



*Prosperity Through Unity
Exceptional Care for Idahoans*

May 2026

The IACP News, Vol. 10, No. 5

IACP 2026 Convention Annual Award Winners



At left, IACP President Dr. Jeremai Hafer presents the Chiropractor of the Year Award to Dr. Justin Keller.



At right, President Dr. Jeremai Hafer presents the Chiropractic Miracles Award to Dr. Tom Bench.

VA updates requirements for chiropractors

The American Chiropractic Association (ACA) has been engaged with the Department of Veterans Affairs (VA) and its third-party administrators, including TriWest Healthcare Alliance, to address concerns raised by doctors of chiropractic (DCs) regarding participation in the VA Community Care Network (CCN).

Members practicing in Regions 4 and 5 identified challenges in contracting requirements that were seemingly not applied to other provider types in the same regions and were inconsistent with contracting requirements for DCs in VA CCN Regions 1-3. These requirements included the imposition of contracting fees and the expectation that DCs accept additional ancillary contracts as a condition of participation in the CCN—both of which created barriers

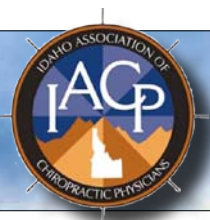
to participation and raised concerns about fairness and access.

In response to member feedback, ACA engaged directly with VA and contractor leadership to seek clarification and advocate for changes that would support equitable participation.

Following these discussions, ACA has been informed of the following updates:

- Reassessment of Contracting fees for DCs participating in the CCN in Regions 4 and 5 to remove financial barriers for provider participation in the network.

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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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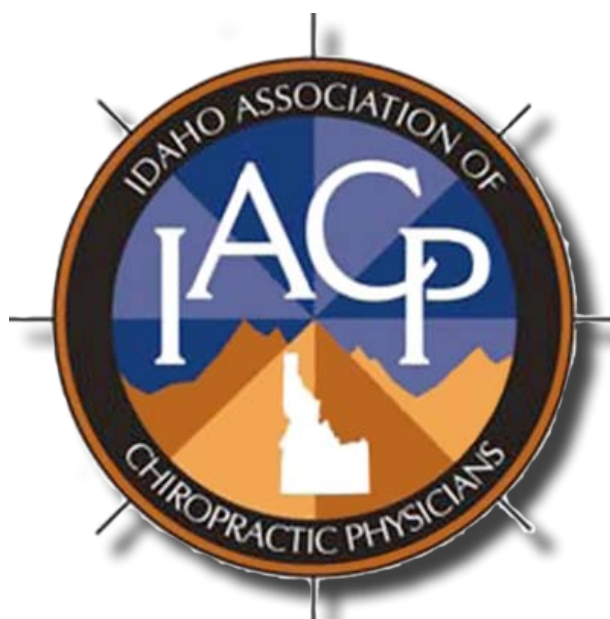
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VA updates requirements for chiropractors

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- Ability for DCs to contract directly for participation in the CCN without being required to enter into additional ancillary agreements.

These changes represent a meaningful step toward more consistent and equitable contracting processes across regions. Reducing administrative and financial barriers and unfavorable contracting requirements supports provider participation and helps improve access to chiropractic care for veterans in impacted areas. As these changes are implemented, providers should carefully review contract materials to confirm they are participating only in the network(s) of their choosing.

“I am grateful to the members who brought this issue

forward,” commented ACA President Kris Anderson, DC. “ACA has a great team of experts, and I am pleased that we engaged in these discussions to advocate on behalf of the profession and for the veterans we serve.”

About the American Chiropractic Association

The American Chiropractic Association (ACA) is the largest professional chiropractic organization in the United States. ACA attracts the most principled and accomplished chiropractors, who understand that it takes more to be called an ACA chiropractor. We are leading our profession in the most constructive and far-reaching ways—by working hand in hand with other health care professionals, by lobbying for pro-chiropractic legislation and policies, by supporting meaningful research, and by using that research to inform our treatment practices.

Imploring you, encouraging you and empowering you

The following article was first published in *The Journal of Clinical Chiropractic Pediatrics* (JCCP). [Click here](#) to read the full article.

By Sharon A. Vallone, DC, FICCP
Editor, Journal of Clinical Chiropractic Pediatrics

As I sit and watch the snow falling here in the woods of Connecticut, I reflect on how we New Englanders have “had it easy” the last handful of winters. The sturdy (some might say stoic) and prepared nature of New Englanders has softened under the gentler hand of Mother Nature and this winter’s storms have taken us by surprise again. Yes, schools are closed for the third day in a row! Imagine!

We as pediatric chiropractors need to reflect on the same potential to sit back and allow time to pass without maintaining our due diligence as to what is going on in our profession and the world. As some may have noticed, there have been no issues of the JCCP published for the last two years. I’ve asked myself “Why?” as I’ve poked, prodded and begged colleagues to share their research, experiences and knowledge with others by submitting a manuscript for consideration. There seems to be an alarming sense of ennui about the state of affairs both in chiropractic and in the world at large and an overwhelming “busy-ness” keeping everyone otherwise occupied.

I’m here to implore you, to encourage you and to empower you once again! We can’t give up! We can’t succumb to the temptation to sit back on our laurels and let someone else do the work for us.

Kudos to those of you in the field working diligently every day to keep our children healthy. Dr. Celeste Krawchuk and Amanda Hartman teamed up to share clinical tidbits about Witteveen-Kolk Syndrome in a three-year-old. We are often challenged to expand our knowledge base to understand how to best offer our skills to support our patients. How heartening would it be to find another colleague who has published information about your next challenging presentation? May you continue to learn and may your offices be your heart-space that sustains you as you care for those who enter your doors. May you receive the gifts each child brings you that will empower you to help the next child.

Kudos to those of you who leave their office and represent us in the halls where decisions are made about everything from our scope of practice to our inclusion in the national healthcare program and private insurance industry reimbursement. And to those who defend our rights and the rights of our patients to retain control of our health care choices. Kudos to those in the field of education and research that are not only providing education on an undergraduate

level but also participating in programs leading to a pediatric certifications and diplomate programs. There are now even several excellent opportunities to pursue a Master's Degree in pediatric chiropractic available in Europe, Australia and the United States.

Most recently, Dr. Lora Tanis, president of the ICA Council on Chiropractic Pediatrics has announced the latest opportunity for board certified graduates of the DICCP program as well as other interested students in a degree program associated with McTimoney College. As one of the editors of the JCCP, I am hoping this will be another group of enthusiastic candidates who will be invited to consider our journal as an outlet for their publications.

Many of JCCP's most prolific authors have been participants in the long standing stellar Master's program offered at AECC under the tutelage of one of our editors, Dr. Joyce Miller. In this issue, Dr. Sue Weber, an AECC graduate, authors an update on her previous paper on pediatric headaches. Dr. Aurélie Marchand another contributing author, graduated and is now pediatric faculty at AECC. Dr. Marchand continues Dr. Miller's tradition of encouraging her students to contribute to the well of knowledge the rest of us need to constantly drink from to satisfy our thirst for knowledge.

Another one of our editors, Dr. Cheryl Hawk, whose gift is to gather colleagues to work together from around the world, continues to pursue opportunities for research and publish retrospectives, surveys, reviews, clinical practice guidelines and research papers on topics pertaining to maternal health and chiropractic pediatrics. Dr. Hawk, at one time faculty of the ICA Post grad program, has encouraged and supported many of the faculty and graduates of the ICA Council on Pediatric Chiropractics Diplomate Program (DICCP), to publish valuable case reports and case series as well as knowledgeable commentaries.

I recently received a book to review written by Dr. André Saine and was enthralled with the compilation of clinical anecdotes of a less publicized but clinically effective technique that I could immediately relate to a number of children and their clinical pediatric presentations I had cared for in my own practice that failed to resolve under my care. You know, those cases that get under your skin and despite your best efforts a puzzle piece still seemed to be missing. Reading this tome revived my enthusiasm about broadening my own knowledge of available techniques, exploring new information and expanding my skill set (or finding another colleague with this skill set to refer to!) to serve these children whose parents recognize the tremendous service chiropractors can provide their children and their families

on the path of their chosen healthcare journey. This book reminded me that we must stay open, curious and willing to grow no matter how long we have been in practice. But this book, and my conversations with its author, Dr. André Saine, also reminded me how important it is for our community to raise the interest and support our schools and graduate programs with the funding to support research on techniques like BNS, which, like so many techniques, have vast clinical anecdotes to support them, but fall by the wayside when they are scrutinized for publishable data.

Journaling our efforts and submitting a manuscript for publication is one of the easiest way to support each other in our quest for knowledge and new experiences, ever honing our skills and developing our "innate" ability to listen, observe, palpate and examine, and assemble sometimes obvious and sometimes random pieces of information and come up with a plan to help our young patients reach their goals of optimal health by employing the skills we offer our patient in the form of a specific, effective adjustment. Dr. Joyce Miller's offering in this issue ("Writing for publication: helpful hints for clinicians to write for the Journal Clinical Chiropractic Pediatrics") can help guide you in organizing your material and writing a paper to submit.

We are the ones. We are the ones who can provide the unique perspective we bring to health care. It is my sincere hope that we will remain curious, motivated and committed to staying current, remaining active and productive and staying present when things are challenging.

Without remaining present, we may miss the giggles, jokes and gems that our delightful young patients bring to us in exchange for the guidance and support they know they will receive when they come to our offices!

The Journal of Clinical Chiropractic Pediatrics ([JCCP](#)) is the official peer-reviewed journal of the ICA Council on Chiropractic Pediatrics. It is committed to publishing research, scientific and professional papers, literature reviews, case reports and clinical commentaries for chiropractors and other health care professionals interested in the treatment of the pregnant, postpartum and pediatric patient. Through the publication of these papers and the dissemination of this information, the JCCP seeks to encourage professional dialogue and awareness about chiropractic pediatric care to help enhance patient care and improve patient outcomes.



Why chiropractors need to stay out of front desk fee discussions

Most chiropractors want to help people get the care they need. That instinct is one of the things that makes this profession so strong. But when a doctor steps into a financial conversation at the front desk and starts offering on-the-spot discounts, or “he’s my buddy fees” it can create bigger problems than many realize.

What may feel like a kind gesture in the moment can hurt your team, weaken your systems, and create compliance concerns that put your practice at risk.

One of the biggest issues is how it affects your front desk team. When a staff member explains the fee, reviews the financial policy, or presents a care plan, they are doing their job. If the doctor then changes the number in front of the patient, the staff member has just been undermined. The patient may begin to see the front desk as difficult or unhelpful, while the doctor becomes the hero who “fixed” the problem. Over time, this damages trust between the doctor and the team and makes it harder for staff members to confidently hold financial boundaries.

It also creates inconsistency. Once fees become negotiable, every patient starts to feel like a special case. One patient pays the full amount. Another gets a discount because they asked. Someone else gets a different rate because they hesitated at checkout. Before long, the office has no clear pricing structure. This leads to confusion, billing mistakes, awkward follow-up calls, and weaker collections. It also trains patients to negotiate. If they believe there is always a better deal available, they may delay payment, question charges, or push back at checkout.

Beyond the team and operational issues, discounts can also create compliance pitfalls. This is where many chiropractors unintentionally get into trouble. If discounts are offered randomly, without a written policy, proper documentation, and consistent application, they can raise red flags. For insurance patients, routinely waiving copays or deductibles can be especially problematic. In many cases, those amounts are part of the patient’s financial responsibility under their health plan. Ignoring them regularly can raise concerns about payer contracts, billing accuracy, and compliance expectations.

Even in cash practices, undocumented fee adjustments can cause issues. If your office cannot clearly show who approved



a discount, why it was given, which services it applied to, and how it was handled consistently, you create audit-trail gaps. Packages, memberships, and prepay plans can also pose a risk if the terms are unclear or if different patients are offered different arrangements without a standardized policy.

The answer is not to stop helping patients. The answer is to help them the right way.

That means creating a written financial policy and a menu of pre-approved options that your team can confidently offer. This may include things like a compliant discount medical plan organization, a documented hardship policy, prepayment options for care plans, or clearly structured payment arrangements. When the rules are written, consistent, and handled by trained staff, patients still get support without putting the practice in a vulnerable position.

This is also where ChiroHealthUSA can help. CHUSA gives practices a simple, compliant way to offer legal discounts to patients when insurance does not cover all services or when patients need more affordable access to care. Instead of negotiating deals chairside or making exceptions case by case, chiropractors can use a structured program that helps support both affordability and compliance.

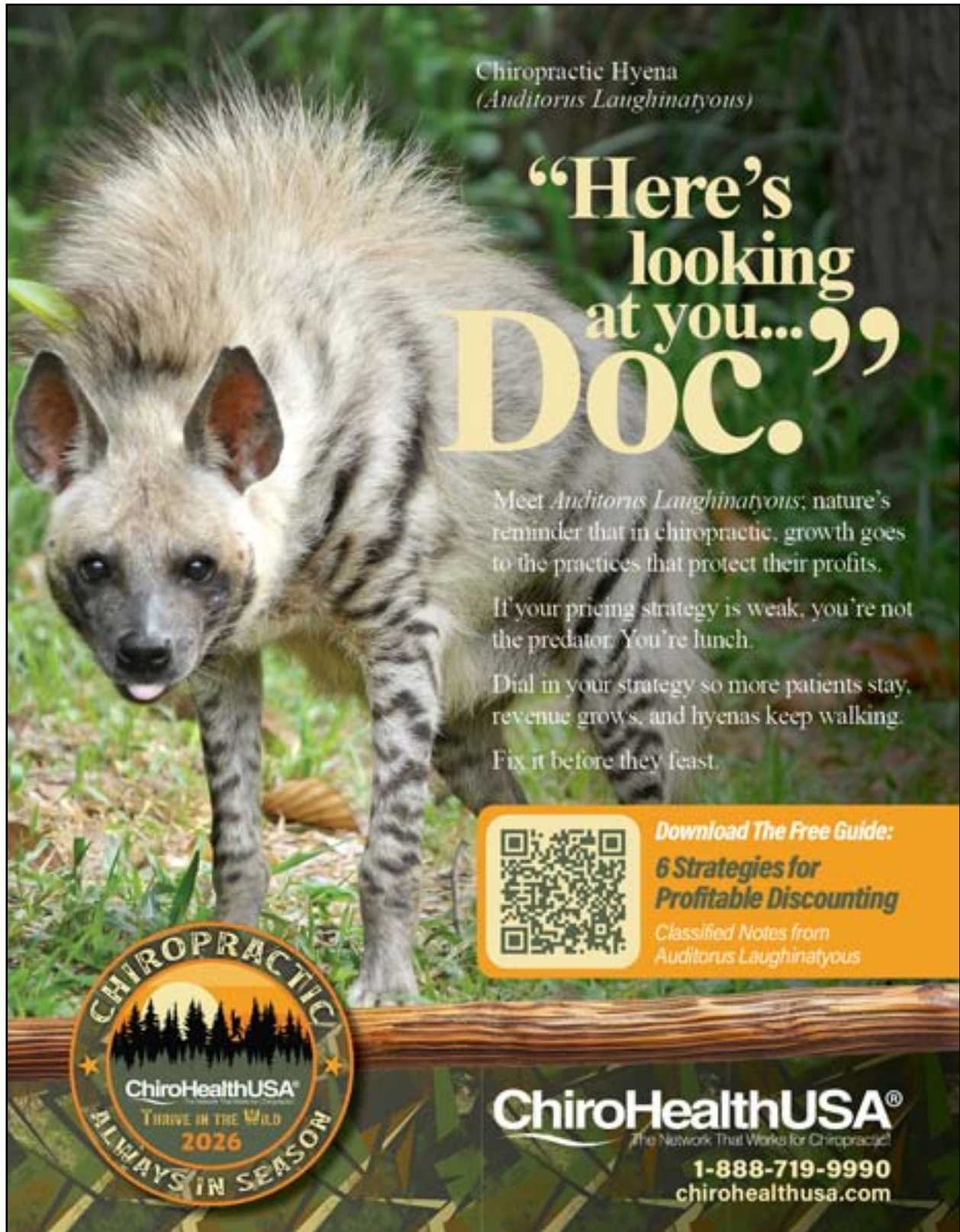
The bottom line is this: doctors should lead the clinical conversation, not the fee negotiation. One of the best things you can do for your team and your business is to protect your front desk’s authority and establish clear systems. Your staff will feel more supported, your patients will have a more professional experience, and your practice will be far less likely to drift into pricing confusion or compliance trouble.

If your office is still handling discounts on the fly, now is the time to fix it.

[Download our free white paper: 6 Strategies for Profitable Discounting](#) to learn how to create clear financial policies, improve collections, and offer affordable care in a compliant way.

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.





Chiropractic Hyena
(*Auditorus Laughinatyous*)

“Here’s
looking
at you...”
DOC.”

Meet *Auditorus Laughinatyous*; nature’s reminder that in chiropractic, growth goes to the practices that protect their profits. If your pricing strategy is weak, you’re not the predator. You’re lunch. Dial in your strategy so more patients stay, revenue grows, and hyenas keep walking. Fix it before they feast.

Download The Free Guide:
6 Strategies for Profitable Discounting
Classified Notes from
Auditorus Laughinatyous



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IACP 2026 Annual C

April 24-26, 2026, The C

Thank you fo

Handouts from our speakers c



Convention

Grove Hotel - Boise, ID

or attending!

can be found by [clicking here](#)



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!



News

We publish news and articles of interest to the chiropractic community without charge. If you have a press release, news article or event to publicize, email your info to:
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The future of integrative healthcare: five trends shaping the next decade

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

The Whole Health approach places people—not conditions—at the center of care. Rather than focusing solely on symptoms or disease, it considers the full range of interconnected factors that influence a person’s overall quality of life—including physical, mental, and emotional health; personal values and purpose; relationships; social and economic conditions; and the environments in which people live.

Healthcare is undergoing one of the most significant transformations in modern history. Advances in technology, growing research in lifestyle medicine, and increasing recognition of the mind-body connection are reshaping how healthcare professionals approach patient care.

For decades, healthcare systems have largely focused on diagnosing and managing disease. Today, however, healthcare leaders increasingly recognize that improving long-term health outcomes requires a broader approach—one that emphasizes prevention, personalization, and whole-person well-being.

According to Tracy Gaudet, MD, Executive Director of the Doctor of Whole Health Leadership program at Southern California University of Health Sciences (SCU), achieving meaningful improvements in health outcomes requires a fundamental shift in how healthcare systems think about care.

“The most important shift that healthcare professionals and healthcare systems must embrace in the next decade if we are to truly see significant improvements in health outcomes and costs is understanding that what is needed is an entirely new paradigm,” Gaudet explains. “Our current healthcare approach is starting from the wrong place—the system often begins with the disease or the problem, rather than the person and what matters most to them.”

As healthcare begins to make that transition from a disease-centered model to a person-centered model, Integrative, Whole Health approaches are gaining momentum. The following trends highlight what’s shaping the future of patient care.

1. Personalized Healthcare is Replacing One-Size-Fits-All Medicine

One of the most exciting developments in modern healthcare is the rise of personalized medicine. Instead of relying on standardized treatments for every patient, healthcare providers increasingly use data and technology to tailor care to the individual. Factors such as genetics, lifestyle habits, environmental influences, and digital health tracking can now help clinicians develop personalized strategies for improving health.

Wearable health technologies, including smartwatches and fitness trackers, are already enabling individuals and providers to monitor sleep patterns, stress levels, heart rate, and physical activity. These insights can help healthcare providers identify early health risks and develop personalized wellness strategies.

2. Preventive Care and Lifestyle Medicine are Becoming Central to Healthcare

Two closely related—but distinct—forces are transforming healthcare: a renewed emphasis on preventive care and the rapid rise of lifestyle medicine.

Preventive care focuses on identifying risks early and intervening before disease develops, through screenings, vaccinations, and proactive clinical guidance. At the same time, lifestyle medicine is gaining traction as an evidence-based approach that addresses the root causes of many chronic conditions by supporting changes in nutrition, physical activity, sleep, and stress.

Research continues to show that conditions such as heart disease, diabetes, obesity, and certain mental health challenges are strongly influenced by daily behaviors. While preventive care helps detect and mitigate risk, lifestyle medicine equips patients with the tools to make sustained changes that improve long-term health outcomes.

Rather than waiting until illness develops, healthcare professionals are increasingly combining these approaches—identifying risk earlier and empowering patients to adopt healthier habits that can prevent or even reverse disease.

“If we want to help people optimize their health and

wellbeing—and minimize the impact of chronic conditions and mental health issues—we need to change the conversation,” explained Gaudet.

Together, these shifts reflect a broader movement toward healthcare models that prioritize wellness, resilience, and long-term quality of life.

3. Interprofessional Healthcare Teams are Improving Patient Outcomes

Healthcare challenges are rarely solved by a single discipline alone. The future of healthcare will increasingly depend on interprofessional collaboration, where professionals from multiple healthcare fields work together to support patient health. Integrative healthcare teams may include practitioners specializing in:

- conventional medical care (primary care, nursing, and specialties)
- chiropractic care
- acupuncture and Eastern medicine
- physical and occupational therapy
- behavioral and mental health
- nutrition and lifestyle coaching
- and more

By working collaboratively, healthcare providers can address the full range of factors that influence health—including physical, emotional, behavioral, and environmental dimensions—while also honoring each patient’s individual goals, values, and preferences.

4. Mind-Body Medicine is Gaining Scientific Support

Growing research continues to highlight the connection between mental and physical health. Stress, anxiety, and emotional well-being can influence immune function, inflammation, sleep quality, and chronic disease risk.

As a result, mind-body medicine is becoming an increasingly important component of integrative healthcare. Approaches such as mindfulness, therapeutic movement, yoga therapy, and stress management are now widely used to help patients improve quality of life and manage chronic conditions.

The Research Department at Southern California University of Health Sciences (SCU) is actively exploring the connection between mental and physical health through ongoing studies in integrative care and whole-person health. Growing evidence shows that mind-body approaches can help patients develop practical tools to manage stress, improve

mobility, and enhance overall well-being. These approaches reinforce the understanding that mental and physical health are deeply interconnected and essential to long-term health outcomes.

5. Healthcare Leadership Will Drive System Transformation

While clinical innovation is important, the future of healthcare also depends on leaders capable of transforming healthcare systems. Healthcare organizations increasingly need professionals who understand how to implement Whole Health strategies across hospitals, clinics, and community health systems.

“A Whole Health System expands the purpose of healthcare beyond disease management to helping people live their most meaningful lives,” Gaudet says. “Its approach empowers and equips the whole person, shifting healthcare from a medicalized, expert-driven model to one that is proactive, community-based, and guided by what matters most to the individual.”

Preparing the Next Generation of Whole Health Leaders

The transformation of healthcare is already underway. Advances in technology, research, and patient-centered care are redefining how healthcare professionals approach prevention, treatment, and wellness. Integrative, Whole Health models—focused on personalized care, prevention, interprofessional collaboration, and the connection between mind and body—are becoming essential for improving long-term health outcomes.

Lifestyle medicine is an evidence-based approach to preventing, treating, and in some cases reversing chronic disease by addressing its root causes. It focuses on sustainable changes in areas such as nutrition, physical activity, sleep, stress management, and social connection. Rather than relying solely on medications, lifestyle medicine helps individuals build daily habits that support long-term health and well-being.

Interprofessional collaboration is a team-based approach to healthcare in which professionals from different disciplines work together to support patient care. By combining diverse expertise—such as medical, therapeutic, behavioral, and lifestyle perspectives—these teams can develop more comprehensive, coordinated, and effective care plans that address the full range of a patient’s needs.



Chiropractic News

H.R. 539/S. 106 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.

What should be done

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.

Save the Date: Sept. 25-27, 2026

Stronger Together: Collaborate, Innovate, Lead Sept. 25-27, 2026, Whittier, Calif.

Hosted by Southern California 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.](#)



Clinical Care of the Chiropractic Patient Florida — May 30, 2026

Saturday, May 30, 2026, Palmer College of Chiropractic, Florida Campus, Port Orange, FL (Registration closes May 29)
[Click here for more info or to register](#)

Check in begins at 7:30 a.m., 8-10 a.m.

Thyroid Disease: The Hidden Reason Your Patients May Not Be Responding to Chiropractic Care

Kenice Grand Broughman, D.C., D.H.Sc., DACBN

This presentation will assist the chiropractor in recognizing thyroid disease, both clinical and subclinical presentations. Learners will gain an understanding of how a dysfunctional thyroid can impact the conditions that chiropractors frequently treat: back pain, neck pain, headaches, and fatigue. DCs attending this session will come away with the ability to recognize the signs and symptoms of thyroid disease and appropriate testing and treatment strategies for thyroid support. This session will also include discussion of when co-management is necessary.

10 a.m.- 12 p.m.

Hand, Shoulder, Knees and Toes: Rock Solid Documentation of the Extremities

Philip Afghani, D.C.

Join Dr. Afghani for this 2 hour session as he discusses in-depth documentation for assessment and palpation findings in the upper and lower extremities, as well as tying in findings with gait and posture analysis to better solidify your notes and better track patient outcomes.

12-1 p.m. Lunch provided by Palmer College Continuing Education

1-3 p.m.

Achilles Ruptures: From Post-op to Performance

Jacob Harden, D.C.

Achilles tendon ruptures are on the rise, and proper rehabilitation is critical to restoring long term function. This 2-hour session will prepare the clinician to manage these patients effectively, following evidence-based guidelines. You will learn the common deficits seen following rupture, how to stage progression using both time and performance outcomes, and what metrics to track along the way. In addition, the session will outline a complete rehabilitation plan following the case of a real-life patient from immediately post-op to end stage return to performance with demonstrations of the exercises and prescriptions used at each stage.

3-5 p.m.

Palmer Package for the Pelvis, Sacrum, and Coccyx: A Review of the Protocols and Procedures

Steve Cuono, D.C., & Deric Jacobs, D.C.

This 2-hour session will cover the protocols and procedures for the Palmer Package technique system of analysis and adjusting for the pelvis, sacrum, and coccyx. Palmer Gonstead, Palmer Thompson, and Palmer diversified adjustments will be covered along with the analysis protocols for leg checks, static and motion palpation, and chiropractic x-ray analysis.

5-7 p.m.

Beyond the Rotator Cuff: Scapular Control and Shoulder Mechanics

Jesse Hodges, Jr., M.S., D.C.

In this 2- hour session, Dr. Hodges will discuss shoulder anatomy and movement. He is an interactive presenter and will lecture (and demonstrate) the following:

- Review of functional anatomy of the rotator cuff and scapular stabilizing muscles.
- Examine scapulohumeral rhythm and its role in normal and dysfunctional shoulder motion.
- Identify common movement dysfunctions and compensatory patterns associated with shoulder pain.
- Discuss neuromuscular activation and motor control strategies for the rotator cuff and scapula.
- Present assessment techniques for shoulder and scapular mechanics.
- Demonstrate corrective exercises, stretches, and active care strategies for shoulder dysfunction.
- Apply clinical decision-making principles to integrate rehabilitation strategies into chiropractic practice.

Chiropractic College News

Maithy Ta, DC, elected vice president of the American Chiropractic Association

Cleveland University-Kansas City (CUKC) alumna, Dr. Maithy Ta, has been elected vice president of the American Chiropractic Association (ACA) for the 2026-27 term.



Ta, who graduated with honors from CUKC's Doctor of Chiropractic program in 2019, was selected during the association's annual meeting in Washington, D.C., and will continue to help guide national efforts focused on leadership development, advocacy, and expanding access to chiropractic care across the United States.

She has served on the ACA Board of Governors for three years, after first being elected to the board by the ACA House of Delegates, and currently chairs the Leadership Development Task Force, where she has helped strengthen initiatives supporting early-career chiropractors. An ACA member since 2016, Ta has been actively involved in leadership, policy, and professional development efforts across the organization, including previous involvement in ACA Engage 2023.

"I truly found a home within ACA, an association with a mission, vision, and values that I could admire," Ta said in an ACA Today article. "Many before me and many after me have participated in this pipeline, preparing us for leadership not only within ACA but also within our communities and beyond."

In addition to her leadership within ACA, Ta provides care to underserved populations in Kansas City, and serves as director of physician recruitment for Medulla, a healthcare management organization.

NUHS celebrates Spring 2026 Graduates

On April 24, National University of Health Sciences (NUHS) celebrated the hard work and accomplishments of the Spring 2026 graduating class. The commencement keynote address was delivered by Andrew Johnson, MBA, MS,

BS, Managing Director at Neuberger Berman, a top-tier independent investment management firm known for its long-term investment focus and research-driven culture in money management. Additionally, he serves as a member of the Board of Directors for AGNC Investment Corp, Bishop McNamara High School and Hartford Funds. Mr. Johnson is also an Independent Director for Mortgage Real Estate Investment Trust, where he serves on the Audit Committee.

In his address, he connected with the graduates by sharing lessons he's learned from his experience in the workforce. He highlighted the importance of trust, resilience and learning from challenges. Mr. Johnson encouraged graduates to embrace trial and error, draw on past successes and remain dedicated in pursuing their goals.

"Graduates, you have reached the milestone that marks the end of one journey and the beginning of a far more significant one," he said. "I've seen firsthand the products of this university. They are good, smart and professional. By graduating today and joining that group, you have already done the hard part. And because of that, you have earned the privilege to have deep within yourself the sense of belief that you will succeed. Now, get out there and plan to succeed. Congratulations to the National University of Health Sciences Spring Class of 2026."

Valedictorian of the Doctor of Chiropractic Medicine program, Dylan Kahn, reflected on his journey along with his fellow classmates. "As I look out into the crowd and I see my classmates, I see an incredible amount of growth. But what is growth if not change? Change can be uncomfortable. It



often comes with uncertainty, doubt, and even fear. But that discomfort is where growth lives. When we choose to embrace change, we choose opportunity. If the last four years have taught us anything, it's that change doesn't just happen to us. Change is something we create. In many ways, that idea sits at the very foundation of what we do as chiropractic doctors."

NUHS students win ACA Tom Hyde Award

National University of Health Sciences' (NUHS') students take first place in American Chiropractic Association's (ACA's) prestigious Annual Hyde/ ACA Sports Council Student Research Poster Contest. This award, named in honor of the renown sports chiropractic figure Tom Hyde, celebrates DC students' excellence in sports-related research.

Sharing first place, NUHS- Florida Doctor of Chiropractic Medicine (DC) students **Mary Medovich** and **Tabitha Trymbiski** were named the winners for their poster titled "Plantar Intrinsic Foot Muscle Training: Impact on Re-Injury Risk & Athletic Performance." Both students were curious about the role of foot core stability in athletic performance, which led them to pursue this topic.

Mary Medovich is a chiropractic medicine student in her tenth trimester. She has previously worked with athletes as a strength and conditioning specialist and has a strong interest in pursuing sports performance and rehabilitation. This competition marked Mary's first experience presenting research in poster format.



NUHS partners with University Hospitals for new preceptorship opportunities

National University of Health Sciences (NUHS) has partnered with University Hospitals (UH) to offer Doctor of Chiropractic Medicine (DC) students the opportunity to participate in a three-month clinical internship as part of a multidisciplinary care team. NUHS students will complete their internships within the UH network at one of three locations: Connor Whole Health, Parma Medical Center, or UH Westlake Health Center. The program is currently available to DC students, with plans to expand to naturopathic medicine and acupuncture programs in the near future.

University Hospitals is an academic medical center and community hospital network located in Cleveland, Ohio, with a network of 21 hospitals, over 200 physician offices in 16 northern Ohio counties and more than 50 health centers.

"We look at preceptorships as an extension of NUHS education," Dean of Clinics Theodore Johnson, DC, MS, said. "It's important that our preceptors align with our mission and educational goals, and UH is a perfect fit. They provide students with opportunities beyond their main clinic assignments, allowing them to gain valuable experience and work with patients they might not otherwise encounter."

Students are expected to see approximately 25 patients a day, including general patients, athletes, individuals with chronic pain, pediatric patients and pregnant women. This program consists of three major components including experiential learning, didactic education and interprofessional observations.

"This kind of experience is unmatched by anything students will get in their clinic assignment," Dr. Johnson said. "The volume, variety and complexity of patients, even just observing how things operate, go far beyond what they might have imagined. It broadens their perspective and introduces them to entirely new educational avenues. We create these opportunities for students because we know they significantly enhance their training and education prior to going into the real world."

Students can start applying as early as their ninth trimester as long as they've completed all graduation requirements to be eligible for placement. Students can complete the application on the Ohio eLicense Portal with a minimal fee of \$75, a background check and FBI fingerprinting. For more info, email Dr. Johnson at tjohnson@nuhs.edu.

Continued on next page

Chiropractic College News

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Innovation on Display: Catalyst Research Day 2026

The Health Professions Hub was the central venue for Catalyst, D'Youville University's annual research day. This year's event brought together faculty, staff, students, and community partners to present original research, creative scholarship, and new teaching innovations.

The sheer range of inquiry on display was a testament to the diverse curiosity of the DYU spirit. In one corner, you might find a deep dive into environmental biology with, *The Effect of Fluridone on Hydrilla*; in another, educational psychology strategies, *#1 Professor Influencer: How Taylor Swift and Parasocial Psychology Can Improve Learning Outcomes*. Whether it was the clinical precision of *Plyometric vs. Balance Training*, or the timely relevance of the, *Digital Dialogue on GLP-1 Medications*, Catalyst proved that D'Youville is about finding solutions for the challenges that we face in the world today.

With over 90 presentations and more than 100 presenters, the event utilized a mix of in-person poster sessions and concise three-minute talks. A virtual component was also integrated into the schedule, allowing the university's online research community to present their findings and answer questions in real time alongside on-campus participants.

The event was organized by the Office of Sponsored Programs and Research (OSPR), which continues to prioritize the growth of the university's research culture.



"Hosting Catalyst through the OSPR is a highlight of our academic year," said Lindsey Jakiel Diulus, Executive Director of Sponsored Programs and Research. "There is an incredible energy that comes from seeing our students, faculty and staff showcase their hard work. We are thrilled to provide a platform that honors this level of intellectual curiosity and strengthens the collaborative spirit across all disciplines at D'Youville."

Prestigious VA chiropractic residencies earned

Cleveland University-Kansas City (CUKC) is proud to announce that two Doctor of Chiropractic students and one recent graduate have secured placements in the highly competitive U.S. Department of Veterans Affairs (VA) Chiropractic Residency Program.

The VA chiropractic residency match process evaluates candidates based on a combination of academic preparation and clinical training. Particular emphasis is placed on experience in hospital-based or integrated care settings, along with the ability to apply evidence-informed chiropractic care, collaborate within interdisciplinary teams, and demonstrate a commitment to serving veterans and underserved populations.

So far this year, two CUKC students and one recent graduate have been selected for VA residency programs.

- **Lexi Becker** – Puget Sound VA Health Care System
- **Justin Forkpa** – St. Louis VA Health Care System
- **Morgan Julo** – Kansas City VA Medical Center

"These placements reflect the strength of our academic and clinical training," CUKC president Dr. Carl S. Cleveland III said. "They also highlight the intentional work of our clinical administration and faculty to cultivate student interest in VA opportunities and prepare graduates for this unique and competitive career pathway."

The University also recognized the contributions of faculty and clinical leadership, including Dr. D'sjon Thomas, assistant dean of clinical education and Dr. Branon McMichael, director of clinical education, who help track and support students through the VA residency match process.

According to Dr. Jon Wilson, dean of the CUKC College of

Chiropractic, student success is a collective effort. “These placements demonstrate the impact of the entire CUKC community in preparing future chiropractors to serve veterans and advance patient-centered healthcare.”

Northeast College, Alfred University announces new pathway to Chiropractic Degree

The new agreement allows Alfred University students majoring in biology to pursue either 4+3 or 3+3 articulation tracks toward Northeast College’s Doctor of Chiropractic program.

The 4+3 pathway includes the B.A. or B.S. in biology with concentrations in biological sciences, human biology or molecular biology; the B.S. in sports and health sciences with a general or rehabilitation concentration; or any program of emphasis. The 3+3 pathway includes the B.A. or B.S. in biology with the same concentrations, the B.S. in sports and health sciences with a general concentration or any program of emphasis.

With the 3+3 option, students can complete three years at Alfred University and, after meeting GPA requirements, be accepted into Northeast College’s Doctor of Chiropractic program, reducing undergraduate tuition by one year. The 4+3 option allows students to complete their undergraduate degree before transitioning directly into Northeast College’s program.

“Partnerships like this are essential to Northeast College’s commitment to broadening access to graduate education,” said Northeast College President Dr. Michael Mestan. “We are eager to work with Alfred University to offer students clear and affordable pathways into chiropractic and health sciences careers.”



Dr. Cindy Howard

2026 Dr. Beatrice B. Hagen Award recipient

In recognition of her exemplary commitment to chiropractic care and education, Cindy Howard, DC, DABCI, DACBN, FIAMA, FICC received the Dr. Beatrice B. Hagen Award during Logan University’s Symposium 2026, May 1-2.



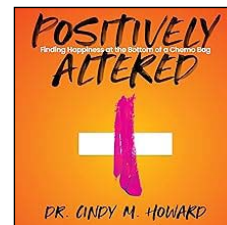
“This award was very unexpected,” said Dr. Howard. “It’s a reminder that what I do every day matters and that I have friends and peers who took note that I make a difference in others’ lives.”

Dr. Howard was a featured 2026 IACP Annual Convention speaker. If you missed this terrific event, the 2027 Convention is scheduled for April 30 - May 2 in Boise. Save the date!

Dr. Howard earned her Doctor of Chiropractic (DC) degree from National University of Health Sciences in 1998. In 2000, she founded Innovative Health & Wellness Center in Orland Park, Illinois, where she focuses on treating the root cause of disease with functional medicine, chiropractic and acupuncture. For more than two decades, she also has represented Illinois through various roles with the American Chiropractic Association (ACA), including as a delegate. She is currently vice president of the ACA College of Pharmacology and Toxicology, a past president of the ACA Council on Diagnosis and Internal Disorders, and recipient of the ACA’s Flynn-Lynch Award. She also was honored as Chiropractor of the Year by the Illinois Chiropractic Society.

“My mission is to help people and organizations find strength, joy and wellbeing in the middle of challenge—not after it’s over—because healing and happiness are choices we can make every single day,” she said.

Dr. Howard’s battle with cancer was the inspiration behind her book, *Positively Altered: Finding Happiness at the Bottom of a Chemo Bag*. “It’s about finding the fun and the gifts in every single day, even the very hard ones.” The book’s success has led to numerous national speaking engagements. Combined with running her private practice and a consulting business, teaching for the DABCI diplomate certification, and serving on the medical advisory board for Fullscript Functional Medicine University and Inguardia Health, Dr. Howard’s schedule is packed.



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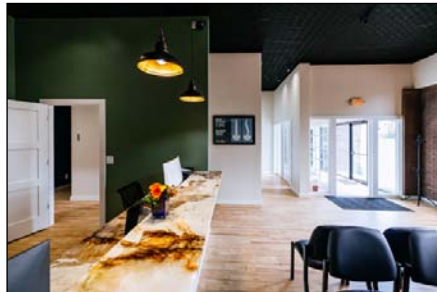
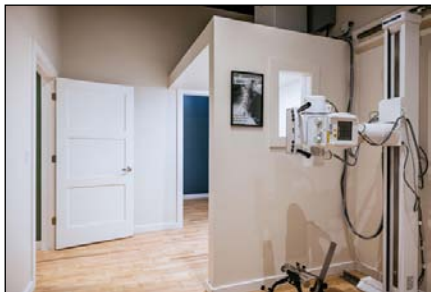
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Benefits of the Blue Zones Diet

Researchers have identified five places, designated the blue zones, where people live longer and have lower rates of chronic disease than in the rest of the world. Inhabitants of these places — Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Ikaria, Greece; and Loma Linda, California — are 10 times more likely to blow out 100 birthday candles than the average person in the United States.

Strong evidence supports following a blue zones diet, regardless of where you live, to reap a variety of potential health benefits that reduce your risk of many chronic diseases. Incorporating some or all these dietary practices and other lifestyle changes into your routine can help you live a longer, healthier, and happier life.

1. The Blue Zones Diet May Help You Live Longer

The idea of a blue zones diet came about because researchers were studying the people around the world who live the longest, healthiest lives. Those people tend to eat a lot of plant-based foods, which contain compounds known as polyphenols that have been linked to a number of health benefits. One of those benefits may be increased longevity, which researchers believe may occur as a result of slowing the onset of age-related diseases that can shorten your life span.

2. May Help You Lose Weight

While the blue zones diet isn't designed to be a weight loss plan, its emphasis on plant-based foods may lead to weight loss. Plant foods are really filling because they have more fiber. Not only do plant-based foods make you feel fuller, but they can pass through your digestive system without being fully absorbed, contributing to weight loss, according to one study. The blue zones' 80 percent rule, or eating until you are no longer hungry rather than until you are full, could also support weight loss. One study found that people who were more mindful about what they were eating had fewer cravings, didn't overeat as much, and lost weight.

3. May Reduce Your Risk of Heart Problems

A good diet is crucial for heart and cardiovascular system health, and choosing more plant-based foods and fewer animal foods helps. In addition, people in the blue zones frequently snack on nuts, and research has found that doing so may lower your risk of a heart attack. Plus, another study found that U.S. adults with diets higher in fiber had a lower risk of high blood pressure, and high blood pressure is a key risk factor for developing heart disease, according to the Centers for Disease Control and Prevention (CDC).

4. May Reduce Your Risk of Some Types of Cancer

The blue zones diet is similar to the Mediterranean diet, and a study of that diet found it may lower your risk of breast cancer. The focus on whole grains you get with the blue zones diet could also lower your risk of pancreatic cancer, according to a study published in the *Journal of Nutrition* in February 2021. And a meta-analysis found that high-fiber diets can reduce the risk of ovarian cancer.

5. May Reduce Your Risk of Type 2 Diabetes

The health benefits of fiber is a recurring theme when it comes to the blue zones diet. "From a chronic disease standpoint, fiber helps regulate blood sugar," says Selvi Rajagopal, MD, MPH, an internal medicine and obesity specialist with Johns Hopkins Medicine. An umbrella review published in *Nutrients* found that the high fiber content of plants and whole foods could reduce the risk of type 2 diabetes.



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The Idaho Association of Chiropractic Physicians

The IACP News

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