



Winning entry from Convention photo competition - see page 13

THIS YEAR'S ECU Convention, entitled *Chiropractic in an Evidence-Based Environment: Opportunities and Threats*, was held in Sitges, a bustling coastal resort on the Spanish Mediterranean coast 40 kilometres south of Barcelona.

With evidence-based practice (EBP) being recommended as the gold standard in all modern health professions, it was timely that the European chiropractic profession examined the current state of the art and whether EBP was a force for good or a barrier to autonomous, intuitive health care.

The theme offered many possibilities for speakers and subjects and academic organiser Vassilis Maltezos put together an impressive programme incorporating both international and local speakers. The programme encompassed all of the constituent elements of EBP – evidence from scientific research, patient preferences and chiropractic expertise – at the same time providing a forum

where viewpoints could be heard and debated.

In what has become a tradition for the ECU, the Convention began with a cocktail reception, this time at the impressive Dolce Sitges, the five-star convention hotel, where delegates, exhibitors and speakers were able to enjoy an evening of hugs, handshakes and hors d'oeuvres in anticipation of three days of learning and social activity.

Day one

The Convention itself began with a welcome from the presidents of the Spanish Chiropractors' Association (AEQ) and the ECU, after which Professor Jan Hartvigsen chaired an impressive first plenary session looking specifically at chiropractic's role in spinal pain. A succession of quality speakers – David Cassidy, Sidney Rubinstein, Ricardo Fujikawa, Lisa Killinger and Kim Humphreys – all provided their own perspectives on evidence and its application in modern

chiropractic practice.

At his last Convention as chair of the Research Council, Tom Michielsen chaired the annual session showcasing the latest platform and oral research papers. This really provided a great opportunity for practising chiropractors to discover what invaluable work their peers were doing in moving the profession forward through research.

As always, delegates were given a wide choice of afternoon workshops in which to learn and develop their skills. This year, imaging, paediatrics and rehabilitation were all covered, but in addition, student delegates were given their own open workshop, hosted by Kim Humphreys, Don Murphy and Ricardo Fujikawa.

The first day ended with a Spanish Night event. Over 100 chiropractors and partners were treated to a lively evening of traditional cuisine, music and entertainment in Barcelona.

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Runner-up from Convention photo competition.

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President's message

A marginal profession without the ECU

EVERY SO often, I meet colleagues who have misconceptions about what the ECU is all about. They ask me questions like: "What is the chiropractic philosophy of the ECU?" or "What is the ECU's stand on the vertebral subluxation complex?"

Let me make it very clear. The ECU is not a philosophy club. Nor do we feel obliged to have an opinion on any academic or professional issue. The ECU is a federation of European national chiropractic associations, committed to improving the status of the chiropractic profession by fighting to secure legal rights for chiropractors, by supporting the establishment of educational institutions and by providing resources to promote research activity. Essentially, the ECU is about securing the rights for

chiropractors to practise at their very best within their jurisdiction.

A question that comes up again and again is: "What tangible benefits do members get from the ECU?" I must admit that before I became involved in chiropractic politics, like most other practising chiropractors in the ECU, I asked the same question. It was not until a few years ago that I realised that without the ECU, there would not be a chiropractic profession in Europe.

In 1932, a few chiropractors from Belgium, Switzerland, Sweden and the United Kingdom got together and formed what we know today as the ECU. These pioneers had a vision of bringing chiropractic to the European public. They wanted to build a new health profession in Europe.

In order to succeed with their vision, they realised that they had to stay united. Since then, the number of chiropractors has grown from a handful in just a few countries to around 5000 practising chiropractors all over Europe.

Since its inception, the ECU has been committed to education, legislation and research. At the moment, we have nine chiropractic institutions in Europe. The ECU has initiated, financed or financially supported every one of these programmes.

The ECU also took responsibility when the chiropractic programmes needed a quality assurance system. That is why the European Council of Chiropractic Education (ECCE) was formed. The ECU financed it and, although it is quite independent of the ECU, continues to contribute funds to support the aims and objectives of the ECCE. The ECCE is a member of the ENQA, a prestigious umbrella organisation for all higher learning in Europe.

Could all of this have been done by a single national association? Could it be done by the World Federation of Chiropractic? The answer is a resounding "No!" The only organisation with both the capacity and the willpower to expand the profession in Europe is the ECU.

The ECU's primary aim is not to bring more patients through the door of your clinic (although rights and recognition will result in greater public awareness). The ECU is about creating and strengthening a profession in Europe. It is about bringing quality chiropractic services to the European public. And it is about securing the legislative rights of our highly-qualified members so they can practise freely and utilise their skills in the best interests of the public.

Weak support of the ECU threatens the very existence of our profession in Europe. Strong support means that we increase our chances of bringing chiropractic to countries where it hardly exists or is not present at all. Strong support of the ECU also means that we increase the opportunities for those who are about to enter the profession so that they may succeed as chiropractors in the future.

The conditions under which chiropractors practise in Europe vary enormously. Some nations have everything when it comes to laws, rules and regulations, while other countries have little or nothing. In some countries chiropractic is a household word; in others people will greet you as a chiropractor with a look of complete confusion and bewilderment.

Success in chiropractic for those countries we admire has not been accidental. These are the countries which have worked tirelessly for many years to achieve strong legislation. For these nations, success



has been a result of long term planning and hard work.

With all rights and privileges in place, why should these countries continue as members of the ECU? Some, such as the Danish Chiropractic Association, chose not to and left. There were many reasons for the DCA's departure, but one stated reason was an increasing frustration over Union member countries which, they felt, did not work hard enough, were not committed and made no progress in securing any sort of recognition for chiropractic in their home country.

I sense that this is a major concern among the ECU member associations that have taken the tough road, overcome their challenges and conquered adversity. These ECU Union members are getting increasingly impatient and want to see the results of their annual investment of members' dues. If they fail to see the money that is ploughed into the ECU matched by a commitment of less developed countries to succeed, patience will begin to run thin.

We can handle diversity within the profession and respect each other's differences. However, when it comes to the external presentation of chiropractic in Europe, unity is critical. We have a job to do.

**Øystein Ogre DC, FEAC
ECU President**

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BACKspace

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IFEC thanks ECU for support

DR OLIVIER Lanlo, president of the Institut Franco Européen de Chiropractique (IFEC), has thanked the ECU General Council for supporting the placement of Professor Charlotte Leboeuf-Yde at the Université Paris Sud (Orsay) in Paris.

As a result of a substantial grant from the ECU, plus further financial support from the French Chiropractic Association, Professor Leboeuf-Yde has been tasked with establishing a high quality collaborative research environment where chiropractors will participate as equal partners with other researchers. The placement, along with her existing work as IFEC's director of research has already resulted in significant achievements for chiropractic in France.

Numbers of postgraduate students, both Masters and PhD, have risen dramatically at Orsay. Professor Leboeuf-Yde is closely supervising these students, providing lectures, workshops and

individual coaching in research planning, execution, data analysis and report preparation. By widening access to chiropractors undertaking postgraduate study, the profession in France will contribute significantly to the international research agenda.

Research collaboration is also opening up opportunities internationally. Talks have already taken place between Orsay, IFEC and Murdoch University, Perth, Australia. The University of Balgrist in Zürich is working with Orsay to facilitate and undertake joint research projects, with IFEC sponsoring a five-day course in project planning and academic writing skills.

Dr Lanlo said of the developments: "This is a fantastic achievement for us here at IFEC. It would not have been possible without the foresight and generosity of the ECU and the AFC and I am extremely grateful for their support."

ECU supports BCC with €35k video grant

THE ECU General Council has voted to support an application for the funding of a new video monitoring facility at Barcelona College of Chiropractic (BCC).

The BCC's new 575m² chiropractic outpatient clinic is now fully operational, and BCC principal Adrian Wenban is delighted that the ECU has recognised the value of this innovative teaching aid: "BCC staff, students and members of the Board of Governors are very thankful for this generous support from the members of the ECU General Council," said Dr

Wenban. "Using technology such as this really enhances the student experience and the new system will help the faculty in their training of our future chiropractors."

The 2013-14 academic year will mark another important milestone in the history of BCC when the Universitat Pompeu Fabra (UPF) and the BCC start working together to co-teach the final year of the five-year programme of study. This will lead to the first cohort of students graduating from the BCC and being awarded a Master en Quiropráctica by the UPF at the end of the forthcoming academic year.

Charlotte Leboeuf-Yde receives Honour Award

PROFESSOR CHARLOTTE Leboeuf-Yde has been named as the recipient of the 2013 ECU Honour Award.

At the ECU Convention Gala Dinner in Sitges, Professor Leboeuf-Yde was presented with a sculpture by ECU president Øystein Ogre. Dr Ogre paid tribute to the contribution that she has made to the chiropractic profession and the impact that her work has made on generations of students.

"We sometimes see chiropractors who, after they have become involved with research, distance themselves from the profession. Not so with Professor Leboeuf-Yde; whenever and wherever the chiropractic profession has been under scrutiny, she has always stood up and spoken out on behalf of all of us. She has always said yes when her expertise was needed, no matter where," he said.

Professor Leboeuf-Yde holds visiting professorships at the University of Southern Denmark and the University of Paris (Orsay). She formerly practised as a chiropractor in France and Sweden, but for the past 20 years has mainly been engaged in research. While living in Australia in the 1980s she taught at the School of Chiropractic at the Phillip Institute of Technology in Melbourne and was employed at the Australian

Spinal Research Foundation as research director. She then completed a Masters Degree in Public Health while working at two governmental departments as a researcher.

She returned to Europe where she completed a PhD degree in epidemiology at the University of Southern Denmark in Odense. She spent some years as a researcher at the Nordic Institute for Chiropractic and Clinical Biomechanics in Odense and later as research director at a Danish local government medical research unit. In 2004 she was appointed research professor in clinical biomechanics at the University of Southern Denmark.

She is the author of numerous research articles. From a public health perspective, she is interested in the causes and possibilities of prevention of back pain. She is a firm believer in the need to integrate research with clinical practice, and to bring clinical practice into research.

The ECU Honour Award is the highest honour that the ECU has in its power to bestow. Previous recipients have included Dr Raymond Broome (2009), Dr Kenneth Vall (2011) and Dr Vassilis Maltezos (2012).



ECU news

Executive Council restructured

THE ECU General Council has approved proposals to change the composition of the Executive Council (EC) and the administrative function at the Head Office, in a move designed to reduce costs and restructure the leadership and administrative components of the ECU.

The EC now consists of just three officers: the president, a single vice president and a treasurer, who will be required to apply strategic thinking to the activities of the ECU and make recommendations to the General Council.

The approval of the restructuring proposals was made by the General Council at its Annual General Meeting in May, when first vice president Franz Schmid and secretary Richard Brown stepped down from the Executive Council.

The restructuring plan also provides for the appointment of a secretary-general as an ex-officio member of the EC, whose main roles will include managing the ECU on a day-to-day basis, making strategic recommendations to the EC and ensuring compliance with the ECU's Constitution and Bylaws. The former office of executive secretary, occupied by Anne Kemp for 19 years and more recently by Susan Hymns, will no longer exist. The London office will be manned by ECU and EAC administrator Claire Wilmot.

Richard Brown has been appointed acting secretary-general until such time that the position has been filled. The position has been advertised and applications have been invited.

President Øystein Ogre said of the role: "The restructuring has been largely a product of working party recommendations made

some years ago. The new structure will reduce costs and provide greater clarity to the work of the ECU, particularly its Executive."

As well as Dr Ogre, the newly-constituted Executive Council now comprises vice-president Francine Denis (Spain) and treasurer Vasileios Gkolfinopoulos (Greece). It will next meet in September in Dublin, Ireland, ahead of the forthcoming General Council meeting which will take place on 15-16 November in Brussels, Belgium.

ECU to support Fellowships at WHO

THE ECU has voted to provide financial support for a Fellowship position at the World Health Organisation (WHO).

Following a short presentation by WFC Secretary-General David Chapman-Smith at the meeting of the General Council in May, members unanimously supported giving funds to the project, which places a second chiropractor at the WHO's Geneva headquarters. The WFC has been in official relations with the WHO since 1997 and in May a delegation including ECU vice president Francine Denis attended the WHO Assembly in Switzerland.

BCA member and Northwestern Health Sciences University graduate Dr Molly Meri Robinson Nicol has worked at the WHO since 2008, first as an intern, and currently as a Senior Technical Officer working with the Classification, Terminologies and Standards Unit. Her success has led to further opportunities for chiropractors to work within the organisation.

The ECU has agreed to provide €10,000, with further funding to be considered pending a report on the success of the initiative.

ECU-sponsored METI LearningSpace® project nears completion

IN 2012, the General Council of the ECU approved a grant of over €50,000 to support the development of innovative technology to support learning for chiropractic teaching at the Welsh Institute of Chiropractic (WIoC).

LearningSpace® is an all-in-one fully integrated learning management tool. By integrating with simulators, skills, trainers and standardised patient programmes, it helps to deliver, assess, evaluate and manage many aspects of health care learning.

The METI LearningSpace installation at WIoC is nearing completion and cameras and microphones are now in situ. A working group has been established to help roll out the programme and maximise the benefits that are available to chiropractic teaching, developing a series of pilot

projects centred on assessment and feedback related to various clinical competencies.

The group consists of patients, students, full- and part-time staff, senior management and the University's compliance officer to ensure widespread consultation, experience and advice.

WIoC's David Byfield is excited about the project: "We are optimistic that the METI LearningSpace and our detailed protocols will have a significant impact on clinical training and assessment. Collaborative work has already commenced with the Faculty Simulation Suite to introduce simulation training with the use of high fidelity mannequins into our curriculum."

As reported at the 2012 World Federation of Chiropractic's Education Conference, pilot studies have commenced and future work

will build on the outcomes. It is proposed that simulation scenarios from year 1 to year 4 will be introduced to reflect the level of learning at WIoC and the Simulation Suite is equipped with cameras which will help students familiarise themselves with the environment.

As part of this development, the WIoC has initiated a working relationship with the Canadian Memorial Chiropractic College (CMCC) which has recently augmented simulation into its own curriculum.

"We are extremely grateful to the ECU for its support," said Dr Byfield. "This project will educate the students of today, who will in turn be the profession of tomorrow. With our student body being drawn from all over Europe, using technology such as this will benefit chiropractors in many ECU member nations."

Gitte Tønner is new Convention Academic Organiser

GITTE TØNNER has been unanimously endorsed by the General Council as the ECU's new Convention academic organiser.

Danish born, but a long-time resident of the Netherlands, Gitte was a founding member of the SDU Chapter of the World Congress of Chiropractic Students and served as both WCCS vice chair (2004) and chair (2005). She graduated from the University of Southern Denmark in 2004, before moving to the Netherlands to pursue a number of associate positions prior to establishing her own clinic, Chiropractie Tønner, in 2009.

Gitte had her first taste of conference organising as the chair of the local organising team at the 2012 ECU Convention in Amsterdam. It was, she says, an eye-opening experience: "I was amazed how much there was to consider," she said. "But I enjoyed the thrill. Just as we thought we had everything covered, another challenge would arise. The one thing it taught me was to expect the unexpected! However, I loved being part of the event and this is what stimulated me to apply for the ECU Convention organiser role."

Gitte has immediately immersed herself in her new role and is now busy preparing for the 2014 Convention in Dublin, Ireland. She is determined for it to be a huge success and, working with the title of *Celebrating Diversity: Inspiration through Innovation*, she is confident of appealing to a wide range of chiropractors.

"My vision is that ECU Conventions should be about offering something for everyone. They should give us something to use on Monday morning, should inspire us to learn more and



should help us to become the best chiropractors we can be. They should also be fun. With the right mix of speakers, I hope to make ECU Conventions unmissable events!

"It gives me a chance to connect with colleagues that I've only read about and create something really exciting, I want to get a buzz going in our community, so that people are excited to sign up for next year's Convention right after they leave this one."

As part of her new role, Gitte will become a member of the Governing Council of the European Academy of Chiropractic and will attend General Council meetings. ECU acting secretary-general, Richard Brown, said of Gitte's appointment: "We are delighted to have Gitte on board. She is a highly talented and motivated lady and in Amsterdam showed how she had all of the right qualities for the job. We're sure that she will build on the solid foundations of past Conventions and bring a unique perspective."

Gitte takes over from long-standing academic organiser Vassilis Maltezopoulos, who was recognised for his contribution to the ECU with an Honour Award in 2012. He stepped down following a succession of highly successful Conventions and leaves a legacy of high-quality academic events.

New status document aims to assist, inform and inspire

The ECU has produced a new document designed to summarise its various facets and activities. Elisabeth Angier BSc, MSc (Chiro), DC reviews it.

ACCESSIBLE FROM the ECU website, *The Status of Chiropractic in Europe: a Position Paper* was compiled by Richard Brown, with a comprehensive introduction and foreword from ECU president, Øystein Ogre.

The introduction summarises the findings of various legislative treaties and research studies, including the European Health Strategy 2007 and the Global Burden of Disease 2010. These papers highlight the importance of health promotion and disease prevention, and the ever-increasing burden of musculoskeletal conditions, and back pain in particular, on global health care resources. 1.7 billion people are affected globally by musculoskeletal complaints, low back pain is the leading cause of disability and osteoarthritis is one of the fastest-growing complaints, so there will be increasing demand for effective management of these conditions. With over 5000 chiropractors working in Europe, it is obvious that these highly-qualified specialists are well-placed to provide this care.

Designed to be a living, working document, updated as new developments in health policy, research, legislative frameworks and chiropractic education are introduced, the *Status* paper sets out the current state of chiropractic within Europe. The paper details the historical roots of the ECU, the formation of the Executive Council and the ECU's key aims and objectives. European chiropractic educational requirements are outlined,

both at the undergraduate and postgraduate level, together with current and future research objectives. There is also an explanation of European Public Health objectives and legislation, and how chiropractic might be integrated within these public health initiatives.

The *Status* paper then provides a detailed breakdown of chiropractic in each of the 20 national member associations that make up the ECU. Working through, country by country, in alphabetical order, it lists the contact details of the relevant association and its president, the basic demographics of each country, a brief history of chiropractic within that country, current educational and regulatory criteria and any legislative changes that might affect the profession. The paper can be easily updated as and when any changes or developments take place, with further countries added if and when they choose to join the ECU.

Far from being a tedious read, I found the *Status* paper to be interesting and informative, presented in a concise and easy-to-read manner. It has provided me with a greater understanding of how chiropractic works within other countries, highlighting the similarities that we share - as well as dispelling any myths and preconceived beliefs that I might have held. Reading it has made me feel part of the greater 'global chiropractic community' and I now understand how our profession fits in with European health care initiatives, and what legislative procedures there are.

CPD Learning comes to you

A wide range of CPD seminars are offered at AECC every weekend. On request we can offer some seminars in other countries, for example in the past year we have delivered seminars in South Africa and Switzerland. We also have a number of upcoming seminars in the Netherlands.

Upcoming CPD seminars at AECC

Management of Lumbar Disc Derangements	19-20 Oct
Neuromuscular Reeducation SM Level 1	19-20 Oct
McKenzie Institute Course C	31 Oct - 3 Nov
Gait Analysis with Brett Winchester	2-3 Nov
Utilising Cognitive Behavioural Therapy (CBT) techniques in practice	9-10 Nov
Diagnosis, Management and Rehabilitation of Patients with Lumbar Radiculopathy with Donald R. Murphy	16-17 Nov
Research Methods	28 Nov – 1 Dec
Neuro Orthopaedic Institute – Explain Pain	30 Nov – 1 Dec
Cervicogenic Dizziness and Vestibular Rehabilitation	7-8 Dec
Evidence-based Neurolinguistic Programming (NLP)	1-2 Feb
Evidence-based Clinical Practice	13-16 Feb
Building the Ultimate Back – Extended Course 2 full days with Professor Stuart McGill	22-23 Feb
Combining clinical hypnotherapy with physical therapies	8-9 March
Rocktape - Fascial Movement Taping 1	8 March
Clinical Whiplash & Neck Pain	22-23 March
Lumbo Pelvic Pain: Mechanisms and Evidence Based Diagnosis & Treatment with Andry Vleeming	28-30 March

Upcoming Netherlands Paediatric seminars

Session 1 - A Day in the Neonate Clinic (Dr Joyce Miller)	15-16 Nov
Session 2 - A Day in the Infant Clinic (Dr Joyce Miller)	17-18 Jan
Session 3 - Paediatric Orthopaedics (Dr J Miller & Prof C Peterson)	28 Feb-1 Mar
Session 4 - A Day in the Paediatric Clinic from pre-school to teenager (Dr M Browning)	4-5 April
Session 5 - The Pregnant Patient (inc. workshop) (Dr M Browning)	16-17 May

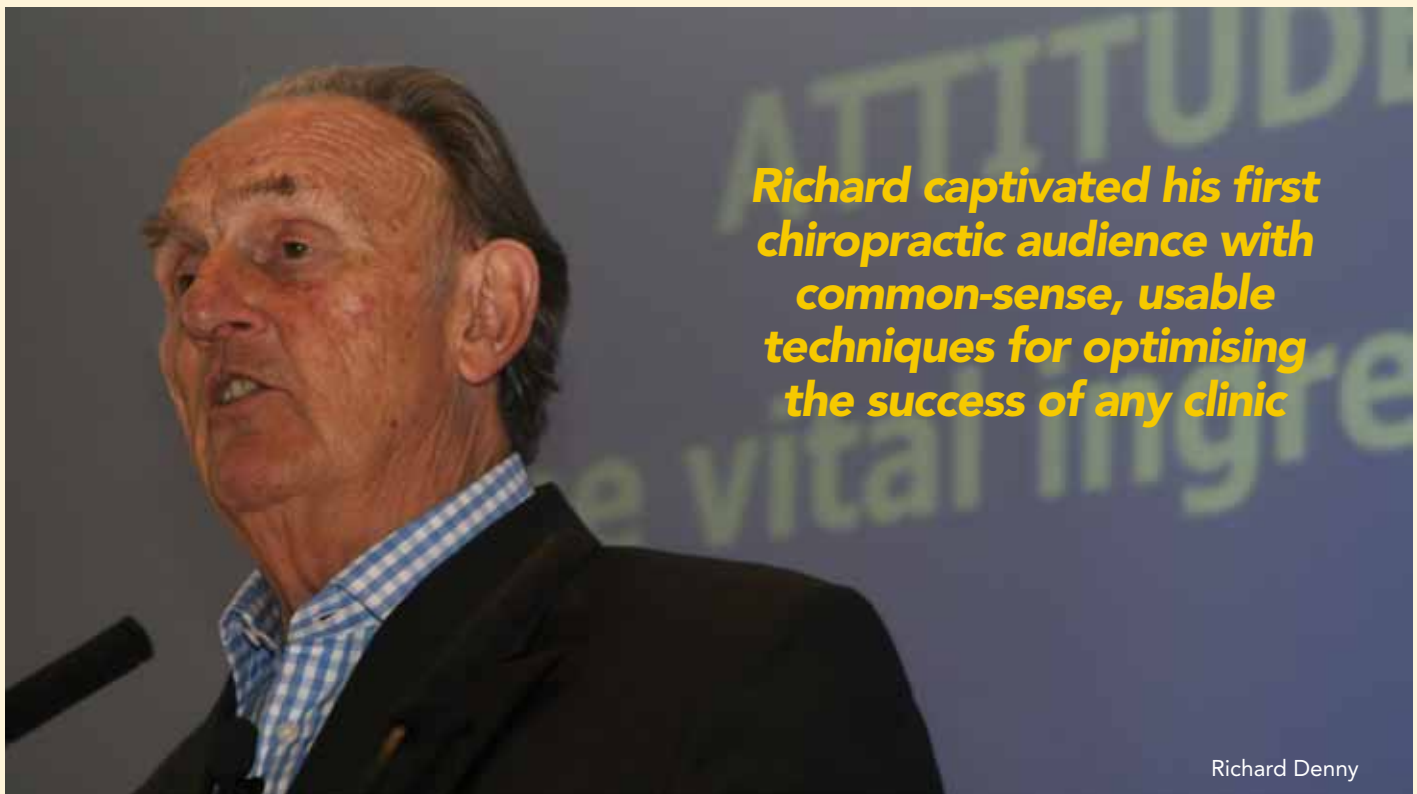
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Richard captivated his first chiropractic audience with common-sense, usable techniques for optimising the success of any clinic

Richard Denny

First ECU business seminar exceeds all expectations

OVER 170 delegates from across ECU member countries attended the ECU's first dedicated business seminar in London on 8 June. Titled *Success Without Compromise*, the event was held to give practising ECU chiropractors the opportunity to

learn essential ethical business and marketing skills from both chiropractic and non-chiropractic speakers.

The event was subsidised by the ECU, so that members of its 20 national associations paid just €60 to attend, while non-members

paid a far higher fee. It was held at London Heathrow's Radisson Blu Edwardian hotel, in order to be accessible for both domestic and international travellers, who travelled from as far as Norway, Finland and Greece.

The keynote address at the event was given by marketing guru and inspirational speaker, Richard Denny. With the message that it was attitude, not ability, that determines success, Richard focused on the individual attributes that were essential to success in chiropractic practice. A speaker of international renown, Richard captivated his first chiropractic audience with common-sense, usable techniques for optimising the success of any clinic.

Richard was followed by Caro Kingsnorth, a specialist in organisational leadership. With a

strong background in managing teams, Caro's brief was to focus upon how to make clinical teams work in practice. In a dynamic interactive session entitled *Lead to Succeed: The Power of A Cohesive Team*, Caro explored concepts of Task, Team and Individual, emphasising the need for responsibilities and actions.

Colin Williams spoke on *Savvy Investing For Chiropractic Professionals*. Colin gave a fascinating and usable presentation on opportunities to invest and maximise ethical financial success, an important, but often overlooked aspect of business.

For many years, chiropractor Simon Bird has undertaken BCA seminars on practice management and growth. At *Success Without Compromise* he focused on referral marketing in a dynamic, amusing and packed presentation which

Elisabeth Angier



ECU news

he called *Harnessing the Power of Patients*. He showed how simple methods, such as listening to patients and understanding their needs, could provide significant results.

Elisabeth Angier gave a moving account of her challenges and subsequent successes in establishing a clinic on the island of Anglesey in North Wales. Speaking candidly, she described how, as a sole practitioner, starting from nothing on a sparsely-populated island, she was able to generate a highly successful, profitable practice which was grounded in patient-centred care.

Finally, BCA vice president Matthew Bennett spoke on the subject of *Digital Mastery*, showing how everyone could improve their websites and utilise social media in order to maximise their exposure to the public. This popular presentation generated many questions from delegates eager to revamp their own websites and improve their digital skills.

The last session of the day gave the audience the chance to ask questions. Delegate after delegate asked the panel about a range of areas of practice before the day ended and a group of very happy chiropractors headed home.

The organiser, ECU acting secretary-general Richard Brown, was delighted with how the event was received: "This was the first time the ECU has done anything like this and we had no idea how it would be received. From the comments I received on the day and afterwards in our feedback questionnaire, it is clear that the structure of the day was popular and delegates found the material extremely useful."

Delegate chiropractor Tara Marwaha said: "This event far exceeded all expectations. Business seminars in chiropractic have acquired a reputation of being very Americanised and not relevant to the European market.

"This seminar had a brilliant mix of chiropractor and non-

chiropractor speakers and provided useful tips that I could easily apply in my practice. Importantly for me, the seminar emphasised ethical, professional practice throughout with a real

focus on serving the patient and providing outstanding levels of service."

The ECU business seminar was so successful that a similar event is planned for 2014.



Philippe Druart appointed ECU head of EU Affairs

PAST PRESIDENT Philippe Druart has been given the portfolio of EU Affairs following the recent restructuring within the ECU.

EU matters were previously managed by the Public Health Committee, but the Executive Council has decided to create the new position of head of EU Affairs to reflect the increasing importance of representing the profession at EU level.

"Philippe Druart has enormous experience of working in Brussels," said ECU President Øystein Ogr. "For the Executive Committee, his qualifications mean that the decision to offer him this new role was straightforward. We

look forward to developing some strong footholds within Europe and having our voice heard."

Dr Druart practised in Belgium for many years, first as an active member of the Belgian Chiropractors' Union, before rising to become its president. As president of the ECU he launched a number of initiatives, including chairing the Technical Committee for the CEN Standard for chiropractors, which he saw through to its completion and publication in 2012.

More recently, he has lived and practised near the south coast of Spain, but welcomed the opportunity to get involved

in ECU work once again.

"For me, this is a great opportunity to again serve the ECU," said Dr Druart. "Europe is very dear to my heart and coming from the home of the European Parliament in Brussels, it will be special to return and meet with those who already support our aims in Europe. Likewise, we must show the benefits of chiropractic to those who do not yet appreciate its advantages to European citizens."

The ECU is already a member of the European Public Health Alliance (EPHA) and has participated in a number of Europe-wide consultations, most recently on patients' rights in



respect of cross-border health care, VAT consultations and modernising the Professional Qualifications Directive. Dr Druart hopes to develop these projects as well as pushing for greater implementation of the CEN Standard and opening up new avenues for ECU involvement in Europe.

Convention

Convention: EBP – opportunity or threat?

Continued from page 1

Day two

The second day began with a look at diagnosis. Diverging perspectives were offered from both a medical and a chiropractic perspective. Don Murphy, Cynthia Peterson, Christoph Gorbach and Lisa Killinger examined the question of diagnosis from evidence-based, group-specific and condition-related angles, and the session closed with an examination of a holistic, rather than a mechanical, model.

The shift away from the randomised controlled trial (RCT) to the more contemporary patient-report outcome measure (PROM) research tool was given prominence in Sitges. An impressive line-up of experts repeated the opinion that modern research involving the views of patients was now thought to carry far greater weight, when examining certain aspects of care, than the traditional RCT model, particularly in relation to evidencing quality of care.

Further workshops were offered on day two, with subjects as diverse as diagnostic algorithms for rheumatic disease and brain-based clinical algorithms for the chiropractic physician.

ECU Assembly

The Annual ECU Assembly provided the opportunity for



L-R: David Byfield, Vassilis Maltezopoulos and Richard Brown

the ECU Executive to present its work over the past year, along with its vision for the year ahead. ECU president Øystein Ogre addressed delegates on the outcomes of the Vision 2020 project, along with the new restructuring of the ECU Executive Council.

Day three

The final day of the Convention offered an attractive mix of workshops and plenary sessions. Chaired by Ricardo Fujikawa, the theme of the final plenary session was *Will innovation be silenced by a strict adherence to research evidence?* A number of chiropractic techniques were presented, including instrument adjusting, sacro-occipital technique and functional

neurology. David Byfield examined the impact of the evidence base for spinal manipulative techniques on professional standards and educational criteria.

The Convention programme ended with a lively debate. Looking

at the question of whether, as the chiropractic profession evolves, EBP is an opportunity or a threat, Dominique Hort chaired an interactive session. With panellists Adrian Wenban, David Byfield and Richard Brown debating the issue and a host of delegates expressing views both for and against EBP, the discussion provided a fitting finale to the academic programme.

The ECU Convention is well-respected for the quality of its abstract submissions and this year was no exception, with both research and poster presentations attracting plaudits from the judging panel. The results of the original research awards are reported on page 13.

Gala dinner

Attendees at the traditional gala dinner were able to enjoy cocktails on the lawn of the Dolce Sitges as the warm evening sun provided the perfect setting to reflect on another successful ECU Convention. With fine food, good company and excellent musical accompaniment, master of ceremonies Richard Brown introduced AEQ president

Carlos Gevers and ECU president Øystein Ogre, both of whom thanked those who had contributed to the organisation of the Convention and those who had shown their support of the ECU by attending. Dr Ogre presented the ECU Honour Award to Professor Charlotte Leboeuf-Yde in recognition of her achievements, and she received a standing ovation.

As BCA member Elisabeth Angier reports on page 12, this was another memorable event for speakers, delegates, exhibitors and organisers. Planning for next year's Convention in Dublin is well under way, and the ECU looks forward to attracting a record number of delegates with a theme of *Celebrating Diversity*.

The annual Convention is the showpiece event for the ECU. Far more than simply an academic event, it provides an opportunity to renew old acquaintances, catch up with friends and make new contacts from both Europe and the rest of the world. Supporting the Convention means supporting the chiropractic profession in Europe. Can there be any better reason to be there?

At the welcoming reception:
Mary Lou Thiel (left) and Claire Wilmot



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SOT CATEGORY PROTOCOLS

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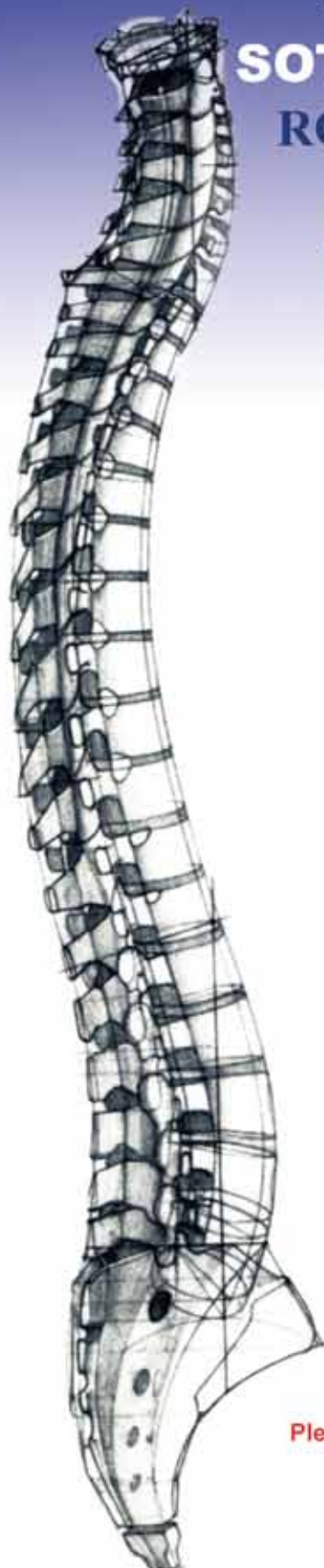
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Biography of MARC G. PICK, D.C.: is a Doctor of Chiropractic with a private practice in Beverly Hills, California since 1973. In a desire to enhance his services, he attended Emperors College of Traditional Oriental Medicine from 1987-92, and in 1997, he completed the American Chiropractic Association's 300 hour postgraduate course in Neurology. He earned his Diplomate and Fellowship status in Craniopathy through the International Craniopathic Society sponsored by the Sacro-Occipital Research Society International (SORSI) and has lectured throughout the United States, Japan, Korea, Australia, England, France, Canada, Italy and Switzerland since 1979..

WHAT IS SOT (Sacro Occipital Technique)? The holistic approach to chiropractic

SOT is a system of chiropractic known for cranial work but also involving detailed analysis and corrections for the pelvis, extremities and the visceral system. **SOT** Cranial allow practitioners to knowledgeably analyse a patient's body to determine underlying spinal, cranial and organ-related problems. In use for over 70 years and still developing, the technique has helped thousands of practitioners expand the scope of their expertise and help patients. **SOT** integrates easily and seamlessly with other chiropractic systems, so practitioners use several different techniques and approaches simultaneously to gather large amounts of information and then correct the underlying problem using highly effective, specific methods.

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A.I.C. CONTINUING EDUCATION SEMINAR AWARDED: CREDITS 10

EAC AWARDED 10 CPD points by the European Academy of Chiropractic

A delegate's viewpoint

*"Good enough for the rich and famous? Suitable for European Heads of State? Got to be good enough for me!" This was the thought that ran through **Elisabeth Angier's** head when she booked her place at the ECU 2013 Convention!*

I ADMIT THAT, at the time, my attention was mainly focused on the internet reviews of the Hotel Dolce Sitges, primarily the photos of the infinity pool and spa...

Suitably impressed by the surroundings, I was not disappointed by the Convention's programme. Entitled *Chiropractic in an Evidence-Based Environment: Opportunities and Threats*, the three-day event brought together all the latest research that supports our clinical protocols – why we do what we do, what works best, and what doesn't. There was plenty of discussion of what more we need to be doing too – the holes in the research and the weakness of the randomised clinical trial. It seems that the scientific and academic world have caught up with what we practitioners and clinicians have been saying for a long-time; it is far more effective to obtain evidence from patients using robust questionnaires (like the Bournemouth Questionnaire), emphasising the importance of Patient Reported Outcome Measures (PROMS) as a valuable and reliable measure of a patient's response to chiropractic care.

In addition to the informative lectures there were some excellent workshops held every afternoon, teaching the latest rehab or examination techniques with some juicy 'clinical pearls' that were easy to implement on my first day back in clinic. The hardest part was choosing which workshop to attend!

Many of the great names of chiropractic were present at the Convention. It was fantastic to meet some of the names that I recognised from text books that

I'd sweated over at college, or to have key articles and posters explained in detail by the authors and researchers in person. It really was a packed programme – not only was it jammed full with informative lectures and workshops, bustling trade stands and lively debates – but there was plenty of opportunity to network and mingle with other like-minded chiropractors from around the world.

explored the old, medieval streets and buildings. This 'down-time' was essential to clear the mind, stretch the body and build up an appetite for a long evening sampling more delicious tapas, washed down with a couple of cold beers, some fine wine and plenty of healthy discussion!

The formal proceedings finished with the grand Round Table Discussion. Entitled *As the chiropractic profession evolves, is*

then we have to pull together and present a united front to the wider medical world and health care community. We will have to accept, and respect, each other's differences, and act unanimously, presenting a cohesive, mature and professional capability to the wider global audience. We must ensure that we use up-to-date terms and methods, supporting our work with the best current research and evidence, but at the same time maintain a healthy regard for our historical and philosophical roots.

The social side of the Convention was well-catered for too. There was a Cocktail Reception on the first evening, and an excellent Spanish Night held in Barcelona which enabled people to try flamenco dancing and sample some of the excellent local cuisine. The finale to the Convention was the traditional Gala Dinner, an opportunity to see everyone dressed up in their smartest attire, and at this event Professor Charlotte Leboeuf-Yde received the prestigious ECU Honour Award for her work in chiropractic epidemiological research.

I came away from the ECU 2013 Convention with rekindled enthusiasm for my chosen career, and a sense of pride in being a European chiropractor within a much bigger global chiropractic community. It is with this rekindled enthusiasm and pride that I am already looking forward to engaging in further healthy debate with some new-found, international friends at next year's Convention. It is to be held in Dublin, 28-31 May 2014 – we're bound to have a good 'craic', though I doubt that we'll get the sunshine!

"I came away from the ECU 2013 Convention with rekindled enthusiasm for my chosen career, and a sense of pride in being a European chiropractor within a much bigger global chiropractic community."

In between lectures, workshops and presentations, there was sufficient time to look at the trade stands. It was great to be able to see some of the latest tools that are available to use in practice, from state-of-the-art chiropractic benches and activators to the massage oils and anti-inflammatory gels. There was time too to try things out – and I saw many people trying out the benches, getting a much-needed adjustment from their colleagues!

There was time in the evenings to explore the local area – some went for a quick run along the cliff-tops or through the local country park, whilst others walked down into the old town and wandered along the seafront or

evidence-based clinical practice an opportunity or a threat? The topic sparked off a debate between Richard Brown (BCA president), David Byfield (head of the Welsh Institute of Chiropractic) and Adrian Wenban (director of the Barcelona College of Chiropractic). The discussion focused on the balance between the science and philosophy of chiropractic – 'Evidence-Based Practice' or 'Principle-Based Practice'. The discussion became fairly lively at times and attracted some interesting comments from the audience.

The debate concluded with the overwhelming consensus that if we want the chiropractic profession to move forward and better itself,

Convention



ECU Convention Photo Competition

FRENCH CHIROPRACTIC student Marine Cesvet has won the ECU 2013 Convention photographic competition.

Her human depiction of 'ECU 2013' was unanimously voted the winner by the judges, who loved

the idea and the composition of the image, taken in the grounds of the Dolce Sitges hotel overlooking the town of Sitges and the Mediterranean.

Not only is Marine's photograph on the cover of this

issue of *BACKspace*, but she also wins a ticket to the Gala Dinner at next year's ECU Convention, to be held at the Gibson Hotel, Dublin.

Second prize, a ticket to the Irish Night at the Dublin 2014

Convention, was won by Anne Mette Knudsen Leiden of the Netherlands. Her photo can be seen above.

The ECU 2014 Convention takes place between 28 and 31 May, 2014.

Swiss researchers triumph at ECU Convention

THE 2013 EAC Jean Robert Research Award has gone to a team of Swiss researchers, and a second Swiss team have won a further research prize.

Led by Dr Cynthia Peterson, the first-prizewinning researchers collected their award at a special ceremony held at the end of the ECU Convention. With co-workers Christof Schmid, Serafin Leemann, Bernard Anklin, and Professor Kim Humphreys, Dr Peterson studied the effectiveness of high velocity low amplitude spinal manipulation on MRI-demonstrated cervical disc herniations.

Second prize went to Danish researchers Henrik Hein Lauridsen and Lisa Hestbaek for their work in developing the Young Spine Questionnaire, a self-report questionnaire of back pain and its consequences in children.

Swiss researchers had further success at the Research Awards ceremony, with Michael Meier PhD and his colleagues winning the Best New Researcher award for their work in identifying cortical representation of the lumbar spine. Using ground-breaking functional MRI technology, the team was able

to identify representation of the lower back in the primary somatosensory cortex.

Announcing the awards, EAC Governing Council member Vassilis Maltezopoulos praised the quality of this year's submitted research which, he said, raised the standard for future research awards.

"Chiropractic researchers are no longer restricting themselves to their own professional environment when it comes to publishing and presenting," he said. "Many of this year's prizewinners are highly respected

both in their own countries and internationally as publishers of high-quality research in a range of world-class peer-reviewed journals.

"With an ever-expanding number of chiropractic PhDs, the influence of quality research is reaching ever further, developing the reputation and quality of the profession."

Editor's note: An abstract of the first prizewinning study can be read on page 16 and details of further Swiss research success on page 21.

Research



Establishing a Research Agenda for Chiropractic in Europe

Steering committee: Sidney Rubinstein, Jenni Bolton, Alex Webb, Jan Hartvigsen
Address for correspondence: S.M.Rubinstein@VU.nl

Introduction

RESEARCH INVOLVING chiropractors is evolving and expanding in several European countries and the number of research papers published by chiropractors is increasing at an enormous rate. At the European Chiropractors' Union/European Academy of Chiropractic (ECU/EAC) Researchers' Day in Zürich, Switzerland (1 June 2011), it was decided amongst the members that we needed to establish a vision for chiropractic research in Europe for the forthcoming decade.

There are two primary reasons why we believe the establishment of a research agenda is important.

Firstly, it is thought that the process could facilitate unity within the European chiropractic research community and result in consensus regarding the most important research items. Secondly, and perhaps more importantly, no European chiropractic research agenda has ever been established, which is in stark contrast to North America where an agenda was first established in 1995 and with a subsequent update.

Methods

Researchers with a chiropractic background and who had attended any of the ECU/EAC Researchers' Day meetings since their inception

in 2008 were invited to participate. This included a mix of members ranging from those active in clinical practice to those involved in education and/or research.

Data collection consisted of the following phases: 1) Identification of themes; and 2) Delphi process, consisting of three rounds, to establish consensus and distill the list of identified themes to five research priorities. In the third and final phase, the results were made available to all ECU member countries and presented to the General Council as well as during a plenary session at the 2013 ECU meeting in Barcelona, Spain.

Results

In total, 60 participants were invited and the response rate throughout the process was high (80% up to and including the final Delphi round).

The following research priorities were identified (in order of importance):

1. Cost-effectiveness
2. Identification of subgroups likely to respond to treatment
3. Initiation and promotion of collaborative research activities
4. Promotion of chiropractors obtaining PhDs in academic institutions throughout Europe
5. *The following themes/topics received an equal number of votes:*
 - Dose response and frequency of treatment
 - Predictors of the interaction between biological and psychosocial variables relative to outcome
 - The anatomical and/or neurophysiological basis of chiropractic treatment on musculoskeletal pain

Discussion

This is the first attempt to establish a research agenda for chiropractic in Europe. The themes are sufficiently broad to encourage implementation; however, issues related to funding as well as cultural and economic differences must be addressed if the themes/priorities identified in this survey are to be implemented on a broader scale.

For more details please refer to: <http://tinyurl.com/mazm9g7>

Editor's note: The complete article was submitted to Chiropractic and Manual Therapies in August. The expectation is that it will be published before the end of the year.

IMRCI update

OUR INSTITUTE for Musculoskeletal Research and Clinical Implementation (IMRCI) has grown significantly since it was formed by Professor Alan Breen in 1999. After a lot more grinding work, the efforts of too many people to mention here, and a specialised moving table that standardises the motion of the patient (thanks to David Antrobus and Atlas Clinical), the result was an Objective Spinal Motion Imaging Assessment System (OSMIA) www.aecc.ac.uk/research/imrci/osmia.aspx. Nowadays, 'Team IMRCI' uses OSMIA as a tool in a programme of research that involves four doctoral students. Their tasks are to find out:

- If and how back pain patients' inter-vertebral motion patterns are different to people with no pain (Fiona Mellor)
- If a course of spinal manipulation for neck pain is associated with changes in

inter-vertebral motion (Jonny Branney)

- How the contraction of the spinal muscles and the motion of the lumbar functional vertebral units interact (Alister du Rose)
- If the increased prevalence of back pain in people who have had a lower leg amputation could be down to the effects of the functioning of the limb-prosthesis interface on the mechanics of the motion segments (Alex Breen)

This research is being done to put some age-old questions about spinal function and pain to the test. I would like to briefly focus on Alex Breen's work here as it addresses the needs of a special group (lower limb amputees) and because we have not reported on it before in *BACKspace*. Working both at the School of Design Engineering and Computing (DEC) at Bournemouth University and IMRCI, Alex is investigating the possibility that

'dynamic leg length inequality' can occur as the prosthetic leg is walked upon. This may co-exist with abnormal inter-vertebral motion patterns in the lumbar spine. The research involves adapting OSMIA to measure the movement in both the lumbar spine and the limb-prosthesis interface, then comparing the former with the inter-vertebral motion patterns in pain free non-amputees. The purpose is to find out how much movement occurs in the limb prosthesis interface and if this corresponds with abnormal inter-vertebral motion.

Alex is now looking for below-knee amputees to participate in his research. If you know of any such amputee who might be interested and lives close enough to Bournemouth to join us, please ask them to contact Alex - AlexBreen@aecc.ac.uk.
Professor Haymo Thiel
DC MSc PhD DipMed FHEA
Principal, AECC

Research

Patient safety incident reporting and learning

A new Europe-wide opportunity to help improve clinical risk management

APATIENT SAFETY incident can be defined as any type of safety event, error, accident or deviation from the norm that actually happened, nearly happened ('near miss') or has the potential to happen, regardless of whether it results in significant patient harm¹.

Reporting patient safety incidents helps practitioners identify the nature and causes of the incidents, learn from them, share the learning with other practitioners and make changes to minimise recurrences.

In 2003, the National Patient Safety Agency (NPSA) launched the National Health Service (NHS) Reporting and Learning System (NRLS) in England. Now run by the NHS Board Authority, this reporting and learning system is the most comprehensive national reporting system for patient safety in the world². The chiropractic profession was the first of the UK health care professions outside the NHS to develop and launch a national patient safety incident reporting and learning system. Known as the Chiropractic Patient Incident Reporting and Learning System (CPiRLS), this online initiative, based on the pioneering work of Haymo Thiel³, was launched in 2009 and currently enables all UK chiropractors to securely publish and thus share their own incident reports online, and to read, learn from and comment on incidents reported by others. This activity builds a collective experience that serves as a helpful risk management resource. A CPiRLS Implementation Team monitors the online reports to identify reporting trends, produces evidence-based Safer Practice Notices and adds relevant

resources to the CPiRLS website to help maximise the learning opportunities for participants. CPiRLS is operated by The Royal College of Chiropractors.

Launch of CPiRLS in Europe

CPiRLS is soon to be made available to all ECU members across Europe, which is an exciting development in the field of incident reporting and learning. Via its national member associations, the ECU will provide access details enabling an additional 2000+ chiropractors outside the UK who were previously unable to access CPiRLS to participate. More than 6000 chiropractors in total will then have access.

How to make effective use of CPiRLS

The principle of CPiRLS is that it provides an opportunity for all chiropractors to learn from their own and everyone else's reported experiences. Regular visits to the CPiRLS site enable chiropractors to keep abreast of recent incidents and to share comments and views.

Over the past three years, The Royal College of Chiropractors has run a *Safe With Us* campaign whereby chiropractic clinics appoint a Patient Safety Lead, develop a safety incident reporting policy and hold regular meetings to actively consider safety and clinical risk.

One clinic principal commented: "Within our practice the chiropractors meet every six weeks to review challenging cases and any incidents that have occurred, or been avoided by good practice, and decide if any require reporting. As part of our reflective practice

we also look at the CPiRLS reports that have been submitted to see whether we can learn from these incidents. I am finding that CPiRLS is an excellent tool for promoting reflective practice at my clinic. Although it has taken a long time to work out how best to get all practitioners aware of incident reporting and being proactive in this respect, I think we are finally there."

Starting out with CPiRLS

There is no doubt that commencing a new routine of sharing incident reports requires a change in culture for any professional group. It is a common finding that barriers exist among health care professionals to participation in such initiatives, including not knowing what to report, a reticence to highlight error and blame and a lack of perceived value of the reporting process.

Not knowing what to report

This is a frequently cited problem, but it should not be. The first paragraph of this article highlights the CPiRLS definition of 'incident' and, to paraphrase, you can report any occurrence that had or may have had a safety implication for a patient, whether a patient was harmed or not. If the incident made you reflect and learn, and particularly if it prompted a discussion with a colleague, then it should be reported so that other colleagues can learn too. Comments posted by them and others may then further enhance the learning for all concerned. If in doubt, report!

Error and blame

It has been established that a positive culture of safety is developing among chiropractors

in the UK and Switzerland^{4,5}, and the level of participation in incident reporting via CPiRLS now appears to be growing in the UK. Safety incidents do not necessarily cause harm and are not necessarily the result of practitioner error. CPiRLS is not about identifying error and blame, and participants can feel secure that their reports are anonymous and are potentially contributing to a reduction in the risk of recurrence.

Training in support of incident reporting

Once CPiRLS has been launched throughout Europe, the ECU plans to introduce training materials to help overcome the barriers cited above and to demonstrate the full learning and risk management potential of the system. Further details will follow.

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First prize: EAC Jean Robert Research Award

Outcomes from MRI confirmed symptomatic cervical disc herniation patients treated with high velocity, low amplitude, spinal manipulative therapy: a prospective cohort study with three month follow-up

Cynthia Peterson DC, M.Med.Ed., Christof Schmid DC, Serafin Leemann DC, Bernard Anklin DC, B. Kim Humphreys BSc, DC, PhD

Background

PATIENTS WITH radiculopathy from cervical disc herniations typically have neck pain with associated arm pain following the distribution of the involved nerve root. The treatment of patients with cervical radiculopathy is often surgical if conservative therapies fail.

The research evidence supporting spinal manipulative therapy (SMT) as a treatment for cervical disc herniations is severely lacking.

Purpose

The purpose of this study is to address the paucity of research evidence and investigate the clinical

outcomes of patients with cervical radiculopathy from disc herniation (CDH) who are treated with SMT.

Design

Prospective cohort outcomes study.

Methods

Patients between 18 and 65 years of age with neck pain and moderate to severe arm pain in a dermatomal pattern, sensory, motor or reflex changes corresponding to the involved nerve root and at least one positive orthopaedic test for cervical radiculopathy were included. MRI proven CDH at the corresponding spinal segment was required.

Outcome measures

Before the first treatment the patients completed a questionnaire consisting of a numeric pain scale (NRS) and the Neck Pain and Disability (NDI) questionnaire. At two weeks, one month and three months after the initial consultation the patients were called by a trained research assistant and the NDI, NRS and patient's own global impression of change (PGIC) data were collected.

Treatment procedure

The manipulative procedure was a high velocity, low amplitude adjustment with rotation to the opposite side and lateral flexion to the same side of the affected arm. Treatments were repeated 3–5 times per week for the first 2–4 weeks and continued 1–3 times per week until the patient was asymptomatic.

Statistical analysis

Only patients responding 'better' or 'much better' on the PGIC scale

were categorised as 'improved'.

The proportion (%) of patients improved with the intervention was calculated. Descriptive statistics were calculated. Scores on the pre- and post-treatment NRSs and NDI were compared using the Wilcoxon test for matched pairs. Scores on the NRSs and NDI were compared for acute vs. chronic patients using the Mann Whitney U test.

Results

47 patients with baseline and three month outcome data were included. At two weeks 58.3% of patients were 'improved', 69.8% at one month and 85.1% at three months. No patients were 'worse'. Statistically significant decreases in neck pain, arm pain and NDI scores were noted for all time points compared to the baseline scores ($p < 0.0001$ for all comparisons). In patients with symptoms over four weeks ($n = 19$), 73.7% were 'improved' at three months.

Conclusions

A high proportion of patients with symptomatic, MRI confirmed CDH treated with SMT report significant improvement at three months after start of treatment. No serious adverse events were reported. Even sub-acute/chronic patients showed significant improvement.

Clinical implications

SMT is not contraindicated as a treatment for patients with symptomatic cervical disc herniation. Although this is not a randomised clinical trial, these results suggest that particularly in subacute and chronic patients SMT may be an effective treatment.

PhD changes thinking on glucosamine sulphate

NORWEGIAN CHIROPRACTORS' Association (NCA) member Philip Wilkens has successfully defended his PhD thesis at the Faculty of Medicine, University of Oslo.

Facing eminent European professors Bart Koes (Netherlands) and Jan Hartvigsen (Denmark), Dr Wilkens presented his findings from a study into the effectiveness of glucosamine sulphate on chronic low back pain sufferers.

Having recruited 250 patients with chronic low back pain of greater than six months' duration, Dr Wilkens divided the research subjects into two groups and studied the effect of administered oral glucosamine sulphate versus a placebo over a six month period. In a smaller subgroup of 45 patients, the effect of glucosamine sulphate was analysed by MRI investigation.

Dr Wilkens found that glucosamine sulphate was no better than placebo in reducing



Dr Jakob Lothe and Dr Philip Wilkens

symptoms of low back pain either at six months or one year. Furthermore, glucosamine sulphate failed to impact on MRI findings of low back pain sufferers.

NCA spokesman Joachim Anderson was delighted with Dr Wilkens' success: "Everyone at the NCA is particularly proud of Philip's achievements. This was ground-breaking research and his findings will impact on the way chiropractors and other health professionals recommend glucosamine sulphate for musculoskeletal pain. His PhD award is extremely well-deserved."

General news

WIoC praised for quality of teaching



New final year cohort 2013

AN INDEPENDENT inspection team has praised the UK's Welsh Institute of Chiropractic (WIoC) for its teaching and educational experience following a visit in April.

A panel from the General Chiropractic Council's Education Committee made a number of commendations regarding the Masters in Chiropractic award programme, which has been running since 1997.

The GCC panel was particularly impressed with the integration of staff at all levels, the professionalism of the students, and the evidence-based approach to teaching and learning. The panel also made mention of the positive multidisciplinary approach to learning at the university.



Students watching live link surgery

Head of WIoC, Dr David Byfield, said: "We are extremely pleased with this outcome and I would like to thank everyone associated with the WIoC team for the hard work that went into producing such an excellent result. I would particularly like to thank Stephanie Davey (clinic manager) and Mark Webster (course leader) for their help and assistance during the run-up to this major event."

Chiropractic history society launched at AECC

THE BRITISH Society for the History of Chiropractic (BSHC) has been launched at the Anglo European College of Chiropractic (AECC).

The brainchild of Dr Francis Wilson, author of the ECU-sponsored *Chiropractic in Europe*, the Society aims to promote study of the history of chiropractic, promote preservation of historical source materials and provide opportunities for collaboration, discussion and critical analysis.

Membership is open to anyone (chiropractor or non-chiropractor) who wishes to



support the aims of the Society.

The first educational meeting of the BSHC will be held at the AECC on Saturday 19 October 2013. The weekend of 19-20 October is itself of historical significance because it marks 100 years since the death of Daniel David Palmer. For further information please visit the BSHC website: www.historyofchiropractic.org.uk

Two new European PhDs announced

THE ANGLO European College of Chiropractic (AECC) has just announced that two of its research students have recently been successful in their defence of their PhD theses. Dr Taco Houweling and Dr Laura Davies are the two newest chiropractic PhDs to qualify within the ECU.

For those pursuing an academic or research career within the chiropractic profession, achieving a PhD or a Professional Doctorate represents the pinnacle of academic achievement.

In April, Dr Taco Houweling defended his thesis entitled *Description of outcomes, patient experiences and related costs of care in low back pain patients undergoing chiropractic treatment in the UK*. From Taco's work, supported by a grant from the British Chiropractic Association (BCA), a Patient Reported Outcome Measures (PROMs) instrument was developed, and is currently being used in the new PROMs study alongside *Care Response* – another project being supported by the BCA.

Taco's PROMs instrument is the first to capture outcomes, experiences, side effects and costs of chiropractic treatment over a three month period. His findings showed that low back pain patients undergoing chiropractic care reported high levels of improvement, as well as high levels of satisfaction with care, all at a reasonable cost.

This is an important piece of work that forms a very good basis for providing evidence to health care commissioners. Further research is now building on this work with a focus on cost, improvement

and quality of life gain.

Taco has moved to Switzerland where he divides his time between working alongside EAC dean Dr Martin Wangler in private practice and contributing to the chiropractic programme at the University of Zürich.

Very soon after Taco's success was Dr Laura Davies' successful viva in May. Laura's project, entitled *The UK back pain subpopulation study: predictors of outcome in patients receiving chiropractic treatment*, was conducted in UK chiropractic clinics across the country and was also generously co-funded by the BCA. It was the first to examine in detail whether there are patient characteristics that are linked with improvement in low back pain patients while they undergo chiropractic care.

Laura used innovative methods including text messaging to collect data. Her work has added another valuable contribution to our understanding of chiropractic low back pain patients. Laura is now working at the Institut Franco Européen de Chiropractique (IFEC) in France.

The ECU congratulates both Dr Houweling and Dr Davies on their achievements.



Left:
Dr Taco Houweling



Right:
Dr Laura Davies

WFC Assembly Report

Welcoming chiropractors from all corners of the globe, the World Federation of Chiropractic's 2013 Assembly of Members took place on 8-9 April, 2013 in the city of Durban, South Africa. Richard Brown reports.

FOLLOWING AN opening address by WFC president Denis Richards, secretary-general David Chapman-Smith reported on the current status of the WFC, noting developments in the areas of identity, sports chiropractic and the World Health Organisation. He stressed the core value of the WFC – the power of unity within the profession and of speaking with one voice.

The WFC represents six world regions (Africa, Asia, Pacific, Europe, Eastern Mediterranean and Middle East, North America and Latin America) and each member nation was invited to present its report at the Assembly.

The Assembly provided a fascinating insight into the state of chiropractic worldwide. It also highlighted the inconsistency of legal status, recognition and public utilisation. The contrast was, at times, quite striking.

The Assembly heard from the president of the Korean Chiropractic Association on the events in what is arguably the most dangerous country in the world to practise chiropractic, and where chiropractors work in constant fear of prosecution and imprisonment.

From Africa, as well as a report from the host nation, South Africa, delegates heard of developments in Ethiopia, Kenya, Namibia, Uganda and Zimbabwe. It is clear that this continent has an exciting future ahead, with educational programmes planned outside of South Africa, increasing numbers and a sense of optimism that mirrors the growth and development of the profession within historically-troubled countries.

Ten ECU member national associations provided reports to the Assembly, which were



Gerard Clum, Richard Brown, Scott Haldeman, Ricardo Fujikawa

warmly received. It is clear that the organisation of chiropractic in Europe is in no small part down to the support and unity that the ECU provides.

ECU president Øystein Ogre spoke passionately on the state of chiropractic globally and the destabilising influence of North American incursions into what might be perceived as vulnerable European nations. He referred to the expression 'Europe is a battlefield' in relation to the approach being promoted by some overseas speakers.

Day two of the Assembly saw reports from the World Congress of Chiropractic Students, the World Health Organisation and FICS, the world sports chiropractic organisation. Veteran chiropractor Lou Sportelli presented the John Sweeney lecture in which he called for investment in research, education and professional care.

Two interesting debates took place. The first of these related to open plan practice, where the principal of the Barcelona College of Chiropractic spoke in favour and Netherlands Chiropractic Association President, Vivien Kil, spoke against. The second debate

involved extended contracts for chiropractic care, an emotive subject which has raised significant concerns within Europe and worldwide.

With over 300 World Congress of Chiropractic Students (WCCS) delegates joining the Assembly, day two brought together students, leaders, clinicians and researchers.

In summary, the WFC Assembly provided a fascinating insight into chiropractic worldwide. It is clear that Europe is one of the leaders globally in the growth and development of chiropractic.

University name change for WIOC

THE UNIVERSITY of Glamorgan, home to the Welsh Institute of Chiropractic (WioC) since its inception in 1997, has changed its name to the University of South Wales following a merger with Newport University.

Head of WioC, Dr David Byfield said of the new development: "This is an exciting change as it means the WioC will become home to a number of new clinical services, including Musculoskeletal Diagnostic Ultrasound and DEXA scanning.

"These developments will enhance the student experience and widen the exposure to integrated health care."

With over 33,500 students, the University of South Wales is now the sixth-largest university in the UK, offering more than 580 courses.

Chiropractic researchers win Pain Society award

JONATHAN FIELD, PhD Fellow at the Anglo European College of Chiropractic (AECC), and his supervisor Dave Newell, have won a poster award at the Annual Scientific Meeting of the British Pain Society (BPS).

The BPS is a prestigious and internationally influential body, and the doctors' poster was one of only five (out of a total of 137) to receive a prize.

A delighted Dr Newell said: "Given that we were the only non-medical presenters at the conference we are delighted with this result and I think we can feel rightly proud. As an institution committed to excellence in research and professional collaboration, we are very pleased to generate projects linking AECC with our colleagues out in the field."

General news

French chiropractors attacked by Health Ministry

CHIROPRACTIC IN France has again been the subject of an attack from the Health Ministry over the content of the CEN Standard TC394 relating to the services provided by chiropractors.

Since the publication of the CEN Standard, the Ministry has proposed amendments – known as A Deviations – which materially affect the way the Standard is applied by a member country.

The first A Deviation was overwhelmingly rejected by CEN, but the Ministry has come back with another proposed A Deviation, which relates to the concept of diagnosis (only registered medical practitioners are permitted to make a medical diagnosis in France) and the concept of a primary health care professional.

As it stands at present, chiropractors are recognised as health professionals, although chiropractic as a health profession remains unrecognised. This subtle difference is leaving chiropractors in France vulnerable to the

imposition of limitations on their scope of practice.

Having received a complaint by the Medical Council and Physiotherapy Council that the text regulating the training of chiropractors was invalid (the allegation is that the Ministry failed to consult with the Higher Authority of Health regarding the text), the French Chiropractors' Association (AFC) feared that the regulatory text governing the education of chiropractors in France would be cancelled by the French Supreme Administrative Court. However, in a dramatic development, the Court confirmed that chiropractors are autonomous primary care providers.

AFC president Philippe Fleuriau was delighted at the Court victory but is understandably angry at the latest developments, instigated by the Medical Council: "If the text was cancelled, there would have been major repercussions," he said.

"These would have included the future recognition of IFEC and the re-imposition of VAT on chiropractic services. At a time when we are also dealing with

an explosion in the numbers of osteopaths in France (an estimated 20,000 by the end of 2013 against 700 chiropractors), this challenge came at a difficult time for chiropractic in France."

Dr Fleuriau also had a warning for the other members of the ECU: "The massive growth in the number of osteopaths here is not just a problem for France," he said. "The risk of osteopaths migrating to other European countries is high, with portability of qualifications permitting free movement around much of Europe. Every ECU member must be mindful of the potential for an influx of osteopaths and re-double their efforts to secure the position of chiropractic in Europe."

Because of the united opposition of other ECU member nations, the A Deviation request of the French ministry has now been rejected.

Acting ECU secretary-general Richard Brown said: "This positive development for France demonstrates the value of unity amongst all ECU member nations."

AECC welcomes back Alumni in reunion event

THE ANGLO European College of Chiropractic alumni reunion event, when all AECC graduates are invited back to Bournemouth to reminisce about their college days and make new plans for the future, takes place on 28 September.

Haymo Thiel, principal of the AECC said: "Guests are welcome to join us during the day for activities on campus and then into the evening for dinner and dancing, or they can choose to attend the evening event only.

"We are particularly pleased to announce that we have arranged for alumni to sit in on a streaming of the Terry Yochum seminar during the day, which will count as three CPD hours.

"The evening event will be held in the beautiful Bournemouth Highcliff Marriott Hotel, which boasts stunning views and award-winning food. Having listened to your feedback from last year, we've extended the party until 1am. The evening will include a drinks reception, delicious three course meal with complimentary wine, a band and free prize raffle.

"If you graduated in 1988, 1993 or 2003, you have a special anniversary to mark with 25, 20 and 10 years since graduation respectively."

If you haven't already signed up to the event you can do so via the AECC Alumni Facebook page or by emailing marketing@aecc.ac.uk

Swiss chiropractors win extended rights

THE SWISS Federal Council has finally approved in part ChiroSuisse's request to revise Article 4 KLV/OPAS (Special Terms and Conditions for 'Academic Care' Health Insurance) after 18 years of negotiations with the Federal Office of Public Health. Article 4 relates specifically to the scope and duration of benefits, and allows freedom of choice for Swiss citizens in matters of recognised health care service.

As a result of the decision of the Council, prescription

rights have been expanded to include orthopaedic supplies and all diagnostic imaging pertinent to the locomotor system, including MRI, CT, diagnostic ultrasound and scintigram. Additional prescribing rights relating to certain classes of medication is expected in the future.

In other news from Switzerland, a research project involving a major insurance company, a telemedicine provider and ChiroSuisse is in the final stages of data

analysis, with a result expected to be announced by the end of 2013.

Meanwhile, the chiropractic Critical Incident Reporting and Learning System (see page 15) has gone live in Switzerland, allowing the gathering of information relating to near misses and adverse events. ChiroSuisse hopes for active discussion and positive outcomes from the implementation of this important quality tool for chiropractors.

RCU strengthens international links

THE REAL Centro Universitario Maria Cristina (RCU) in Madrid, Spain, has strengthened its international links by partnering with four overseas chiropractic training institutions.

It has established student exchange programmes with Tokyo College of Chiropractic, Freevale University and University Anhembi-Morumbi in Brazil and the State University of the Ecatepec Valley in Mexico.

So far, RCU has received five students from Brazil and in return has sent two there. Six students from Mexico have attended RCU and it is anticipated that five students will travel from RCU to Japan later in 2013.

Faculty from the chiropractic programme at RCU has been successful in publishing in an international chiropractic publication. The study, developed by students on the programme, involved supervision by the research faculty. Meanwhile, the RCU Research Committee, spearheaded by Arantxa Ortega de Mues PhD, has developed a strategic plan to integrate clinical, epidemiological and basic science research into all five years of the programme.



On 30 June 2013, RCU graduated its second cohort of students. Sixteen students received their diploma at a moving ceremony held within the beautiful surroundings of El Escorial. With virtually all graduates having secured employment positions, there is a strong international flavour to their destinations. One graduate has moved to practise in Singapore, while another, Dr Gabriela Flores, becomes the first female and the first native Guatemalan chiropractor to



practise in her home country.

In another innovative development, from the start of

the 2013-14 programme year, bilingual programmes will be offered at RCU, with some programmes taught in English and some in Spanish. The aim is for students to develop competencies in both languages to widen opportunities upon graduation. For non-Spanish speaking students, an intensive tutoring process will continue.

In June, the graduating class went on a humanitarian trip to the Amazon region. Students and faculty delivered chiropractic care to local people, provided health education, and engaged in community activities. To appreciate the unique rainforest ecosystem, students were also taken on unforgettable sightseeing trips.



General news



Bournemouth Interns Tom Faulkner and Dayne Ferrar with two AFC Bournemouth players

Chiropractic-powered AFC Bournemouth takes on Real Madrid

HISTORY WAS made on 21 July, when UK south coast football team AFC Bournemouth took on nine-times European champions, Real Madrid. The multi-millionaires of the legendary Spanish side flew into Bournemouth to take part in the biggest fixture in AFC Bournemouth's history.

In advance of the game, officials from Real Madrid had flown over to check out the airport, transport links, pitch and facilities. Despite this work, they probably had not realised that AFC Bournemouth's recent rise up the UK Football League has been supported by students and staff from their local chiropractic educational institution, the Anglo European College of Chiropractic (AECC).

AECC students and staff have been working with AFC Bournemouth for several seasons and helped players to prepare for the massive encounter.

AECC students attend the club on a weekly basis, working with the club physiotherapist to prepare the team for matches as well as helping with recovery. Increasingly football clubs are incorporating chiropractic into their medical staff and many top-level sides provide access to chiropractors.

The final score – Bournemouth 0 Real Madrid 6 –

showed the huge difference in class between the sides, with superstar Cristian Ronaldo putting two goals past the hosts, thrilling the capacity crowd with skills many had only ever witnessed on television.

However, the experience for AECC clinic interns and staff was unforgettable. Lisa King of AECC said: "The profile of chiropractic in sport is rising all the time. With chiropractors at the 2012 Olympics and many world-class athletes benefiting from chiropractic care, it is great for our students to have the experience of treating professional athletes."

Newly-promoted AFC Bournemouth kicked off its new season in the second tier of English football on 3 August and will be playing teams such as Blackburn Rovers, Bolton Wanderers and Queen's Park Rangers during the 2013-14 season. With chiropractic support behind them, it promises to be an exciting season.



Captains Tommy Elphick AFCB and Pepe RM

Speed Meet opportunity for graduate employment

THE 2013 Speed Meet took place at the Anglo European College of Chiropractic (AECC) in April, attended by 40 final year AECC students and representatives from more than 20 chiropractic clinics from all parts of the UK.

Progression of students once they leave the AECC is something the college takes very seriously. "We don't want to just train students to be chiropractors, we want to see them enjoying a fruitful career as a result of their studies with us," said principal Haymo Thiel. "That's why we host the annual Speed Meet to introduce our graduating year to employers looking to fill positions."

The Speed Meet is not a full interview but a brief chat designed to give clinics and prospective associates the opportunity to see what each party can offer. During the day, candidates had five minutes to discuss their skill set with each interviewer. At the end of each five minute slot, a whistle was sounded, and students were moved on to the next interviewer.

The event offered a great opportunity for both students and clinics. Peter Townsend from Kenilworth Chiropractic said: "It has been a great opportunity to come along to the AECC for the Speed Meet event. Being able to see so many candidates in a structured manner allowed us just enough time with each person to decide who we would like to see again for a full interview. We also had the opportunity to talk to any students we particularly liked just after the event."

This was the best-attended meet in the event's four-year history.

The next AECC Speed Meet will take place on Saturday 22 March 2014 and the college looks forward to welcoming prospective employers from both the UK and other European nations. With many students wishing to return to their native countries to work or perhaps travel to a different country, the Speed Meet gives an excellent opportunity to fill associate vacancies.

Global success for Swiss researchers

THE CHIROPRACTIC Department at the University of Zürich has been recognised for its excellence in research at the 2013 WFC Congress in Durban, South Africa.

Led by Professor Kim Humphreys and Dr Cindy Peterson, the Swiss research team featured strongly at the awards ceremony at the Congress. The WFC Research Council, chaired by Dr Scott Haldeman, awarded third prize to the University of Zürich's chiropractic researchers for a functional MRI study showing changes in the brain in patients with chronic pain. Meanwhile, further success followed with

a second prize awarded for a poster presentation relating to a research study looking at outcomes from MRI-confirmed symptomatic cervical disc herniation patients treated with high velocity, low amplitude spinal manipulation.

Head of department Professor Humphreys was delighted with the awards. Commenting after the Congress he said: "This is a great reward for the efforts of chiropractic researchers here at the University. We pride ourselves on our research programme and will continue to strive to extend the body of knowledge as it relates to chiropractic care."

General news

Combined clinic supports breastfeeding mothers

THE ANGLO European College of Chiropractic (AECC), in collaboration with the School of Midwifery at Bournemouth University, has launched a new clinic specialising in supporting breastfeeding.

The Combined Chiropractic and Midwifery Newborn Clinic will be a specialist centre for mother and baby where chiropractors and midwives jointly provide more effective ways to help mothers and babies establish successful breastfeeding.

Knowing that breastfeeding can be stressful for some mothers, the two disciplines have come together to pool knowledge and resources to support new mothers experiencing difficulties.

Problems such as poor positioning and attachment at the breast combined with birth-related difficulties often making feeding extremely challenging.

AECC tutor and paediatrics advocate Joyce Miller said: "Successful breastfeeding is the healthiest choice for the infant, mother and society. Combining



skills from two professions provides a unique clinical opportunity - midwives to help with positioning and latching problems and chiropractors to manage any biomechanical problems in the infant stemming from birth.

"This clinic has operated at near-full or full capacity since it began in February as there is a significant need to assist families in sustaining exclusive breastfeeding. We have high hopes of making a difference in the community to support this healthy option for newborns as well as providing opportunities to students for inter-disciplinary education."

Latest ECCE news

THE EUROPEAN Council on Chiropractic Education (ECCE) reports that, at its first attempt, the Institut Franco-Européen de Chiropratique (IFEC) Toulouse has been accredited for a three-year period – the maximum for an initial accreditation.

The Toulouse campus, and its sister institution in Paris - the only internationally-accredited chiropractic programmes in France – will in future undergo concurrent accreditations to streamline the process for both IFEC and ECCE.

Director general of IFEC, Dr Mario Millan, said of the successful accreditation: "We are delighted to have received such positive comments following the visit from ECCE. IFEC prides itself on high standards of education and this positive report highlights the commitment of staff and students at the institution."

ECCE's Commission on Accreditation has recommended sending an evaluation team to South Africa in September 2013 to undertake a re-accreditation at the University of Johannesburg. South Africa's other chiropractic institution, at the Durban

University of Technology (DUT), is accredited until 2016.

In other news, ECCE is pleased to report that former AECC principal Dr Kenneth Vall has been elected vice president of the Council on Chiropractic Education International (CCEI).

Elections for a number of ECCE Council posts will take place at its next meeting on 30 November in Paris. At this meeting, ECCE will be appointing a non-chiropractic educationalist along with an ECU-nominated representative. The current Council includes two student members: Marine La Forestier (IFEC) and Stacey Priddle (WIoC), both of whom were elected to Council in 2012.

Finally, in April ECCE was represented by president Tim Raven at the International Chiropractic Regulatory Collaboration in Durban, South Africa. This organisation, established at the WFC Congress in 2009, comprises regulatory and accreditation bodies and has an interest in streamlining the mobility of chiropractors, promoting portability of qualifications and protecting the rights of chiropractors.

AIC unveils plans for chiropractic education

LIFE UNIVERSITY has been proposed as a preferred partner in establishing a chiropractic education programme in Italy, according to the Italian Chiropractors' Association (AIC).

At the ECU General Council meeting in May, the AIC announced that the Italian Health Ministry had shown interest in the development of a programme and that copies of CCE-US and ECCE standards had been forwarded to it for consideration, along with copies of both European and

American chiropractic curricula. The AIC understands that these documents have been passed to the Ministry for Universities and Education and the National Council for Universities for further consideration and that since September 2012 a working party has been deliberating the chiropractic degree programme standard. The AIC president, Dr John Williams, met with the Universities Ministry representative in March 2013 and a formal decision is expected soon.

The AIC has expressed a wish for a five-year continuous cycle programme of study (as opposed to the 3+2 and 1+4 currently employed at European universities). To this end, draft agreements with Life University, an Italian University and a potential campus site are pending finalisation, and Ministry approval, of the education standard (CCE/ECCE). However, even if the Health Ministry were to withhold approval, the AIC has

announced that it will continue with a programme incorporating Life University's Doctor of Chiropractic degree.

Currently, the AIC has 143 full members with a further 83 student members studying chiropractic at institutions around the world. The importance to chiropractors in Italy of establishing a standard for education is that it will create the possibility of opening a Chiropractic Register following legislation passed in Italy in 2007.

General news

Barcelona College strengthens its faculty

THE BARCELONA College of Chiropractic (BCC) has announced new additions to its staff as it continues to strengthen its faculty in preparation for the rapidly-approaching 2013-14 academic year.

Dr Pablo Martinez, who joined the BCC team just over a year ago, has been promoted to head of chiropractic. Pablo, a Spanish national fluent in both Spanish and English, is also currently enrolled as a student in a Master of Neurosciences programme. BCC principal, Dr Adrian Wenban said

of the new appointment: "I am delighted that Pablo has accepted the post of head of chiropractic at BCC. As well as his bilingual skills, he brings vast experience and a modern perspective to the programme."

The BCC has also welcomed Miss Zvezdana Topalovic to its administrative team. Zvezdana, a 2009 University of London graduate, has a Masters degree in lifelong learning, policy and management. In joining the team Zvezdana takes on the very important role of teacher co-

ordinator in the BCC Management and Administrative department.

The third addition to the staff at BCC is Dr Julie Gosnold who will become head of clinical skills. Julie is a 2001 graduate of the AECC who, since graduating, has worked in the UK. In addition to practising as a chiropractor, Julie brings her experience of working as a clinical tutor at the AECC. She joins the BCC after spending 12 months travelling through Mexico, Central America and Cuba, during which time she began to develop her Spanish-speaking skills.



Pablo Martinez

CPFE calls for greater representation in Europe

ANN-LISS TAARUP, president of the Chiropractic Patients' Federation Europe (CPFE), called for the establishment of more chiropractic patient associations across Europe when she addressed the General Council in Sitges at the ECU Convention at the invitation of the ECU.

Ms Taarup confirmed that patient associations had now been set up in nine European countries (see right) but said that much more work needed to be done. She asked chiropractors to spearhead efforts in their respective countries to increase patient involvement and public awareness of chiropractic.

In addressing the General Council, Ms Taarup referred to the European Patients' Forum (EPF) and pointed to the importance of membership to the CPFE. At present, however, it is some way off qualifying,

as the EPF requires 14 national associations in order to recognise the CPFE.

"It is our hope that countries without a patient association can establish one as soon as possible," said Ms Taarup. "It will make a huge difference to the standing of chiropractic in Europe."

Accompanying Ms Taarup on her trip to Spain was fellow CPFE Board member, Mrs Margarida Pires da Fonseca, lawyer to both the Portuguese Chiropractic Association and the Portuguese Chiropractic Patients Association. With strong national and EU governmental connections, Mrs da Fonseca is a valuable addition to the CPFE Board.

The CPFE is keen to receive news, views and suggestions that it can put on its website www.prochiropractic.org. Ms Taarup can be contacted directly at etogalt@mac.com.

Country	Chiropractic Association	Patients' Association
Belgium	Belgian Chiropractors' Union	None
Cyprus	Cyprus Chiropractic Association	None
Finland	Finnish Chiropractors' Association	Finnish ProChiropractic Association
France	Association Française Chiropractique	President of Chiro Plus Ass. France
Germany	German Chiropractors' Association	None
Great Britain	British Chiropractic Association	Chiropractic Patient's Association
Greece	Hellenic Chiropractors Association	Friends of Chiropractic Company
Hungary	Hungarian Chiropractors' Association	None
Iceland	Icelandic Chiropractic Association	None
Ireland	Chiropractic Association of Ireland	ProChiropractic Association
Italy	Associazione Italiana Chiroprattici	Associazione Italiana Pro-Chiroprattica
Liechtenstein	Liechtenstein Chiropractic Association	None
Luxembourg	Chiroletzebuerg	None
Netherlands	Netherlands Chiropractic Association	Nederlandse Vereniging Patienten Chiropractic
Norway	Norwegian Chiropractic Association	None
Poland	Polish Chiropractic Association	None
Spain	Asociacion Espanola Quiropractica	Asociacion Paciente Quiropractica Espanola
Sweden	Swedish Chiropractic Association	None
Switzerland	Chirosuisse	Swiss Pro-Chiropractic Association
Turkey	Turkish Chiropractic Association	None

McTimoney College graduates first full-time cohort

*Professor **Christina Cunliffe** is the principal of the UK's McTimoney Chiropractic College (MCC). Here, she reports on developments, including the forthcoming graduation of its first full-time students.*

IT'S HARD to believe that in a few months the MCC will be graduating its first cohort of students from the full-time four-year Masters in Chiropractic programme. We have already graduated two cohorts from the five-year programme, but it is good to see this latest addition to our portfolio of programmes reaching its first conclusion.

Each year, the programme has gone from strength to strength, with an interesting mix of younger students as well as more

mature entrants to the profession. In September, MCC will be undergoing its five-year GCC Education Committee visit, the last of the three undergraduate colleges in the UK to do so on this accreditation round. The next step will be preparation for the ECCE accreditation visit as soon as we have graduated that first four-year cohort.

In staff news, we are very pleased that Gay Swait, module leader for our Neuroscience and Clinical Neurology modules,

has just been appointed to the General Chiropractic Council (GCC). Prior to that she was a member of the GCC Education Committee as a chiropractic educationalist. Gay is also in the final stages of completing her PhD and is research director at the Royal College of Chiropractors.

Following on the research theme, there has been good success in getting papers presented at international conferences, most notably at

the Association of Chiropractic Colleges Research Agenda Conference in the USA and also at the last WFC Congress in Durban (see page 18).

As part of an outreach strategy, MCC has been able to break away from chiropractic-only fora, and members of the college staff have had an educational paper accepted in a major nurse education journal, with another on chiropractic care for the geriatric population in a mainstream physiology journal.



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in association with the
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Sidney Rubinstein • Brett Winchester
Ted Carrick • Heidi Grant
and many more!**

Making the most of it

Francine Denis

*Over the past few years, Francine Denis has become a familiar face within the ECU. She served as a regular observer before stepping up to be the General Council representative for Spain's national chiropractic association, the AEQ. In 2011 she became the only female member of the Executive Council and this year she has been elected vice president of the newly-constituted and restructured Executive Council. **Richard Brown** spoke to Francine to find out more about this softly-spoken Canadian and what is it that drives her in her new role.*

BORN IN 1966 in Edmonton, Alberta, Francine spent her childhood moving to various parts of Canada before settling in Regina, Saskatchewan. Like many children, she dreamt of becoming a medical doctor and was in fact pursuing her studies in pre-medical sciences at the University of Saskatchewan when she first heard about chiropractic. A gut feeling told her that she had found her true vocation in life and, having harboured some doubts about medicine as she progressed through her teens, decided to embark on chiropractic as a career.

She commenced her chiropractic education at the Canadian Memorial Chiropractic College in Toronto, but a conversation with a friend persuaded her that she should transfer to the Palmer West Chiropractic College, and she found herself bound for sunny California. The move, she says, was one in the right direction and provided a better fit for her.

"Transferring from CMCC to Palmer West was daunting and for me was quite a shift. However, as things turned out, the decision was the right one and my time at Palmer West holds many fond memories."

Francine is clear on the one person in the profession who has influenced her more than any other. "It has to be Gerry Clum", she answers instantly. "He has always been an inspiration to me. Not only is he an amazing speaker, he understands the profession in a way that respects all points of view."

Three years after taking the brave step of moving to the USA, Francine found herself celebrating her graduation in a slightly novel



style. Just two weeks earlier, she had become a mother to the first of her three daughters. Undaunted, with a baby on her hip and her new chiropractic degree under her belt, Francine moved to Spain in what she felt was to be just a temporary move – that was 21 years ago!

Francine's ten years post-graduation was spent closely following the chiropractic profession but non-practising, as she raised her three girls, now aged 21, 18 and 13. Settling in the southern Spanish city of Valencia she returned to work in 2002, in a busy multi-practitioner setting before setting up her own practice in 2004. She has continued to

work in her sole-practitioner clinic and finds that it enables her to balance her life both inside and outside chiropractic

So how did Francine get involved in the politics of the profession? Like many young chiropractors, it was certainly not something she thought about early on in her career. But as she observed the profession developing and witnessed both the positive and negative facets at play, she decided that in order to make a difference she had to make her voice heard.

"I just felt that it was no good sitting on the periphery of the profession and complaining that things weren't right" she says.

"I took the view that effecting change meant getting involved and being part of the solution. Chiropractic in Spain was going through a challenging time and I suppose I felt I could contribute something positive.

"I was also very conscious that with almost half of the profession being female, it was important that women were better represented politically within the profession. For me, it was no longer acceptable to have my view represented vicariously by someone who I wasn't sure understood my perspective."

Francine became actively involved in the AEQ eight years ago. Her contribution was quickly recognised, and within two years she had been appointed international vice president. First observing, then sitting at the ECU General Council was an enlightening experience.

"What became clear was the diversity of representation and differences in the status of ECU member nations," says Francine.

"For me, it exposed the need to address the issue of internal unity as a means of moving forward and I have committed myself to promoting a focus on common goals and values. Sometimes, I see people getting hung up on the small stuff, when really we need to be getting the bigger picture. We need to present one voice to those we seek to influence in Europe. There remain too many countries without legislation in Europe and that's not good for patients or for us."

Francine is frustrated by what she sees as the medical monopoly continuing to dominate the health care agenda in Europe. It

Making the most of it

is a powerful lobby, and she is very aware of the strength that traditional medicine exerts in dictating policy, recognising that chiropractic has some way to go in order to be heard at the table. She provides a valuable insight on the priorities for the chiropractic profession in the next decade.

"It is essential that the ECU continues to provide a role of leadership in Europe," she says.

"I see the next decade as being of critical importance in our working to achieve recognition across Europe. Widening access to chiropractic education, promoting our funded research and working with other stakeholders to achieve legislation is really where we need to direct our resources."

Francine is also clear on the need to support the future leaders in the profession. She has worked with the representatives of the World Congress on Chiropractic Students to access practical and financial support from the ECU and is keen to reach out to the newer members of the profession. As ECU vice president, she is charged with liaising with the student members and demystifying some beliefs about what it is that the ECU actually does.

"Too many people are misinformed about the ECU or simply not informed at all," she says. "They see it as an annual tax that doesn't really produce anything that benefits them personally. We have a job to do to communicate the benefits of ECU membership and to build a momentum that will carry with it all chiropractors, young and old. I would also like to see chiropractic better represented in Europe, especially in Eastern Europe."

"We should see it as our primary goal to move chiropractic harmoniously forward," she adds. "This will mean taming some egos and concentrating on the best interests of the profession. We will need to set personal interests aside and focus on mutual respect. I believe it's possible but it will require maturity on all sides to lead the profession forward."

Closer to home, Francine has had to cope, as have many chiropractors, with the impact of the European financial crisis. Spain is amongst the EU members to have been highlighted as being particularly hard hit.

"It's been tough here, and chiropractors have felt the pinch like everyone else. But we're not

aware of chiropractors moving out of Spain. It's a case of everyone tightening their belt buckle and riding out the crisis. Many chiropractors are doing well, though, despite what the media tell us is happening."

"The AEQ is working hard to develop and support the national chiropractic patient association," she says. "Every country needs patient advocates to propel the profession forwards and we have identified this as a priority."

Despite her political work as the ECU's vice president, Francine still finds time to work in her Valencia clinic and sustains her love of the profession through her patients.

"It's easy to get swallowed up with chiropractic politics. But it's seeing patients that keeps me grounded and reminds me what it's all about. There's nothing like the satisfaction of seeing how chiropractic care can transform people's lives. The power of chiropractic adjustments truly is life-changing."

With her rapid rise through the ranks does Francine now have her eye on the presidency?

"Right now, I am very content to be the VP," she says. "If, God

forbid, I had to temporarily step up, I would happily do so and feel confident that I could deal with issues. I have been pleasantly surprised at times during my life when I had been faced with adversity at my ability to rise above the challenges at hand, act responsibly and grow from the experience. These experiences give you the confidence to draw on your inner strength when it is required."

"However, I'm delighted to have the confidence of the GC and will undertake my role as VP to the very best of my ability."

As a Canadian, is there any chance that Europe might lose Francine to her native country?

Francine laughs: "You can never say never! Whether I'm in Spain or anywhere else in Europe, Canada stays in my heart. I'm a proud Canadian, but after over 20 years here, I'm also a proud European."

"The beaches in Spain are fantastic and my life is very much here in Valencia. My role in the ECU has also given me exposure to other parts of Europe and I'm very happy with my life at the moment. You can never foresee what might be around the corner, but at the moment the ECU will not see me disappearing!"

Chiropractic trailblazers

On a quest to inspire...

Vivian Kil is the president of the Netherlands Chiropractors' Association (NCA) and is the NCA's representative on the ECU General Council. In this article, she speaks about her enthusiasm for chiropractic, her pride in the ECU and her hopes for the future.

I HAVE TO admit, I am a dreamer. I am also an optimist. I am full of youthful enthusiasm, and I am on a quest to inspire...

I am a hard-working chiropractor who loves being in clinic with my patients, helping them along towards a healthier future. I graduated as a chiropractor from AECC in 2007,

and I have loved my job ever since. I believe chiropractic is one of the most wonderful professions in the world. And I think many of you would agree with that.

But did you ever stop to really think about our profession? About our rights and opportunities? I never doubted I would have the opportunity to do my job after

graduation. I never doubted there would be work for a chiropractor to do. That I would be allowed (by law) to work as a chiropractor in the Netherlands. That there would be patients coming into my office for chiropractic care. I never once stopped to think about those things, I always considered them obvious. It was not until one

of my colleagues dragged me into the board of the NCA I started to see that those things are not quite as obvious. That there are people at work making sure that we have those things I once thought were just there.

I started my work for the board of the NCA heading the Committee for Public Relations.

Chiropractic trailblazers

It was during this period I realised that the public opinion of chiropractic in the Netherlands was fairly non-existent. I had to explain what it is exactly that a chiropractor does so many times. Now obviously in our clinics, we all have been working on public awareness every day, explaining about chiropractic to our patients, and letting them experience chiropractic care. But apparently that was not enough. This is when I realised just how many people out there do not know about chiropractic, and this is when I understood how important the work is of all those people working on public awareness through many different projects, nationally and internationally. For example the work done by the Public Health Committee of the ECU, raising awareness for chiropractic in several committees of the European Union. Or the work of the World Federation of Chiropractic, working on projects like World Spine Day. Public awareness does not just happen, there are people out there spending their time working on public awareness, and we have come a long way, but there is still so much work to be done in order to get fully-recognised as a profession.

After working for the PR committee for a couple of years, I handed over my work in public relations to another very enthusiastic colleague of mine, and I took on the job of president of the NCA. I was (and still am) the youngest-ever president and the first female president of the NCA. As president of a national association, I also became General Board member of the ECU. And it was not until my first meeting with the board of the ECU in Amsterdam, in May 2012, that I realised just how important the ECU is for chiropractic in Europe. Of course I knew about the ECU, I knew it was there to promote chiropractic in Europe, but I did not really know what exactly it

was they were involved with. Well, after working with them for over a year, now I know what they do! The ECU does tons of work. It is a group of very inspired, hard-working people, and the topics they are discussing are very much of this time. They are working on the future of chiropractic, not the past!



The ECU is involved in supporting all national associations who are working towards legislation in their respective countries and there is so much knowledge and experience available on the board of the ECU with regards to legislation processes. They also work on promoting chiropractic in so many different places, such as government bodies and within regular health care, they support research all over Europe, and they support all chiropractic education in Europe. They support all patient organisations, national, and international. And did you know that the ECU has been there to support every single chiropractic programme in Europe from their initial steps? So, without the support of the ECU, we might not have chiropractic education in Europe.

The ECU has a very full agenda, so many things to attend to. There are many people involved, people with lots of knowledge and experience. During my time working with the ECU it has been such a great pleasure working with all those people. They have always been ready to support me when I

people at work making sure that I can work as a chiropractor in Europe.

I believe that it is because of the hard work of all those people within the national organisations, the ECU, and many other committees and organisations that there is a future for chiropractors in Europe. It did not just happen, people put an awful lot of work into establishing chiropractic in Europe. And if we want to make sure chiropractic sees a bright future in Europe, that means there is still a lot of work to be done. That means my generation, the young generation of chiropractors needs to get involved. We need to start supporting our national boards and the ECU. We need to start taking responsibility for our future.

All of us.

I know I will, but will you?

I am still a dreamer, and I dream about a fantastic future for chiropractic in Europe. I dream about a future in which our profession will grow to its full professional potential. I know it can happen. I also know it will be hard work, but I believe it is a very rewarding job. I hope my words will inspire people to join me in taking responsibility and start working towards a bright future for chiropractic in Europe.

The first step towards supporting the ECU would be to join us for the annual ECU Convention which will take place in Dublin next year. There will be many great discussions regarding the future of chiropractic in Europe, regarding policies etc. If you want to start getting involved, you can start by voicing your opinion there. And there will be plenty of opportunity to meet all those people who have done all the great work in the past as I mentioned above, and learn from their experience. I am sure it is going to be a very inspiring event for all present. So I hope to see you all there.

EAC announces new Research Review Service

THE EUROPEAN Academy of Chiropractic (EAC) is pleased to announce a new affiliation with Research Review Service (RRS) – a professional continuing education service designed to help chiropractors integrate emerging scientific research into their patient care.

Launched in 2006 by Toronto chiropractor Dr Shawn Thistle, RRS provides concise, weekly reviews that are available online or as MP3 audio files that can be downloaded or streamed.

EAC members will have full access to RRS for a free trial period from 1 September to 30 November 2013. After this time, members will be entitled to purchase individual one-year professional subscriptions at 50% off the regular fee (currently \$149 CDN).

Annual Researchers' Day

THE EAC Researchers' Day, now in its sixth year, was hailed as another great success when it was held in Sitges, Spain on 28 May.

More than 40 delegates from across Europe met to share ideas and identify areas for research collaboration at this informative and constructive event.

For the first time, the day included a session dedicated to bringing the researchers and politicians of the profession together, increasing numbers in the room to over 70. The annual General Council meeting of the ECU was adjourned to permit this special event.

The guest speaker was Francisco Kovacs MD, PhD, who gave a fascinating presentation on *The Spanish Back Pain Research Network (SBPRN): What do we do and how does it work?* Dr Kovacs directs the Research Department of the Kovacs Foundation, a non-profit research institution responsible for over 90% of the investment in research on neck and back pain in Spain. He is also the director of the Spanish Back Pain Research Network (REIDE).

The much-anticipated joint session between European chiropractic researchers and politicians was the highlight of the day for many. Dr Sidney Rubinstein, representing the researchers, presented findings from a recent ECU-funded study investigating research priorities for the chiropractic profession in Europe (see page 14). This was followed by a lively presentation by Dr Richard Brown, acting secretary-general of the ECU, representing the politicians. The session was concluded with a panel debate moderated by Dr David Newell on the subject of *How do researchers and politicians support and complement each other?*

The extremely informative sessions regarding innovative research methods and data collection tools were presented by Dr Mette Jensen Stochkendahl - *The joint role of researchers and stakeholders in chiropractic research: work disability prevention research as an example of trans-disciplinarity and knowledge transfer exchange* - and Dr Jonathan Field - *Patient reported outcome measures (PROMs): utilising a pragmatic online data collection system*. The audience also received an update from Dr Lise Lothe regarding the network of research clinics and COST project.

Dr Alexandra Webb resigned from her position as chair of the Governing Committee and organiser of the Researchers' Day. Dr Lise Haestbaek has assumed this role with Dr Sidney Rubinstein and Dr David Newell continuing as members of the Research SIG committee.

Next year the theme of the Researchers' Day, hosted in Dublin on Wednesday 28 May 2014, will be *Cost-effectiveness*.

Alexandra Webb BSc, MChiro, PhD

What is Research Review Service?

RRS is an online, subscription-based service designed to help chiropractors and other manual medicine practitioners stay current on emerging scientific literature. Posted on a weekly basis, RRS reviews are designed to provide efficient, practical, evidence-based information that can be applied in clinical practice or academic settings. The reviews are concise, yet comprehensive, and written to facilitate practical understanding of research methods and results as well as rational application to patient care.

By scanning over 70 relevant peer-reviewed journals per month, the team of RRS writers selects only pertinent and high-quality papers for review. Each week, one or two new reviews are posted. Subscribers also have access to the growing database of previous reviews (now more than 540), which is categorised and fully keyword searchable (additional features are listed below).

RRS is not like other journals – it critically reviews and clinically applies over 70 relevant studies per year from numerous leading journals. Most individual journals may feature far fewer relevant articles each year.

The focus of the RRS is manual therapy – including chiropractic, physical therapy, exercise science and rehabilitation, as well as nutrition and acupuncture.

What is included with a subscription?

RRS is an interactive, online community where subscribers enjoy:

- **WEEKLY REVIEWS** of the most relevant, current scientific literature.
- Access to the **GROWING DATABASE** of reviews (**now more than 540 reviews**), fully categorised and keyword searchable.
- **MP3 AUDIO** versions of new reviews (since autumn 2010) are available for download or streaming. Subscribers can enjoy their research reviews 'on the go'.
- **WEEKLY EMAIL ALERTS** with information about new reviews and links to other helpful research content (*if desired – users can sign up for this individually).
- A **USER DIRECTORY** to facilitate worldwide referrals and offline communication, as well as enhancing web presence/search engine optimisation for practising clinicians' websites.
- **ONLINE FEEDBACK FORM** where subscribers can provide commentary on content and suggest possible improvements or topics to cover.
- **ONLINE TESTIMONIALS FORM** to tell RRS how they feel about the service.
- **PROMPT, FRIENDLY CUSTOMER SERVICE** – RRS is always just an email away.

Dean of EAC Martin Wangler is delighted that the Academy is able to offer a free trial of RRS: "This is an excellent resource for chiropractors who want to keep up with the latest developments in research relevant to what they do in practice. From the comfort of their office or home, EAC members can access RRS, boost their CPD and use the evidence to develop their practices. I encourage Members and Fellows to sign up immediately."

For more information about RRS visit www.researchreviewservice.com or email Shawn Thistle at shawn@researchreviewservice.com.

Review



A glimpse of the future for European health care

Gitte Tønner is the ECU's new Convention academic organiser. Before the 2014 Convention, which is being held in Dublin, Ireland, she gained her first experience of Irish hospitality at an exciting and innovative neuroscience conference. Here, she reports on an event that both excited and inspired.

IN MAY I was fortunate enough to attend *Healthy Brain, Healthy Europe* in Dublin, hosted by the Irish presidency of the EU. A multitude of nationalities, organisations and individuals were present. Chiropractic was represented by four colleagues from the Chiropractic Association of Ireland, and me. Sufferers of neurological disorders and other patient advocates, primary neuroscience researchers, health economists and pharmaceutical companies were also present, as was former US senator Patrick Kennedy (a bipolar disease sufferer and addiction patient as well as a policy maker).

This exciting conference provided a glimpse of the future. People meeting for a common cause – across fields, levels, colours and continents – to gain an understanding of each other's work and of how we can and must proceed together for the benefit of not just 'the elderly' – but all of us!

As Kathleen Lynch, Irish Minister of State, put it: "Older people are not some alien species. It's 'when WE age', not 'when THEY age'."

If you consider that in 2010 there were 36 million cases of Alzheimer's worldwide and it is projected that there will be 115 million in 2050 – and that's just Alzheimer's – we're in for a storm. We, not 'they' – our family, friends and patients.

Irish Minister for Health, James Reilly, opened with *The One Key Objective for this*

Conference: Better Outcomes for Patients, emphasising that a healthy economy requires a healthy work force.

Enda Connolly, CEO of Health Research Board Ireland said: "The brain is THE frontier we need to know more about".

As a budding neuro-geek, the first day held most attraction to me. Colin Blakemore spoke on the Brainbow Mouse Project – 'Connectomics' – and the complete description of small volumes of brain quite appealed to me – but it showed how one small profession can get lost in minute details, however exciting, while another can try and legislate brain disorder care and industry without knowing how it affects patients in daily life. With a diverse audience, the level of sophistication had to be kept at a minimum. This taught me a lesson in my new ECU role: as chiropractors we must be humble enough to break the message down to bite-sized pieces but still remain true to the core principles of what we do.

Surprisingly, Peter Andersen, the pharmaceutical rep from Lundbeck, made much sense to me, when he observed that, regrettably, we operate in a disease care system and not a health care system; how we wait until people are sick, give them drugs and let them go rather than keeping them healthy. He stressed the importance of the right prevention and treatment for the right patient at the

right time. How refreshing to hear that from someone as chiropractors we'd normally never encounter.

Mary Baker from the European Brain Council was adamant about the need to shift from a paradigm of wanting a drug to solve all of our problems to people truly owning their health and empowering them with good tools to prevent or slow down disease processes. I am proud to announce she will be speaking at the ECU Convention 2014 on the societal impact of brain disorders – yet another reason to reserve your place now!

To return to the inspiring words of James Reilly: his mantra that "No European country can lift this burden alone" was echoed many times. I would go further by saying that no profession can lift this burden alone. It is my conviction that chiropractic as a drug-free health care profession plays a role right at the forefront to keep people moving and functioning as optimally as we possibly can.

As chiropractors, I encourage you to attend multi-disciplinary conferences whenever you can – I believe we'll recognise similarities in the challenges we face and find ways of thinking that will allow us to work together.

Finally, I thank the ECU for making it possible for me to attend. This was an inspiring event and has already helped me in my work within the ECU Convention team.

The Global Advance of Chiropractic

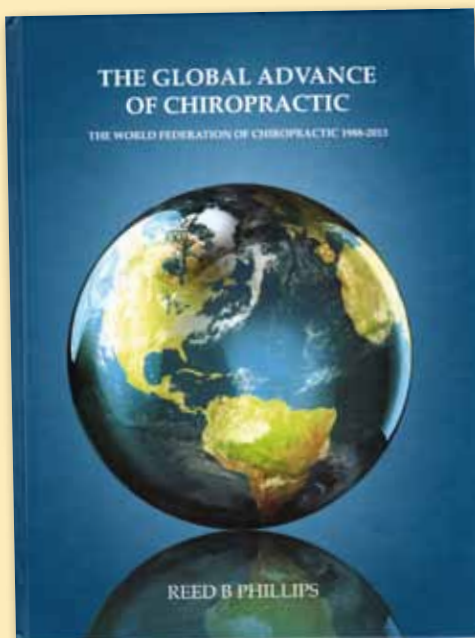
Reed B Phillips, edited Gerard Clum, David Chapman-Smith
ISBN: 978-0-9811332-3-2

IN CELEBRATION of the World Federation of Chiropractic (WFC) Silver Anniversary, and launched at the WFC Congress in Durban, South Africa, this magnificent text has been painstakingly researched and wonderfully presented. An essential volume for anyone practising or associated with chiropractic, *The Global Advance of Chiropractic* chronicles the developments in the profession since the inception of the WFC in 1988.

Lavishly illustrated, *The Global Advance of Chiropractic* is divided into ten chapters. Following a brief introduction setting out the scale of the progress that has been made by the WFC over the past 25 years, the second chapter takes the reader back to the beginning, to the pre-conception and embryonic stages of an organisation that has progressed to represent over 90 countries worldwide. The chapter details early efforts to start a world federation, particularly those of David Chapman-Smith and the first WFC President, Gary Auerbach.

The third chapter details how, following the World Chiropractic Summit in 1987, the WFC was launched in Sydney in 1988 with the formation of Articles and Bylaws. Chapter four, entitled *Decade of Growth* describes the rise of the profession through the decade, featuring key figures and historic events, including WFC's entry into official relations as an NGO with the World Health Organisation. From the first Congress and Assembly of Members in 1991, the chapter describes the memorable 90s WFC Congresses of London, Washington, Tokyo and Auckland. It discusses how educational, financial and organisational challenges were met, resulting in the WFC becoming the internationally-accepted authority on chiropractic.

If the 90s was the decade of development, the millennium heralded the age of maturity, reflected in chapter five. Written in an informative yet engaging style, the story of the WFC unfolds further, with the advent of WFC Educational Conferences, the global opportunities through developing technologies and, perhaps most importantly, the identity consultation that was to define the WFC's future. The chapter describes the increasing utilisation of consensus statements to bring the



profession together on diverse subjects such as philosophy and education. The historic WHO Congress in Traditional Medicine, held in Beijing in 2008 is given prominence as is the development of the WHO Guidelines on Basic Training in Chiropractic.

Chapter six is dedicated to just three years: 2010 to 2012, a period of further development, particularly of the world regions of the WFC. The recent history of the Federation International du Chiropractic Sportif (FICS) is also covered, as is the increasing prominence of the World Congress of Chiropractic Students (WCCS). Further facets of the profession, established and developed with WFC support and encouragement, are also covered in detail. The chapter concludes by affirming the WFC position as the international chiropractic organisation of repute.

The many faces of the WFC Executive Councils, Research Councils and Committees are represented in chapter seven, while chapter eight is dedicated to the secretariat, secretary general, staff and partners. For many involved in the international affairs of the profession, this is a veritable trip down memory lane, with memorable moments and landmark decisions carefully documented and pictorially recorded.

The penultimate chapter looks at the policies enacted over the 25 year history

of the WFC. Whilst few in number, they have covered important areas: sovereignty, international interference and seminars for non-chiropractors were all areas covered in WFC policy statements, with formal positions on prescription drugs and the definition of chiropractic also having been taken.

The final chapter of this fascinating and unique volume is dedicated to the current status and future of the global profession. The growth in membership of the WFC, the increasing numbers of chiropractors worldwide and the increase in the available chiropractic educational programmes are celebrated. An exciting future for the profession is predicted.

The Global Advance of Chiropractic tells a story of struggle, persecution, triumph and celebration. It takes the reader on a journey of discovery, not in the style of a dull historical tome, but in a colourful, energetic and fast-paced trip through 25 years of history. It does not get mired in detail, yet neither does it demur from giving a comprehensive account of the events that have led to the WFC's Silver Anniversary.

Packed with historical and contemporary photographs and written by the very people who have been integral to the growth and development of the WFC – and the profession – throughout its 25 year history, *The Global Advance of Chiropractic* is a high quality, yet affordable book that should serve as a testament to persistence and dedication. With a number of fact-filled appendices, it is not simply a history book but a reference text for those wanting to discover more about the chiropractic world around them. Every chiropractor should have it on their bookshelves.

Order from www.wfc.org



Richard Brown
DC, LL.M.,
FRCC

Review

Biomechanics of Musculoskeletal Injury

William C Whiting, Ronald F Zernicke, 2nd ed
Publisher: Human Kinetics ISBN13: 9780736054423

FORM FOLLOWS function' is a statement that holds up for biological tissues. For a long time it was considered that bone, ligament, tendon and articular cartilage were inert tissues. In reality, they are dynamic and respond to physiological and mechanical stimuli, including injury. Their embryological origin can explain much about their capacity to adapt to the forces imparted on them.

Bone mineral density

The effects of the transfer of strain energy on bone can easily be visualized on X-rays. In particular, cyclic bouts of **shear stress** accelerate the rate of chondrocytic proliferation, maturation, degeneration and ossification, whereas compression seems to retard this process. Bone mineral density increases as a consequence of running up to 20 miles per week, above that, there was no further benefit. The bone mineral density actually decreases in the tibia of runners who run more than 60 to 75 miles per week.

Adaptation of skeletal muscle

In muscle, titin is of particular interest in case of over-extension of muscle. This polypeptide spans the sarcomere from the Z disc to the M band, functions as a spring and redirects unequally distributed forces. It is the weakest link and overextension of muscle results in its unravelling in the first place. This is accompanied by compression and reorientation of Z- and M-line proteins. The enormous capacity of skeletal muscle to adapt is appreciated by contrasting muscular development of a weightlifter with that of a bedridden individual. The hypertrophy occurs through the activation of local support cells, called satellite cells, which are mitotically quiescent myoblasts located between the sarcolemma or the muscle fibre and its extracellular matrix. Insulin-like growth factor-1 causes satellite cells to divide.

Tendon and ligament biomechanics unravels their extraordinary capacities. The patellar tendon has the potential to withstand up to 17.5 times the body weight before rupturing. Examining their viscoelastic features and comparing them to other structures allows

us to estimate which structures may fail first. A ligament will fail at tensile loads that are applied quickly, whereas an avulsion fracture will be more likely at slower load rates.

Muscle balance

On the other hand, with kinematics it can easily be understood how subtle forces could be injurious depending on the loading rate, the position of the body, the type of displacement, the velocity and the acceleration. Forces applied to our joints as a consequence muscular activity can be broken down in components, one stabilising the joint, another one potentially destabilising it and one to cause rotation, for example. One can imagine that subtle execution errors of complex movements could possibly be injurious due to the destabilising effect of the action of singular muscles. Muscle balance, synchronicity in the function of the agonists and the stabilising effect of antagonistic muscle activity are important factors to preserve a joint.

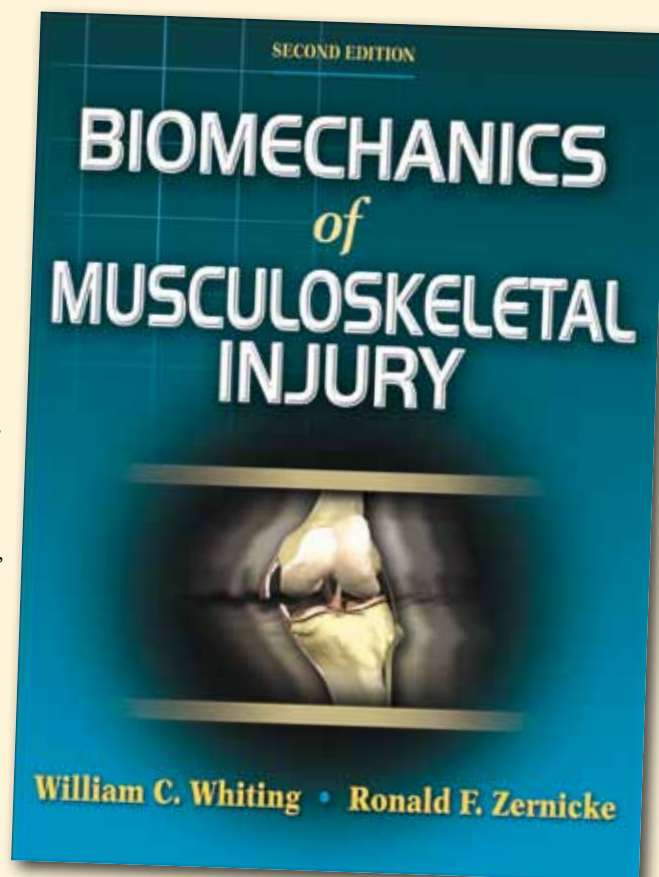
Cervical levels

A disarmingly simple but useful table, I find, summarises function and deficits according to cervical levels. C1-C3: limited movement of head and neck and extremities. The patient requires ventilator support. C3-C4: usual head and neck control, shoulder shrugging may be conserved. C5: head, neck and shoulder control, the patient can bend the elbows and can supinate to turn the palms up. C6: head, neck, shoulder and elbow flexion control. The patient can turn the palms up and down and can extend the wrist. C7: added ability to extend the elbow. C8: added strength and some finger control, there is lack of fine precision hand movements.

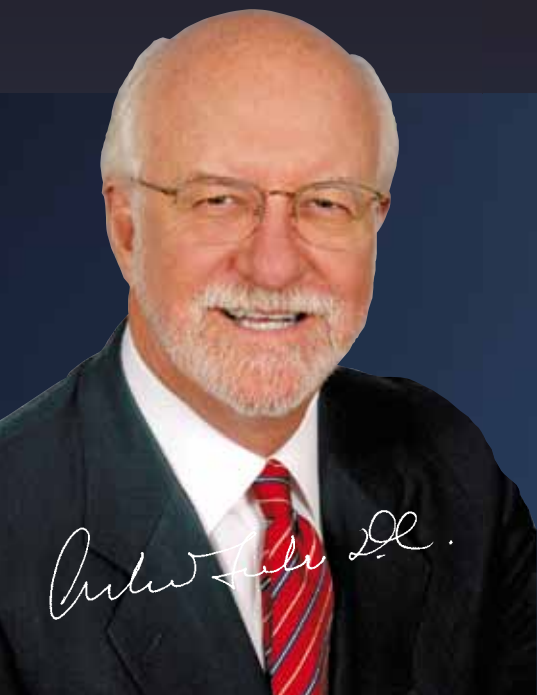
The shoulder joint

Conclusively, of all musculoskeletal injury sites described in the book, the shoulder joint is by far the most interesting one to me. Its mobility is exceptional at the expense of stability. There is poor bony fit, improved slightly by the glenoid labrum, and limited supporting musculature present to provide for active stabilisation. Passive stabilisation is provided by ligaments and the joint capsule is rather obvious. Concavity compression refers to stability created when a convex object is compressed into a concave surface. Despite its resulting protective resistance to translation, significant translation still does occur. Scapulohumeral balance refers to the co-ordinated muscle action that maintains the net joint reaction force within the fossa while actively resisting translational forces.

Karl Devriese DC, DACNB, ICSSD (Sports), FEAC



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