



*Prosperity Through Unity
Exceptional Care for Idahoans*

June 2026

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National Chiropractic Health Month 2026 theme announced



The American Chiropractic Association (ACA) and doctors of chiropractic nationwide will celebrate National Chiropractic Health Month (NCHM) 2026 this October with the theme “Joint Efforts.” The campaign will focus on the importance of joint health over a lifetime and steps people can take to support mobility, joint function and overall musculoskeletal health.

Every day, our joints play a fundamental role in keeping our bodies moving and able to do everything from completing daily tasks and enjoying leisure activities to achieving athletic feats of wonder. When they function well, we barely notice them; but with age, our joints become more prone

to injury and wear and tear, which can lead to pain and functional limitations.

Musculoskeletal conditions, particularly back pain, remain one of the leading causes of disability worldwide.

“Healthy joints are essential for staying active, independent and engaged throughout life,” said ACA President Kris Anderson, DC. “During National Chiropractic Health Month, we want people to understand that chiropractic physicians provide evidence-based, non-drug healthcare, which can help them reach their goals by maintaining joint health, mobility, and function.”

A “Joint Efforts” campaign toolkit, with resources and ideas on how to participate, will be available later this year at www.acatoday.org/NCHM. Members of the public can learn more about chiropractic at handsdownbetter.org. For more information about NCHM, contact communications@acatoday.org.

Yoga may help Chiropractic adjustments hold better

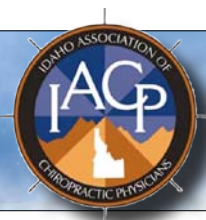
Yoga and chiropractic care can work together to improve overall health by enhancing joint mobility, range of motion, and flexibility. By combining these holistic practices, patients can achieve better spinal alignment, improve sleep, reduce stress, and enhance their overall well-being.

Combining chiropractic care with regular yoga can significantly improve physical and mental health by building strength while simultaneously addressing pain and injuries. Yoga brings a unique component to chiropractic adjustments by promoting an increased range of motion and enhancing

soft tissue flexibility, making the spine more receptive to adjustments. Regular yoga practice improves balance, flexibility, and strength, contributing to injury prevention.

Yoga is not meant to replace chiropractic care. Both disciplines naturally blend, each enhancing the other to promote a healthier spine and improved posture. Chiropractic care is commonly sought for pain relief, while yoga promotes flexibility, strength, and relaxation. Combining both practices can lead to a healthier spine 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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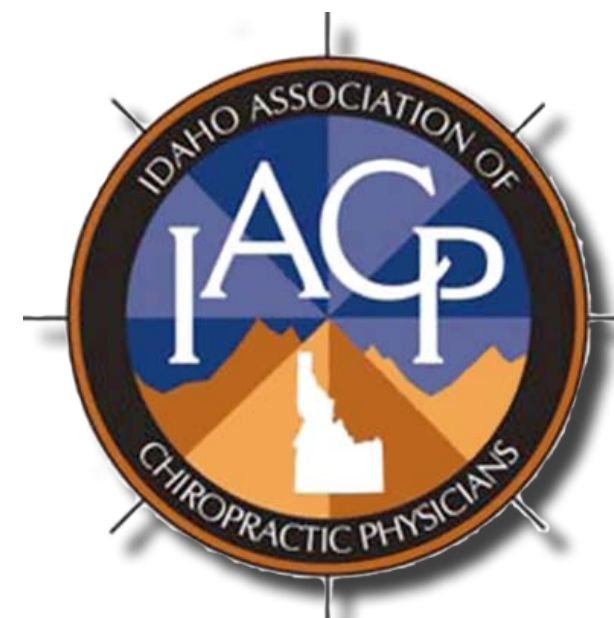
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Yoga may help Chiropractic adjustments hold better

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improved posture, ultimately leading to better overall health. Yoga increases flexibility, strength, and body awareness through specific poses and breath control, while chiropractic care targets spinal alignment and musculoskeletal health. Through spinal adjustments and postural corrections, chiropractors can help align the body properly, reducing the risk of injury during yoga practice.

After a chiropractic adjustment, it's crucial to adopt strategies that help maintain its effectiveness. Here are seven tips to prolong your adjustment benefits: ensure you get adequate rest, complete prescribed exercises, and consider using Epsom salts when possible. Focus on maintaining a proper sitting posture, staying hydrated, and applying ice if needed. This holistic approach not only addresses symptoms but boosts your body's natural healing capabilities.

To enhance the effectiveness of your chiropractic care, approach each session thoughtfully. After an adjustment, rise slowly and avoid jerky movements. Maintaining good posture is vital, as poor habits can strain your spine. Like other health treatments, chiropractic adjustments are most effective when paired with a commitment to regular visits, exercise, a balanced diet, and quality sleep.



Yoga complements chiropractic care by enhancing flexibility, improving range of motion, and promoting relaxation, which can make chiropractic adjustments more effective. Additionally, yoga helps strengthen muscles and improve posture, further supporting spinal health.

To keep your adjustments intact, incorporate light stretching or gentle movements, particularly within the first 24 hours, while steering clear of strenuous activities immediately after treatment. Adopting the acronym "REE-SHIP" can serve as a reminder of vital post-session practices: Rest, Exercise, Epsom use, proper Sitting, Hydration, Ice, and Plan. Some effective exercises to consider include basic stretches, planks, and back extensions which help build core strength. Lastly, stay active, hydrate appropriately, and choose a trustworthy chiropractor to guide your journey.

Good posture is crucial for a strong and healthy spine, and yoga can play a significant role in enhancing posture and spinal alignment. Yoga poses target core and back muscles, which are vital for maintaining good posture, while helping to correct imbalances and improve flexibility and balance. Regular yoga practice promotes body awareness necessary for proper alignment, ultimately leading to benefits such as reduced back pain and relief from chronic tightness. However, it is essential to perform these poses correctly to avoid exacerbating any spinal issues. Seeking guidance can help maximize your results and ensure safety in your practice.

Yoga is particularly effective in addressing poor posture by engaging the core muscles and creating balanced muscle growth, which relieves compression in the back. It allows for spinal flexibility and strength, keeping the spine healthy through essential movements: flexion, extension, rotation, side bending, and staying upright. Furthermore, yoga can assist with various spinal deformities, including scoliosis, kyphosis, and lordosis when practiced appropriately.

With consistent effort, yoga can help reverse bad posture over time, enhancing overall well-being. Therefore, utilizing specific yoga poses aimed at spinal alignment is beneficial not just for posture but also for alleviating back pain and maintaining a healthy spine.

Maintaining an active lifestyle is crucial to help the longevity of chiropractic adjustments. Staying fit helps make adjustments more effective. Following an adjustment, try to maintain regular exercise and a healthy diet. Many patients seek chiropractic care for acute issues, such as neck or lower back pain, but it also benefits those with chronic conditions like sciatica, osteoarthritis, and migraines.

To make adjustments last longer, consider these seven strategies:

- Stay Active: Engage in regular exercise.
- Posture Awareness: Maintain good posture throughout the day.
- Healthy Diet: Focus on nutritious food.
- Hydration: Drink plenty of water.
- Regular Maintenance: Attend chiropractic sessions consistently.
- Stretching and Strengthening: Perform recommended exercises.
- Correct Movement: Use your legs and knees, avoiding strain on your back.

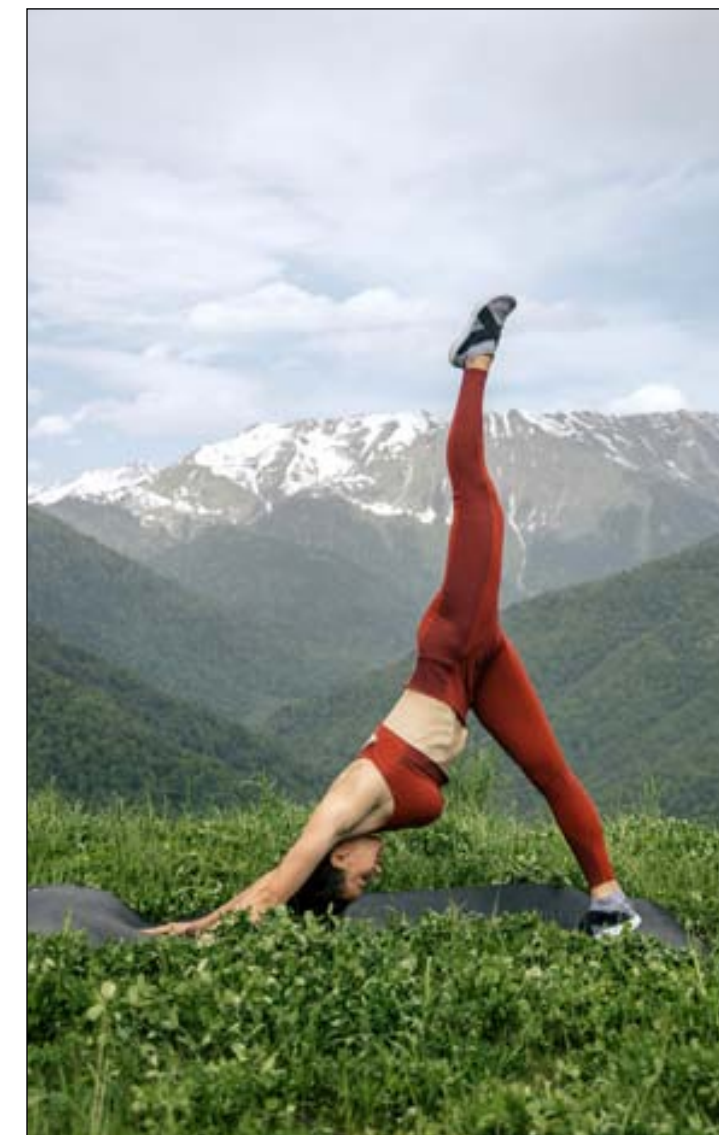
Yoga and chiropractic care both embrace a holistic approach to health, focusing on the body's natural ability to heal itself. By integrating yoga into your routine, you support this holistic philosophy, encouraging overall health. Yoga promotes balance in the body, mind, and spirit, complementing the physical adjustments and manipulations performed by your chiropractor. This holistic synergy fosters a more comprehensive healing process.

Good circulation is essential for healing and maintaining healthy tissues. The various poses and movements in yoga stimulate blood flow, which helps deliver essential nutrients to your muscles and joints. Improved circulation can expedite the healing process of any injuries or strains that your chiropractor is treating. Enhanced blood flow also helps reduce inflammation, contributing to overall musculoskeletal health.

Stress and tension can negatively impact your musculoskeletal system, often leading to muscle tightness and misalignments. Yoga incorporates breathing exercises and relaxation techniques that

effectively reduce stress levels. By lowering stress, you decrease muscle tension and improve the effectiveness of your chiropractic treatments. A relaxed body is more receptive to adjustments, making your chiropractic care more efficient.

Poor posture is a common issue that chiropractors address. Yoga promotes body awareness and mindfulness, encouraging you to pay attention to your posture throughout the day. By practicing yoga, you learn to recognize and correct poor postural habits, which can help sustain the corrections made by your chiropractor. Better posture not only alleviates back and neck pain but also contributes to overall spinal health. For those struggling with recurring neck or spinal issues, visiting an upper cervical chiropractor can provide targeted adjustments that complement core-strengthening practices. Combining specialized chiropractic care with regular yoga creates a well-rounded approach to long-term spinal health.



Rising deductibles are reshaping patient expectations

Healthcare affordability has become one of the defining challenges of 2026. According to a new analysis from [KFF](#), the average Affordable Care Act (ACA) Marketplace deductible increased by more than \$1,000 per person this year — the largest increase in Marketplace history. Average deductibles climbed 37%, rising from \$2,759 in 2025 to \$3,786 in 2026.

At the same time, more patients are shifting into bronze and high-deductible health plans to keep monthly premiums affordable. This trend is creating a major shift in patient behavior.

Today's patients are no longer asking only, "Can this help me?" They are also asking:

- "How much will this cost me?"
- "What does my insurance actually cover?"
- "Can I afford ongoing care?"
- "What happens after my benefits run out?"

Patients Need Clinical Confidence AND Financial Clarity

Most chiropractors are comfortable delivering a Clinical Report of Findings but avoid financial conversations with patients. This creates confusion, anxiety, and barriers to care.

Patients today are overwhelmed by:

- High deductibles
- Rising premiums
- Limited chiropractic benefits
- Unexpected out-of-pocket expenses
- Insurance terminology that they do not fully understand

Without clear communication, many patients delay care, discontinue treatment plans early, or avoid scheduling altogether.

According to [KFF research](#), many Marketplace enrollees say even modest increases in healthcare costs would significantly disrupt their household finances.

[CHUSA's Financial Report of Findings resources](#) emphasize a simple but powerful concept: patients need to clearly understand both the need for care

and how they can realistically afford it. The goal of the Financial Report of Findings is not to "sell" care. It is to remove uncertainty. A compliant FROF helps practices:

- Explain anticipated costs upfront
- Outline treatment recommendations clearly
- Review insurance limitations honestly
- Present affordable options compliantly
- Reduce financial misunderstandings
- Improve patient retention and treatment adherence

When patients understand their financial expectations before beginning care, they are far more likely to commit to care plans and maintain treatment consistency. In fact, [ChiroHealthUSA conversation guides](#) specifically address situations involving:

- High deductibles and co-pays
- Limited benefits
- Medicare patients
- Cash patients
- Patients who exhaust benefits mid-care plan

These conversations are becoming increasingly important as more insured patients essentially function as self-pay patients until their deductibles are met.

Financial Conversations Should Focus on Value, Not Pressure

One of the biggest mistakes practices make is approaching financial discussions with discomfort or apology. Patients do not expect healthcare to be free. What they want is transparency, predictability, and value. Practices should shift the conversation away from "cost" and toward the value of care and long-term health outcomes. That means helping patients understand:

- Why care is necessary
- What happens if the condition is left untreated
- What their options are
- How care can remain affordable over time

When financial conversations are handled professionally and confidently, patients often feel relieved rather than pressured.

Affordability Without Undervaluing Care

As economic pressures increase, some chiropractors feel tempted to reduce fees or offer inconsistent discounts to help patients afford care. However, reactive discounting can create compliance risks and undermine the perceived value of services.

Rather than lowering fees across the board or offering inconsistent discounts that may create legal or contractual concerns, practices can use ChiroHealthUSA to:

- Provide affordable access to care for cash, high-deductible, and underinsured patients
- Create transparent and predictable financial expectations
- Improve patient acceptance and retention
- Increase continuity of care and treatment compliance
- Maintain appropriately structured usual fees
- Support long-term practice profitability

This approach allows practices to keep their fee schedules aligned with the true value of the care they provide while still helping patients access treatment at a manageable cost.

When financial barriers are reduced, patients are more likely to move forward with recommended care plans, complete treatment, and continue long-term wellness or maintenance care. That consistency benefits both the patient's health outcomes and the practice's financial health.

The practices that will thrive in today's healthcare environment are the ones that combine exceptional clinical care with exceptional communication.

As deductibles continue rising and patients become increasingly cost-conscious, chiropractors who confidently address both health and affordability will stand apart from the competition.

Because in 2026, patients are not just looking for providers who can help them heal. They are looking for providers who understand the financial realities they face every day.

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.



New Research:

Could Yoga be a cost-effective solution for Knee Osteoarthritis?

The following article was first published by the Southern California University of Health Sciences, and can be [read in full here](#).

A new [study](#) led by Southern California University of Health Sciences (SCU) Research Director Dr. Steffany Moonaz provides compelling evidence that yoga may be a cost-effective and clinically beneficial option for managing knee osteoarthritis (OA)—a condition affecting millions worldwide and a leading cause of disability.

The study, title, *Cost-effectiveness of yoga vs. strengthening exercise for treating knee OA: Evidence from a randomized controlled trial*, included 117 adults aged 40 and older with clinically diagnosed knee osteoarthritis. Researchers compared a structured yoga program to a traditional strengthening exercise regimen over 12 weeks, with follow-up outcomes assessed at 24 weeks. In addition to clinical outcomes, the study included a cost-effectiveness analysis over a three-month period, evaluating both healthcare and broader societal impacts.

The findings come at a critical time, as healthcare systems globally face rising costs associated with chronic musculoskeletal conditions. Knee osteoarthritis alone places a significant burden on both patients and healthcare infrastructure, with costs expected to grow substantially in the coming decades.

Knee OA not only impacts mobility and quality of life, but it also contributes to increased healthcare utilization, lost productivity, and early retirement. Traditional treatment guidelines emphasize exercise and weight management as first-line approaches, yet patient adherence to structured strengthening programs can be inconsistent due to accessibility challenges, physical limitations, and personal preferences.

Dr. Moonaz’s research explores whether yoga—a mind-body practice integrating movement, breathwork, and relaxation—can serve as a viable alternative that meets both clinical and economic demands. The study builds on prior randomized controlled trial data comparing yoga

and strengthening exercise programs for individuals with knee OA. Over a 12-week period, both groups experienced similar reductions in knee pain. However, by 24 weeks, participants in the yoga group demonstrated slightly greater improvements in:

- Physical function
- Symptom management
- Overall quality of life

These findings suggest that yoga not only matches traditional exercise in effectiveness but may offer added benefits in long-term patient outcomes. What sets this study apart is its focus on economic value—an increasingly important factor in healthcare decision-making. Using a cost-utility framework, researchers analyzed outcomes based on quality-adjusted life years (QALYs), healthcare costs, and broader societal impacts such as productivity loss.

“Clinical effectiveness is essential. We don’t want to spend limited resources on treatments that aren’t going to improve biopsychosocial outcomes for patients,” said Dr. Moonaz. “In reality, though, we must also consider cost-effectiveness, because even a clinically effective treatment might not provide sufficient benefits to justify the resources it requires. Ideally, we want to optimize both so that patients receive the best possible outcomes with the most efficient use of resources.”

She added that knee osteoarthritis represents a particularly high-burden condition, making cost-effectiveness a critical

factor when comparing treatment options with similar clinical benefits. The results indicate:

- Yoga delivers comparable clinical outcomes to strengthening exercise
- Participants experienced slightly better quality-of-life improvements
- Yoga may provide strong value for money, particularly when factoring in societal costs

The study utilized established economic evaluation methods, including incremental cost-effectiveness ratios (ICERs) and net monetary benefit (NMB), ensuring alignment with international health economics standards. As healthcare systems navigate limited resources and increasing demand, cost-effective, patient-centered interventions are essential. This research suggests that integrating yoga into care pathways for knee osteoarthritis could:

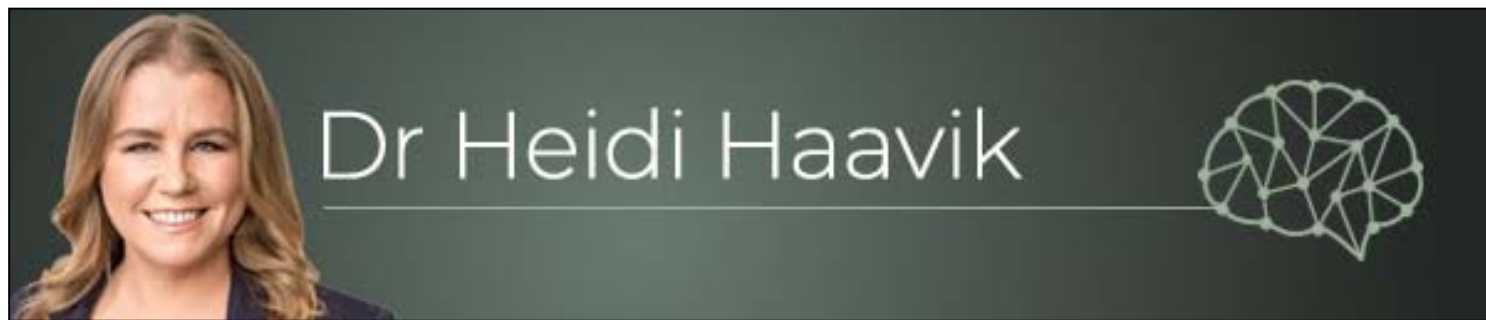
- Expand access to treatment options
- Improve patient adherence and engagement
- Reduce overall economic burden on healthcare systems

“Yoga itself is a whole-person intervention,” Dr. Moonaz explained. “Many people think of the poses and how they can improve physical function, but yoga is actually much more than that. It offers movement, breathwork, mindfulness, relaxation, and community support to help break the stress-pain cycle and improve well-being across multiple domains.” Yoga alongside traditional approaches like chiropractic care provides patients with more options to manage their condition.

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!





Dr Heidi Haavik

There are some very exciting things happening over the next few months, including my upcoming live seminar in Singapore this August, a brand-new online Masterclass exploring chiropractic, anxiety and depression through the Brain Model, and the launch of Platinum Level II — Neuro Integration.

What continues to excite me most is seeing how rapidly neuroscience around spinal function, brain regulation, stress physiology, and neuroplasticity is evolving. I genuinely believe we are entering a new era in how chiropractors understand and communicate the impact of chiropractic care.

Rewiring the Brain: The Neurophysiology of Chiropractic Care in a Stressed World, Singapore August 1-2, 2026

I'm incredibly excited to finally be coming to Singapore for a two-day live seminar exploring the rapidly evolving neuroscience of chiropractic care. This seminar introduces a major paradigm shift — moving beyond traditional biomechanical models toward a contemporary brain-based understanding of chiropractic care grounded in neuroplasticity, sensorimotor integration, predictive processing, and modern network neuroscience.

<https://heidahaavik.com/talks/rewiring-the-brain/>

We will explore how spinal function influences brain function, stress regulation, movement control, emotional wellbeing, and human performance — while also translating this science into practical clinical communication and patient care. If you are wanting to better understand the neuroscience behind what chiropractors do, and how to communicate that confidently in today's healthcare environment, I would love to [see you there](#).

Chiropractic, Anxiety and Depression Online Masterclass, August 2026

I'm also very excited to be launching a brand-new online Masterclass exploring chiropractic, anxiety, depression,

stress physiology, and emotional regulation through the lens of the Brain Model. One of the questions I am increasingly asked is how chiropractic care may influence functions far beyond pain and movement — including stress regulation, autonomic function, emotional wellbeing, and resilience.

Discover how to confidently address anxiety, depression, and stress in your practice — using science-backed insights that position you as a leader in modern healthcare. Drawing on current research and real-world trends, it uncovers the connection between neurological function, stress, and emotional well-being—equipping practitioners with the tools, language, and confidence to address one of the biggest health challenges of our time.

This is not just theory — it's a practical, practice-building approach to positioning chiropractic as a vital part of the mental health conversation

This masterclass explores the growing crisis of anxiety and depression and reveals a fresh, science-informed perspective on how chiropractic care can influence mental health.

In this Masterclass we will explore:

- The neuroscience of stress, anxiety, and depression
- The role of the spine and nervous system in emotional regulation
- How altered sensory processing may influence brain network function
- Emerging research relevant to mental health and chiropractic care
- How to communicate these concepts in a modern, evidence-informed way

Early Bird Pricing \$99 USD → \$79 USD

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ICA reaffirms its Medicare Framework: Full parity, patient rights, and no discrimination



International Chiropractors Association

The International Chiropractors Association (ICA), has reaffirmed its essential framework for Medicare reform, calling on Congress to enact legislation that fully resolves longstanding barriers to access for Medicare beneficiaries that seek chiropractic care. Medicare has covered chiropractic since 1972, yet vestiges of antitrust-era discrimination remain embedded in the Social Security Act. Chiropractors are recognized as physicians under Medicare statute but continue to be denied equitable reimbursement and practice rights afforded to the other four designated physician types (doctors of medicine or osteopathy, dental surgeons/dentists, podiatrists, optometrists). ICA believes this is unacceptable and correctable. ICA's Medicare framework calls on Congress to pass legislation to accomplish the following:

- Remove the 'but only' brackets that restrict reimbursements to the adjustment only; and detail the covered services to ensure that evaluation and management services, including x- ray imaging, are covered services with clear Congressional instruction and required dates of implementation, and the ensured coverage of adjustments of other articulations in the body.
- Implement equitable reimbursement rates equal to those of the other physician-level providers.
- Correct the Private Contracting (Opt-Out) Provision, restoring to Medicare beneficiaries who use chiropractic the same right to privately contract with their physician that patients of every other Medicare physician type already enjoy.
- Keep chiropractic a drug free and surgery profession at the federal level by excluding in statute reimbursements for prescription drugs, biologics and surgery.
- Provide a date of enactment so that beneficiaries who have paid into the system for decades receive timely relief — not a multi-year rule making process with uncertain outcomes.

- Maintain the current mandate for coverage of the chiropractic adjustment to correct a subluxation, preserving profession-specific terminology in statute.

The ICA's position aligns directly with the goals of the Make America Healthy Again initiative: reducing chronic illness through non-drug, patient-centered, lifestyle-based approaches. Regular chiropractic care is one of the most evidence-supported non-pharmacologic interventions for musculoskeletal and chronic pain conditions. Ensuring that Medicare beneficiaries have full, unimpeded access to chiropractic physicians is essential to that mission.

For complete details on ICA's Medicare framework and legislative comparison, visit www.chiropractic.org.

The IACP accepts relevant news articles and press releases. Email your news to: CandSpublishing@gmailcom

UnitedHealthcare to eliminate prior authorization for chiropractic care

American Chiropractic Association (ACA) President Kris Anderson, DC, released the following statement in response to UnitedHealthcare's announcement this week that it would eliminate prior authorization for chiropractic care by the end of 2026:

"UnitedHealthcare's decision to remove prior authorization for chiropractic services aligns well with ongoing efforts to reduce reliance on prescription opioid pain medications, especially for common musculoskeletal conditions. When used at the onset of an episode of spine-related pain, chiropractic services offer an evidence-based, non-drug approach for pain management that research has shown not only to alleviate pain and improve function but also to reduce costly downstream healthcare services such as surgery, hospitalization and ER visits."

ACA and ICA announce collaboration

The American Chiropractic Association (ACA) and the International Chiropractors Association (ICA) have announced a shared intent to support ongoing collaboration to improve patient access to chiropractic care. This collaborative effort reflects a growing movement within the public to strengthen access to safe, effective, nonpharmacological healthcare options and to support patients seeking conservative approaches to health and wellness.

Importantly, ACA and ICA leadership emphasized that these principles are intended to support broader dialogue within the profession and provide constructive, and when possible, coordinated input to policymakers, regulators, healthcare organizations, and other stakeholders as they consider ways to improve access to chiropractic care.

ACA and ICA emphasized that this alignment is part of an ongoing process and reflects a shared intention to engage constructively with stakeholders toward the broader goal of improving access to chiropractic care for patients as part of their overall healthcare strategy.

"We are encouraged by the meaningful dialogue taking place across the profession and with healthcare stakeholders,"

said ACA President Kris Anderson, DC. "Our goal is to offer a clear and responsible framework that reflects patient needs, supports access to evidence-informed chiropractic care, and strengthens the role of doctors of chiropractic within the broader healthcare system."

ICA President Joe Betz, DC, added, "This alignment represents a key step in demonstrating that the chiropractic profession can come together around shared priorities. We are working to ensure that people have appropriate access to safe, effective chiropractic care that helps improve whole-person health, especially as the healthcare landscape continues to shift toward a greater focus on conservative, nonpharmacological care."

Netherland Joiner, DC, wins 2026 MCF scholarship

Dr. Netherland Joiner, chiropractor and founder of N-LINE Health in Elmhurst, Illinois, has been named the recipient of this year's Michigan Chiropractic Foundation (Michigan Association of Chiropractors) Scholarship through Women Chiropractors. A 2020 graduate of Life University, Dr. Joiner's journey into chiropractic is rooted in personal transformation, resilience, and a deep passion for helping others reclaim their health and confidence.



Inspired first by watching her mother, a Desert Storm Army veteran, regain mobility through chiropractic care, Dr. Joiner later experienced her own life-changing healing journey. After going from being in a wheelchair to becoming a 3-time NCAA National Champion and 12-time All American, she developed a profound belief in the body's ability to heal when given the right support and alignment.

Through N-LINE Health, Dr. Joiner provides upper cervical chiropractic care with an intentional, individualized approach that prioritizes time, connection, and whole-body healing. "I'm not a fast-paced person. I mean, I've been a track runner, so I've been fast on the track, but in life, I feel like it's really important to be intentional and slow. I want my patients to feel that."

A portion of the award will go toward mentorship and continued guidance as she continues rebuilding and refining her path in practice. She also plans to invest in continuing education opportunities, including attending the upcoming ABCA convention, as well as investing in community outreach efforts to help more people discover her practice and mission.

Dr. Joiner was in Women Chiropractors' 2025 Re-Entry class, and says, "Having that foundation and that group of women has made such an impact," she shared, speaking about the importance of mentorship and community support, "It has helped me have more direction and groundedness." After navigating significant personal challenges in recent years, Dr. Joiner says the Re-Entry process has helped her rediscover confidence, clarity, and renewed purpose. That purpose has given her the exact direction to take this scholarship and use with wholehearted intention.

Save the Date: Sept. 25-27, 2026

Stronger Together: Collaborate, Innovate, Lead
Hosted by Southern Calif. University of Health Sciences

The American Chiropractic Association (ACA), the American Black Chiropractic Association (ABCA), and Southern California University of Health Science (SCU) have united to host the 2026 ACA Student Leadership Conference.

The event represents a significant opportunity for student leaders to connect, develop their leadership skills, and strengthen pathways that support the future of chiropractic. The annual ACA Student Leadership Conference will be an important weekend of education, networking, and collaboration.

Registration will open this summer. [Click here for more info.](#)

H.R. 539/S. 106 is progressing

Chiropractors currently face a limitation under Medicare—only spinal manipulation is reimbursed. This outdated restriction forces patients to pay out-of-pocket for essential components of care that you're qualified to provide, such as exams, diagnostic imaging, therapeutic exercises, and non-drug therapies.

The Chiropractic Medicare Coverage Modernization Act of 2025—introduced on January 16, 2025, in the 119th Congress as H.R. 539 in the House and S. 106 in the Senate—seeks to update Medicare to include all chiropractic services within your state scope of practice (osteopathic.org, congress.gov).

By the end of April, 2026, the Chiropractic Medicare Coverage Modernization Act, designated as H.R. 539/S. 106, has made significant progress in Congress. The bill has garnered 156 cosponsors from both the U.S. House and Senate. This bipartisan support indicates a growing interest in enhancing Medicare coverage for chiropractic services.

The primary goals of H.R. 539/S. 106 include:

- **Increasing Access:** The bill aims to reduce barriers for seniors seeking chiropractic care under Medicare.
- **Aligning Coverage:** It seeks to align Medicare coverage with other federal programs and private health plans, allowing for a broader range of services provided by chiropractors.
- **Recognizes chiropractors as "physicians" under Medicare** and expands reimbursement beyond spinal manipulation to all services within state scope.
- **Aligns Medicare coverage with the VA, Department of Defense, Federal Employee Health Benefits, and private insurers.**
- **Requires a one-time documentation-training webinar** before billing privileges are granted.

The legislation does not introduce new services but expands access to existing services that chiropractors are licensed to perform. It emphasizes non-drug therapies for managing pain and improving musculoskeletal function, which is particularly relevant given the ongoing opioid crisis. This act represents a significant step towards improving healthcare options for seniors and enhancing the role of chiropractors in the healthcare system.

There is opposition

Various medical, osteopathic, and radiology organizations have expressed strong opposition, raising concerns about chiropractors using the "physician" title, patient safety, billing expansion, and training differences compared to MDs/DOs (aaem.org). Their opposition is nothing new to this bill and has been introduced before. Further, chiropractors are already considered physicians in the eye of Medicare. We simply bring awareness to the issue, to hopefully further drive chiropractors to reach out to their Representatives and Senators.

Contact your U.S. Representative and Senators to urge them to co-sponsor and support H.R. 539/S. 106. Use the [American Chiropractic Association's advocacy tool](#) to send a message in minutes. Educate your patients about their costs and the solution for available for affordable chiropractic care for seniors.

Chiropractic College News

Cleveland University-Kansas City partners with The Joint Chiropractic to expand CE access

Cleveland University-Kansas City (CUKC) has announced a new partnership with The Joint Chiropractic, one of the nation's largest chiropractic networks, to provide The Joint's doctors with discounted access to online continuing education through SmartChoiceCE.com.

With more than 960 clinics nationwide, 3,000+ licensed doctors, and 14.4 million patient visits annually, The Joint Chiropractic has provided accessible care since 1999. This partnership extends that commitment to professional development, giving The Joint's doctors across the country access to high-quality CE through CUKC's SmartChoiceCE.com.

Launched in 2022, SmartChoiceCE.com offers a library of educational courses with a growing number of users nationwide. Through this partnership, doctors at The Joint can access a curated selection of SmartChoiceCE.com courses at a 20% discount.

These self-paced courses are available online, allowing doctors to complete CE requirements on their own schedule.

"This partnership strongly supports The Joint Chiropractic's mission to improve quality of life through routine and affordable chiropractic care," said Dr. Dustin Debroy, manager of education and relations at The Joint Chiropractic. "By expanding access to high-quality continuing education from a respected academic institution like Cleveland University-Kansas City, we help ensure our doctors are equipped with current, evidence-informed knowledge that supports consistent clinical standards across our network."

For CUKC, the collaboration extends SmartChoiceCE.com's reach to a broader national audience while reinforcing the University's commitment to support chiropractors at every

stage of their careers. For The Joint, the partnership provides a scalable pathway to strengthen professional development and clinical quality across its network.

"Convenient access to strong educational offerings helps our doctors remain confident, informed, and effective in practice," Debroy added.

"Partnering with The Joint Chiropractic reflects exactly what SmartChoiceCE.com was built to do: bring high-quality chiropractic education to doctors where they are, when they need it. CUKC is glad to welcome DCs from The Joint, and we look forward to expanding SmartChoiceCE.com to more providers in the years ahead," said Dr. Carl S. Cleveland III, president of CUKC.

Life Chiropractic College West heading back to a familiar stage

The Life West Women's Rugby team will compete in the USA Club Rugby Division II National Championship finale weekend in Lemont, Illinois from May 15–17, marking another major moment for a program with a long history of excellence.

For the Gladiatrix, this isn't new territory. Life West captured the Division II 15s National Championship in 2016, followed by back-to-back Division I titles in 2017 and 2018. That success propelled the team into the Women's Premier League (WPL), where they competed at the highest level of the sport.



Now, the program is evolving once again. Competing in the NorCal Division I/II landscape, Life West is continuing to build, adapt, and define its next chapter; one that has already led them back to the national semifinals.

This journey reflects more than wins and titles. It's a testament to resilience, growth, and the same competitive spirit that has long defined Life West Rugby.

As the Gladiatrix head into championship weekend, they carry both legacy and momentum, ready to represent Life West on the national stage once again.

CUKC Students honored by Kansas Independent College Association

Cleveland University-Kansas City (CUKC) is proud to recognize two students who received scholarships from the Kansas Independent College Association (KICA) for the 2026-2027 academic year.

Andrew Clark, a Doctor of Chiropractic student, received a \$750 Green & Gold Future Leaders in Health Professions scholarship. The 18 winners of this award were selected by a panel of seven reviewers from across the country. Each nominated student submitted detailed essays about their leadership training, future career goals, and why they chose an independent college for their higher education.

Samuel Corum, a Radiologic Technology student in the College of Health Sciences, was one of 21 students awarded the Maud Wyatt Recognition Scholarship. Since 1961, this scholarship has supported degree-seeking students who demonstrate excellence in academics, character, and integrity, while prioritizing their academics and working toward a meaningful career in health care.

Both scholarships are part of KICA's annual awards program, which this year recognized 47 students across its 21-member network of independent colleges and universities in Kansas. In total, KICA awarded \$76,000 in scholarships for the 2026-27 academic year.

Life University's new Sports Chiropractic Track

At the intersection of high-level athletic performance and principled chiropractic care, a new educational pathway is taking shape at Life University (Life U). Life University's flagship Doctor of Chiropractic (D.C.) program will introduce a dedicated Sports Chiropractic track beginning Fall Quarter 2026 – an intentionally designed, performance-first experience built to prepare future chiropractors for the

realities of modern sport. This new track is not an add-on or a specialization tacked on at the end of the program. Instead, it is fully integrated into the D.C. curriculum, blending classroom learning, clinical application, sport science, and real-world athlete exposure.

In many settings, sports-related care remains reactive, focusing primarily on injury management and rehabilitation. Life U's Sports Chiropractic track was built with a different mindset. Here, chiropractic care is approached through the lens of performance optimization. Students learn to evaluate how the nervous system, joint mechanics and movement patterns influence efficiency, adaptability and readiness – long before injury occurs. This neurology-driven, global mechanical assessment philosophy aligns naturally with sport, where milliseconds, positioning and coordination can make the difference between winning and falling behind.

The result is an educational experience rooted in chiropractic principles while fully attuned to the demands of athletics. With more than 650 varsity student-athletes competing across 21 sports teams, Life U offers an environment that few institutions – chiropractic or otherwise – can replicate. For Sports Chiropractic students, these athletes are not theoretical case studies. They are active participants in the learning process.

Students gain hands-on experience with performance testing, movement analysis and on-venue observation, all while collaborating with athletic trainers, strength and conditioning coaches, and sports health professionals. Real data, real athletes and real performance settings transform the campus into a living lab for human performance.

How the Sports Chiropractic Track Works

The Sports Chiropractic track unfolds intentionally within the D.C. program:

- Quarter 8 introduces students to sports chiropractic concepts and expectations, laying the groundwork for applied learning.
- Quarters 9–12 deliver a four-course Sports Chiropractic sequence that includes performance testing labs, arthrokinematics and neurology, on-venue and sideline care, and a research-based sports practicum.
- Quarters 13–14 place students in sports-focused PEAK and community-based internships, allowing them to apply their skills in professional, real-world environments.

Rather than waiting until after graduation to engage with sport, students progress through increasing levels of responsibility and exposure throughout their education.

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Sports Chiropractic rarely exists in isolation – and neither does Life University’s approach. Students in the track learn to function as part of a broader performance team, interpreting athlete data, understanding injury risk profiles and contributing to clear, coach-ready and athlete-ready communication. This integrated model mirrors what graduates will experience in performance clinics, collegiate athletics and professional sport environments.

By learning how Chiropractic fits within a multidisciplinary performance strategy, students graduate prepared not only to deliver care but to collaborate effectively.

For students interested in deepening their expertise, the track offers an additional advantage. Those who complete the Sports Chiropractic coursework can apply those credits toward the Master of Science in Sport Health Science (Sports Chiropractic concentration). With the addition of two Professional Track courses, students can complete nearly half of the master’s degree while earning their Doctor of Chiropractic.

This accelerated pathway allows students to broaden their credentials without extending their overall time in school. Graduates of the Sports Chiropractic track pursue diverse roles, including:

- Team chiropractor



- Integrated sports-rehab clinician
- Performance clinic owner
- Consultant for sport organizations
- Researcher or educator in sports performance

No matter the setting, the throughline is the same: chiropractors prepared to think critically, act confidently and contribute meaningfully in performance-driven environments.

Logan’s Alumni Advisory Council builds Connection, Collaboration, Community

The cornerstone of any academic institution is its graduates. They provide invaluable insights drawn from real-world experience, open doors for current students through mentorship and networking, and elevate the university’s reputation through their achievements and advocacy.

In this spirit of partnership and progress, Logan President H. Garrett Thompson, DC, PhD is committed to rebuilding a strong alumni-university relationship. This March, Logan officially launched the Alumni Advisory Council (AAC) to strengthen the relationship between the university and its alumni by serving as a vital bridge for communication, engagement and strategic input.

“The AAC was formed to ensure alumni remain an integral part of Logan’s story—past, present and future,” Dr. Thompson said. “By rekindling the spirit of collaboration and connection, the AAC supports the university’s continued growth, innovation and future success. In kind, Logan is committed to supporting the success of our graduates by any means necessary. We are stronger together.”

When Cynthia Sutton rejoined the university as director of alumni relations in 2022, she was charged with facilitating meaningful opportunities for all alumni across degree programs to come together and meaningfully engage with Logan.

“From previous positions at Logan, I knew what the university’s former alumni association looked like and how important it was to many of our graduates,” Cynthia said. “Through research I learned that numerous universities were switching to alumni advisory councils.”

According to Cynthia, Dr. Thompson becoming Logan’s president in 2025 catalyzed the creation of the AAC.

“One of the first things Dr. Thompson did was meet with alumni,” Cynthia said. “Over and over, they expressed a desire for more significant ways to champion Logan beyond making donations. At his request, I pulled out my research on alumni advisory councils, and we worked together to build one for Logan.”

Specifically, the AAC will:

- Serve as ambassadors: Actively promote Logan’s mission, events and priorities to fellow alumni, prospective students and the broader community.
- Provide feedback from the alumni perspective: offer thoughtful insights to ensure university initiatives remain relevant, impactful and aligned with alumni expectations.
- Support philanthropy and fundraising efforts: Strengthen fundraising through advocacy, peer-to-peer outreach and personal involvement.
- Build alumni connections: Foster a strong and inclusive network for mentoring, career development and professional community.
- Support recruitment of the next generation of students: Recognize that students are the lifeline of the university and play a vital role in sustaining Logan’s mission, reputation and impact.

“Ultimately, the AAC plays a key role in fostering lifelong engagement between alumni and Logan, ensuring that our proud tradition of service and leadership continues across generations,” Dr. Thompson said.

Northeast College Expands Scholarship Support

Northeast College of Health Sciences continues to invest deeply in its students and the future of healthcare in the U.S. and abroad.

More than 90% of incoming Northeast chiropractic students receive a Presidential Scholarship, creating a smart financial foundation for future healthcare professionals, and many new scholarships have been added over recent years to support students in all of the College’s programs. In fact, in 2025, the College distributed more than 500 individual financial awards to students, totaling over \$750,000 in crucial support.

Many students benefit from Northeast College’s dedicated scholarship support, which addresses both financial need and academic and extracurricular success. For example, students from southern Virginia pursuing chiropractic care

can advance their education through the N. Ray Tuck Jr. Scholarship, and the Menzo Case Scholarship is awarded to students from New York’s Finger Lakes region pursuing an AAS degree in radiologic technology or diagnostic medical sonography. As well, Canadian citizens are eligible for the new Canadian Chiropractic Scholarship, which covers 30% of 10 trimesters’ D.C. program tuition at the College.

Other Northeast College scholarships include:

- Alumni and Professional Organization Scholarships: Made possible through the support of Northeast alumni and professional organizations, available depending on program and eligibility, including the Northeast Board of Trustees Scholarship, Biofreeze Scholarship and the World Olympians Association Scholarship
- Northeast International Scholarship: A competitive, essay-based scholarship for non-U.S. citizens in trimester 2 or higher with a minimum GPA of 3.0. Multiple recipients may receive up to \$2,250 each annually.
- Academic Scholarships: Awarded to enrolled doctor of chiropractic students in trimesters 2 through 10, and disbursed each trimester.
- Northeast Education Opportunity Awards: multiple, competitive awards go to enrolled Doctor of Chiropractic students maintaining a minimum GPA of 3.0; financial need and a submitted essay are considered. Scholarship value is up to \$1,500.

INVICTA Gala 2026 raises Over \$500,000 for care for veterans and firstresponders

The 2026 INVICTA Gala delivered an unforgettable evening of hope, heroism, and healing, raising more than \$500,000 to support The INVICTA Project’s mission of providing no-cost, life-changing treatment for veterans and first responders suffering from traumatic brain injuries (TBI) and post-concussion symptoms.

Guests experienced a powerful program that included an inspiring keynote, live and silent auctions, and meaningful tributes to America’s heroes. The event also featured a full day of activities, including the Salute & Shoot Range Day, followed by a cocktail reception and Medal of Honor photo opportunities before the Gala dinner.

The funds raised will directly support The INVICTA Project’s work in providing advanced, non-invasive treatment for conditions such as post-concussion syndrome, brain fog, headaches, memory impairment, chronic pain, sleep issues, and more.

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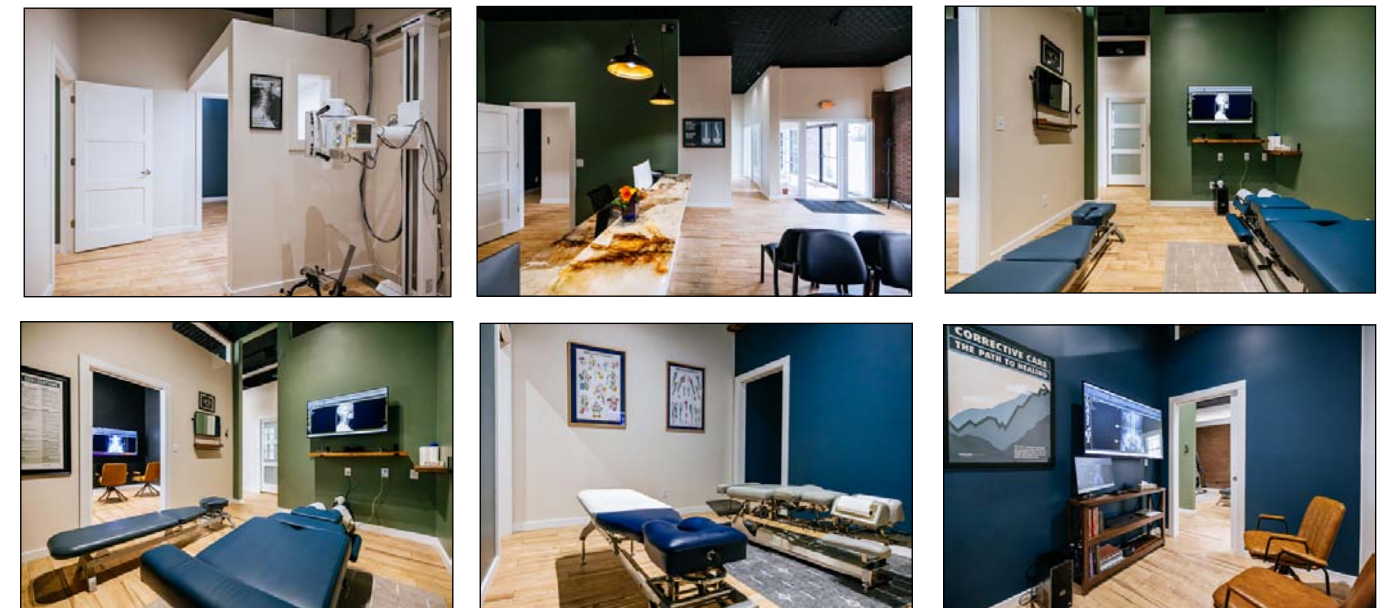
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Contact info: Dr. Paige Nelson, D.C. 406-565-1780 or paige.nelson.182@gmail.com

Website info: www.buttechiropractor.com



Office Posters

We have created a FREE [printable PDF](#) of the

The benefits of adding Yoga

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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 helps with back pain

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.

They are available on the website, www.IACPnews.com in an easy to print format.

Each has the following tagline:



This healthy living information is provided by your Doctor of Chiropractic and the Idaho Association of Chiropractic Physicians (IACP).

The benefits of adding Yoga to Chiropractic Care

Combining yoga with chiropractic treatments can significantly enhance your overall health. By integrating these two holistic practices, you can achieve better spinal alignment, reduced pain, and improved flexibility. Here's how yoga can complement and support your chiropractic care.

Yoga and chiropractic care work together to improve overall health by enhancing joint mobility, range of motion, and flexibility. By combining these holistic practices, patients can achieve better spinal alignment, improve sleep, reduce stress, and enhance their overall well-being.

Combining chiropractic care with regular yoga can significantly improve physical and mental health by building strength while simultaneously addressing pain and injuries. Yoga brings a unique component to chiropractic adjustments by promoting an increased range of motion and enhancing soft tissue flexibility, making the spine more receptive to adjustments. Regular yoga practice improves balance, flexibility, and strength, contributing to injury prevention.

To make adjustments last longer, consider these seven strategies:

- Stay Active: Engage in regular exercise.
- Posture Awareness: Maintain good posture throughout the day.
- Healthy Diet: Focus on nutritious food.
- Hydration: Drink plenty of water.
- Regular Maintenance: Attend chiropractic sessions consistently.
- Stretching and Strengthening: Perform recommended exercises.



This healthy living information is provided by your Doctor of Chiropractic and the Idaho Association of Chiropractic Physicians (IACP).

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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Ad Type	Ad Size	1 run	3 runs	6 runs	12 runs
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Full page (boxed)	8" wide by 9 3/4" tall	\$450	\$414	\$378	\$330
Half page	8" wide by 4 3/4" tall	\$267	\$264	\$224	\$190
One Third (V)	2 3/8" wide by 9 3/4" tall	\$190	\$174	\$159	\$140
One Third (H)	8" wide by 3 1/8" tall	\$190	\$174	\$159	\$140
Quarter Page	3 7/8" wide by 4 3/4" tall	\$160	\$146	\$134	\$115
One Sixth	3 5/8" wide by 2 7/8" tall	\$105	\$97	\$88	\$75

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