



Prosperity Through Unity Exceptional Care for Idahoans

August, 2019

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A major new study suggests it's possible to avoid developing dementia

Living a healthy lifestyle could help you reduce your risk of dementia, even if you have a genetic risk of the disease, a study published in July in the peer-reviewed health journal *JAMA* found. The study analyzed data from 196,383 adults of European ancestry aged 60 and older. Of that sample, the researchers identified 1,769 cases of dementia over a follow-up period of eight years.

The risk of dementia was 32% lower in people with a high genetic risk if they had followed a healthy lifestyle, compared to those with an unhealthy lifestyle.

The study was published in July by scientists at the University of Exeter and presented at the Alzheimer's Association International Conference 2019 in Los Angeles.

Here's what they found: Participants with high genetic risk and an unfavorable lifestyle were almost three times more likely to develop dementia versus those with a low genetic risk and favorable lifestyle. However, the risk of dementia was 32% lower in people with a high genetic risk if they had followed a healthy lifestyle, compared to those with an unhealthy lifestyle.

"This research delivers a really important message that undermines a fatalistic view of dementia," said co-lead author David Llewellyn, an associate professor at the University of Exeter Medical School and fellow at the Alan Turing Institute. "Some people believe it's inevitable they'll develop dementia because of their genetics." This research, however, says that may not be the case.

Here's what to avoid: The study, published by scientists at the University of Exeter and presented at the Alzheimer's Association International Conference

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Summary of ICA's proposed Medicare legislation

The ICA, working with several key legislators, has drafted a bill that will eliminate discrimination against the patients of chiropractors who are currently being denied reimbursement for covered chiropractic services.

The International Chiropractors Association (ICA) is in consensus with the entire US-based chiropractic community that Medicare needs to be fixed. For too long the vestiges of restraint of trade discrimination have lingered in the Social Security Act laws through which Medicare is administered.

The ICA, working with the staff of several key legislators, has drafted a

bill that will eliminate discrimination against the patients of chiropractors who are currently being denied reimbursement for covered services when they are provided by a Doctor of Chiropractic.

ICA is doing this while preserving the subluxation reference in the definition of chiropractic. We know going into this legislative process that we

cannot be seen as increasing dramatically the cost of Medicare.

The draft legislation has been developed based upon the following parameters:

1. Maintain the current mandate for coverage of the adjustment to correct a subluxation.

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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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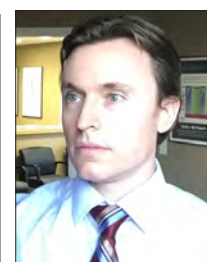
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President's Corner

IACP staying diligent to protect chiropractic rights

By Dr. Scott Crawford, IACP President

The Governor's office just completed a total review of Idaho's administrative code, deciding which rules to reauthorize and which to let expire. In addition, the various boards and agencies are submitting their proposed rules and legislation ahead of the next legislative session. At each of our meetings, our Board has continued to monitor and discuss proposed policy changes that may affect Chiropractic to ensure that we stay actively engaged in throughout the year. A lot of this is due in part to our lobbyist and executive director, Caroline Merritt. She had kept a pulse on these actions even outside legislative session. She is, and has been, an amazing asset.

Chiropractic seems to always be on the defense, especially in other countries such as Australia and Canada where they are facing restrictions around adjusting children under 10 years of age. We need to stay diligent in our community, state, and country to defend what is our right as licensed Chiropractors.



“Join the Pack”

Become a member of the IACP

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!



Summary of ICA's proposed Medicare legislation

Continued from front page

2. Remove the restrictive language used to limit reimbursements to the adjustment "only."
3. Introduce the concepts of Sec. 2706 of the Public Health Service Act and eliminate discrimination based upon provider license type.
4. Maintain economic neutrality by removing barriers to re-

imbursements for existing covered services only.

5. Establishes equitability in reimbursement rates to other physician-level providers.
6. Eliminate discrimination that denies patients of chiropractic physicians the ability to privately contract.
7. Once our legislation is introduced, the ICA will be soliciting support from the entire chiropractic community.

2019 IACP Award Winners

Each year, the IACP honors
outstanding chiropractors in our state.

During our 2019 Annual Convention,
we were honored to recognize the following individuals
for their contributions to the profession:



Dr. Derek Calaway
Rising Star Award

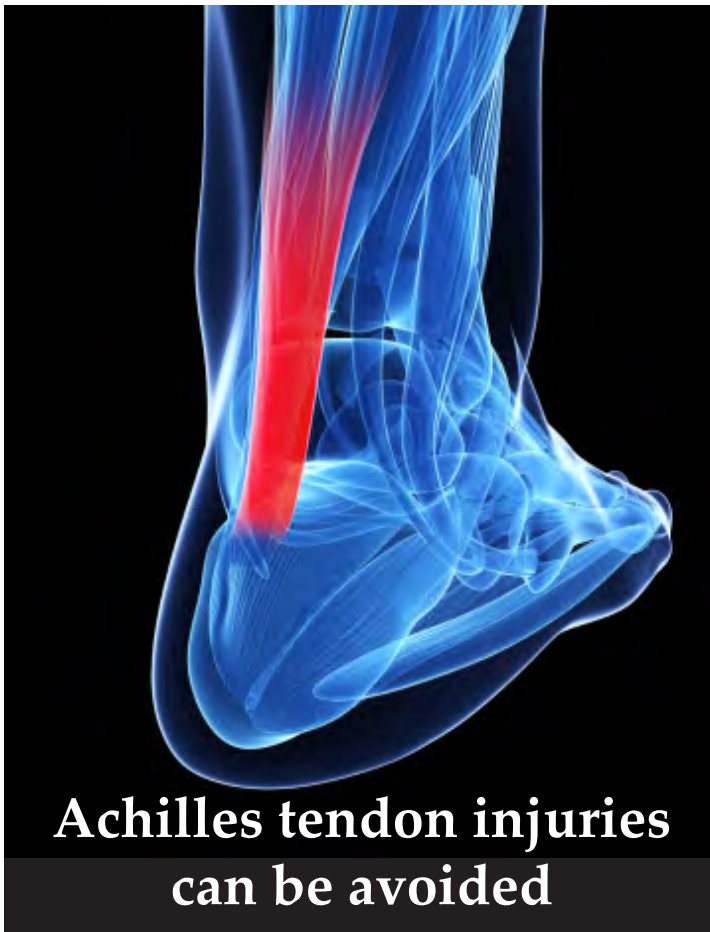


Dr. Joan Burrow
Outstanding Service Award



Dr. Jeremai Hafer
Chiropractor of the Year





By Adam Rodnick, D.C.

As I'm sure the whole world has heard, one of the greatest basketball players in world suffered a horrible injury in Game 5 of the NBA finals. Kevin Durant ruptured his Achilles tendon in the second quarter of the game and shortly after underwent surgery.

This can be an extremely devastating injury with a long recovery, and can often be career altering, if not career ending. There has been a lot of controversy as to whether or not Durant should have even been playing as he was still recovering from a calf strain, which occurred a month prior to the Achilles rupture.

Golden State Warriors coach Steve Kerr stated, "This last month was a cumulative collaborative effort in his rehabilitation. And that collaboration included his business partner, our medical staff, his own second opinion doctor outside the organization. Kevin checked all the boxes, and he was cleared to play by everybody involved."

Knowing what he knows now, Kerr said that holding Durant out would have been the only decision. In a press conference after the game, the president of the Warriors, Bob Myers commented, "The initial injury was a calf injury. This is

not a calf injury. I'm not a doctor, I don't know how those are related or not, but it's a different injury."

One problem leads to another

He's definitely not a doctor. The fascia or connective tissue of the calf muscles, namely the gastrocnemius, plantaris, and soleus muscles form the Achilles tendon, attach the muscle to the calcaneus or heel bone. Often if there's a problem with the calf muscles or the tendon, there will be a problem with the other as well.

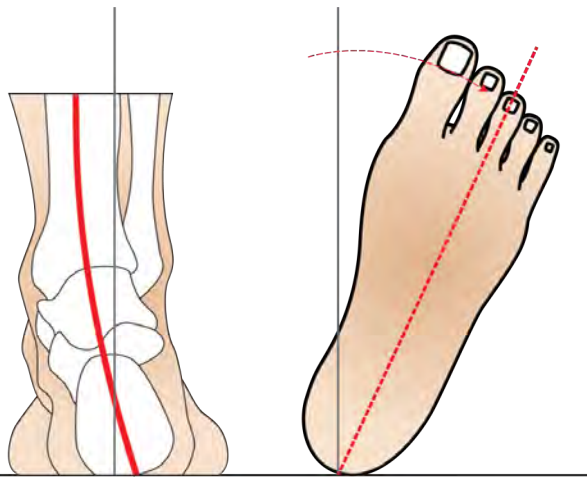
Following an injury, muscles spasm as a protective mechanism which is known as muscle splinting. Muscle splinting causes shortening of the muscle length. Muscles should normally be able to stretch to 120% of resting length. Chronic muscle splinting can cause fatigue in the muscles, which can lead to contracture. If the muscles are in a state of contracture they can put more tension on the tendon where it attaches to the bone. You can think of it like a violin string that gets too tight. The more you turn the pegs, the tighter the string gets and the easier it gets to snap under pressure.

The media has also been making statements that Kevin Durant "may have" had what's known as microtears in the Achilles tendon before it ruptured. The problem with something like microtears is that they can't be visualized or seen in imaging like x-rays or MRIs. But the muscle contracture of the calf pulling the tendon tighter and tighter can sure cause microtears to exist. A study of 7,232 patients showed that 4% of patients with an underlying diagnosis of Achilles tendinopathy went on to sustain a rupture¹. Although an Achilles tendon rupture is considered an acute process, histological analyses have demonstrated that, even in the setting of acute rupture, degenerative changes are regularly found within the tendon².

Check the biomechanics

Whether it's a professional, collegiate, high school, or even the weekend athlete that suffers an injury or even experiences pain and inflammation of the calf or Achilles tendon, it's important to look at the biomechanics of the injury and to have a full biomechanical analysis performed by a professional. This can not only aid in recovery but can also prevent further and much worse injury such as rupture.

One factor known to contribute to overuse degeneration and inflammation is excessive pronation. Excessive pronation, which can be caused by flattening of the arches of the foot, can have a tendency to develop tendonitis in the Achilles tendon due to greater stress biomechanically placed on



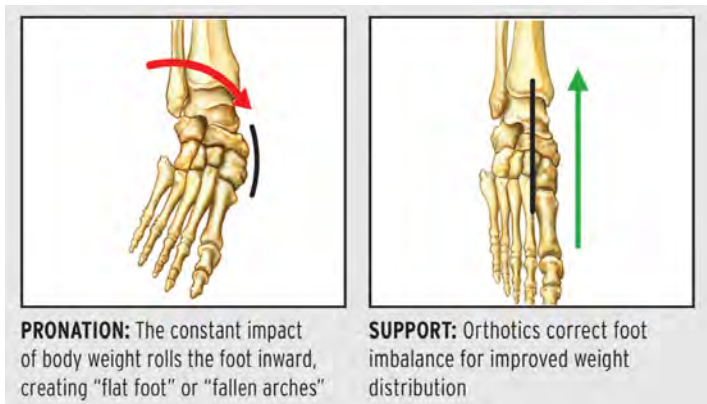
Pronated foot showing incorrect alignment of Achilles Tendon and foot flare.

the tendon while running or even walking. Reducing any tendency to excessively pronate the foot is one of the best ways to recover or treat Achilles tendonitis and calf injuries.

Anytime there is an injury to the calf or tendon, long term prevention must be considered in conjunction with recovery methods. This is especially true for someone like Kevin Durant, as acute rupture of the Achilles tendon occurs most frequently between the ages of 30-40 and more commonly in males.

Low-level laser healing

Some great options that should be considered for anyone at any age that has symptoms of a calf or Achilles tendon injury are low-level laser therapy, deep friction massage of the calf muscles, custom orthotics to prevent excessive pronation and biomechanical faults, and of course restricted activity. Low-level laser therapy increases micro vascularization or blood supply to the area decreasing pain and inflammation and decreasing the time it takes for soft tissues to heal. Low-level laser has been shown to be an extremely effective treatment for sports injuries such as jumper's knee, tennis elbow, and Achilles tendonitis³.



PRONATION: The constant impact of body weight rolls the foot inward, creating "flat foot" or "fallen arches"

SUPPORT: Orthotics correct foot imbalance for improved weight distribution

Although the application of heat and massage can be contraindicated in the initial phase of an acute calf or tendon injury to avoid risk of hemorrhage, friction massage can be extremely helpful in decreasing adhesion formation in the subacute phase⁴. Essentially massage along with passive and active stretching keeps the muscle loose, which can prevent the tightening and contracture discussed earlier. The contracture and adhesion in a sense tightens the violin string, which is the tendon, and massage prevents it from getting so tight that snapping or rupturing could occur.

Orthotics to prevent overuse injuries

One of the most important options any athlete — from recreational to professional — in the prevention of overuse injuries to the lower extremity is the use of custom-made corrective orthotics. Through slow-motion cinematography it has been shown that pronation of the foot can cause a whipping action of the Achilles tendon, which may lead to micro tears of the tendon⁵. Not only can orthotics prevent this pronation while walking and running, they have even been shown to help conditions such as back pain and dysfunction⁶. Shoes that provide adequate heel stability should also be worn in conjunction with orthotics.

Learn More

The treatment of biomechanical faults is discussed in-depth during Practice Xcelerator sessions, which are held throughout the country. [Click here](#) to request more information.

About the author, Adam Rodnick, DC, is a 2006 graduate of Life University. He practices in Commerce Township, Michigan. He writes for footlevelers.com and can be reached at rodnickchiropractic.com

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ICA and the American Black Chiropractic Association issue a new report at semi-annual CCE meeting:

Advancing Diversity as We Advance the Chiropractic Profession



The International Chiropractors Association (ICA) President Stephen P. Welsh, DC, FICA spoke during the semi-annual meeting of the Council on Chiropractic

Education (CCE) last month. He delivered a joint report from the [American Black Chiropractic Association](#) (ABCA) and the ICA titled, *Advancing Diversity as We Advance the Chiropractic Profession*. The report calls for increasing diversity through engagement with academic program accreditation organizations. In addressing the CCE, Dr. Welsh requested the CCE's support in increasing diversity in chiropractic academic institutions and the chiropractic profession by:

- Developing and supporting opportunities in chiropractic admission criteria not only focused on grade point average, test scores, or time to complete a program but allowing consideration of minority students' experiences and attributes.
- Creating and supporting policies and practices that help to develop strategies to recruit minority faculty members to match the population needs.
- Developing college environments that better support students of color and focus on minority recruitment efforts.

Dr. Welsh stated, "We as a profession have yet to achieve diversity proportional with the population. To meet the growing need for chiropractic care among all people we can no longer simply talk, we must act to develop



American Black Chiropractic Association

and implement strategies to address diversity and cultural competence. The ICA is pleased to be engaging with the ABCA on this important issue.



Dr. Quentin M. Brisco, President of the American Black Chiropractic Association stated, "The American Black Chiropractic Association has been actively engaged in

increasing diversity in the chiropractic profession since its founding. Six months ago, ABCA requested the CCE's support to develop and support opportunities in chiropractic admission criteria not only focused on grade point average, test scores, or time to complete a program but allow consideration of minority students' experiences and attributes. The ABCA also requested the CCE create and support policies and practices that help to develop strategies to recruit minority faculty members that match the population needs, in order to develop college environments that



better support students of color and focus on minority recruitment efforts. I look forward to continued discussion with the Council on Chiropractic Education so that we can help all Doctor of Chiropractic programs become increasingly diverse."

Dr. Winston Carhee, Immediate Past President of the American Black Chiropractors Association added, "Six months ago, I made comments at the CCE meeting on behalf of the ABCA, I am pleased Dr. Welsh was at this meeting and heard my remarks, investigated the matter and determined it would become a priority for the ICA."



Racial and ethnic diversity among health professionals has been shown to promote better access to healthcare and improved healthcare quality for underserved populations. This also meets health needs of an increasingly diverse population.

[Click here](#) to read a PDF copy of the *Advancing Diversity as We Advance the Chiropractic Profession* report.

The American Black Chiropractic Association (ABCA) meets annually at its National Convention, which changes locations according to regional rotations. During the annual meetings, any organizational business is handled including nominations and voting on leadership, confirming policies and procedures and discussing organizational goals and any new business brought forth by general members.

Successful marketing is about consistency

By Dr. Ray Foxworth

President of ChiroHealthUSA

When you consider the changes within the healthcare profession over the past decade, from regulatory and compliance crackdowns, to health-care reform, it makes you wonder if marketing your practice is worth the risk. From personal experience, I can tell you that it IS possible to create a rock-solid marketing plan while staying compliant and attracting new patients to your practice.

Marketing Plan “Do’s”

Build Your Brand: Amazon founder, Jeff Bezos says, “Your brand is what other people say about you when you’re not in the room.” It’s all about the patient experience, building personal connections, and stirring human emotions. It takes months, even years, to build your brand, but you can start by simply walking from the parking lot to the front door and throughout your office to see and feel what your patients experience when they visit your clinic. Does it reflect the feeling you want to convey to your patients? If not, make changes to create the environment you want your patients to experience (Gosling, 2016).

Create an Online Presence: We are a society that is digitally connected to the world from our phones and laptops. Today, window shopping takes place online and it’s not on a stroll down Main Street. The lack of a website for your practice can result in lost business. Be smart when it comes to creating a website. Unless you have a background in digital marketing and design, I encourage you to use a professional. It is worth the added expense. There are a great variety of companies that can build and design the website of your dreams affordably.

There is a lot of power in social proof but be mindful of HIPAA rules before using patient testimonials. HIPAA require that you obtain a patient’s permission before using their personal information for marketing purposes. This includes using the patient’s name, face, and testimonial on your website, social media, print advertising, and in your office. In 2016, a Physical Therapy provider received a \$25,000 penalty for posting patient testimonials on his website (HIPAA Journal, 2016).

People do business with people they like: According to a 2013 study, 82% of consumers consider a company’s social responsibility/community involvement when deciding where to spend their money for a product or a service (White, 2017). Join and attend networking events, ribbon cuttings, open houses, etc. These events put you in front of other business owners, medical professionals, and a host of potential new patients in your area. They also offer opportunities to participate in community events, promote your practice at local 5Ks, and educate other business professionals on the benefits of chiropractic.

Be CAREFUL offering discounts on services: There are rules and regulations, carrying high fines and penalties, that prohibit discounts. Additionally, there are consequences to offering discounts when you are a participating provider with insurance. Last year, a chiropractor agreed to pay \$80,000 to settle allegations that he provided free electrical stim to patients in his practice. We are also starting to see an uptick in investigations around the country involving dual fee schedules.

As busy business owners and doctors, you must keep in mind that marketing is an ongoing process. Your patients

are looking for consistency and reliability in all areas of your business, from social media to print advertising. To be sure that your marketing message and strategy remain consistent, set aside time each fall to outline your marketing plan for the upcoming year (Belkin, 2019). This will make it easier for you and your team to prepare in advance and stay on target. It won’t take long for you to see the long-term benefits of an effectively-executed marketing plan to your practice.

Dr. Ray Foxworth is a certified Medical Compliance Specialist and President of ChiroHealthUSA. A practicing Chiropractor, he remains “in the trenches” facing challenges with billing, coding, documentation and compliance. He has served as president of the Mississippi Chiropractic Association, former Staff Chiropractor at the G.V. Sonny Montgomery VA Medical Center and is a Fellow of the International College of Chiropractic. You can contact Dr. Foxworth at 1-888-719-9990, info@chirohealthusa.com or visit the ChiroHealthUSA website at www.chirohealthusa.com. Join us for a free webinar that will give you all the details about how a DMPO can help you practice with more peace of mind.

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A major new study suggests it's possible to avoid developing dementia

Continued from front page

ence in Los Angeles, looked at four main signs of a healthy versus unhealthy lifestyle. Those who were more likely to develop dementia reported eating an unhealthier diet higher in sugar and salt, did not engage in regular physical activity and smoked cigarettes. (The researchers considered “moderate alcohol consumption,” as well as regular exercise, no smoking and a healthy diet, as part of a healthy lifestyle.)

A 2017 study found a fifth item worth avoiding: Artificial sweeteners. “Drinking at least one artificially sweetened beverage daily was associated with almost three times the risk of developing stroke or dementia compared to those who drank artificially sweetened beverages less than once a week,” according to the study, published in the American Heart Association journal *Stroke*.

Researchers also found a statistically significant association between dementia and exposure to anticholinergic drugs, especially antidepressants, anti-psychotic drugs, anti-Parkinson drugs, anti-epilepsy drugs and bladder antimuscarinics, which are used to treat urinary incontinence, according to another [study](#) in *JAMA Internal Medicine*.

That study's results stated: “Of the entire study population (284 343 case patients and matched controls), 179 365 (63.1%) were women, and the mean (SD) age of the entire population was 82.2 (6.8) years. The adjusted OR for dementia increased from 1.06 (95% CI, 1.03-1.09) in the lowest overall anticholinergic exposure category (total exposure of 1-90 TSDDs) to 1.49 (95% CI, 1.44-1.54) in the highest category (>1095 TSDDs), compared with no anticholinergic drug prescriptions in the 1 to 11 years before the index date. There were significant increases in dementia risk for the anticholinergic antidepressants (adjusted OR [AOR], 1.29; 95% CI, 1.24-1.34), antiparkinson drugs (AOR, 1.52; 95% CI, 1.16-2.00), antipsychotics (AOR, 1.70; 95% CI, 1.53-1.90), bladder antimuscarinic drugs (AOR, 1.65; 95% CI, 1.56-1.75), and antiepileptic drugs (AOR, 1.39; 95% CI, 1.22-1.57) all for more than 1095 TSDDs. Results were similar when exposures were restricted to exposure windows of 3 to 13 years (AOR, 1.46; 95% CI, 1.41-1.52) and 5 to 20 years (AOR, 1.44; 95% CI, 1.32-1.57) before the index date for more than 1095 TSDDs. Associations were stronger in cases diagnosed before the age of 80 years. The population-attributable fraction associated with total anticholinergic drug exposure during the 1 to 11 years before diagnosis was 10.3%. Conclusions and

Relevance: Exposure to several types of strong anticholinergic drugs is associated with an increased risk of dementia. These findings highlight the importance of reducing exposure to anticholinergic drugs in middle-aged and older people.”

[Separate research](#) published last month analyzed data from 284,343 patients in England aged 55 and up. They found “nearly a 50% increased odds of dementia” linked with exposure to more than 1,095 daily doses of anticholinergics over 10 years, “equivalent to three years’ daily use of a single strong anticholinergic medication at the minimum effective dose recommended for older people.”

The researchers analyzed data from 2004 to 2016 from 284,343 patients in England aged 55 and up. They found “nearly a 50% increased odds of dementia” linked with exposure to more than 1,095 daily doses of anticholinergics over 10 years, “equivalent to three years’ daily use of a single strong anticholinergic medication at the minimum effective dose recommended for older people.”

“We found greater increases in risk associated with people diagnosed with dementia before the age of 80, which indicates that anticholinergic drugs should be prescribed with caution in middle-aged and older people,” the researchers wrote. Anticholinergic drugs block a neurotransmitter called acetylcholine in the nervous system.

One 2013 *New England Journal of Medicine* [study](#) found that the yearly dementia-attributable societal cost per person in 2010 was \$41,689 to \$56,290, depending on the calculation. Costs included nursing home care, out-of-pocket spending, home care and Medicare. “The estimated prevalence of dementia among persons older than 70 years of age in the United States in 2010 was 14.7%. The yearly monetary cost per person that was attributable to dementia was either \$56,290 (95% confidence interval [CI], \$42,746 to \$69,834) or \$41,689 (95% CI, \$31,017 to \$52,362), depending on the method used to value informal care. These individual costs suggest that the total monetary cost of dementia in 2010 was between \$157 billion and \$215 billion. Medicare paid approximately \$11 billion of this cost.”

A separate invited commentary also published recently in *JAMA Internal Medicine* praised the rigor of the new findings, but cautioned that more evidence was needed.

Idaho Association of Chiropractic Physicians and OUM Chiropractor Program:

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[Research](#) published in *Evidence-Based Complementary and Alternative Medicine* in 2013 titled, *Comparing Once- versus Twice-Weekly Yoga Classes for Chronic Low Back Pain in Predominantly Low Income Minorities: A Randomized Dosing Trial*, suggests that yoga helps ameliorate low back pain, and that yoga once a week is just as effective as going twice a week.

The research concluded, “In a predominantly minority underserved population with moderate to severe chronic low back pain, 12 weeks of once-weekly yoga classes were similarly effective as twice-weekly classes. In conjunction with the convenience and lower expense of once-weekly classes, these data provide clinicians practical information about the minimum number of classes per week they should recommend to patients interested in trying yoga for their chronic low back pain.”

The researchers conducted a 12-week two-group parallel randomized dosing trial for persons with nonspecific chronic low back pain. The Boston University Medical Campus Institutional Review Board, Boston HealthNet Research Committee, and individual community health center research committees approved the study.

The abstract reads: “Background. Previous studies have demonstrated that once-weekly yoga classes are effective for chronic low back pain (cLBP) in white adults with high socioeconomic status. The comparative effectiveness of twice-weekly classes and generalizability to racially diverse low income populations are unknown. Methods. We conducted a 12-week randomized, parallel-group, dosing trial

for 95 adults recruited from an urban safety-net hospital and five community health centers comparing once-weekly (n=47) versus twice-weekly (n=48) standardized yoga classes supplemented by home practice. Primary outcomes were change from baseline to 12 weeks in pain (11-point scale) and back-related function (23-point modified Roland-Morris Disability Questionnaire). Results. 82% of participants were nonwhite; 77% had annual household incomes <\$40,000. The sample’s baseline mean pain intensity [6.9 (SD 1.6)] and function [13.7 (SD 5.0)] reflected moderate to severe back pain and impairment. Pain and back-related function improved within both groups (n=47). However, there were no differences between once-weekly and twice-weekly groups for pain reduction [(95% CI -0.4, 0.8) versus -2.4 (95% CI -3.2, -1.6)], or back-related function [(95% CI -0.4, 0.8) versus -4.9 (95% CI -5.7, -4.1)]. Conclusions. Twelve weeks of once-weekly or twice-weekly yoga classes were similarly effective for predominantly low income minority adults with moderate to severe chronic low back pain. This trial is registered with ClinicalTrials.gov [NCT01761617](#).”

Several factors may explain why twice-weekly classes were not more effective than once-weekly classes. First, participants in the twice-weekly group were less likely than once-weekly participants to be adherent. Secondly, home practice in both groups was similar. If home practice contributes to improvement, then the total effective dose of yoga (estimated time spent in classes plus home practice) differed only by 28% (37 versus 29 hours for once- and twice-weekly, resp.). Lastly, both groups experienced most of their benefit by six weeks (Figure 3), suggesting that an effective dose for yoga in cLBP may be as little as six weekly classes augmented by home practice. A much greater twice-weekly dose of 24

classes over 12 weeks may not therefore provide substantial marginal benefit over the once-weekly dose. Whether a six-week program is sufficient for long-term maintenance and effectiveness is unknown and requires further study.

It was noted that, “The improvement in pain and function observed for both yoga doses are consistent with findings from the largest yoga for chronic low back pain trials. Our participants improved by approximately 2 and 5-points for pain and function, respectively, compared to 1.6 and 5.2-points in Sherman’s YES trial. Yoga participants in Tilbrook’s UK study improved 2.2-points in function. However, our sample’s baseline back pain intensity (6.9) and function scores (13.9) were more severe than in the YES trial (4.7 and 9.1, resp.) and in Tilbrook’s study (RMDQ 7.8, pain score not reported). Participants’ higher baseline rates of pain medication use (73%) and below average physical and mental SF-36 scores also reflect their substantial morbidity at study entry.”

Chronic low back pain (CLBP) affects 5-10% of U.S. adults annually and costs over \$50 billion per year in direct health

care expenditures. Individuals from low-income minority backgrounds are disproportionately impacted by CLBP due to disparities in access and treatment. Several recent studies suggest yoga is effective for CLBP. Yoga may also have other relevant benefits for CLBP patients, such as improved mood, stress reduction, and lower cost. However, there are no studies which directly compare different doses of yoga for CLBP. It is unknown if there is a meaningful dose-response effect of yoga for CLBP. If there is a dose/response effect, the magnitude of the effect is unknown. The total dose of a yoga intervention depends upon the duration of total intervention, frequency of yoga classes, duration of each yoga class, and home practice (amount, duration and frequency).

Four large (90–313) and five smaller randomized controlled trials (RCTs) (20–80) have demonstrated yoga is an effective treatment for reducing pain and improving function in adults with CLBP. Meta-analyses and practice guidelines from the American Pain Society and American College of Physicians support yoga as an evidence-based treatment for CLBP with at least moderate benefit.



By Rachael Link, MS, RD
Published in [healthline](#), 2017

Derived from the Sanskrit word “yujī,” meaning yoke or union, yoga is an ancient practice that brings together mind and body. It incorporates breathing exercises, meditation and poses designed to encourage relaxation and reduce stress.

Practicing yoga is said to come with many benefits for both mental and physical health, though not all of these benefits have been backed by science. This article takes a look at 13 evidence-based benefits of yoga.

1. Can Decrease Stress. Yoga is known for its ability to ease stress and promote relaxation. In fact, multiple [studies](#)

have shown that it can decrease the secretion of cortisol, the primary stress hormone. One [study](#) demonstrated the powerful effect of yoga on stress by following 24 women who perceived themselves as emotionally distressed. After a three-month yoga program, the women had significantly lower levels of cortisol. They also had lower levels of stress, anxiety, fatigue and depression. This study concluded, “Women suffering from mental distress participating in a 3-month Iyengar yoga class show significant improvements on measures of stress and psychological outcomes. Further investigation of yoga with respect to prevention and treatment of stress-related disease and of underlying mechanism is warranted.”

Another [study](#) called, *A randomised comparative trial of*
Continued on next page

Benefits of Yoga



Continued from last page

yoga and relaxation to reduce stress and anxiety of 131 people had similar results, showing that 10 weeks of yoga helped reduce stress and anxiety. It also helped improve quality of life and mental health (5Trusted Source).

When used alone or along with other methods of alleviating stress, such as meditation, yoga can be a powerful way to keep stress in check. Studies show that yoga can help ease stress and lower your levels of the stress hormone cortisol.

2. Relieves Anxiety. Many people begin practicing yoga as a way to cope with feelings of anxiety. Interestingly enough, there is quite a bit of research showing that yoga can help reduce anxiety.

In one [study](#), 34 women diagnosed with an anxiety disorder participated in yoga classes twice weekly for two months. At the end of the study, those who practiced yoga had significantly lower levels of anxiety than the control group.

Another [study](#) followed 64 women with post-traumatic stress disorder (PTSD), which is characterized by severe anxiety and fear following exposure to a traumatic event. After 10 weeks, the women who practiced yoga once weekly had fewer symptoms of PTSD. In fact, 52% of participants no longer met the criteria for PTSD at all.

It's not entirely clear exactly how yoga is able to reduce symptoms of anxiety. However, it emphasizes the importance of being present in the moment and finding a sense of peace, which could help treat anxiety.

3. May Reduce Inflammation. In addition to improving your mental health, some studies suggest that practicing yoga may reduce inflammation as well. Inflammation is a normal immune response, but chronic inflammation can contribute to the development of pro-inflammatory diseases,

such as heart disease, diabetes and cancer.

A 2015 [study](#) called *Effect of Yoga Practice on Levels of Inflammatory Markers After Moderate and Strenuous Exercise*, divided 218 participants into two groups: those who practiced yoga regularly and those who didn't. Both groups then performed moderate and strenuous exercises to induce stress. At the end of the study, the individuals who practiced yoga had lower levels of inflammatory markers than those who didn't.

Similarly, a small 2014 [study](#) showed that 12 weeks of yoga reduced inflammatory markers in breast cancer survivors with persistent fatigue.

Although more research is needed to confirm the beneficial effects of yoga on inflammation, these findings indicate that it may help protect against certain diseases caused by chronic inflammation.

4. Could Improve Heart Health. From pumping blood throughout the body to supplying tissues with important nutrients, the health of your heart is an essential component of overall health. Studies show that yoga may help improve heart health and reduce several risk factors for heart disease.

One [study](#) found that participants over 40 years of age who practiced yoga for five years had a lower blood pressure and pulse rate than those who didn't. High blood pressure is one of the major causes of heart problems, such as heart attacks and stroke. Lowering your blood pressure can help reduce the risk of these problems (12Trusted Source).

Some research also suggests that incorporating yoga into a healthy lifestyle could help slow the progression of heart disease. A [study](#) followed 113 patients with heart disease, looking at the effects of a lifestyle change that included one year of yoga training combined with dietary modifications

and stress management. Participants saw a 23% decrease in total cholesterol and a 26% reduction in “bad” LDL cholesterol. Additionally, the progression of heart disease stopped in 47% of patients.

It’s unclear how much of a role yoga may have had versus other factors like diet. Yet it can minimize stress, one of the major contributors to heart disease.

5. Improves Quality of Life. Yoga is becoming increasingly common as an adjunct therapy to improve quality of life for many individuals.

In one [study](#), 135 seniors were assigned to either six months of yoga, walking or a control group. Practicing yoga significantly improved quality of life, as well as mood and fatigue, compared to the other groups.

Other studies have looked at how yoga can improve quality of life and reduce symptoms in patients with cancer. One [study](#) followed women with breast cancer undergoing chemotherapy. Yoga decreased symptoms of chemotherapy, such as nausea and vomiting, while also improving overall quality of life.

A similar [study](#) looked at how eight weeks of yoga affected women with breast cancer. At the end of the study, the women had less pain and fatigue with improvements in levels of invigoration, acceptance and relaxation.

Other studies have found that yoga may help improve sleep quality, enhance spiritual well-being, improve social function and reduce symptoms of anxiety and depression in patients with cancer.

6. May Fight Depression. Some studies show that yoga may have an anti-depressant effect and could help decrease symptoms of depression. This may be because yoga is able to decrease levels of cortisol, a stress hormone that influences levels of serotonin, the neurotransmitter often associated with depression.

In one [study](#), participants in an alcohol dependence program practiced Sudarshan Kriya, a specific type of yoga that focuses on rhythmic breathing. After two weeks, participants had fewer symptoms of depression and lower levels of cortisol. They also had lower levels of ACTH, a hormone responsible for stimulating the release of cortisol.

Other studies have had similar results, showing an association between practicing yoga and decreased symptoms of depression. Based on these results, yoga may help fight de-

pression, alone or in combination with traditional methods of treatment.

7. Could Reduce Chronic Pain. Chronic pain is a persistent problem that affects millions of people and has a range of possible causes, from injuries to arthritis. There is a growing body of research demonstrating that practicing yoga could help reduce many types of chronic pain.

In one [study](#), 42 individuals with carpal tunnel syndrome either received a wrist splint or did yoga for eight weeks. At the end of the study, yoga was found to be more effective in reducing pain and improving grip strength than wrist splinting.

Another [study](#), published in 2005 showed that yoga could help decrease pain and improve physical function in participants with osteoarthritis of the knees.

Although more research is needed, incorporating yoga into your daily routine may be beneficial for those who suffer from chronic pain.

8. Could Promote Sleep Quality. Poor sleep quality has been associated with obesity, high blood pressure and depression, among other disorders. Studies show that incorporating yoga into your routine could help promote better sleep.

In a 2005 [study](#), 69 elderly patients were assigned to either practice yoga, take an herbal preparation or be part of the control group. The yoga group fell asleep faster, slept longer and felt more well-rested in the morning than the other groups.

Another [study](#) looked at the effects of yoga on sleep in patients with lymphoma. They found that it decreased sleep disturbances, improved sleep quality and duration and reduced the need for sleep medications.

Though [the way it works is not clear](#), yoga has been shown to increase the secretion of melatonin, a hormone that regulates sleep and wakefulness. Yoga also has a significant effect on anxiety, depression, chronic pain and stress — all common contributors to sleep problems.

9. Improves Flexibility and Balance. Many people add yoga to their fitness routine to improve flexibility and balance. There is considerable research that backs this benefit, demonstrating that it can optimize performance through the use of specific poses that target flexibility and balance.

Continued on next page

Benefits of Yoga



Continued from last page

A recent [study](#) looked at the impact of 10 weeks of yoga on 26 male college athletes. Doing yoga significantly increased several measures of flexibility and balance, compared to the control group.

Another [study](#) assigned 66 elderly participants to either practice yoga or calisthenics, a type of body weight exercise. After one year, total flexibility of the yoga group increased by nearly four times that of the calisthenics group.

A 2013 [study](#) also found that practicing yoga could help improve balance and mobility in older adults.

Practicing just 15–30 minutes of yoga each day could make a big difference for those looking to enhance performance by increasing flexibility and balance.

10. Could Help Improve Breathing. Pranayama, or yogic breathing, is a practice in yoga that focuses on controlling the breath through breathing exercises and techniques. Most types of yoga incorporate these breathing exercises, and several studies have found that practicing yoga could help improve breathing.

In one [study](#), 287 college students took a 15-week class where they were taught various yoga poses and breathing exercises. At the end of the study, they had a significant increase in vital capacity. Vital capacity is a measure of the maximum amount of air that can be expelled from the lungs. It is especially important for those with lung disease, heart problems and asthma.

Another [study](#) in 2009 found that practicing yogic breathing improved symptoms and lung function in patients with mild-to-moderate asthma.

Improving breathing can help build endurance, optimize

performance and keep your lungs and heart healthy.

11. May Relieve Migraines. Migraines are severe recurring headaches that affect an estimated 1 out of 7 Americans each year. Traditionally, migraines are treated with medications to relieve and manage symptoms. However, increasing evidence shows that yoga could be a useful adjunct therapy to help reduce migraine frequency.

A 2007 [study](#) divided 72 patients with migraines into either a yoga therapy or self-care group for three months. Practicing yoga led to reductions in headache intensity, frequency and pain compared to the self-care group.

Another [study](#) treated 60 patients with migraines using conventional care with or without yoga. Doing yoga resulted in a greater decrease in headache frequency and intensity than conventional care alone.

[Researchers suggest](#) that doing yoga may help stimulate the vagus nerve, which has been shown to be effective in relieving migraines.

12. Promotes Healthy Eating Habits. Mindful eating, also known as intuitive eating, is a concept that encourages being present in the moment while eating. It's about paying attention to the taste, smell and texture of your food and noticing any thoughts, feelings or sensations you experience while eating. This practice has been shown to promote healthy eating habits that help control blood sugar, increase weight loss and treat disordered eating behaviors.

Because yoga places a similar emphasis on mindfulness, some studies show that it could be used to encourage healthy eating behaviors.

One [study](#) called *Randomized Controlled Clinical Trial of Yoga in the Treatment of Eating Disorders* incorporated yoga into an outpatient eating disorder treatment program with

54 patients, finding that yoga helped reduce both eating disorder symptoms and preoccupation with food.

Another small [study](#) looked at how yoga affected symptoms of binge eating disorder, a disorder characterized by compulsive overeating and a feeling of loss of control. Yoga was found to cause a decrease in episodes of binge eating, an increase in physical activity and a small decrease in weight.

For those with and without disordered eating behaviors, practicing mindfulness through yoga can aid in the development of healthy eating habits.

13. Can Increase Strength. In addition to improving flexibility, yoga is a great addition to an exercise routine for its strength-building benefits. In fact, there are specific poses in yoga that are designed to increase strength and build muscle.

In one [study](#), 79 adults performed 24 cycles of sun salutations — a series of foundational poses often used as a warm-up — six days a week for 24 weeks. They experienced a significant increase in upper body strength, endurance and weight loss. Women had a decrease in body fat percentage, as well.

A 2015 [study](#) had similar findings, showing that 12 weeks of practice led to improvements in endurance, strength and flexibility in 173 participants. The researchers said, “In conclusion, this study showed that a 12-week Hatha yoga program produced beneficial changes in cardiovascular endurance,

muscular strength and endurance, and flexibility for Chinese adults. Given the high adherence and attendance rates as well as the encouraging results of this study, yoga may be a promising alternative form of exercise. Further investigation with longer follow-up (e.g., 6 months) should be considered, which would offer insights as to the long-term benefits of yoga.”

Based on these findings, practicing yoga can be an effective way to boost strength and endurance, especially when used in combination with a regular exercise routine.

The Bottom Line

Multiple studies have confirmed the many mental and physical benefits of yoga. Incorporating it into your routine can help enhance your health, increase strength and flexibility and reduce symptoms of stress, depression and anxiety.

Finding the time to practice yoga just a few times per week may be enough to make a noticeable difference when it comes to your health.

Read the full article, with complete footnotes, [here](#).

About the author, Rachael Link, MS, RD: Rachael Link is a registered dietitian based in New York City. Rachael completed her undergraduate degree in Missouri and received her master’s degree from New York University. She is passionate about plant-based nutrition and achieving better health by balancing her time between the kitchen and the gym.

The benefits of doing Yoga is now supported by research





9 stretches to relieve low back pain

By Abigail Barronian

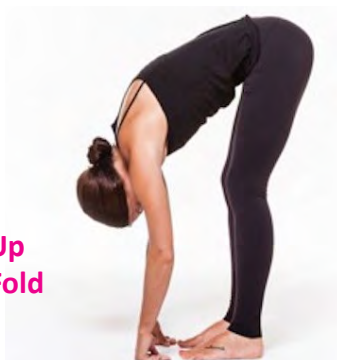
Lower back pain can be persistent and difficult to fix. These yoga poses can help. Photos by Jovo Jovanovic/Stocksy.

Lower-back pain plagues just about everyone at some point. A widely cited [Canadian survey](#) called, *The Saskatchewan health and back pain survey. The prevalence of low back pain and related disability in Saskatchewan adults*, found that nearly 85 percent of adults will experience some kind of lower-back pain in their life. Whether you're recovering from an injury or just deskbound and stiff, gentle stretching and strengthening can help alleviate pain. "Even a little yoga can go a long way," says Alyx Walkinshaw, a yoga instructor behind the [book](#) and [app](#), *Yoga for Seniors and Adults*.

"I really identify with the beginning yoga practitioner and with making the practice accessible to everyone. No matter how busy you get, yoga can help bring you back into balance," Walkinshaw says. Here, she walks us through a sequence of nine poses that will help mitigate and prevent persistent lower-back pain.

What It Does: This movement is a great way to warm up your entire spine, lower back, hamstrings, calves, and ankles. Start your practice here to open the areas of the body you'll be working in this sequence.

How to Do It: Start standing with your feet hip-width apart, arms at your side. Keep your shoulders relaxed, and maintain a forward gaze and neutral chin. Bring a soft bend into your knees to protect your lower back. Take a deep breath in. Exhale, bringing your chin to your chest, and start to roll down toward your toes, letting the weight of your head guide you. Keep your knees soft the entire time. Once you reach a comfortable depth, feel free to bend your knees as much as you need until you can tent your fingertips in front of your feet. Let your head be heavy, and allow your shoulders to stay relaxed. Exhale through your mouth. Stay here for a few deep breaths. This forward fold will open and strengthen the lower back, upper back, hamstrings, and quadriceps. Inhale and slowly unravel your spine back up to standing. While you unravel, allow your toes to stay light, ground down through the four corners of your feet, let your head stay heavy, feel your shoulders move back over your hips, and return your gaze forward, standing up nice and tall. Repeat this four more times.



Roll Down/Roll Up with a Forward Fold



Wide-Leg Forward Fold

What It Does: This pose stretches the inner legs, back of the legs, and spine.

How to Do It: From standing, step your right foot to the back of your mat and turn your feet so they're parallel with one another. You should be in a wide stance with your feet outside your hips, shoulders stacked over your pelvis, and arms open at your sides. Take a breath in to lift your chest, and exhale to hinge at your hips and lower your torso between your legs. Place your palms on the ground under your shoulders. Roll your weight inward and forward. Keep your feet either parallel or slightly turned in at the toes. To intensify the stretch, place your palms underneath the outside edges of your feet or to your ankles and use your upper-body strength to find more depth. You can stay here anywhere from 30 seconds to a minute, coming in and out of the posture as many times as you need.

Pyramid Pose



What It Does: This pose strengthens the legs while stretching the hamstrings and improving posture and balance.

How to Do It: From Wide-Leg Forward Fold, place your palms at your hips, soften your knees, and inhale back up to standing. Rotate to your right foot, walking your right leg a little to the right and stepping your left foot forward and to the left about three to four feet behind your right foot. Your toes should be in line with your knees and hips, pointing forward. Draw your right outer hip back and your left outer hip forward. Keep your feet flat and your legs straight but not locked. Hinge at your hips and lengthen your upper body over your right leg. Place your palms on a support or the ground on either side of your right foot under your shoulders. Inhale to lengthen the crown of your head forward, and exhale to bring your forehead closer to your right shin. Focus on elongating your spine in this posture and supporting your lower back by keeping your hips level. You can stay here anywhere from 30 seconds to a minute, coming in and out of the posture as many times as you need. Repeat on your left side.

Down Dog



What It Does: Down Dog stretches the shoulders, hamstrings, calves, and arches of the feet.

How to Do It: From Pyramid Pose, step to the front of your mat and come to standing. Fold forward, bringing your hands to your mat, and step your feet back, lifting your hips toward the ceiling. Spread your palms open and wrap your inner elbows inward to frame your face as you lift out of your wrists. Allow the crown of your head to relax toward your thumbs. Draw your tailbone toward your heels while keeping the hips lifted. Keep your knees soft and focus on creating more space in your spine. Engage your thighs by lifting away from your knees, and allow your heels to fall behind your big and first toes. You can stay here anywhere from 30 seconds to a minute, coming in and out of the posture as many times as you need.

Dragon Pose



What It Does: Dragon Pose is a deep hip stretch that gets right into the joint while reaching the groin.

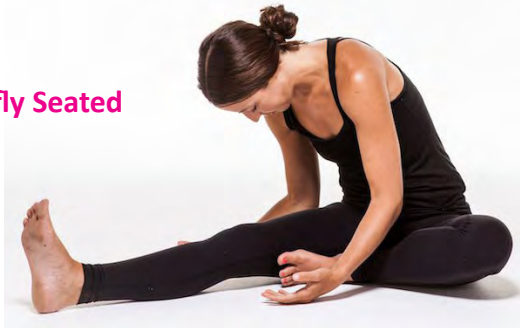
How to Do It: From Down Dog, come onto your hands and knees and place your right foot on the ground in front of your hip. Your right hip, knee, and heel make a 90-degree angle. Move your left knee behind your left hip and lengthen the top of the shin and foot into the ground. Let your hand rest on top of your right thigh and sit up tall in the rest of your spine. To intensify the stretch, frame your right foot with your palms flat to the ground and move your upper body inside your right inner thigh. To intensify even more, place your forearms on the ground without losing the 90-degree angle from right hip, knee, and heel. Hold this for two to three minutes. Repeat on the left side.

Continued on next page

Nine stretches to relieve low back pain

Continued from last page

Half Butterfly Seated



What It Does: Half Butterfly Seated is an easy way to stretch the lower back if you have tight hamstrings.

How to Do It: From Dragon Pose, come onto your hands and knees and take a seat, bringing your legs out in front of you. Extend your right leg out to the side and place your left foot at your right inner thigh. Turn your torso and upper body toward your right leg. Inhale your arms overhead, and exhale to let your upper body fold heavy over your right leg. Your chin can come to your chest, and your stomach can be nice and heavy. If this bothers your neck, bring your chin back to neutral. Allow your upper body to be heavy and let gravity take over. Stay here for one to three minutes. The longer you hold this position, the deeper the stretch. Repeat on your left side.

Deep Outer-Hip Stretch with Twist



What It Does: Deep Outer-Hip Stretch with Twist engages the outer hip, the lower back, and the quadriceps.

How to Do It: From Half Butterfly Seated, bring your right foot behind you toward your butt, flex your right toes back toward your right knee. Move your left foot away from your right inner thigh and forward, aligning the knee, shin, and heel with the top of your mat. Flex your left toes back to-

ward your left knee. Breathe in to lengthen your spine up and out of your hips. On the exhale, lower forward onto your forearms, relaxing your head down. To intensify this stretch, move your upper body closer to your right knee. Stay here for five deep breaths. For the twist, sit back up with your shoulders over your hips, and place your right palm at your left knee and your left palm behind you to the left of your left hip. Inhale to lengthen up through your spine, then exhale, using your arms to assist you in rotating your belly, ribs, chest, shoulders, neck, and head to the left. Stay here for five deep breaths. Repeat these steps on your right side.

Separate Leg Stretching



What It Does: Separate Leg Stretching strengthens the knees and stretches the hips, thighs, hamstrings, groins, and calves.

How to Do It: For this pose, you will use a strap or a scarf. From Deep Outer-Hip Stretch with Twist, lie down on your back with your legs extended in front of you. Bring your right knee into your chest, and loop your strap or scarf around the ball of your right foot. Extend your right leg straight up to the ceiling, and lower your grip on the strap until your elbows rest comfortably on the ground. Keep your hips, head, neck, shoulders, and entire back relaxed. Hold here for ten deep breaths, keeping your right leg as straight as possible. Now, use your right hand to hold the strap and move your left palm to the top of your left hip. Keeping your left hip grounded, take your right leg to the right as far as is comfortable, keeping the leg straight. Hold here for ten deep breaths. Repeat on your left side.

Folded Pose to Supine Twist



What It Does: Folded Pose is a gentle way to stretch the spine and release any tension, while Supine Twist gently stretches the glutes and lower back while lengthening the spine.

How to Do It: Come back to center. Draw your right knee to your chest, interlacing all ten fingertips at the shin. Hug your right knee around your belly and hip and into your right shoulder while keeping the hips grounded. Hold for five breaths on each side. On an exhale, cross your right knee over your body to your left, stacking your right hip over your left hip. Extend your right hand to the right, palm facing up. Keep your right shoulder heavy and your gaze to the ceiling or to your right palm. Stay here for ten slow, deep breaths. Repeat on the left side.

Remember to Take Savasana!

Savasana is the best part of a yoga practice for many people. It's a chance to just be. All the noise, motion, information stops for these precious minutes. It's a time to recharge. Some people do need a little guidance to get to that place though. This savasana script will help guide you or your students into a relaxing savasana that will bring your life more peace.

What It Does: Savasana is a time when our body can ab-

sorb the yoga practice that we just completed. It is a time when we cut off the excess stimuli and let our body rest and recharge. In today's world, we are constantly overly stimulated. We can bring more peace and calmness to our life by taking time in this very relaxing pose.

How to Do It: Lie down on the ground and allow your legs to become heavy. Relax your feet and toes. Allow your lower back, mid back, upper back, shoulders, back of your neck, and head to rest heavy on the ground. Extend your arms away from the midline of your body and soften your hands and fingers. Close your eyes and relax the muscles in your face. Stay here for at least three minutes, letting all your hard work settle in. If this is uncomfortable, taking savasana with your knees bent and feet flat is another option and a great way to support your lower back and allow your pelvis to release into the floor.

Tips for Savasana: Make sure you are warm. Putting socks on and covering yourself with a blanket is a good idea. Your body will cool down quickly once you start your Savasana. It's best to be proactive with this instead of interrupting your Savasana to get comfortable.

Having a darkened room is also helpful. If you can't darken your space try using an eye pillow or scarf to block out the light.



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Chiropractic News

June issue of JCCP now available

Co-editors Cheryl Hawk, DC, PhD, CHES and Sharon Vallone, DC, FICCP have announced that the latest issue of the *The Journal of Clinical Chiropractic Pediatrics* (JCCP) has been published and can be viewed online, without cost or registration, [here](#).

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.

Life West's The WAVE 2019

Join doctors of chiropractic from across the nation at The WAVE, Life Chiropractic College West's annual event for the chiropractic community, August 16-18. This is the conference to attend if you want to enhance your skills, expand your knowledge, and make new connections.

Hear from world-class speakers and learn from the experts during this three-day conference in Northern California's beautiful Bay Area. Life West welcomes visitors from around the globe as we will delve into the Science, Philosophy, and Art of Chiropractic with an examination of the Salutogenic Model in 2019.

Learn about salutogenesis, which literally means "that



which gives birth to health." The Salutogenic Model guides the way Life West presents its curriculum, providing a place to develop and exercise expertise in a chiropractic philosophy that embraces the mind-body connection, while offering the resources to achieve greater wellness.

Get Your CE at The WAVE. Earn up to 20 CE credits. California attendees will earn all annual required CE categories. Friday and Saturday: 12 CE hours, including 4 hours California mandatory topics. Sunday: 5 X-Ray hours, Online: 3 hours via exclusive Life West online seminars, including 2 hours Ethics.

[Click here](#) for event details and registration information.

ACA Interprofessional Collaborative Spine Conference November 8-9, Pittsburgh, PA

Members of the chiropractic, physical therapy and osteopathic professions will come together later this year in the wake of the ongoing U.S. opioid crisis to discuss the use of manual therapy procedures and other non-drug approaches for the treatment of back pain, as well as to identify opportunities for greater interprofessional research and cooperation.

The Interprofessional Collaborative Spine Conference (ICSC) will take place Nov. 8-9 in Pittsburgh, Pa., and is a collaborative effort of the American Chiropractic Association (ACA), the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT) and the Academy of Orthopaedic Physical Therapy (AOPT). The event will feature lectures, panel discussions and opportunities for professional networking.

Presentations will focus on clinical topics such as the effectiveness and safety of thrust vs. non-thrust manual therapy methods, implementing guidelines and evidence in practice, the use of outcome measures for continuous clinical improvement, and the development of interprofessional care pathways. Issues relevant to patient access such as the cost-effectiveness of manual therapy vs. pharmacological treatment, value-based health care and new models of reimbursement will also be examined.

"The American Chiropractic Association is honored to be a part of this historic event, designed to promote greater en-

agement and information sharing among the major providers of manual therapy,” said ACA President Robert C. Jones, DC. “Back pain is one of the most common conditions for which opioids are prescribed; increasing understanding and collaboration among providers who offer non-drug treatments will be a benefit to patients.”

[Click here](#) for more information on the Interprofessional Collaborative Spine Conference. The conference will be held at the Westin Convention Center in Pittsburgh, Pa., on Nov. 8-9, 2019.

If you have questions, contact nleisenring@acatoday.org.

International Chiropractors Association adopts new Value Statements

International Chiropractors Association (ICA) President Stephen P. Welsh, DC, FICA recently announced the adoption of five new value statements by the ICA Board of Directors.

Dr. Welsh stated, “For too long there has been divisiveness and disrespectful discourse within our profession. This disrespect was on full display at presentations by members of the World Federation of Chiropractic Research Council in Berlin that were so egregious that the ICA Board voted unanimously to file a formal complaint (see sidebar story page 5). The ICA is resolved to lead the change within our profession by adopting value statements in order to set a new tenor for our professional community worldwide. “

ICA’s five new Value Statements are:

Respect: We acknowledge and honor the diverse perspectives and approaches in the practice of chiropractic and in promoting health, healing, and well-being. We pledge to conduct ourselves with kindness, compassion, direct and honest communication.

Equitability: We advocate for a healthcare system that is just, fair, and free from discrimination. We believe that all people should have equal access to services that promote health and wellbeing, including chiropractic care. We support the inclusion of all licensed health providers that are practicing within the scope and standards of their profession and advocate for compensation that is commensurate and fair for services provided.

Empowerment: We advocate for a health care system that gives people control of their own health and health-promoting practices. We foster the development of health promoting capacity in individuals, organizations and health

professions through education, knowledge and information, advocacy, access, communication, and collaboration.

Collaboration: We are dedicated to working in respectful dialogue and supportive partnership with others to address the needs of individuals and society for better health and healthcare systems.

Transparency: We act in a way that is easy for others to see what we are doing and why we are doing it. We make available full information required for collaboration, cooperation, and collective decision making.

The ICA Vision statement provides that we seek to Empower humanity to optimal life expression, health and human potential through specific and scientific chiropractic care.

The ICA’s Mission is to protect and promote chiropractic throughout the world as a distinct health care profession predicated upon its unique philosophy, science, and art of subluxation detection and correction.

The ICA has recently streamlined its affiliation process and welcomes all chiropractic associations worldwide that support the ICA vision, mission, and value statements to apply for affiliate status.

Dr. Welsh continued, “To fulfill our mission and vision, it essential to have respectful dialogue and collaboration both intra-professionally and inter-professionally. We work cooperatively to eliminate discrimination against all vitalistic health care professions, of which chiropractic is the largest. ICA is currently working to advance federal legislation to eliminate discrimination against chiropractic patients currently existing in the Medicare system. The ICA objective is to remove existing barriers in order to provide Medicare beneficiaries a non-drug alternative for both acute and chronic pain conditions related to the subluxation, we will work with our professional colleagues to achieve this goal.”

Simple tips to fight inflammation

The awareness of the intersection between inflammation and chronic disease has spawned a plethora of diet plans, nutritional supplements, and lifestyle programs, many implying they offer new ways to improve your health by quelling inflammation. It’s true that scientists are uncovering new complexities and expanding their knowledge of factors that may contribute to inflammation or help counter it. But much of the heavily hyped guidance for an anti-inflammation lifestyle boils down to the same no-nonsense health

Continued on next page

Chiropractic News

Continued from last page

advice your grandmother might have given you.

Make healthy food choices: Our diets play an important role in chronic inflammation because our digestive bacteria release chemicals that may spur or suppress inflammation. The types of bacteria that populate our gut and their chemical byproducts vary according to the foods we eat. Some foods encourage the growth of populations of bacteria that stimulate inflammation, while others promote the growth of bacteria that suppress it.

Fortunately, you are probably already enjoying many of the foods and beverages that have been linked to reductions in inflammation and chronic disease. As long as you are not allergic to any of these foods or beverages, they include the following:

- **Fruits and vegetables.** Most fruits and brightly colored vegetables naturally contain high levels of antioxidants and polyphenols — potentially protective compounds found in plants.
- **Nuts and seeds.** Studies have found that consuming nuts and seeds is associated with reduced markers of inflammation and a lower risk of cardiovascular disease and diabetes.
- **Beverages.** The polyphenols in coffee and the flavonols in cocoa are thought to have anti-inflammatory properties. Green tea is also rich in both polyphenols and antioxidants.

Add these six healthiest nuts and seeds into your daily diet

Looking for a way to reduce heart disease? Want to boost your immune system? Try incorporating these six healthiest nuts and seeds into your daily diet:

Macadamia Nuts. These nuts have the highest fat content and lowest protein and carb content of any nut. Just one serving of macadamia nuts can help you consume 58% of what you need in manganese. Macadamia nuts are also high in vitamin B1 and magnesium. Studies shows that macadamia nuts may reduce total and LDL-cholesterol levels.

Walnuts. Walnuts contain a plethora of vitamins and nutrients. One-quarter of a cup contains over 100% of your daily value for Omega-3 fatty acids. They also contain high levels of copper, manganese, molybdenum, and biotin. Walnuts also contain the amino acid L-arginine. L-arginine helps reduce the risk for heart disease and reduces the risk of other cardiac factors. Be sure to eat the skin of walnuts. Although it may be bitter and tough, the skin contains approximately 90% of the walnuts antioxidants. These antioxidants are a great way to reduce liver damage. A study published in the *New England Journal of Medicine* also found walnuts can reduce serum cholesterol levels.

Almonds. Like walnuts, the healthiest aspect of almonds is their skin. The skin on almonds is rich in antioxidants. In fact, a study performed by the *Journal of Agriculture and Food Chemistry* showed that one ounce of almonds had the equivalent antioxidant levels of a cup of steamed broccoli or one cup of green tea. However, there is a catch. Almonds are extremely high in protein. Although protein is good in your diet, you do not want to consume it in excess.

Pistachios. Pistachios are another nutrient powerhouse. They are high in beta-carotene and Vitamin E. Research shows that eating a few servings of pistachios daily has increased the antioxidant levels in the blood. Pistachios have also been shown to reduce blood pressure caused by stress in young adults. And, this study done on diabetic patients concluded that two servings of pistachios a day lowered vascular constriction during stress. However there is one thing that should be noted about pistachios. Many of them come bleached. Look for organic pistachios that are not bleached.

Sunflower Seeds. The seed associated with baseball players. Surprisingly, sunflower seeds are among the healthiest seeds to consume. They are rich in Vitamin E, copper, selenium, magnesium, and B vitamins. They are especially good for reducing the risk of heart disease and building up your immune system.

Pumpkin Seeds. A favorite snack around Halloween, pumpkin seeds are very beneficial for your health. They are full of magnesium, copper, protein, and zinc. They also contain high amounts of antioxidants. In fact, some animal trials even show pumpkin seeds to help with insulin regulation!

2019 NASHVILLE

ANNUAL SUPER CONFERENCE

on Chiropractic & Pediatrics



REGISTRATION PRICES

	Advanced <i>(Before Oct. 6)</i>	Regular <i>(After Oct. 6)</i>	Onsite <i>(December 6th)</i>
DC	\$429	\$499	\$549
ICA member/ Pediatrics Council Member	\$399	\$469	\$519
Student	\$179	\$249	\$299

Attend a packed program with current chiropractic pediatric material, in a culturally rich city, filled with world class food, music and over 15 CEs for every DC!

DECEMBER 6-8
LOEWS HOTEL



REGISTER NOW!

icapediatrics.com/Nashville

Chiropractic College News

Pragmatic Chiropractic Business Models seminar

*The event has been rescheduled
for October 17, 2019.*

Southern California University of Health Sciences is hosting a free panel discussion on pragmatic chiropractic business models. The event will include a catered breakfast, and is free to attend. It will be held October 17, 2019 at the Long Beach Hilton, 701 West Ocean Blvd., in Long Beach, CA.

The goal is to provide SCU students, alumni, and friends with updated information on the best business practices, with a primary focus on Doctors of Chiropractic.

[Click here](#) to register for this free event, or to get more information.

Dr. Lee Van Dusen named to Baldrige Board of Examiners



Congratulations to Logan University's Vice President of Strategic Performance & Continuous Improvement Lee Van Dusen, DC, who has been named to the Malcolm Baldrige National Quality Award Board of Examiners for 2019. The Baldrige Award is the nation's highest honor for organizational innovation and performance excellence.

Dr. Van Dusen said he is honored to be selected to this prestigious group. "Being involved in the award process, you learn a lot both individually and for your organization," he said. "I look forward to serving among colleagues representing various businesses and organizations across the United States."

Examiners are appointed by the Commerce Department's National Institute of Standards and Technology Director and are responsible for reviewing and evaluating applications submitted for the Baldrige Award, as well as other assessment-related tasks. The examiner board is composed of more than 325 leading experts competitively selected from

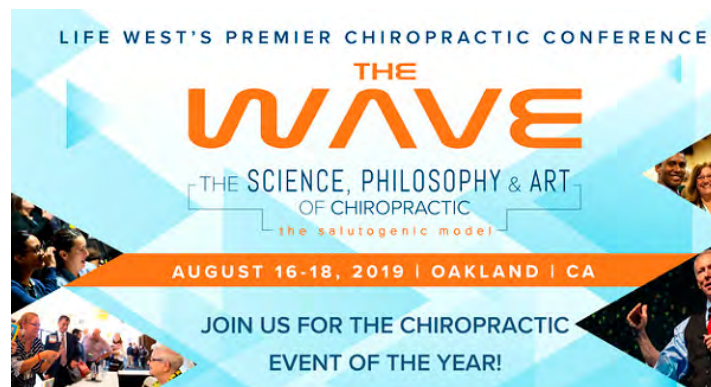
industry, professional, trade, education, health care, and nonprofit (including government) organizations from across the United States.

Those selected meet the highest standards of qualification and peer recognition, demonstrating competencies related to customer focus, communication, ethics, action orientation, team building and analytical skills. All members of the board must take part in a nationally ranked leadership development course based on the Baldrige Excellence Framework and the scoring/evaluation processes for the Baldrige Award. They must also complete an independent review of a Baldrige Award application or other comparable examiner task.

Life West's The WAVE 2019 August 16 - 18

Join doctors of chiropractic from across the nation at The WAVE, Life Chiropractic College West's annual event for the chiropractic community, August 16-18. This is the conference to attend if you want to enhance your skills, expand your knowledge, and make new connections. Hear from world-class speakers and learn from the experts during this three-day conference in Northern California's beautiful Bay Area. Life West welcomes visitors from around the globe as we will delve into the Science, Philosophy, and Art of Chiropractic with an examination of the Salutogenic Model in 2019.

Learn about salutogenesis, which literally means "that which gives birth to health." The Salutogenic Model guides the way Life West presents its curriculum, providing a place to develop and exercise expertise in a chiropractic philoso-



phy that embraces the mind-body connection, while offering the resources to achieve greater wellness.

Get Your CE at The WAVE. Earn up to 20 CE credits. California attendees will earn all annual required CE categories. Friday and Saturday: 12 CE hours, including 4 hours California mandatory topics. Sunday: 5 X-Ray hours, Online: 3 hours via exclusive Life West online seminars, including 2 hours Ethics. [Click here](#) for event details and registration information.

Chiropractic physician elected to the CHEA board

University of Western States (UWS) President Joseph Brimhall, DC, has been elected to the Board of Directors for the Council for Higher Education Accreditation (CHEA). Dr. Brimhall began his three-year term to the board on July 1, 2019.

Dr. Brimhall is the first chiropractic physician to be elected to the CHEA board. He previously served on the Northwest

Commission on Colleges and Universities, the Council on Chiropractic Education United States, the Council on Chiropractic Education Canada and the Councils on Chiropractic Education International.



The CHEA Board of Directors works closely with CHEA's president to establish organizational goals addressing a range of issues including government affairs, international activities, recognition and member services. CHEA is an association of 3,000 degree-granting colleges and universities and recognizes 60 institutional and programmatic accrediting organizations. The council is a national advocate and institutional voice for self-regulation of academic quality through accreditation; recognition by CHEA affirms that the standards, structures, and practices of accrediting organizations promote academic quality, improvement, accountability, and needed flexibility and innovation in the institutions or programs they accredit.

Students travel to Brisbane, Australia, for WCCS

The Sherman College Chapter of the World Congress of Chiropractic Students (WCCS) sent two delegates, Charmi Patel (chapter president and head delegate) and Ali Fitzgerald (vice president) to the 41st Annual General Meeting (AGM) in Brisbane, Australia June 30-July 6. This year's Congress welcomed 137 delegates from 27 chapters, which set a record for the largest AGM yet. During the students' week in Australia, days were spent in Congress and evenings featured an array of activities from scavenger hunts to community service opportunities. Being a part of the Congress was such an amazing experience, and it truly gave light to how important this organization is to both students and the future of the chiropractic profession.





IACP MEMBERSHIP APPLICATION

Contact Information:

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IACP Membership Categories: Types of Membership and Benefits:	<i>Full Amount</i>	<i>Monthly</i>	Payment Information:
<u>IACP CENTURY CLUB</u> All Standard Membership Benefits, plus: <ul style="list-style-type: none"> • FREE Convention Member Registration; • FREE Non-DC Staff Member Convention Registration; • Expanded Discounts for Member and Staff on three IACP quarterly seminars; • 25% Discount on advertising via the IACP newsletter and/or website; • 25% Discount on Bronze Level Convention Sponsorship; • Invitation to IACP PAC Dinner(s) for legislative officials targeted for IACP support; • Opportunity to write articles for IACP newsletter editions*; • Two FREE classified ad both online and printed newsletter per year; • First Call - IACP Referrals for patients seeking specific DC techniques/education; • Invitation to the IACP President's Dinner – including other Century Club members, past IACP Presidents, Idaho Legislators & Sponsors; • Portion of C. C. dues fund the IACP PAC - supportings legislative efforts/candidates. <small>** The IACP reserves the right to review articles and edit submissions as it deems necessary.</small>	[]	[]	Payment Type: <input type="checkbox"/> VISA <input type="checkbox"/> MC <small>(circle one)</small> <input type="checkbox"/> Discover <input type="checkbox"/> AMEX <input type="checkbox"/> Check Credit Card #: _____ CVC: _____ Exp. Date: _____ Billing Zip Code: _____
<u>IACP STANDARD MEMBERSHIP</u> <ul style="list-style-type: none"> • \$100 discount on convention registration fees • \$20 discount for each staff member on convention registration fees; • 10% Discount on Online CE Credits offered through the IACP Website; • 10% Discount on ICD Coding Books Offered by the IACP; • 10% Discount on all products, videos and materials sold by the IACP; • Earn at least 6 FREE CE credits each year at district meetings; • Discounts on Quarterly IACP Seminars for Member and Staff; • One FREE classified ad both online and printed newsletter per year; • Find A Doctor Referral Directory and access to members only information regarding Medicare, insurance & legislative insight; 	[]	[]	<u>Optional PAC Donation:</u> PAC stands for Political Action Committee the fundraising arm of the IACP. All monies donated go directly to supporting campaigns, educating state representatives, and hiring watch groups to guard against harmful legislation that would curtail your right to practice. I wish to support my profession by donating:
<u>RETIRED DC MEMBERSHIP</u> <ul style="list-style-type: none"> • Annual subscription to IACP Newsletter (12 issues per year); • 10% Discount on all IACP events or classes • Discounts on advertising in the IACP Newsletter or on the IACP website; • Discounts on classified ads in IACP Newsletter or on the IACP website. 	[]	[]	<input type="checkbox"/> \$25/mo. <input type="checkbox"/> \$55/mo. <input type="checkbox"/> Other: \$ _____/mo.
<u>MULTIPLE DC HOUSEHOLD MEMBERSHIP</u> <ul style="list-style-type: none"> • For dual DC households where both members of the household are practicing DCs. Spouse can choose a discounted Century Club or Standard Membership. 	25% Reduction in Membership Category		
<u>NEW GRADUATE MEMBERSHIP</u> <ul style="list-style-type: none"> • New chiropractic college graduates receive basic membership for no fee! 	FREE		

By signing this form you agree to pay for the membership type and frequency listed and the optional PAC donation indicated above. The authority you give the IACP to charge your account will remain in effect until you notify IACP in writing to terminate the authorization, after the agreed upon term has been met. This includes annual renewals. If the amount of your payment changes, we will notify you at least ten days before payment date. You also agree to notify IACP of any changes in account information.

Signing this form acknowledges an understanding that cancellation requests must be made in writing and will only be honored following fulfillment annual timeframe:

Signature: _____ Today's Date: _____

Mail to: IACP, 13601 W. McMillan Rd., Suite 102-331, Boise, ID 83713 or Fax to 888-399-5459



ICA SEMINAR SERIES

Advances in the Management of Traumatic Injuries (AMTI) MODULE 4

September 7-8, 2019 • Sat: 9:00am – 6:00pm • Sun: 8:00am – 1:00pm
Omni Interlocken Resort • 500 Interlocken Blvd., Broomfield, CO 80021



Dr. Evan Katz



Dr. Deed Harrison



Dr. Joe Betz



Sarah Brittain, MS



Dr. Alex Vidan

Seminar:

Module 4 will be a detailed overview of the traumatic injuries to the brain, spinal cord, TMJ and extremities. Traumatic brain injuries (TBI) and spinal cord injuries are common in MVC's and are often completely missed or misdiagnosed by other providers. You will learn how to identify the signs and symptoms of TBI's and possible spinal cord injuries, properly document them, order imaging when necessary and what providers should be co-managing these challenging cases. In addition, in this module you will learn how to properly diagnose, document and treat injuries to the TMJ and extremities and how chiropractic can help effectively manage these injuries.

Early Bird

Registration:

Now – August 2, 2019

\$395 for ICA Members

\$450 for Non-Members

\$165 for CA Members

\$215 for CA Non-Members

\$165 for Students

Normal

Registration:

August 3 – September 1, 2019

\$445 for ICA Members

\$500 for Non-Members

\$215 for CA Members

\$265 for CA Non-Members

\$165 for Students

Group

Registration:

Now – August 2, 2019

\$1,678.75 for all 5
Module Registration

\$1,580 for Member Group
(3+ attendees, one module)

\$1,750 for Non-Member
Group (3+ attendees)

Up to 13 Hrs. of CE!

13 Hrs. CE Applied for
Approval Pending: CA, FL,
GA, KS, MO, NC, ND, NJ, NM,
NV, SD, WI

13 Hrs. CE Approved: CT,
CO, DC, DE, IA, ID, IL, IN, MA,
MD, MI, MS, MT, NE, OH, OR,
RI, SC, UT, VA, VT, WA, WY

MODULE 5: November 2-3, 2019

• Module 5 will be held at the Westin Westminster in Broomfield, but is not yet approved for CE.

Register Online: www.chiropractic.org/AMTI4

Questions? Contact the ICA Events Department at sbecker@chiropractic.org
or call **703-528-5000**.



Office Posters



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

Ways to keep moving with joint pain

poster on the following page, and
the following posters are available online:

What your hands can reveal about your health

The drug-free approach to pain reduction

Get up and move!

STRETCHING for better joint health

Five keys to a longer, healthier life

Were you pain free this morning when you got out of bed?

Tips for safe stretches

Don't let pain keep you from enjoying life

Life-saving reasons to drink more water

A high-sugar diet makes healthy people sick - fast

7 simple steps to a longer, healthier life

The secret weapon for lower blood pressure

Please 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) .***

Ways to keep moving with joint pain



If you suffer from joint pain, exercise may seem like the last thing you want to do, or need to do. But the right exercises performed properly can be a long-lasting way to subdue ankle, knee, hip, or shoulder pain. For some people, the right exercise routine can even help delay or sidestep surgery.

While exercise is great medicine, it only works if you carve out time to do it regularly. And sometimes the hardest part of a workout is getting started. Here are four ways to help you get your dose of physical activity:

- 1.** Carve out the time. Skip several half-hour TV shows a week or work out while watching. Get up half an hour earlier each day for a morning workout. If big blocks of time aren't falling into your lap, try 10-minute walks, or half a workout in the morning and half in the evening.
- 2.** Build activity into your daily routine. Take stairs, not elevators. When commuting, get off the bus or subway a stop or two ahead, or park farther away from your workplace. While on the phone, try a few stretches, pace, or do simple exercises like lunges, squats, and heel raises. Bike or walk to work. When running errands within a reasonable radius, park your car in one spot and walk to different shops. Replace your desk and desk chair with a standing desk. Try substituting a stability ball for your desk chair a few hours a day. Rake leaves and shovel snow instead of using a leaf blower or snow blower.
- 3.** Find a workout buddy. Workouts with a friend can be more enjoyable, plus you're less likely to cancel on the spur of the moment.
- 4.** Bugged by bad weather or early darkness? Buy equipment necessary for exercising at home, join a gym, try a class in your community, or walk the mall or an indoor athletic track at a local school.

When motivation flags, remind yourself of your goals, plan small rewards, ask a friend to check up on you, or consider working out with a personal trainer.



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

Display Advertising Policy, Rates and Information

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.

Advertising deadline

Artwork is needed by the 15th of any month for publication in the following month's newsletter. The *IACP News* is published the last week of every month.

Ad Sizes and Rates

IACP reserves the right to determine position and placement of all advertising. Special positioning may be purchased for an additional 20% if space is available. Inside Cover and Back Cover are charged additional 20% for special positioning. **15% off these rates for IACP Members.**

Rates are for full color ads **per insertion**. Ads published under a multi-run contract can be changed for each issue at no additional cost. Flash animation (.swf files), animations (.gif format) and video clips can be added to any ad. There is no extra charge for video clips or multi-media in ads unless "assembly" of the ad is required. Some file size limitations apply. For details contact Steve at C&S Publishing CandSpublishing@gmail.com or call (916) 729-5432. Email camera-ready ads in high resolution Adobe Acrobat (.pdf) format to: CandSpublishing@gmail.com. Ad creation and graphic design services are available through C&S Publishing at no additional cost.

Ad Type	Ad Size	1 run	3 runs	6 runs	12 runs
Full page (bleed)	8 5/8" wide by 11 1/4" tall	\$450	\$414	\$378	\$330
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

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 Steve at C&S Publishing, (916) 729-5432.

Acceptance of Advertising: Publisher reserves the right to refuse any advertisement with or without reason or explanation including any ad that, in the opinion of IACP, is unethical, makes extravagant claims, misrepresents, is unfair or harmful to other advertisers; violates postal, anti-trust or U.S. currency regulations; or is deemed inconsistent with the objectives of the IACP.