4). All

hypercoagulability disorders will increase the risk as well (2).

The one important risk factor in this case was a previous history of DVT after knee surgery. Although his previous DVT was in the calf and already seven years before, it remained an important determinant of a DVT elsewhere.

A pulmonary embolism resulting from a DVT will be asymptomatic in 40 to 60 % of patients. The typical symptom if present at all is a sudden onset of unexplained difficulty in breathing. Other symptoms can be coughing up blood or chest pain (2). Pulmonary embolism remains an important reason for death, in up to 15.3 % of all cases (5). Therefore, it is important to have it diagnosed quickly. Confirming diagnosis will be done with helical CT, ventilation perfusion scan, MRI or pulmonary arteriography (6).

Relevance for the chiropractor

Although the treatment of this patient is purely medical, it is a case to remember since a patient like this can walk into your office with back pain. It needs to be diagnosed quickly to lower the risk of serious complications. What made the diagnosis even more difficult in this case, was that the patient actually responded to the chiropractic treatment, which delayed the final diagnosis. This could be due to three possible reasons:

- ✓ The deep vein thrombosis could have given pain radiation in the low back with local muscle spasm resulting in lumbar and sacro-iliac fixations with relief after manipulations.
- ✓ The venous thrombosis changed over the course of the treatment in size (part resolution - as it often does) generating less pain.
- ✓ A third option could be the placebo effect on the patient, who was used to getting benefit from chiropractic care for his back pain.

Whatever the reason in this case, an important lesson came out of it. **It is not because a patient's symptoms are fixed that you cured the problem.**

Apart from delaying the diagnosis, this case bears another important risk for the chiropractor. Any mobilisation of the area of the thrombus could increase the risk of breaking loose parts of it and end up

Case to remember

with a pulmonary embolism. Side posture manipulation, deep massage and mobilisation all increase this risk. Therefore deep vein thrombosis should be considered as a relative contra-indication for manipulation (7).

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Colleague to colleague

What's in the word ... chiropractor?

As a change from writing a book review, Karl Devriese takes an opportunity to do some field work and share his experiences with you.

LET'S DO the 'two word test'. Formulate right now what it is you do as a chiropractor. Define the essence of your core activity. It can't be done? Chances are the diagnosis 'identity problem' can be put on a list of differentials. Make your answer to the point and leave a strong, professional first impression. If you are not convinced of this, ask someone you just happen to meet at a reception, what it is he or she does. How long do you think it would take before you were sorry you ever asked?

The first condition of passing the 'two word test' is that you think it over carefully, for instance while reading what your peers have to say about chiropractic identity. The WFC

identity report and the ECU profile document will facilitate your ideas on this, if they haven't yet. Let's face it, 'chiropractor' is not the best marketing tool we have. Not many of us choose Greek in secondary school any more. Even if you did, it's still not as self-explanatory or as straightforward as ... 'dentist'. Upon getting acquainted with someone, introduce yourself as a chiropractor and take note of how smoothly the rest of the conversation goes. When mingling, try 'spinal expert' on someone else as part of this experiment and wait for the first impression to set in. Let me know about the results.

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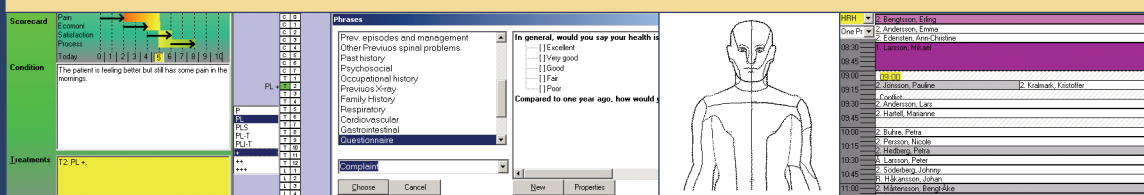
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Colleague to colleague

Continued from page 25

A window of opportunity: the International Chiropractic Sports Science Diploma (ICSSD) of the Fédération Internationale de Chiropractique du Sport

This course has been the best excuse ever to leave the practice for some field work. One of the ICSSD requirements is to spend time outside your clinic to treat athletes. I would like to share the experience my practice partner Michel Moyson and I had, motivated as we were to do this. From one of the courses we remembered the phrase “intention creates opportunity” (Dr Lawrence Bell). So we contacted one of the best-known coaches in Belgium of a premier league soccer team, introducing ourselves as ‘spinal experts’ specialising in injury prevention. These are magic words to use. Credit is given to Dr Jean-Pierre Meersseman for his internationally-recognised work with AC Milan, the example he set for us and for his brilliant ideas that he generously shared with us upon our visit to Milanello last year.

When could we get started working on the players ... immediately? Things were moving unexpectedly fast. First we wanted to collect some data in order to be able to monitor (read prove) eventual changes after chiropractic interventions. The medical team originally agreed to co-operate on condition that the results of all the tests, the anamnesis and the proposed treatment plan would be shared.

Functional evaluation testing

These were the functional evaluation tests for endurance we elected to perform, because of their high reliability and predictability for risk of future spine (low back) problems (S McGill, PhD):

- 1 Extensor endurance, tested in the Biering-Sorensen position
- 2 Flexor endurance, 50° of flexion (we had a 50° jig made, conforming to the suggestions of Dr Stuart McGill, PhD as described in Ultimate Back Fitness and Performance (ISBN 0-9735018-1-2))
- 3 Side bridge, left and right endurance

The results (in seconds) were interpreted for balance between the muscle groups as follows:

- 1 Right side bridge/left side bridge endurance should not exceed 0.05
- 2 Flexion/extension endurance should not exceed 1.0
- 3 Side bridge (either side)/extensor endurance should not exceed 0.75

The results for the first group of four athletes

occasionally revealed obvious differences between left and right and all had discrepancies in the ratio extension/flexion endurance.

The other tests we performed were as follows:

- ✓ Digital pictures were taken against a posture screen with fixed distance and camera height (Posture Vision, Midot Medical Technology)
- ✓ Balance was tested on an electronic scale for left, right, anterior, posterior weight distribution on four scales – balancing on both legs; eyes opened and closed; with a cushion to increase difficulty and variable head positions in the directions of the semicircular canals; on one leg with an adapted board (Posture Scale Analyzer, Midot Medical Technology)
- ✓ Walking 5 km/h and running 12 km/h were filmed on a treadmill and evaluated with Quintic Sports video analysis software

These are some tests that could also be useful:

- ✓ Starting in the pushup position, lifting one hand to reach over to the other watching for torsional control, pelvis hiking
- ✓ The wall roll, leaning with both elbows against the wall in the ‘plank’, pivoting on the balls of the feet, fixing the ribcage on the pelvis
- ✓ The perfectly executed squat (ankle, knee and hip function and flexibility)
- ✓ The one legged squat
- ✓ The airplane, standing on one leg, performing hip abduction in balance and in perfect control of the hips and shoulders, as described in Professor McGill’s work
- ✓ Stepping out in a lunge in different directions
- ✓ Walking on a narrow beam

We didn’t expect to record so many, in our opinion at least partly correctable, ‘deficits’ upon the series of tests we performed.

We transmitted the results, the anamneses, the palpation findings, the treatment and the customised corrective exercise plans for the endurance imbalances but the medical team decided that these problems were already ‘optimally managed’. These tests appeared to be rather sensitive for functional asymmetries and suboptimal biomechanics but the introduction proved to be ‘politically incorrect’.

Intention created this opportunity and a valuable experience was obtained. Another major opportunity came along due to word-of-mouth.

Where could we possibly fit in as chiropractors in a multi-disciplinary sports medical team?

It is hard to see how chiropractors could be an

added value for a medical team with an MD physiotherapist, several physiotherapists, and often osteopaths, in Belgium. A lot of toes, including your own, could be stepped on, potentially hard. The MD has the final responsibility for the team athletes. Keep in mind that doping is a major issue in any type of professional sport activity and the MD could be held accountable. He monitors everything, including the medication and the supplementation. The trainers, the coach, the board of directors, the athletes and each one of the members of the medical team have their own agenda and possibly different goals or intentions. It is of the utmost importance to ‘tune the violins’ on a regular basis. On occasion, one word has the potential to cause a fatal misunderstanding.

There are eight physiotherapists involved in the team we work with at this level of co-operation. We started by meeting on a regular basis, sharing ideas and discussing specific cases we had started to evaluate, inviting patients for group examinations. Upon treating the club athletes, limited information is revealed to the patient himself. There is contact following the consultation with the responsible therapists for synchronisation of the treatment. In the near future, all the information will be held in a central database.

In summary and in hoc casu, as chiropractors we seem to integrate well in the sub acute and in the chronic phase of injury and there is also great potential in injury prevention. Our expertise in spinal (dys-)function, (a-)symmetry of muscle tone around the spine and the extremities, postural correction and correction of balance in relationship with the function of the nervous system could be of supplementary value. Our work theoretically stops where rehabilitation begins. Biomechanical advice on avoiding too much compressive and adverse shear forces on the spine could be desirable. Alternatively, more sparing solutions can be proposed in the role we could assume as ‘spine coaches’.

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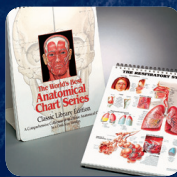
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