



House directs Defense Department to restore chiropractic on military bases

This story was first published by the American Chiropractic Association (ACA). [The original article can be read here.](#)

The U.S. House of Representatives voted on Sept. 10 to approve a plan to restore chiropractic services at more than a dozen U.S. military bases where services have been arbitrarily discontinued. The action is consistent with the Defense Health Agency's (DHA) ongoing concern over the use of opioids by active-duty members of the military and calls to make non-addictive alternatives for pain management more readily available to military personnel.

The amendment was introduced by Rep. Greg Steube (R-Fla.). It reflects upon the Floyd D. Spence National Defense Authorization Act (Public Law 106-398), which in 2001 established the original chiropractic benefit in the Department

of Defense healthcare system. The Steube amendment responds to chiropractic clinic closures over the past year caused by contracts with participating doctors of chiropractic being allowed to elapse. It calls on DHA to develop a plan to reopen closed clinics and to explore the feasibility of putting chiropractors stationed at military facilities in the federal General Schedule (GS) system. The amendment also directs DHA to report back to the House and Senate on its progress by March 31, 2026.

Surveys show chiropractic services are highly valued at U.S. military facilities. Reports show that these clinics provide proven, cost-effective care to hundreds of patients monthly, offering a range of non-drug services to address painful musculoskeletal conditions commonly experienced

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F4CP reports on issues with playing games

Six in 10 Americans play games on a computer or console at least once a week, with the average American spending over 11 hours gaming per week, according to a new poll. The survey from The Foundation for Chiropractic Progress (F4CP) found that over half of American adults (54%) and 88% of gamers experience physical discomfort, including back pain, headaches, carpal tunnel and/or finger/wrist strain as a result of gaming.

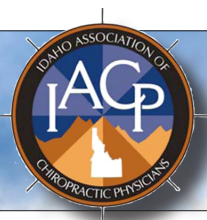
The third annual F4CP poll, conducted online by the Harris Poll, surveying over 2,000 US adults, found that the average gamer spends just under three hours gaming per session, rising to three and a half hours for men aged 18-34. Gaming has already been associated with "tech neck" and often poor posture, so it is unsurprising that over half of gamers (57%) are very or somewhat concerned about the potential health impacts.

Thankfully, gamers are already taking action. 91 % who experience pain when gaming try to treat the pain themselves, with a majority (66%) changing their posture (48%) or stretching (42%). Changes in posture and stretching are among the preventative measures that chiropractors advise alongside an adjustment.

Despite gamers seeking the type of relief that chiropractors offer, just one in five (20%) gamers experiencing pain have seen a chiropractor.

"As gaming has become increasingly popular in recent years, it is more important than ever to consider the health impact of gaming, especially when gaming for long periods at a time," said Sherry McAllister, DC, president of F4CP and

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IACP

The mission of the Idaho Association of Chiropractic Physicians (IACP) is to act as the unified voice, leader and stalwart supporter of the individual licensed doctors of chiropractic and supporting associates who provide exceptional health care and wellness to the patients and communities of Idaho. In supporting our Idaho chiropractic physicians, the IACP will work diligently to protect, enhance and build opportunities for the chiropractic industry and increase public access to chiropractic care.

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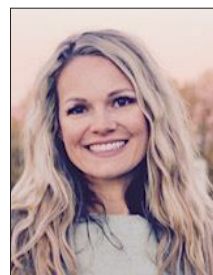
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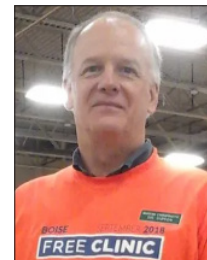
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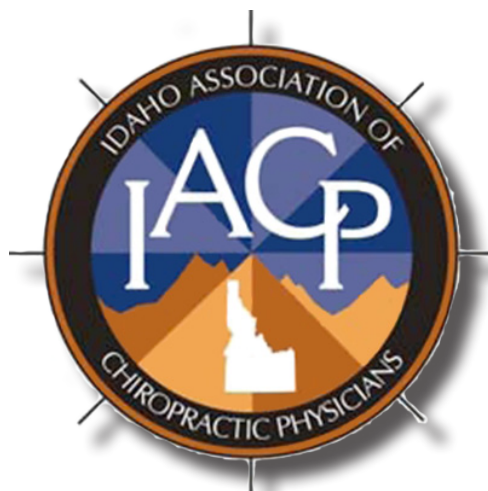
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F4CP reports on issues with playing games

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author of *Adjusted Reality: Supercharge Your Whole-Being for Optimal Living and Longevity*.

“When gaming on a console or computer, we are in danger of losing focus on our posture, affecting not just how we look, but how our body functions. Taking the time to optimize your set-up in support of your body, as well as taking breaks in the middle of gaming sessions to correct your posture, are good ways to balance enjoyment and health. Remember, if you’re feeling discomfort from gaming, consider chiropractic care for a whole-body assessment and adjustment to improve your neck and spine alignment and overall posture.”

18-34 year olds are the age group with the most gamers (85%) followed by 35-44 year-olds (80%). These age groups spend the most time gaming, on average more than 10 hours a week, while an astonishing one in five 18-34 year olds spend 20 hours or more a week. Surprisingly, gaming is also cross-generational, with one third of 65+ respondents saying they play games at least once a week. In addition, 70% of men and 53% of women play games on a regular basis, with 94% of 18-34 year-old men and 77% of women that age.

“Esports gamers are quickly becoming new role models for younger generations, inviting many to follow in their path and spend hours gaming and streaming. Yet, these gamers are often professional with ergonomic set-ups and extensive strength training to prevent long-term injury,” added Steve Conway, DC. “For aspiring gamers looking to



spend more time on their console, consider upgrading your set-up or purchasing ergonomic accessories just like the professionals.”

For current and aspiring gamers here are five tips to align your body, sharpen your mind and support your whole-being while gaming:

- 1. Align for Clarity:** Sit tall with your spine supported; alignment boosts focus and mental clarity.
- 2. Level Your Vision:** Keep your screen at eye level to reduce neck strain and protect long-term posture.
- 3. Ground Your Foundation:** Place both feet flat on the floor; balance in your base supports balance in your body.
- 4. Pause & Recharge:** Every 30-45 minutes, stand, stretch, and breathe-small resets supercharge stamina and mood.
- 5. Strengthen from Within:** Engage in daily core and mobility exercises; a strong center fuels better reaction time and resilience.

The survey was conducted online within the United States by The Harris Poll on behalf of the Foundation for Chiropractic Progress (F4CP) from August 19-21, 2025, among 2,091 adults ages 18 and older, including 1,202 “gamers” and 1,045 gamers who ever experience physical discomfort. The sampling precision of Harris online polls is measured by using a Bayesian credible interval. For this study, the sample data is accurate to within +/- 2.5 percentage points using a 95% confidence level. For complete survey methodology, including weighting variables and subgroup sample sizes, please contact Daniel.davis@finnpartners.com.

The Foundation for Chiropractic Progress (F4CP) is an award-winning not-for-profit organization dedicated to educating the public about the benefits of chiropractic care. With 39k members, we work to build bridges with other healthcare professions and foster trust through peer-reviewed research, campaigns, and industry platforms, all in the service of promoting a drug-free, non-invasive, sustainable approach to healthcare.

House directs Defense Department to restore chiropractic on military bases

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by members of the military and enabling them to return to service.

“We thank Rep. Steube for his foresight to tackle this issue and we also acknowledge House Armed Services Committee Chair Rep. Mike Rogers (R-Ala.) for his long-standing support of chiropractic in the military,” said John Falardeau, American Chiropractic Association (ACA) senior vice president of public policy and advocacy.

A four-year clinical trial conducted at several military sites—the largest chiropractic clinical trial on record—showed

evidence that chiropractic care, when added to usual medical care, resulted in moderate short-term improvements in low back pain intensity in active-duty personnel. The results of the trial, published in 2018 by JAMA Network Open, served as additional support for the inclusion of chiropractic services as a component of multidisciplinary health care for back pain, as currently recommended by existing guidelines.

The Steube amendment was made part of the larger National Defense Authorization Act, which now goes to the Senate for consideration. ACA will be working with senators to ensure the provision remains in the final defense package.

IACP 2026 Annual Convention

Save the Date: April 24-26, 2026, The Grove Hotel - Boise, ID

Join your fellow chiropractic colleagues for the IACP Annual Convention in Boise. The event will be filled with innovative presentations, networking opportunities, and discussions on our efforts to grow the chiropractic industry into the future.

Our fresh and diverse set of speakers, along with our exhibition of industry partners, will provide you with professional development as well as applicable products and services to benefit your practice.

Patient affordability in 2025:

Why rising costs matter more than ever

For years, Americans have been concerned about the cost of healthcare. In 2025, that concern has become a crisis for many families. Even as inflation cools in other parts of the economy, healthcare costs continue to rise—stretching household budgets and forcing families to make difficult trade-offs between their health and their finances.

The Growing Cost Burden

According to the American Medical Association, U.S. health spending reached \$4.9 trillion in 2023—a 7.5% increase from the year before, and a growth rate faster than the overall economy. That spending translates to nearly \$14,570 per person, a staggering figure that many families cannot afford. (Martin, Hartman, Washington, & Catlin, 2025)

Out-of-pocket costs are also on the rise. The Centers for Medicare & Medicaid Services (CMS) reported that patient spending grew by more than 7% in 2023 alone. (CMS, 2025) That means higher premiums, deductibles, copays, and bills at the pharmacy counter—even for families with insurance. For many, these added expenses come at the expense of groceries, rent, or savings.

Inflation Hits Health Care Harder

While the overall Consumer Price Index has leveled off somewhat in recent months, medical inflation continues to outpace general inflation. The Health System Tracker from KFF found that medical care prices rose 3.3% in June 2024, compared to 3.0% for all consumer prices. Hospital services and nursing home costs are climbing even faster. (Rakshit, Wager, Hughes-Cromwick, Cox, & Amin, 2024)

That difference may seem small, but it adds up quickly when medical care makes up such a large portion of a household budget. As a result, healthcare becomes more expensive year after year, even when other costs are stabilizing.

Families Are Making Hard Choices

The consequences of these rising costs are very real. A 2025 survey from KFF found that nearly half of U.S. adults say it's difficult to afford health care. One in four reported that someone in their household had trouble paying for care in the past year. (Sparks, Lopes, Montero, Presiado, & Hamel, 2025) To cope, families are delaying doctor visits, skipping recommended treatments, and even cutting pills in half to make prescriptions last longer.



The Commonwealth Fund revealed that more than half of adults now spend at least 10% of their household budget on healthcare costs. For some, especially those with marketplace coverage or lower incomes, that number climbs to 25% or more. (Collins, Roy, & Masitha, 2023) That means one out of every four dollars is going to medical expenses—a level of financial strain that would be unsustainable for any family.

The Ripple Effect of Delayed Care

Skipping or postponing care may seem like a short-term fix, but it creates long-term problems. Delayed preventive care often leads to more serious (and more expensive) conditions down the line. When patients can't afford to manage chronic conditions like diabetes or hypertension, they're more likely to end up in the emergency room, driving costs even higher. This cycle is bad for patients, families, and the healthcare system as a whole. What begins as a budget decision at the kitchen table often becomes a public health issue with far-reaching consequences.

Why Patient Affordability Matters

The affordability crisis isn't just about dollars—it's about access. Families who cannot afford care are forced to choose between their health and other necessities. The reality is that healthcare in the U.S. is not just expensive; it's financially devastating for too many households. For providers, this growing affordability gap also creates challenges. When patients can't pay, practices struggle to maintain consistent cash flow. Providers face the tough choice of discounting services (sometimes in ways that may not be compliant) or losing patients altogether.

Moving Toward Solutions

There is no single solution to the affordability crisis, but there are strategies that can help:

- Transparent Pricing that allows patients to understand their costs upfront.
- Discount Medical Plan Organizations (DMPOs) help patients legally access lower fees without jeopardizing provider compliance.

- Education for Patients and Providers on navigating high deductibles and maximizing available resources.

As Harvard public health experts note, protecting families from catastrophic health costs requires both policy reform and practical solutions at the clinic level. (Sobotko, 2024) Providers who take proactive steps to address affordability not only protect their patients but also strengthen their own practices.

The Bottom Line

Healthcare affordability is no longer a distant policy issue—it's a pressing, everyday reality for millions of families. Inflation, rising medical costs, and growing out-of-pocket expenses are forcing patients to delay care and stretching household budgets to the breaking point.

For providers, understanding these pressures isn't optional; it's essential. By offering compliant and affordable care, providers can meet patients where they are, ensure access to needed services, and build practices that thrive even in today's economic climate.

We've put together an in-depth white paper on compliance, affordability, and strategies providers can use to protect both their patients and their practice.

Download the White Paper: [Four Overlooked Secrets of Successful Chiropractic Practices](#)

Dr. Ray Foxworth, DC, FICC, is the visionary behind ChiroHealthUSA, serving as its esteemed founder and CEO. With over 39 years of dedicated service in chiropractic care, Dr. Foxworth has navigated the complexities of billing, coding, documentation, and compliance firsthand. His rich experience includes roles as the former Staff Chiropractor at the G.V. Sonny Montgomery VA Medical Center and past chairman of the Chiropractic Summit and Mississippi Department of Health.

Dr. Foxworth is deeply committed to advancing the chiropractic profession, which is evident through his leadership roles. He is an at-large board member of the Chiropractic Future Strategic Plan and holds an executive board position with the Foundation for Chiropractic Progress.

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Walking to relieve back pain

Low back pain is the leading cause of disability worldwide, affecting over 600 million people globally. It doesn't just affect a person's ability to move with ease. It can also affect mental well-being and quality of life.

Chiropractic care is, of course, top of the list for relieving back pain. Also, [research](#) has confirmed the benefits of physical activity in treating and preventing low back pain. The Introduction to that work noted:

"Low back pain (LBP) is a highly prevalent, disabling and costly condition. The lifetime prevalence of LBP is reported to be as high as 84%, and the 1-year prevalence is estimated to be up to 65%. Most cases of LBP are classified as non-specific where a specific aetiology has not been determined. Low back pain adversely affects individuals, their families, communities and governments worldwide. Furthermore, the economic burden of LBP is growing due to absenteeism from work, loss of productivity, and cost of treatment."

Benjamin Bengs, MD, an orthopedic surgeon and Director of Special Surgery at the Center for Hip and Knee Replacement at Providence Saint John's Health Center in Santa Monica, California, says that walking is a great start to relieving lower back pain. However, a more rigorous workout may be important to maintain "adequate quality of life and health" for younger people or people who tend to be more active.

"If all you can do is walk, then that's what you should do," Bengs said. "But if you're able to squeeze in some alternative things like the elliptical or stationary bicycles, those are good additions."

Ideally, adults should also do muscle-strengthening exercises such as push-ups and weight-lifting at least two days a week. For older adults, the WHO recommends varied types of physical activity three or more days a week that focus on balance and strength. This can help prevent falls as you age.

According to Bengs, a short daily walk can offer several health benefits, including:

- Improved metabolism
- Stronger bones
- Reduced depression and anxiety
- Stress relief

According to the Physical Activity Guidelines for Americans, adults should get at least 150 minutes of moderate-intensity physical activity—which is any activity that gets the body

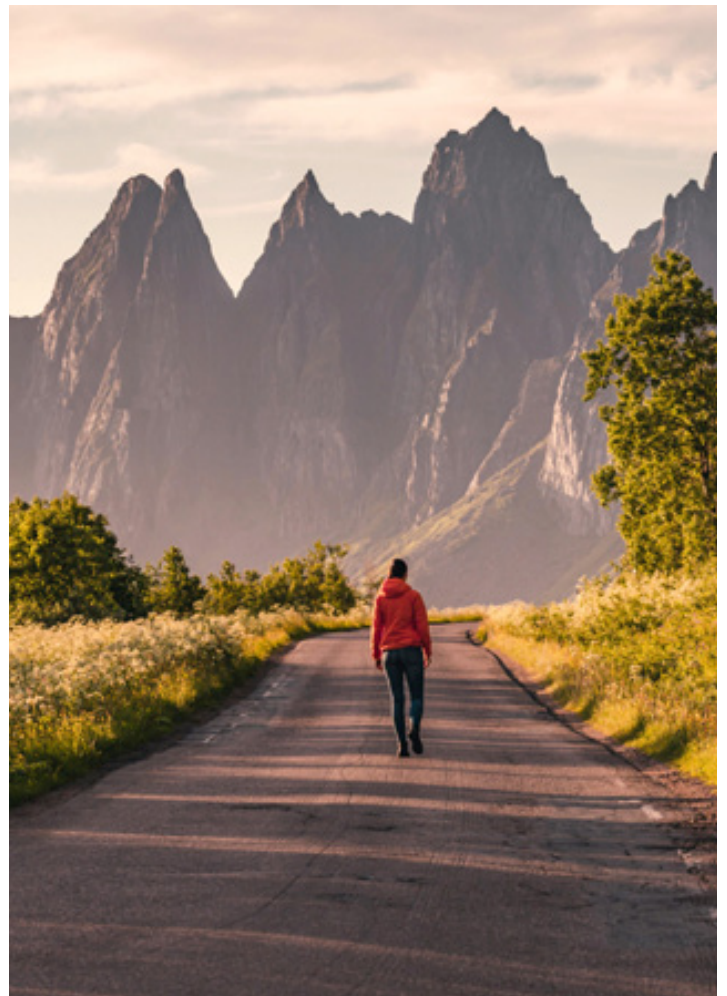
moving—each week.³ This can be split into 30 minutes a day, five days a week.

Unfortunately, we can't walk our way out of an unhealthy diet. Eating well is critical for a healthy lifestyle and reducing mortality risk. People with high levels of physical activity and a high-quality diet have the best chance of reducing their mortality risk, as well as death from cancer and cardiovascular disease, specifically. A superior diet includes:

- 4.5 or more servings of fruits and vegetables per day
- 2 servings of fish per week
- limited red meat and processed meat consumption

If walking is the primary form of exercise, there are a few things you can do to make it more exciting or challenging:

- Increase your distance over time
- If accessible, change up your routine by walking a different route or going to a new park
- Add in weights such as a weighted vest
- Pick up the pace or incorporate speed in intervals
- Introduce elevation by walking up hills or stairs



Current Research:

Comparative safety and efficacy of manual therapy interventions for cervicogenic headache: a systematic review and network meta-analysis

Xu X and Ling Y (2025) Comparative safety and efficacy of manual therapy interventions for cervicogenic headache: a systematic review and network meta-analysis. *Front. Neurol.* 16:1566764. doi: [10.3389/fneur.2025.1566764](https://doi.org/10.3389/fneur.2025.1566764)

This latest research by Xu X and Ling Y evaluated and compared the safety and efficacy of spinal manipulation, mobilization, and massage for the management of cervicogenic headache (CGH) using meta-analytic techniques.

The study is a meta-analysis of randomized controlled trials (RCTs) conducted in accordance with the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines. Comprehensive searches were conducted in Cochrane, Embase, PubMed, and ClinicalTrials.gov to identify studies investigating the effects of manipulation, mobilization, and massage on pain, disability, and physical function in patients with CGH. Key outcomes included pain severity (visual analog scale, VAS), Neck Disability Index (NDI), Flexion-Rotation Test (FRT), and Headache Disability Inventory (HDI) at various follow-up timepoints.

In the study introduction, the authors state: “Cervicogenic Headache (CGH) denotes a type of headache syndrome characterized by the transmission of pain sensations from the cervical region to the head. Typically arising from issues such as cervical muscle tension, cervical facet joint osteoarthritis, cervical disc protrusion, and other cervical pathologies, CGH commonly manifests alongside symptoms like neck pain, restricted cervical mobility, and cervical-thoracic stiffness. These symptoms tend to emerge following sustained neck postures, repetitive cervical movements, or physical exertion, often accompanied by limitations in cervical range of motion. CGH presents as a non-throbbing, unilateral headache originating from the cervical spine and extending to the occipital, temporal, and periorbital regions, representing a predominant headache subtype. The precise pathophysiological mechanisms underlying cervicogenic headache remain elusive but are intricately linked to pathological changes within cervical anatomical structures, encompassing factors such as cervical facet joint dysfunction, myofascial inflammatory or mechanical compression of cervical nerves, and musculoskeletal impairments.

“Primary management strategies for CGH include physical therapy interventions, comprising manual techniques and therapeutic exercises, which have demonstrated efficacy in alleviating cervicogenic headaches. Moderate-quality evidence supports the use of manual therapies (e.g., cervical muscle relaxation techniques, spinal manipulation), targeted exercise modalities (static and dynamic stretching exercises for cervical and scapular joints or upper extremities), and low-load endurance exercise programs to ameliorate headache intensity, pain, disability, as well as frequency and duration.”

“In patients with cervicogenic headache, sustained natural apophyseal glides (SNAG) mobilization can significantly improve pain and function, with benefits maintained in the long-term. Additionally, cervical spine manipulation may be the most effective short-term intervention for reducing pain and disability compared to mobilization, massage, and exercise, although clinician expertise appears to be an important factor.”

Their work compared the efficacy of different manual therapy modalities in CGH. Network meta-analysis is the preferred method, but due to substantial differences in methods and outcomes of sham interventions among studies, there may be considerable heterogeneity that could complicate interpretation and affect conclusions. Therefore, this study was divided into two parts: a conventional meta-analysis comparing the efficacy of SNAGS vs. non-SNAGS, and a network meta-analysis comparing the efficacy of CSM, Mobilization, and Massage.

Conventional meta-analysis was conducted using the R meta package, and figures were generated. Heterogeneity among studies was analyzed using Q and I² tests. I² values were interpreted as follows: 0 indicates variation due to sampling error only; <0.25 suggests low heterogeneity; between 0.25

and 0.5 suggests moderate heterogeneity; >0.5 indicates high heterogeneity. Subgroup analyses were conducted for moderate to high heterogeneity, using random-effects models, while fixed-effects models were used for no to low heterogeneity. Funnel plots were used to assess publication bias, with Begg's test and Egger's test conducted when including ≥ 10 studies, and visual inspection for symmetry when fewer than 10 studies. Standardized mean differences (SMD) were used for continuous variables, and risk ratios (RR) for categorical variables. Statistical significance was considered when SMD did not include 0 and RR did not include 1. Stata software was utilized for network meta-analysis, generating network plots, calculating Surface Under The Cumulative Ranking (SUCRA), creating SUCRA plots, and pairwise comparison forest plots. In the network plot, the size of points represents sample sizes, lines indicate direct comparisons, and the thickness of lines represents the number of studies included. Higher SUCRA values indicate better rankings.

The published results said: "Fourteen studies totaling

1,297 CGH patients were included. Standard pairwise meta-analysis revealed that sustained natural apophyseal glides (SNAG) mobilization produced significantly greater improvements compared to non-SNAG interventions in VAS (MD = 1.73, 95%CI: 1.05, 2.40), NDI (MD = 8.55, 95%CI: 2.73, 14.37), FRT (MD = -7.22, 95%CI: -9.38, -5.07), and HDI (MD = 9.29, 95%CI: 3.64, 14.95), with benefits maintained over time. Network meta-analysis showed that for VAS improvement, the surface under the cumulative ranking curve (SUCRA) probabilities were: cervical spine manipulation (CSM, 98.9%), mobilization (67.3%), exercise (21.0%), and massage (12.8%). For NDI, the SUCRA scores were: CSM (82.2%), mobilization (57.2%), exercise (6.7%), and massage (53.9%). CSM exhibited significantly greater VAS reductions compared to exercise, massage, and mobilization, while mobilization was superior to exercise and massage for VAS. For NDI, CSM was significantly better than exercise, but no other between-group differences were observed."

Join the Pack

The IACP acts as a resource, representative and leading advocate for the chiropractic industry in Idaho. We cannot continue to properly serve the chiropractic profession without the commitment and support of exceptional industry leaders, such as yourself. The IACP Board and its members believe that membership in the Association is and should be mutually beneficial to both the Doctor and the IACP, which makes it a perfect cooperative relationship. As a member, you will have multiple opportunities to obtain learning and marketing opportunities, at a discounted rate, through membership, as well as, have an opportunity to utilize the services of the IACP team and its Board. You will also have an opportunity to get involved in important issues, from the center, along with other industry leaders and spokespeople. At the same time, the Association continues to grow and provide broader services to the industry with your support. Join now and be a part of the "pack" that will lead us into the future!

A background image showing a person from behind, standing at a podium and speaking into a microphone. The person is wearing a white shirt and glasses. The background is blurred, showing an audience in a conference hall.

ACCRAC 2026 ANNOUNCEMENT

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2. Studies that have not yet been submitted to a journal or published elsewhere.
3. Electronic entry completed by March 1, 2026

Instructions

For eligible abstracts accepted for presentation, please [complete the electronic entry here](#). Upload one Word file that contains: (1) a cover page, (2) a draft of the manuscript of your study. Include introduction, methods, results (figures and tables), discussion, limitations, conclusion, and references, and (3) a completed competition intent form.

Judging & Publication

Submission of the manuscript draft will help the award committee select the most deserving studies for the awards. The competition entry will be judged on relevance to the chiropractic profession, rigor, quality, and originality of the study. Competition entries selected for the awards will be announced during the conference.

Abstracts selected for the awards with clinical or basic science research topics will be considered for publication in the Journal of Manipulative and Physiological Therapeutics (JMPT) and those with educational research topics will be considered for publication in the Journal of Chiropractic Education (JCE). Within 1 month of the award announcement, authors of the selected abstracts are responsible for submitting their completed manuscripts to the assigned journal (JMPT or JCE) and abiding by the journal's submission and peer review process. It is expected that authors will appropriately revise the manuscript as per editor and reviewer suggestions and requests. If the paper does not comply with the journal's standards or is not accepted for publication based upon the recommendations of the peer-reviewers/editorial board, it will not be published, and the award will not be granted.

Enquiries to the awards committee chair, Dr. Bart Green, Editor of the JCE at JChiroEd@aol.com.

Troy University announces ACHE approval of Doctor of Chiropractic Program

Troy University has announced the approval from the Alabama Commission on Higher Education (ACHE) of a new Doctor of Chiropractic (D.C.) program at its Dothan Campus. The proposed new program was approved by the ACHE commissioners during a meeting on Sept. 12. It now moves on for final approval from the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC).

TROY will be only the second public university to offer this type of program in the country, positioning TROY as a pioneer in accessible chiropractic education in the southeast.

The doctorate program will be housed within Troy University's College of Health Sciences and is designed to address the growing demand for qualified chiropractors throughout Alabama and the Southeast.

"By becoming only the second public institution in the nation to offer this program, we are not only breaking new ground in higher education but also addressing a critical need for healthcare professionals in our region," Hawkins said. "This program exemplifies our mission to provide innovative, affordable education that serves our communities."

State Senator Donnie Chesteen, Chair of the Senate Committee on Education Policy, applauded the decision.

"TROY has a proud tradition of innovation and growth, and this new program continues that legacy," Chesteen said.

Dr. Mike Massey, member of the American Chiropractic Association Board of Governors, emphasized the profession-wide opportunities the program creates.

"It's exciting to think about the opportunities that this program's going to open for the chiropractic profession in terms of research, funding, collaboration with other

healthcare professionals, and parallel educational opportunities," Massey said. "They will also raise the visibility of chiropractic in academia and healthcare at large."



Alabama State Board of Chiropractic President Dr. Renee Bowen underscored the program's commitment to high standards.

"It is inspiring to see this program come to life after so much collaboration between Troy University, our board and our legislators. TROY's strong foundation in healthcare education will strengthen the chiropractic program, and in turn, it will enrich TROY," Bowen said.

"This is a historic decision that represents a transformative moment for healthcare in Alabama and the Southeast region," Dr. Brad Russell, Board Member of Alabama State Board of Chiropractic Examiners said. "Alabama faces a critical shortage of healthcare providers, typically in rural communities. The state rates amongst the lowest nationally in healthcare access. This new program will directly address this crisis by training the next generation of chiropractic providers to understand Alabama's healthcare needs and are committed to serving our communities."

Dr. LaGary Carter, Dean of the College of Health Sciences, emphasized the program's potential impact on healthcare access in the region.

"The establishment of our Doctor of Chiropractic program fills a significant educational gap in the Southeast while providing an affordable pathway to this rewarding healthcare profession," Carter said.

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Chiropractic News

Spizz & Spa Retreat November 7-8

Join the League of Chiropractic Women Board Members — collectively bringing over 250 years of wisdom and heart — for a rejuvenating weekend filled with purpose, presence, and connection. Whether you're looking to refine your practice, relax with friends, or reignite your inner spark, this retreat is designed with you in mind.

A Weekend to Refresh and Recharge, Friday, November 7, 2025 - Saturday, November 8, 2025 at the Hotel Valley Ho, Scottsdale, AZ.

This is more than an event—it's a sacred space for women in chiropractic to gather, celebrate one another, share insights, and embrace the joy of being supported by a like-minded community.

[Click here](#) for more information or to register.

Nurturing the Future - ICA Council on Pediatrics Conference October 17-19, 2025 - Salt Lake City

The ICA Council on Pediatrics Conference, is dedicated to advancing pediatric chiropractic care. Over three enriching days, you will gain in-depth knowledge and practical skills from leading experts in the field, all focused on addressing the unique needs of pediatric patients. Whether you're looking to expand your expertise, stay informed on the latest research, or enhance your clinical approach, the ICA 2025 Pediatrics Conference promises to deliver unparalleled value and inspiration. [Registration is now open.](#)

The 2025 Annual Pediatric Conference is carefully curated



to meet the needs of both seasoned practitioners and those pursuing advanced credentials like the Diplomate in Clinical Chiropractic Pediatrics (DCCIP). This event is the perfect opportunity for DCCIP candidates and postgraduate attendees to deepen their expertise, gain practical tools, and engage with the latest research shaping pediatric care today.

Here's what you can look forward to:

- Specialized techniques for all ages: From chiropractic adjustments for pregnant patients to practical applications in toddler and school-age wellness.
- Advanced, research-based topics: Neuroplasticity in children, infant skull deformities, and dynamic sports injury assessments in pediatric patients.
- Holistic approaches: Explore trauma-informed care, pelvic floor dynamics, and whole-being chiropractic pillars designed to elevate your practice.
- Professional growth: Strengthen your communication, documentation, ethics, and professional boundaries to better serve your patients.
- Meaningful connections: Network with like-minded doctors and leaders in pediatric chiropractic, including a book signing and evening reception.

Whether you're actively working toward your DCCIP, newly certified, or a dedicated practitioner seeking to stay at the forefront, this conference is exactly where you need to be.

[Click here](#) for more info or to register.

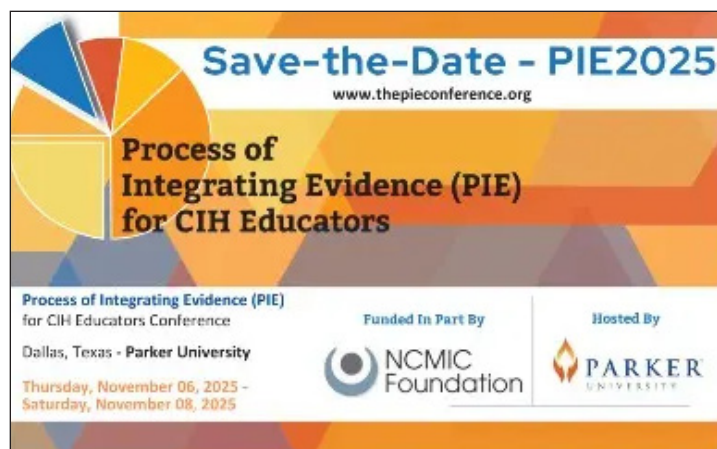
Process of Integrating Evidence (PIE) Conference

The Association of Chiropractic Colleges (ACC) invites doctors of chiropractic, CIH educators and administrators to the Process of Integrating Evidence (PIE) for Complementary and Integrative Health (CIH) Educators, held for the first time, in-person in Dallas, Texas, USA, on November 6-8, 2025, at Parker University.

The PIE conference, held every two years, brings together CIH educators and administrators for a highly engaging and interactive experience with multidisciplinary experts and peers. This event is your chance to gain valuable skills to effectively implement and sustain evidence-based practice strategies in your classroom, teaching clinic, residency

environment, or curriculum administration. This program is being considered for 18 CE hours at select jurisdictions. [Registration is now OPEN.](#)

To assist with travel costs to PIE2025, the Planning Committee through sponsorship from the NCMIC Foundation will award a limited number of travel stipends in the amount of \$1,000 each. The intention is to award a chiropractic faculty member applicant from each accredited North American chiropractic education institute. Application submissions will close on August 18, 2025.



ACA Engage 2026 featured speakers to focus on leadership, AI

The American Chiropractic Association (ACA) is excited to announce that Dr. Bradley Beira of the World Federation of Chiropractic (WFC) and AI expert Dr. Brian Coleman will be featured speakers in January at ACA's annual conference, Engage 2026, January 22-24, 2026.

Dr. Beira, who will deliver the McAndrew's Leadership Lecture, is WFC's recently appointed secretary-general as well as a director for World Spine Care Africa. He is a seasoned clinician, educator, and medico-legal advisor who has worked extensively across clinical practice, executive leadership, and global health strategy. His presentation, "Think Global, Act Local: The Politics of Health Systems," will include an overview of the global history of chiropractic and touch on its progression through education, regulation, and legislation. He will also discuss maintaining professional credentials in the evolving health system ecosystem and local leadership within practices, communities, and associations.

Dr. Coleman, who will give the Engage Closing Keynote address, is an assistant professor of emergency medicine, biomedical informatics and data science, and biostatistics (health informatics) at the Yale School of Medicine. He is a clinician-scientist with a primary interest in the application

of clinical informatics in pain research. His presentation, "Artificial Intelligence in Chiropractic: Shaping the Future of Care," will explore the multifaceted integration of Artificial Intelligence (AI) into chiropractic research, education, and practice – including the use of AI to streamline clinical documentation and optimize professional workflows.

Engage 2026 will take place Jan. 22-24, 2026, at the Crystal Gateway Marriott Hotel in Arlington, Va. In addition to presentations from chiropractic thought leaders and clinical experts, the event features continuing education (CE) programs, professional and leadership development, networking opportunities and the profession's only federal lobbying day, Chiropractic's Day on the Hill.

For more information, visit acatoday.org/engage.

300-Hour Diplomate Education Program Take Your Education to the Next Level!

Caring for the pediatric population requires extra training and study. After completing the ACA Council on Chiropractic Pediatrics post-graduate program Diplomate program, Doctors of Chiropractic will be able to identify normal developmental milestones of all systems within the pediatric population – from birth to age 16. Successful candidates will take away knowledge and skills to effectively treat their youngest patients, both in chiropractic and integrative care settings.

- Complete 250 of the 300 hours online, at your pace, with support every step of the way.
- Finish the coursework in an estimated 17-20 months; with 15-20 hours of online content added monthly.
- Attend quarterly, virtual grand rounds with ACA Council on Chiropractic Pediatric instructors and fellow Diplomate program students to examine case studies and ask questions.
- Complete 2 in-person classes administered by the ACA Chiropractic Council on Pediatrics to get a hands-on learning experience and practice skills
- Enjoy minimal travel costs and impact on your schedule with 250-hours of online learning.
- Qualify for the American Board of Chiropractic Pediatrics Diplomate Examination by completing the 300-hour program.

[Click here to register.](#)

Chiropractic College News

2026 Call for Abstracts

Sherman College of Chiropractic is now accepting abstracts for its 21st International Research and Philosophy Symposium (IRAPS). This peer-reviewed chiropractic conference addresses vertebral subluxation research and the philosophy of chiropractic. Abstracts and the author's CV must be submitted by November 1, 2025, to be considered for presentation at IRAPS 2026, which will be held in conjunction with the college's flagship event, Lyceum, April 30 – May 2, 2026, on the Sherman College campus in Spartanburg, SC. IRAPS presentations are scheduled for Friday, May 1, and Saturday, May 2.

Topics for abstracts, both for both platform and poster presentations, may include:

- Case studies focusing on the location, analysis, and correction of vertebral subluxation (LACVS).
- Philosophy of chiropractic as a component of LACVS-type care.
- Scholarly pursuits that will advance chiropractic education, practice, and the profession.

"The goal of IRAPS is to bring leaders in philosophy and research together, along with practitioners and educators who are centered on vertebral subluxation practice, to build a stronger academic community worldwide regarding the subluxation model of chiropractic," explains Christopher Kent, DC, ACP, JD, Sherman's Director of Global Presidential Initiatives. "The program intends to foster a view that the chiropractic profession is centered on vertebral subluxation, based on vitalism, dedicated to research and developing a discipline of philosophy."

This year, thanks to the generous sponsorship of ChiroFutures Malpractice Insurance Program, we're excited to announce the continuation of the IRAPS Research & Scholarship Awards. Awards will be distributed across multiple categories and elevated based on alignment with chiropractic principles, innovation, methodological rigor, philosophical depth, and presentation quality.

Continuing education credit will be available, and attendees may attend the entire Lyceum program, including IRAPS, or a one-day IRAPS-only package. IRAPS speakers will receive a 25 percent discount at registration, and complete program



SHERMAN COLLEGE
of CHIROPRACTIC

details will be released after speakers have been selected. Conference registration opens in November 2025.

Abstracts should be formatted as short papers, approximately 300 words, and include appropriate references. Authors must include a curriculum vitae (CV) with the abstract. Additional information and the rubric for peer review of abstracts are available on the [Sherman website](#). Important dates:

- November 1 – Abstracts due
- November 14 – Notification to authors
- November 21 – Author confirmation to present due

For more information, please contact: Alan Brewster, DC, ACP, Director of the Center for Scholarly Activity, at abrewster@sherman.edu or 800-849-8771, ext. 212.

D'Youville University honored with National HEED Award

D'Youville University has once again earned national recognition — this time as a recipient of the 2025 Health Professions Higher Education Excellence in Diversity (HEED) Award from INSIGHT Into Diversity magazine. The award honors colleges and universities across the United States that show exceptional leadership in creating environments where students succeed, feel a strong sense of belonging, and are prepared to make a difference in their communities.



D'Youville is among only 28 institutions selected this year and will be featured in the October 2025 issue of INSIGHT Into Diversity, the nation's oldest and largest publication dedicated to inclusive excellence in higher education.

"This award reflects who we are at our core," said President Dr. Lorrie Clemo. "For more than a century, D'Youville has been dedicated to preparing students not just for careers, but for meaningful lives of service. Today, that means building a campus culture where belonging is central and where students in the health professions are trained to carry that same spirit of compassion into the communities they serve."

The Health Professions HEED Award is the only national recognition of its kind, celebrating universities that are leading the way in academic excellence, student support, and innovative approaches to healthcare education. In making its selection, INSIGHT Into Diversity considered D'Youville's commitment to:

- Student Success and Retention – Programs and support systems that help students thrive academically and personally.
- Interprofessional Education – D'Youville's unique approach that brings students from across health disciplines together to learn, collaborate, and solve real-world problems.
- Community Impact – The university's Health Professions Hub, partnerships with local providers, and mission to address healthcare disparities in underserved neighborhoods.

The recognition underscores D'Youville's place as one of the most comprehensive health educators in the region, with more than 35 programs across nursing, pharmacy, physician assistant, public health, chiropractic, dietetics, occupational therapy, physical therapy, and more.

Agreement streamlines pathways to Northeast's Doctor of Chiropractic degree

Northeast College of Health Sciences and Mercy University have announced an enhanced educational partnership featuring new articulation agreements that create streamlined pathways to Northeast's Doctor of Chiropractic and M.S. in applied clinical nutrition programs, saving students time and money.

Anatomy class in session

The partnership enables Mercy students majoring in health sciences, exercise science, or biomedical science to participate in a 4+3 articulation track. Students who

meet Northeast's admission requirements can complete their undergraduate degree at Mercy and gain automatic acceptance into Northeast's Doctor of Chiropractic program or its 100% online master's in nutrition program.

"We're excited to partner with Mercy University to support academic excellence, leadership and continued learning," said Dr. Michael Mestan, president of Northeast College of Health Sciences. "This collaboration highlights our interprofessional focus and we look forward to welcoming Mercy students who are ready to reimagine health and pursue their doctorates at Northeast."

With guided support from both institutions, students avoid unnecessary coursework and begin their path to Northeast by submitting a letter of intent signed by their undergraduate advisor.

SCU brings nation-leading chiropractic program to Phoenix

Southern California University of Health Sciences (SCU) announced the expansion of its flagship Doctor of Chiropractic program to its Phoenix satellite campus, marking an historic first for the Southwestern U.S. region. With no other chiropractic programs currently operating in Arizona, New Mexico, Colorado, Wyoming, Idaho, Utah, or Nevada, SCU's launch represents a transformational opportunity for students—and for the future of healthcare in the region.

Founded in 1911 as the Los Angeles College of Chiropractic (LACC), SCU's chiropractic program is one of the oldest and most distinguished in the country. For over a century, it has been at the forefront of chiropractic education and integrative health, preparing students as exceptional clinicians and leaders in a rapidly evolving healthcare landscape.

"Our innovative program delivery sets a new standard for chiropractic education in the Southwest, integrating hands-on practical training, advanced educational technology, evidence-based practice, and interprofessional learning to train highly skilled providers prepared for collaborative practice," said Nic Poirier, DC, EdD, Executive Dean of the College of Chiropractic Education of SCU.

"We know the region has long lacked access to chiropractic education, and we're proud to be filling that gap," said Tamara Rozhon, EdD, Provost of SCU. "As the nation's first Integrative, Whole Health University, we teach students

Continued on next page

Chiropractic College News

Continued from last page

in every discipline to blend the best of conventional and complementary approaches and to treat the whole person—body, mind, and spirit. That’s where healthcare is heading, and we’re one of the only institutions answering the call.”

“For more than a century, we’ve been shaping the future of chiropractic care,” said Dr. Poirier. “This expansion is not only a milestone for our institution, but a vital step toward addressing the growing demand for accessible, non-invasive healthcare solutions, ensuring communities across Arizona will have greater access to quality chiropractic care from graduates who are prepared to meet the evolving needs of our diverse population.”

With this expansion, students in the Southwest will gain access to SCU’s cutting-edge chiropractic education—without needing to relocate. The 10-term, hybrid program will blend online coursework with immersive, hands-on skill-building at the Phoenix satellite campus. Should they wish to do so, they will also have the option to take some of their in-person courses at the main campus in Whittier, California.

The Phoenix program is scheduled to begin January 2026, and the school is currently accepting applications. Visit the [Doctor of Chiropractic Phoenix Metro Campus webpage](#) to apply.

NUHS alums carry forward Dr. James Cox’s legacy in the field of Chiropractic Medicine

James Cox, DC, ’63; DACBR, a graduate of National College of Chiropractic (NCC), now National University of Health Sciences (NUHS), was a renowned figure in chiropractic medicine and a true innovator whose contributions shaped the industry we know today. Dr. Cox passed away on March 3, 2025, at the age of 84, leaving behind an enduring legacy.



He is best known for developing the Cox Flexion-Distraction and Decompression Adjustment Manipulation Instrument,

commonly called the Cox Table, and the widely recognized spinal manipulation, the Cox Technic. Practicing primarily out of his Ft. Wayne, Indiana clinic, Dr. Cox also traveled extensively, sharing his expertise, the Cox Table, and the Cox Technic with chiropractic physicians, students and faculty at practices and institutions across the country. Among his many colleagues, two NUHS alumni, George Joachim, DC, DACRB, and Kurt Olding, DC, FIANM, remain particularly dedicated to preserving and advancing Dr. Cox’s legacy. Both Drs. teach continuing education for NUHS through a partnership with the Cox Technic.

Dr. Joachim earned his Doctor of Chiropractic Medicine (DC) degree from NCC in 1996. During his studies, he served as a research assistant on the federal study, “The Biomechanics of Flexion Distraction Adjusting,” working closely with former NUHS professor Dr. Maruti Gudavalli and meeting Dr. Cox for the first time. He holds certifications in Cox Technic from NUHS, Chiropractic Rehabilitation from the Los Angeles College of Chiropractic (LACC), and Permanent Impairment Ratio from Parker College. Dr. Joachim owns and operates Aaron Chiropractic in Fort Wayne, Indiana, where he also contributes to the profession by instructing regional seminars, presenting at state association events, and teaching Cox Technic courses. He holds a diplomate from the American Chiropractic Rehabilitation Board and serves as a member of the official chiropractic care team for the Fort Wayne Komets professional hockey team and the Fort Wayne Fury Pro basketball team.

“Dr. Cox had an incredible mind, a generous heart and gave selflessly—not just of his time, but also his treasure,” Dr. Joachim said. “He was deeply philanthropic, constantly contributing to research. Everything he did in life had a purpose, and he changed countless lives with his positive attitude. For probably the smartest man I’ve ever met, he carried a quiet confidence and remarkable humility. He was an amazing influence on my life and career in chiropractic medicine.”

Dr. Olding, a 1984 graduate of NCC, is a board-certified chiropractic orthopedist and Fellow of the Academy of Chiropractic Orthopedists (FACO), a designation he earned in 2015. He serves on the Academy’s board, contributing his expertise to advance the profession. Dr. Olding owns and operates Minster Chiropractic Center in Minster,

Ohio, where he treats patients and specializes in the Cox Technic, a certification he achieved in 2009. Since 2015, he has been a full-time instructor, teaching Cox Technic courses, instructing regional seminars and delivering state association presentations. In addition to his clinical and teaching roles, Dr. Olding is actively involved in research. He has co-authored studies published in the Journal of Chiropractic Medicine, collects clinical data on balance and Cox Technic treatments and leads hands-on workshops. Following in the footsteps of his mentor, Dr. Cox, he remains dedicated to advancing chiropractic research and education at every level.

“Dr. Cox had a profound impact on my career. After 15 years in practice, I thought I was using the Cox technique, but I realized I wasn’t,” Dr. Olding said. “Working under his guidance was a true revelation. My practice was already successful, but the past 20 years of learning from and working alongside Dr. Cox have made it far more fulfilling. He had a unique ability to lift everyone to his level, which, to me, defines true leadership. He didn’t bring people down—he inspired them to grow, learn and follow his example. That was his greatest influence, and I hope we can all pay it forward.”

Dr. Cox’s groundbreaking contributions to chiropractic care, combined with his remarkable character, leave behind a lasting and profound legacy. His work transformed lives and shaped the profession, and through the dedication of individuals like Dr. Joachim, Dr. Olding, and others who knew him, his vision will continue to thrive. Dr. Cox’s memory will remain a guiding light, inspiring innovation, compassion and excellence in chiropractic medicine for generations to come.

NUHS-Florida faculty and students support the 2025 Boston Marathon

This year, more than 30,000 runners participated in the prestigious 2025 Boston Marathon. With 31,670 entrants and 28,284 athletes completing the race, 98.4% of starters completed the formidable challenge—a large-scale crowd by any standard. The world-renowned athletic event required the support of 1,900 medical staff. National University of Health Sciences (NUHS)-Florida faculty and students served as part of the medical team.

While chiropractic expertise was important in the past, this was the first year that a chiropractic university was invited to assist the event, giving students a truly unique learning experience. NUHS faculty members Carlo Guadagno, DC, DACBSP, associate professor and Vasilios Nenos, DC, DIBCN, Clinical Sciences Instructor, along with 23 NUHS students (many of them members of the Sports Council) lent their leadership and chiropractic skills to support the marathon. Team NUHS served alongside allopathic members of the event’s medical team, giving students unique vantage point from which to professionally interact with their future health care peers.

“Our involvement in the Boston Marathon Medical Team showcases how NUHS is shaping the future of integrative health professions while earning respect along the way,” said Joseph P.D. Stiefel, MS, EdD, DC, President of National University of Health Sciences. “This experience not only enhances our students’ growth and learning but also makes a meaningful impact on the communities we serve through both active participation and strong leadership.”



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Walking helps with back pain

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Easy exercises to keep your neck healthy

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Tips for safe stretches

Don't let pain keep you from enjoying life

Walking now touted as "a wonder drug"

Four ways to avoid pain and injury when starting an exercise regime

Feel free to print out and use any or all of the flyers.

Or, make them available as handouts to your patients.

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Walking helps with back pain

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- Increase core strength.
- Manage stress and improve mood by releasing endorphins.
- Reduce the risk of a heart attack.
- Reduce the risk of developing Type 2 diabetes.
- Helps you stay strong and active.

Try these tips to begin walking:

- Start slowly with five to 10 minutes at a steady pace, and increase over time.
- Set realistic goals for yourself, such as 20 to 40 minutes of walking five days a week.
- Find ways to incorporate short walks into your day to keep your plan on track.
- If the weather isn't optimal, consider walking indoors.
- To keep you from getting bored, create several routes to choose from to add variety

***Once you take that first step,
you'll be on your way to an important destination: better health***



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The Idaho Association of Chiropractic Physicians

The IACP News

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The Idaho Association of Chiropractic Physician's *IACP News* is a full-color digital newsletter, published monthly and distributed to member doctors of chiropractic across Idaho as well as out-of-state members and student members.

Format: *The IACP News* is produced in a state-of-the-art digital format. It can be opened and viewed online from both the IACP website at <https://iacp.wildapricot.org/> and also from the publication site: www.IACPnews.com. The publication site has both current and back issues of *The IACP News*. Questions about the digital format, the website, or display advertising should be directed to C&S Publishing at CandSpublishing@gmail.com.

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Full page (boxed)	8" wide by 9 3/4" tall	\$450	\$414	\$378	\$330
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One Third (V)	2 3/8" wide by 9 3/4" tall	\$190	\$174	\$159	\$140
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One Sixth	3 5/8" wide by 2 7/8" tall	\$105	\$97	\$88	\$75

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