



*Prosperity Through Unity
Exceptional Care for Idahoans*

April 2026

The IACP News, Vol. 10, No. 4

This Month! IACP Convention

April 24-26, 2026, The Grove Hotel - Boise, ID

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

A fresh and diverse set of speakers, along with exhibition of industry partners, will provide professional development as well as beneficial products and services.

The Chiropractic Assistant track will focus on multiple areas of practice management, billing, coding, documentation, and audit protection.



Pediatric Headache Master Intake Form

The following article by Sue Weber Hellstenius, DC, MSC (Paeds), FEAC, FRCC is being reprinted with permission from the *Journal of Clinical Chiropractic Pediatrics*, Vol. 23, Issue 1 and can be [read in full here](#).

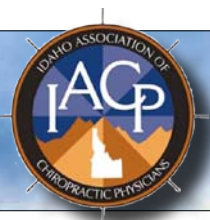
Introduction: A modular system for pediatric headache evaluation was introduced in 2022 consisting of a separate questionnaire, history, and physical exam form.¹ While effective, the clinical landscape has evolved. The rise in recognized autonomic dysfunction, the persistence of regional neuroborreliosis, and the increasing prevalence of pressure-related pathologies in adolescents necessitate a more integrated approach. This updated 2-page Pediatric Headache Master Form consolidates those three instruments while expanding the diagnostic net for secondary headaches.

The Drive for Consolidation: Clinician efficiency is paramount. By merging three separate documents into one, the author has reduced “form fatigue” and ensures that the transition from patient-reported history to objective clinical exam is seamless. This consolidation ensures that critical links—such as the relationship between a toddler’s “periodic syndrome” and a teenager’s current migraine frequency—are not lost in fragmented paperwork.^{2,3}

Expanding the Differential: Gravity and Pressure: The 2025 update places a heavy emphasis on “gravity-dependent” symptoms. Since 2021, our understanding of the following has become essential for the general pediatrician:

- **Orthostatic Headaches & CSF Dynamics:** The form

Continued on page 4



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.

2024-2025 IACP Board of Directors — Officers



Dr. Jeremai Hafer
President



Dr. Thomas Bench
Vice President



Dr. Scott Crawford
Treasurer



Dr. Nicole Willis
Secretary

2024-2025 IACP Directors



Jennifer Wells
District 1



Dr. Jeremiah Tibbitts
District 2



Dr. Kimball Arritt
District 3



Dr. Justin Keller
District 4



Dr. Levi Nelson
District 5



Dr. Erik Thompson
District 6



Dr. Mark Gibson
District 7

Idaho Association of Chiropractic Physicians

P.O. Box 8611, Boise, ID 83707

Phone: (208) 424-8344 • FAX (888) 399-5459

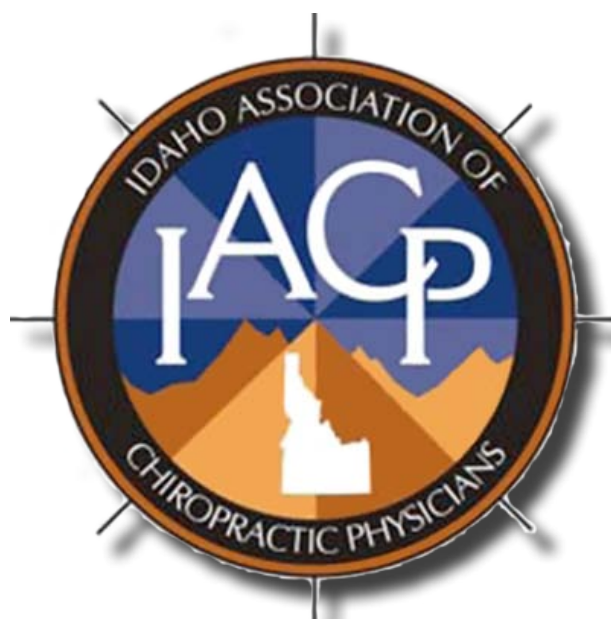
<https://iacp.wildapricot.org> • iacpcontact@gmail.com

For advertising info, email C&S Publishing at: CandSpublishing@gmail.com

In This Issue

Pediatric Headache Master Intake Form (continued)	Pages 4 - 7
Join the Pack	Page 5
ChiroHealth USA: Rising Health Care Costs	Pages 8 - 9
Strengthening undergraduate pipelines for chiropractic graduate success	Pages 10 - 11
Demand for sports chiropractic care growing	Pages 12 - 13
Chiropractic News	Pages 14 - 15
Chiropractic College News	Pages 16 - 19
The IACP Marketplace: Featured Businesses & Suppliers	Page 20
Classified ads	Page 21
Office poster notice	Page 22
POSTER: Chiropractic Care can help with anxiety & depression	Page 23
<i>IACP News</i> Display Advertising Rates and Sizes	Page 24

This table of contents is linked for your convenience. Just click on the page you want.



Pediatric Headache Master Intake Form

Continued from front page

now includes specific “time-to-relief” metrics to screen for Spontaneous Intracranial Hypotension (SIH) and CSF leaks.⁴

- **Adolescent Pressure Headaches:** There are added markers for Idiopathic Intracranial Hypertension (IIH), which is increasingly observed in the teenage population. The inclusion of pulsatile tinnitus and “whooshing” ear sounds serves as a critical red flag for this demographic.^{5,6}

- **POTS & Autonomic Integration:** With the increased prevalence of Postural Orthostatic Tachycardia Syndrome (POTS), the form now mandates orthostatic vital signs, linking “coat-hanger” neck pain to autonomic instability.⁷

Infectious & Mechanical Updates: The master form addresses the “migratory” nature of pain—a hallmark of Neuroborreliosis (Lyme Disease). By asking about shifting joint pain and radiculoneuritis alongside the headache history, clinicians can better identify Bannwarth’s Syndrome. Bannwarth’s Syndrome, or lymphocytic meningoradiculitis, is a severe neurological form of Lyme disease, characterized by intense, radiating nerve pain (radiculopathy), cranial nerve palsies (especially facial), and inflammation in the cerebrospinal fluid (CSF). Furthermore, the author has integrated a postural screen (Upper Crossed Syndrome) to address the mechanical “tech neck” prevalent in school-aged children.⁸

Expanding the Migraine Spectrum: Hormones & Auras: The updated Master Form now accounts for the hormonal fluctuations of adolescence by including specific screening

for menstrual migraines. Furthermore, the history section has been nuanced to differentiate between typical visual auras and more complex sensory or auditory hallucinations, ensuring a higher sensitivity for ICHD-3 classification.^{9,10}

Neuromusculoskeletal & Mechanical Differentiation: To rule out mechanical triggers, the form now includes a targeted Neuromusculoskeletal Exam. This addresses the “tech-neck” epidemic by screening for:

- **Upper Crossed Syndrome:** Identifying the imbalance between tight pectorals/upper trapezius and weak deep neck flexors.¹¹
- **Cervicogenic Markers:** Evaluating the upper cervical spine (C0-C3) for segmental dysfunction that frequently mimics or triggers primary headaches.¹²
- **TMJ & Cranial Nerve Integrity:** Ensuring that jaw dysfunction or subtle cranial nerve deficits aren’t overlooked in the search for primary headache causes.¹³

Conclusion: While migraine and tension-type headaches remain the most common presentations, the “Master Form” ensures that the pediatrician is equipped to identify the pathological outliers. This tool provides a comprehensive, high-yield roadmap for the modern pediatric headache encounter.

NOTE: PEDIATRIC HEADACHE MASTER INTAKE FORM and the CLINICAL HEADACHE EXAMINATION (Provider Use Only) are on the following pages.

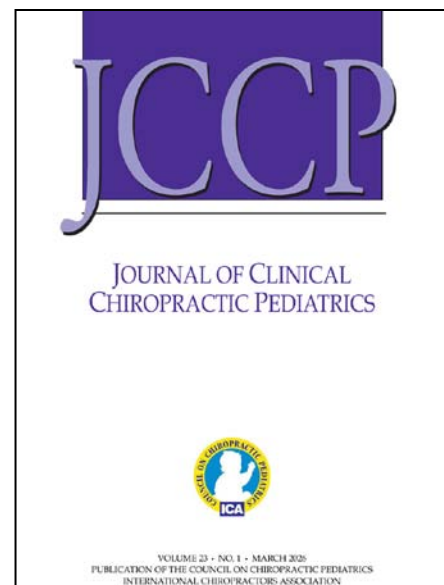
References:

1. Weber S. 2022. Pediatric headache questionnaire, exam and history forms for the chiropractor. *Journal of Clinical Chiropractic Pediatrics*; 21(1):1871-5.
2. Weber S. 2021. Headaches in children: Part 1. The changing phenotypes of migraine headache in infants, children and adolescents. *Journal of Clinical Chiropractic Pediatrics*; 20(1):1747-56.
3. Weber S. 2021. Headaches in children: Part 2. The changing phenotypes of headaches in children. *Journal of Clinical Chiropractic Pediatrics*; 20(1):1802-13.
4. Kim MJ, Farrell J. Orthostatic Hypotension: A Practical Approach. *Am Fam Physician*. 2022;105(1):39-49. Erratum in: *Am Fam Physician*. 2022;106(4):365.
5. Kranz PG, Gray L, Malinzak MD, Amrhein TJ. Spontaneous Intracranial Hypotension: Pathogenesis, Diagnosis, and Treatment. *Neuroimaging Clin N Am*. 2019;29(4):581-594.
6. Wang MTM, Bhatti MT, Danesh-Meyer HV. Idiopathic intracranial hypertension: Pathophysiology, diagnosis and management. *J Clin Neurosci*. 2022;95:172-179.
7. Fedorowski A. Postural orthostatic tachycardia syndrome: clinical presentation, aetiology and management. *J Intern Med*. 2019;285(4):352-366.
8. Krawczuk K, Czupryna P, Pancewicz S, Oldak E, Król M, Moniuszko-Malinowska A. Comparison of Neuroborreliosis Between Children and Adults. *Pediatr Infect Dis J*. 2020;39(1):7-11.

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

Editors: Sharon A. Vallone, DC, DICCP, FICCP, Cheryl Hawk, DC, PhD and Joyce Miller, DC, PhD.

We are hopeful that this venue will provide field clinicians interested in maternal health and pediatric chiropractic with current research, case reports and clinical commentary that they will find both useful and informative. We invite you to submit your own research or scientific writing for consideration for publication.



9. Rothner AD, Parikh S. Migraine Variants or Episodic Syndromes That May Be Associated With Migraine and Other Unusual Pediatric Headache Syndromes. *Headache*. 2016 Jan;56(1):206-14. doi: [10.1111/head.12750](https://doi.org/10.1111/head.12750). Erratum in: *Headache*. 2016 Apr;56(4):820.

10. Anarte-Lazo E, Carvalho GF, Schwarz A, Luedtke K, Falla D. Differentiating migraine, cervicogenic headache and asymptomatic individuals based on physical examination findings: a systematic review and meta-analysis. *BMC Musculoskelet Disord*. 2021;22(1):755.

11. Chang MC, Choo YJ, Hong K, Boudier-Revéret M, Yang S. Treatment of Upper Crossed Syndrome: A Narrative Systematic Review. *Healthcare*. 2023;11(16):2328.

12. Usen A, Demiroz Gunduz M. Cervicogenic headache in forward head posture: frequency and associated factors in a cross-sectional study. *J Oral Facial Pain Headache*. 2025;39(3):191-199.

13. Romero-Reyes M, Bassiur JP. Temporomandibular Disorders, Bruxism and Headaches. *Neurol Clin*. 2024;42(2):573-584.

Join the Pack

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

PEDIATRIC HEADACHE MASTER INTAKE FORM

Patient Name: _____ DOB: _____ Date: _____

Informant: Patient Parent/Guardian Both _____

Email addresses _____ Telephone number _____ Consent to treat

Health History

Medications _____ Illness _____ Surgeries _____ Diagnoses _____

I. Primary Headache Characteristics

- Frequency: _____ per month | Duration: _____ hours/days.
- Intensity (0-4): ____ Location: Frontal Behind eyes Unilateral Occipital
- Quality: Throbbing/Pulsing Sharp/Stabbing Dull/Pressure Migratory
- Relieving Factors: Sleep Dark/Quiet Medications: _____ Other _____
- ADL Impact: Sports Socializing Computer.
- School days missed/month: _____ Parental input _____

II. Positional & Pressure Triggers (The “Gravity” Screen)

- Time to pain onset after STANDING: Immediate 1—10 mins >30 mins
- Does the pain resolve almost instantly when LYING FLAT? Yes No
- Pulsatile Tinnitus: Do you hear a “whooshing” sound like your heartbeat? Yes No
- Does pain “spike” with Coughing / Sneezing / Straining / Stairs? Yes No

III. Infection & Lyme Screen (Neuroborreliosis)

- Migratory Headache Pain: Yes No Exposure to endemic areas
- Systemic Signs: Known tick bite Recent “Bullseye” rash Migratory joint pain
- Neurological: Shooting pains in limbs Facial drooping/weakness Stiff neck

IV. Biomechanical & Lifestyle Triggers

- Triggers: Screen time Reading/Studying Physical exertion Stress
- Screen Time: Weekdays: _____ hrs | Weekends: _____ hrs | Ergonomics _____
- Vision: Last eye exam: _____ Can you see the board clearly? Yes No
- Sitting Position in classroom: _____ Spinal pain (Neck) _____
- Activities of Daily Living Affected: School Social Sports Other _____
- Parental input _____

V. Periodic Syndromes & Early History (Migraine Equivalents)

- Infancy: Colic Paroxysmal Torticollis/ Vertigo Head banging Seeks dark room
- Childhood: Abdominal pain Cyclical vomiting Motion sickness Parasomnias
- Sleep: Bruxism (grinding) Night terrors Snoring/Apnea Nightmares

VI. Trauma History Concussion Whiplash Mouth/Dental Trauma Significant Falls

VII. Psychosocial & Neurodevelopmental

- Conditions: ADHD/ADD ASP Anxiety Depression
- Environment: Bullying Abuse Counseling/Therapy
- Stress: at Home in School Gender Identity

VIII. Family History Migraine _____ Tension-Type Headache _____

CLINICAL HEADACHE EXAMINATION (Provider Use Only)

1. Vitals & Autonomic

- BP/HR (Supine): _____ / _____ BP/HR (Standing 5-min): _____ / _____ **
- Growth Curve: Ht: _____ % Wt: _____ HC: _____

2. Neuro-Musculo-Skeletal Examination

- Forward Head Posture Kyphosis & Upper Cross Syndrome Trigger points _____
- Lordosis / Scoliosis Torticollis / Plagiocephaly Laseue _____
- Spinal or Costovertebral dysfunction _____ Flexion-Rotation Test _____
- TMJ: [TMJ] dysfunction Palpatory tenderness Grinding teeth Tongue scalloping
- Neurological: CN exam _____ Fundoscopy Babinski _____
- Visual Tracking: Smooth pursuit _____ Nystagmus _____ Accommodation _____
- Reflexes/Sensation/Strength _____ Gait _____
- Single Leg Stance (Eyes Open/Closed) _____ Romberg & Heel-to-Toe _____
- Meningeal signs: Kernig's Brudzinski's | Spinal ROM _____

3. Differential Diagnostic Impression

Vascular: Tinnitus/Dizziness Migraine with aura

Aura: Visual disturbances Feeling pins/needles Auditory hallucinations Osmophobia

Primary HA: Migraine without Aura TTH

Hormonal influence on headache _____

- CSF pressure: SIH (Leak) IIH (High Pressure) Chiari I
- Infectious: Neuroborreliosis (Lyme)
- Mechanical: Cervicogenic TMJ POTS

RED FLAGS REQUIRING IMMEDIATE IMAGING/ED REFERRAL

- Thunderclap Onset: Sudden “worst headache of life.”
- Nocturnal Awakening: Waking up at night specifically to vomit.
- Focal Neuro Deficit: Cranial nerve palsy, ataxia, or papilledema.
- Age < 5 Years: Any persistent headache in a very young child.

** “BP Change >20mmHg or HR >40bpm = Positive Orthostatic Screen”

Rising Health Care Costs:

What chiropractors need to know about patient affordability

Health care affordability has become one of the most pressing concerns facing Americans today. According to a recent KFF Health Tracking Poll, the cost of health care now ranks as the **top financial worry for U.S. households**, surpassing concerns about food, housing, utilities, and gas.

For chiropractors, this trend is more than just a national statistic. It directly affects patient behavior, care decisions, and the long-term sustainability of practices that rely on consistent patient visits. Understanding what patients are experiencing financially can help chiropractic practices respond with solutions that keep care accessible and affordable.

Health Care Costs Are Americans' Biggest Financial Concern

The KFF poll found that **two-thirds of Americans (66%) say they are worried about being able to afford health care**, including insurance premiums and out-of-pocket costs such as office visits and prescriptions. (Schumacher, et al., 2026)

Even more telling, about **32% of adults report being "very worried" about paying health care bills**, a higher percentage than those who say the same about paying for groceries, rent, or utilities.

In addition, most Americans expect the problem to worsen. **More than half of adults (56%) believe health care costs will become less affordable in the coming year.**

These numbers reveal an important reality: patients are increasingly anxious about medical expenses, even if they have insurance coverage.

Cost Concerns Are Changing Patient Behavior

Affordability concerns are not just theoretical. They are actively shaping how patients interact with the health care system.

Research tied to these polls shows that many Americans are **delaying or avoiding medical care due to cost pressures**, including routine visits and preventive services.

For chiropractic practices, this trend can show up in several ways:



- Patients spacing out appointments
- Patients stopping care plans earlier than recommended
- Hesitation to start care due to cost uncertainty
- Increased interest in cash options or predictable pricing

When patients are worried about affordability, they often prioritize only those treatments they view as absolutely necessary.

The Opportunity for Chiropractic Care

Chiropractic care has a unique opportunity in this environment. Compared to many other forms of care, chiropractic services often offer:

- Lower overall treatment costs
- Conservative, drug-free approaches to pain management
- Flexible care plans

These characteristics align well with what cost-conscious patients are seeking.

In fact, as health care affordability becomes a top concern nationwide, many patients are actively looking for providers who offer **predictable pricing and practical solutions outside of traditional insurance systems.**

Chiropractors who recognize this shift can position their practices as part of the solution.

Helping Patients Access Affordable Care

One of the most effective strategies practices can implement is providing patients with **clear, affordable payment options** that reduce financial stress.

Programs like ChiroHealthUSA allow practices to offer compliant discount medical plans that help patients access lower fees for care. These programs provide a structured way for chiropractors to support patients who:

- Have high deductibles
- Have limited insurance coverage
- Have no insurance at all

Instead of delaying care due to cost concerns, patients gain a predictable and affordable way to continue treatment.

For doctors, this approach can improve:

- Patient retention
- Practice profitability
- Long-term practice stability

The message from patients is clear. **Health care costs are now the number one financial concern in America**, and affordability will continue to shape how patients access care. Chiropractors who respond with transparency, flexibility, and patient-centered pricing will be better positioned to serve their communities and grow their practices.

As affordability becomes a defining issue in health care, practices that help patients stay consistent with care will not only improve outcomes but also strengthen trust and loyalty.

Programs like ChiroHealthUSA give chiropractors a practical

way to meet patients where they are financially, ensuring that rising costs do not stand in the way of the care people need.

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

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

Chiropractic Grizzly Bear
(Oficium Inspector Generalis Youretocastum)

“Here’s
looking
at you...”
DOC.”

Meet Oficium Inspector Generalis Youretocastum, nature’s reminder that in chiropractic, growth goes to the practices that protect their profits.

If your pricing strategy is weak, you’re not the predator. You’re lunch.

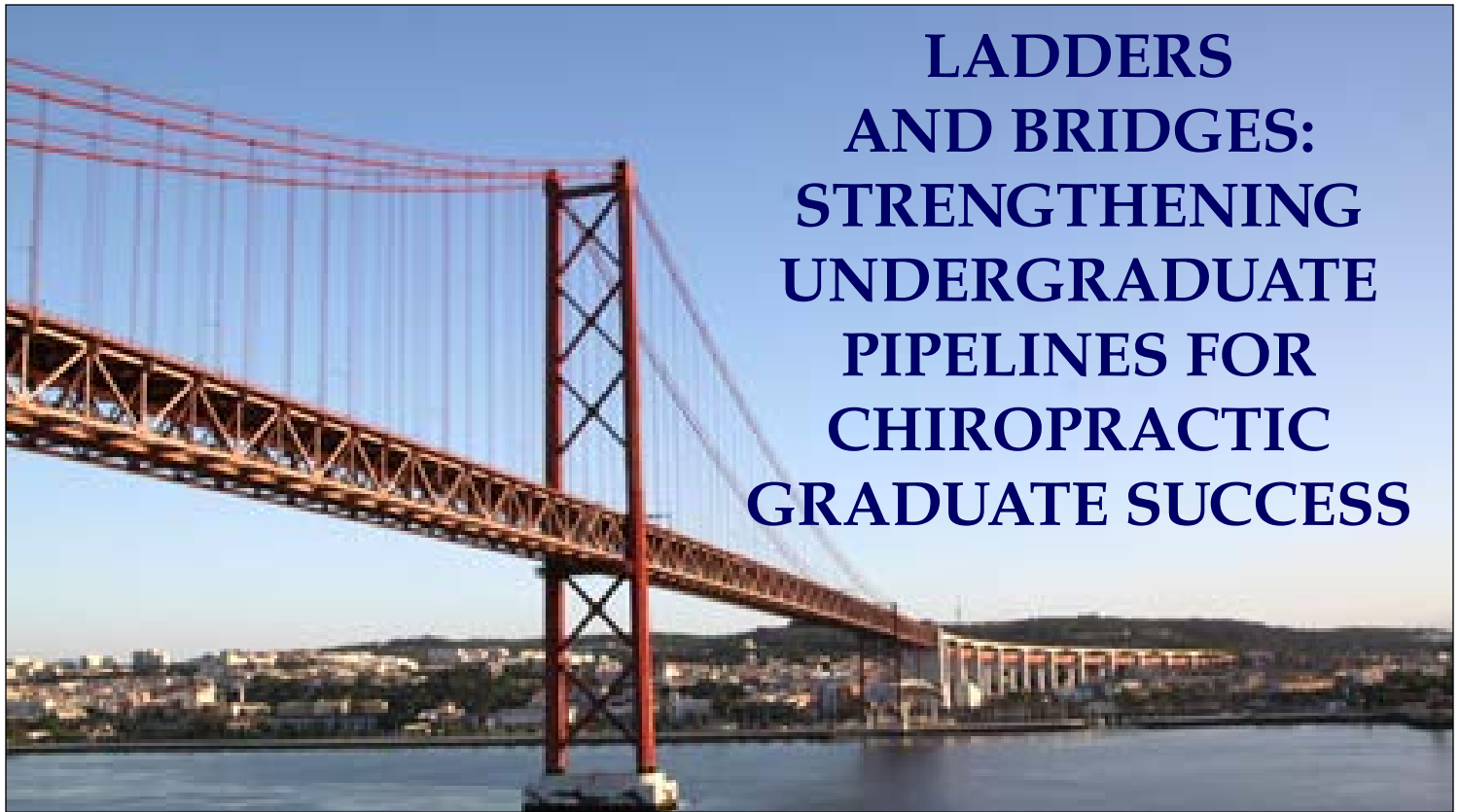
Dial in your strategy so more patients stay, revenue grows, and bears keep walking.

Fix it before they feast.

Download The Free Guide:
6 Strategies for Profitable Discounting
Classified Notes from Oficium Inspector Generalis Youretocastum

CHIROPRACTICA
ChiroHealthUSA®
Taste of the Wild
2026
ALWAYS IN SEASON

ChiroHealthUSA®
The Network That Works for Chiropractors
1-888-719-9990
chirohealthusa.com



LADDERS AND BRIDGES: STRENGTHENING UNDERGRADUATE PIPELINES FOR CHIROPRACTIC GRADUATE SUCCESS

This research paper was published in Vol.9, Issue 1, Feb 2026 in the *Journal of Contemporary Chiropractic* by Billie Harrington, DC, and can be [read in full here](#).

Undergraduate preparation for chiropractic education is highly variable and often misaligned with the scientific and professional competencies required for success in graduate training. These competencies include evidence-based research literacy, ethical patient care, scientific communication, cultural competence, interprofessional collaboration, and effective use of educational and clinical technologies. Such misalignment contributes to challenges in academic performance, student retention, and the development of professional identity during chiropractic training. This manuscript proposes a modified application of the ConnectED College and Career Readiness framework to strengthen the transition from undergraduate education to graduate-level chiropractic programs.

The Introduction notes: “Chiropractic education has evolved significantly since its inception, moving from apprenticeship models to structured, accredited graduate programs emphasizing rigorous science, evidence-informed practice, and interprofessional collaboration. Accrediting bodies such as the Council on Chiropractic Education (CCE) have raised expectations for student competencies, requiring strong foundations in anatomy, physiology, biomechanics, clinical reasoning, and professional ethics. Recognized by the U.S. Department of Education as the nationally authorized

accrediting agency for 18 chiropractic programs across 21 locations in the U.S., Puerto Rico, and Canada, the CCE must comply with federal criteria that ensure it serves as a reliable authority on educational quality, including rigorous standards for curriculum, institutional effectiveness, and student learning outcomes.

“While the CCE sets broad but rigorous admission-related expectations, they do not prescribe specific admission criteria for all institutions. However, the CCE requires that each program: maintain clearly documented admissions policies and procedures that are transparent, consistently applied, and designed to foster student success; admit students who are academically prepared for the rigor of chiropractic education³; report admissions data; and⁴ implement support systems that promote student achievement. Despite these requirements, undergraduate preparation for chiropractic varies widely. Many students enter graduate programs with uneven backgrounds in the sciences, limited research experience, or minimal exposure to professional practice. These disparities may contribute to higher rates of attrition, increased academic challenges, or delays in students’ progression through chiropractic training.

“Scholars in the field of health professions education suggest that structured undergraduate preparation improves graduate success. Pre-medical, nursing, and physical therapy pathways, for example, often emphasize scaffolded science curricula, advising, experiential learning, and professional

identity development. Such approaches help ensure that students enter graduate programs with both the technical knowledge and the dispositions required for success. In contrast, researchers in chiropractic education have only recently begun to examine these transitional factors.

“While existing chiropractic education research explores various factors that influence student transition and persistence, it does not appear that the ConnectED framework has been applied within this context. This interdisciplinary model, which was introduced to support college and career readiness, provides an innovative lens for examining and strengthening the undergraduate-to-graduate pipeline in chiropractic education. The emphasis on curricular alignment, mentorship, experiential learning, interprofessional collaboration, and research literacy provides a structured approach to enhancing student preparedness and success in chiropractic programs.

“This paper aims to address this gap by exploring how chiropractic programs, in collaboration with undergraduate institutions, can enhance their educational pathways to better prepare students for the demands of graduate chiropractic training. Colleges and universities can help future chiropractors thrive academically and professionally by developing intentional pathways through curricular alignment, advising, experiential opportunities, inter-professional learning, and research engagement.”

The work offers the following strategies for improving and strengthening undergraduate chiropractic programs:

Curricular Alignment & Rigor: Undergraduate curricular alignment is a critical foundation for graduate chiropractic success. Dedicated pre-chiropractic tracks, similar to pre-medical or pre-dental programs, help ensure that students complete the appropriate breadth and depth of prerequisite coursework. These structured tracks not only reduce uncertainty in course selection but also promote early engagement with the sciences most predictive of success in chiropractic programs, including anatomy, physiology, chemistry, and biomechanics.

Experiential and Clinical Exposure: Experiential learning provides students with meaningful opportunities to connect theoretical knowledge to real-world practice. Shadowing chiropractors allows undergraduates to observe patient encounters, understand professional workflows, and contextualize anatomy and physiology within applied musculoskeletal care.

Advising and Mentorship: Specialized advising is crucial

in helping students navigate the chiropractic admissions process and manage the rigorous academic expectations. General advising often lacks the specificity required for health professions pathways; targeted pre-chiropractic advisors can provide tailored guidance on prerequisites, career options, and application strategies.

Moreover, lab-intensive sciences are indispensable. Laboratory components in anatomy and physiology courses provide hands-on experiences in dissection, microscopy, and experimental methods that mirror the applied nature of chiropractic training. Students exposed to frequent lab experiences demonstrate greater confidence and conceptual retention, making them better prepared for graduate-level gross anatomy and clinical sciences.

Chiropractic education increasingly emphasizes evidence-based practice. To succeed, students must not only interpret scientific research but also integrate findings into clinical reasoning. Undergraduate research apprenticeships, whether in biomechanics labs, kinesiology projects, or integrative health studies, give students early exposure to research design, data analysis, and dissemination.

Required research methods courses further build statistical literacy and familiarity with research ethics, preparing students to critically appraise the literature. These courses are vital for developing the competencies outlined by chiropractic accreditation bodies. Capstone projects, where students conduct independent or mentored research, promote ownership of scholarly inquiry and strengthen critical thinking skills.

Finally, journal clubs that integrate chiropractic and related health sciences literature encourage undergraduates to engage with current research, practice critical appraisal, and develop a culture of lifelong learning that will carry into graduate education and clinical practice.

The chiropractic profession continues to evolve toward greater integration into mainstream healthcare, a process dependent on the adoption of evidence-based practice. Undergraduate exposure to research methods, critical appraisal, and scholarly dissemination fosters habits of inquiry that extend into graduate training and clinical practice. Embedding undergraduate students in faculty research projects or journal clubs not only prepares them academically but also strengthens the profession’s collective capacity for scholarship and innovation. In this way, undergraduate institutions can play a direct role in shaping the chiropractic profession’s scientific trajectory.

Demand for sports chiropractic care growing

This article first ran on the Cleveland University Kansas City website, and can be read in full [here](#).

Demand for sports-focused chiropractic care is growing fast across athletics, fitness, and rehabilitation. From injury prevention to performance optimization, sports chiropractors play a critical role in helping athletes of all levels perform at their peak while maintaining balance and mobility.

As Patrick Hammond, D.C., a Cleveland University-Kansas City graduate and owner of Hammond Chiropractic, explains: “In the sports arena, you have to work with other healthcare providers while offering the best chiropractic care you can. You treat every athlete the same—from the MVP to the last player on the bench.”

Sports chiropractors, sometimes referred to as chiropractic sports physicians, combine traditional chiropractic expertise with advanced understanding of human movement, biomechanics, and athletic recovery. Their work bridges healthcare and sports performance, keeping athletes healthy, resilient, and ready to compete.



What Is a Sports Chiropractor?

A sports chiropractor is a Doctor of Chiropractic (D.C.) who specializes in the evaluation, treatment, and prevention of injuries related to physical activity and sports. They work with a wide range of patients, from professional and collegiate athletes to weekend warriors and fitness enthusiasts.

Sports chiropractors focus on sports and wellness chiropractic, addressing not just pain or injury but the overall mechanics of human movement. They apply evidence-based approaches that help restore mobility, reduce strain, and enhance function, allowing athletes to perform at their best.

According to Dr. Hammond, success begins with the fundamentals.

“A balanced structure minimizes injury, and if injury occurs, recovery will be easier and faster. That’s true for every athlete at every level.”

What Do Sports Chiropractors Do?

Sports chiropractors perform a blend of clinical care and performance enhancement. Their daily work may include:

- Chiropractic adjustments for the spine and extremities
- Soft tissue therapy to reduce muscle tension and promote recovery
- Exercise rehabilitation to restore function and prevent re-injury
- Movement assessments to identify imbalances or dysfunction
- Performance care strategies tailored to each athlete’s sport

The comprehensive approach of sports performance chiropractic combines manual techniques with corrective exercise and recovery protocols. By focusing on posture, joint mechanics, and muscular balance, chiropractors help athletes move efficiently and avoid the repetitive stresses that can lead to overuse injuries.

Common Techniques and Treatments in Sports Chiropractic

While traditional chiropractic care centers on spinal health, sports chiropractic and rehab integrates multiple therapeutic methods designed for active populations.

Common techniques include:

- Spinal and extremity adjustments to restore proper alignment and motion
- Soft tissue release and myofascial therapy for mobility and pain relief
- Active rehabilitation exercises to build strength and stability
- Kinesiology taping and instrument-assisted soft tissue mobilization (IASTM)
- Movement screening to track progress and optimize performance

Where Do Sports Chiropractors Work?

Sports chiropractors can be found wherever athletes train, compete, and recover. Common practice settings include:

- Private chiropractic or multidisciplinary clinics
- University or high school athletics departments
- Professional and semi-professional sports teams
- Rehabilitation centers and sports medicine facilities
- Corporate and community wellness programs

They often collaborate with athletic trainers, strength coaches, and physical therapists to coordinate care plans, with each professional contributing their own expertise.

“If an athlete isn’t responding well, we talk as a team to make sure they’re getting the best combination of treatments,” Dr. Hammond says.

As part of integrated care teams, sports chiropractors also support athletes through pre-season screening, injury management, and return-to-play protocols. Their deep understanding of human performance allows them to design care plans that advance both competitive goals and long-term wellness.

Education and Certification: Becoming a Sports Chiropractor

Becoming a sports chiropractor begins with earning a Doctor of Chiropractic (D.C.) degree, followed by specialized training in sports performance and rehabilitation.

At Cleveland University-Kansas City (CUKC), chiropractic students gain hands-on experience early through clinical internships, simulation labs, and a mentorship model that emphasizes real-world learning.

Students and practicing chiropractors can also pursue training in sports chiropractic and sports performance, building the foundation for advanced certification.

Typical coursework includes:

- Anatomy and kinesiology
- Exercise physiology
- Biomechanics
- Rehabilitation techniques
- Clinical decision-making and patient care

Graduates who wish to specialize further can pursue the Certificate in Sports Performance and Certificate in Strength & Conditioning. Whether you’re an aspiring chiropractor, a practicing D.C., or a fitness professional seeking new opportunities, Cleveland University-Kansas City offers multiple academic pathways to deepen your knowledge in sports chiropractic and human performance.

Other colleges that offer sports chiropractic classes include Palmer College of Chiropractic, University of Western States, and Parker University. These, and other, schools provide training and education for those interested in working with athletes and sports-related injuries. ■



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

Chiropractic News

Remembering Dr. John Cappola, DC

Sherman College of Chiropractic joins family, friends, and colleagues in honoring the life and legacy of Dr. John Cappola, a proud Sherman alumnus whose dedication to chiropractic care and professional excellence touched countless lives.



Born in regional Australia in 1950 to migrant parents, Dr. Cappola pursued a path that would lead him to make a lasting impact on both his patients and the chiropractic profession. He graduated cum laude from Sherman College of Chiropractic in 1983, earning recognition on the Dean's List and distinction through the Outstanding Young Men of America program. His education at Sherman laid the foundation for a remarkable career defined by clinical expertise, a commitment to lifelong learning, and a passion for helping others.

In 1984, Dr. Cappola established his chiropractic practice in Brisbane, Australia. Over more than four decades in practice, he became a highly respected member of the chiropractic community, known for his dedication to exceptional patient care and his pursuit of clinical excellence.

Specializing in postural correction and advanced chiropractic techniques, including the Pierce-Stillwagon Technique, Dr. Cappola worked tirelessly to help patients improve their health and quality of life. His commitment to healing and service left a profound impact on the many individuals and families he cared for throughout his career.

Dr. Cappola also played an important role in advancing the chiropractic profession. He served for five years on the executive of the Queensland branch of the Australian Chiropractors Association, helping promote professional standards and collaboration within the field.

His entrepreneurial spirit also led to innovation beyond the clinic. Dr. Cappola was a co-creator of Capable Software, a practice management system designed to support

chiropractors and allied health professionals across Australia. The platform continues to assist healthcare providers in managing their practices and serving patients more effectively.

Outside of chiropractic, Dr. Cappola achieved extraordinary success in international powerlifting. In the same year he graduated from Sherman College, he earned a bronze medal at the World Powerlifting Competition, launching an impressive athletic career. Over time, he broke an astonishing 88 Australian powerlifting records across three weight divisions. Even in his Masters years, he continued to compete at an elite level, earning Australian, Oceania, and Commonwealth titles.

These achievements gave Dr. Cappola a deep understanding of spinal load, neurological integrity, and human performance—knowledge he brought into his chiropractic practice each day to better serve his patients. Dr. Cappola's skills and expertise were sought internationally through locum service. Fluent in French and Italian, he was able to care for diverse communities around the world, extending his impact far beyond his home country of Australia.

Community invited to learn more about chiropractic care

Sherman College of Chiropractic invites Upstate families to KidVenture: A Day of Learning, Discovery & Play on Saturday, March 14, 2026, from 10 am to 1 pm on the Sherman campus. This FREE, fun-filled, and family-friendly event is packed with excitement for all ages, featuring hands-on activities and interactive entertainment – but it's also an opportunity to learn how chiropractic care can be a lifelong



key to optimal health and wellness for families.

“KidVenture is a wonderful opportunity for families to enjoy a day of fun while learning more about healthy lifestyle choices and the role chiropractic care can play in supporting growth, proper posture, and overall well-being,” explains Sherman College President Dr. Jack Bourla. “Events like this allow us to introduce children and parents to the principles of chiropractic and natural health in an engaging, hands-on environment. We’re proud to welcome our community to campus for a day of exploration, learning, and play while sharing the importance of taking a proactive approach to lifelong wellness.”

Maithy Ta, DC, elected ACA Vice President

Maithy Ta, DC, has been elected vice president of the American Chiropractic Association (ACA) for the 2026-27 term.



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

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

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

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

VA Chiropractic Residency placements to Cleveland University-Kansas City students

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

- **Lexi Becker** (Tri 10) – Puget Sound VA Health Care System
- **Justin Forkpa** (Tri 10) – St. Louis VA Health Care System
- **Morgan Julo** (Summer 2025 Graduate) – Kansas City VA Medical Center

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

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

ICA opposing Florida HB 439-Injectables Bill

The International Chiropractors Association (ICA) recently notified the Florida House of Representatives Subcommittee on Health Professions & Programs Subcommittee in the Health and Human Services Committee that ICA is opposed to HB 439 which would expand the Florida chiropractic scope of practice. If enacted, the bill would add this language: “authorizing chiropractic physicians to possess, prescribe, and administer vitamins, nutrient preparations, homeopathic remedies, dietary supplements, and epinephrine, by specified means; requiring chiropractic physicians to be certified by the Board of Chiropractic Medicine to administer by injection vitamins, nutrient preparations, homeopathic remedies, dietary supplements, and epinephrine; authorizing licensed pharmacists to fill, compound, or dispense certain prescriptions for licensed chiropractic physicians under certain circumstances; providing requirements for the certification program;...” to the definition of chiropractic in the state.

Chiropractic College News

A world-class chiropractic education is defined by more than just rigorous academic standards

At National University of Health Sciences (NUHS), a world-class education is defined by more than just rigorous academic standards; it is shaped by a vibrant exchange of knowledge between generations of physicians and practitioners. In addition to the classroom, our students also learn to navigate the complexities of modern patient care through direct engagement with experienced faculty, successful alumni and distinguished guest speakers who are leaders in their fields.

Throughout January and February, NUHS welcomed several guest speakers to present a diverse range of clinical insights and real-world wisdom, bridging the gap between the classroom and clinic.

Jan. 26: NUHS graduate, Dr. Cindy Howard, DC' 98, presented a seminar on holistic approaches to sexual health to NUHS students. Dr. Howard discussed topics including prostate and cervical cancer, hormone imbalances and menopause. She emphasized the importance of using anatomically correct terms, open communication with patients and annual screenings, while also sharing natural product recommendations to support sexual health.

Feb. 11: Regional sales manager of Erchonia Corporations, Jason Hicks presented a seminar on laser therapy applications to NUHS chiropractic medicine students. He discussed topics including mitochondria health, brain health, gut health and degenerative brain diseases, as well as treatment protocols for conditions like Parkinson's, Alzheimer's and autism. Additionally, he emphasized the importance of addressing the brain, vagus nerve and gut for overall health, while highlighting Erchonia FDA-cleared lasers as safe and effective tools for practice.

Feb. 12: The Naturopathic Professional Student Association (NPSA) welcomed NUHS alumnus Michael Robinson, ND' 19, and Dr. Diana Crumrine, event and administrator coordinator of the American Association of Naturopathic Physicians (AANP). Their presentation focused on teaching students how to effectively discuss naturopathic medicine during lobbying efforts. Both speakers highlighted crucial talking points and shared current federal and state advocacy

initiatives, equipping students with tools to develop their own advocacy skills.

Feb. 19: NPSA hosted Patricia Coe, DC, ND, MS, to present a seminar on the importance of touch therapy. Dr. Coe, an NUHS clinician and massage therapy expert, discussed the profound impact of therapeutic touch on physical and emotional health, including stress reduction, pain relief and improved patient outcomes. She also emphasized various modalities such as massage, Reiki and craniosacral therapy, emphasizing their role in promoting healing and enhancing the nervous system.

Feb. 20: NUHS alumnus Jason Rejano, DC' 13, led a discussion on neurodynamics and nerve mobilizations. He covered topics including rehab-focused chiropractic, radicular symptoms and treatment strategies for conditions like sciatica, carpal tunnel and disc herniations. He highlighted the importance of understanding anatomy, incorporating rehab into chiropractic care and applying neurodynamics to improve nerve tolerance and reduce sensitivity in injured nerves.

For more information on upcoming events, [visit Events](#) at NUHS.

NUHS wins Integrative Medicine honors

National University of Health Sciences (NUHS) was recognized as the Top Integrative Medicine University of 2026 by Education Insider Magazine. This honor celebrates NUHS' leadership in health care education, clinical excellence and commitment to integrative care.

This esteemed recognition highlights institutions that exemplify remarkable academic excellence, forward-thinking approaches and a strong focus on career preparation. Following an in-depth review conducted by a panel of education specialists, NUHS was selected for its exceptional commitment to equipping practice-ready health care professionals with the skills needed to thrive in an evidence-based, collaborative practice.

"Integration is purposefully built into our curriculum," President Joseph Stiefel said. "By prioritizing a team-based, collaborative approach, we ensure our students are ready to

excel in the modern healthcare landscape and provide the best possible care for their patients.”

This recognition comes at a particularly meaningful time, as NUHS celebrates 120 years of training leaders in integrative health care. With a legacy spanning over a century, NUHS continues to redefine health care education by emphasizing evidence-based practices and fostering a culture of collaboration.

“Reaching this milestone is a testament to the enduring impact of our mission and the countless individuals who have contributed to our legacy,” Dr. Stiefel said. “For 120 years, NUHS has been at the forefront of integrative health care education, and we are proud to continue shaping the future of health care.”

As NUHS marks this anniversary, we remain steadfast in our mission to advance integrative medicine and empower its graduates to drive meaningful change in patient care worldwide. This recognition by Education Insider Magazine underscores NUHS’s role as a leader in health care education, cementing its reputation as the standard of excellence in the field.

CUKC students earn VA residency placements

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

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

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

- Lexi Becker (Tri 10) – Puget Sound VA Health Care System
- Justin Forkpa (Tri 10) – St. Louis VA Health Care System
- Morgan Julo (Summer 2025 Graduate) – Kansas City VA Medical Center

“These placements reflect the strength of our academic and clinical training,” CUKC president Dr. Carl S. Cleveland III

said. “They also highlight the intentional work of our clinical administration and faculty to cultivate student interest in VA opportunities and prepare graduates for this unique and competitive career pathway.”

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

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

UWS equips future Doctors of Chiropractic

Each year, Canadian students enroll at University of Western States (UWS) to pursue a Doctor of Chiropractic degree that prepares them for professional practice in both the United States and Canada. With an accredited curriculum aligned to cross-border regulatory standards, UWS offers a practical pathway for students planning to complete licensure and build careers in Canadian health care systems.

Canadians make up 35% of the UWS student population, choosing to study at UWS due to a combination of program accessibility, licensure alignment, and professional preparation. UWS’ Doctor of Chiropractic program provides a more efficient pathway to licensure, allowing students to complete the program in three years. Canadian programs typically are designed to be completed in four years.

For students from Western Canada, UWS’ location in Portland, Oregon offers a practical alternative to Canadian chiropractic programs, which are largely concentrated in Eastern Canada. Combined with cross-border accreditation, this proximity allows students to train in the U.S. while preparing for Canadian practice requirements. Additionally, the DC program at UWS has two intakes every year, allowing students more flexibility and access to the program.

UWS’ Doctor of Chiropractic program emphasizes evidence-informed, patient-centered care while meeting the educational requirements necessary for Canadian Chiropractic Examining Board (CCEB) licensure. For Canadian students seeking broad clinical training and professional flexibility, this approach supports long-term career readiness across jurisdictions.

Continued on next page

Chiropractic College News

Continued from last page

Celebrating 45 years of Life West

March 13, 2026 marks an important milestone for Life Chiropractic College West. For 45 years, Life West has been committed to educating chiropractors who serve their communities with purpose, skill, and a deep respect for the principles of chiropractic.

Since opening its doors in 1981, Life West has grown into a vibrant community of students, faculty, staff, and alumni dedicated to advancing the profession and supporting the health and wellbeing of people around the world.

To celebrate this anniversary, students and staff from our California campus came together to share birthday wishes and reflect on what makes Life West such a special place to learn, teach, and grow. Their voices capture the spirit of the college and the community that continues to shape the future of chiropractic.

As we celebrate 45 years, we also look ahead with excitement. The next chapter of Life West will continue to build on a strong foundation of education, service, and leadership in chiropractic.

[Watch the video](#) to hear birthday wishes from the Life West California community.

Dr. Sylvia H. Regalla keynote speaker at Northeast College Winter 2026 Ceremony

Northeast College of Health Sciences will mark a major milestone at its Winter 2026 Commencement ceremony on April 4, 2026, celebrating not only new Doctor of Chiropractic graduates but also the first-ever graduating classes from its Massage Therapy certificate, Associate in Applied Science (AAS) in radiologic technology and AAS in diagnostic medical sonography programs.



To commemorate the occasion, the College has invited

physician, educator and Northeast alumna Dr. Sylvia H. Regalla (M.S. '08) to deliver the Commencement keynote address.

Regalla shares a deep connection with Northeast College. In addition to serving as an adjunct professor of nutrition, she earned her master's degree in applied clinical nutrition from Northeast during the program's early formative years. Her presence at commencement is especially meaningful as the College celebrates graduates across multiple healthcare disciplines.

"As our graduates step forward as the next generation of healthcare professionals, we are thrilled to welcome Dr. Sylvia H. Regalla as our keynote speaker," said Northeast College President Dr. Michael Mestan. Her work reminds us that excellence in care is not just about treating illness but about helping people build health. For more than two decades, Dr. Regalla has been a leader in functional and integrative medicine, and her approach reflects the future of healthcare while exemplifying the core principles of a Northeast education: prevention, whole-person care and collaboration across disciplines."

CUKC student Whitney Kraus wins NCMIC Bucks for Boards Award

Cleveland University-Kansas City (CUKC) student Whitney Kraus has been named a recipient of the NCMIC Bucks for Boards Award, earning a \$1,000 scholarship to support her progress toward licensure. Kraus is one of 25 chiropractic students selected nationwide for the quarterly award, which helps offset the cost of the National Board of Chiropractic Examiners (NBCE) exams and other educational expenses. CUKC was also one of only six chiropractic programs nationwide with six or more recipients of the award in 2025.

"It feels great to be one of the 2025 recipients. It's a relief to receive additional financial support so I can focus more of my energy on finishing my degree and licensure requirements," Kraus said.

Kraus plans to use the award to cover the cost of her NBCE Part IV board exam, allowing her to focus on preparation without added financial stress.

Sherman College celebrates fourth european graduating class of the Academy of Chiropractic Philosophers

Sherman College of Chiropractic proudly announces the graduation of the fourth European class of the Academy of Chiropractic Philosophers (ACP), marking another milestone in the program's continued international growth and influence.

This most recent ACP class, made up of twenty chiropractors from around the world, completed the year-long, 100-hour course of study through a series of immersive educational sessions held across Europe, including Eindhoven, Netherlands; London, England; Chalkida, Greece; Hamburg, Germany; and in the United States on the Sherman College campus (Boiling Springs, South Carolina) during the Lyceum event. The program culminated in the successful completion of required coursework, including a thesis and additional assignments focused on the foundational philosophy of chiropractic. The European class brought together a diverse cohort of chiropractors from the United States, England, Greece, Italy, the Netherlands, Norway, South Africa, and Spain—reflecting the program's global reach and collaborative spirit.

“The growth of the ACP program internationally speaks to the enduring importance of chiropractic philosophy,” said Dr. Jack Bourla, president of Sherman College. “Bringing together practitioners from different countries fosters meaningful dialogue, strengthens professional identity, and

helps ensure that the principles of chiropractic continue to thrive across cultures and generations. This is a powerful example of Sherman College of Chiropractic actively advancing its mission to share chiropractic with the world.”

Graduates of the 2026 European ACP Class include:

Stavros Angelopoulos, Greece
Amy Bishop, Netherlands
Paolo Brignacca, Italy
Alessia De Paola, Netherlands
Kristine Friksen, Netherlands
Amninder Gill, United States
Lauren Goncalves, Netherlands
Alex Hillyer, United Kingdom
Dylan Kennelly, Netherlands
Oisin Millmore, Netherlands
Josh Montsenigos, United Kingdom
Sheng Zheng Ng, United Kingdom
Javier Santamaria, Spain
Sarah Spadon, United Kingdom
Elliott Swepson, United Kingdom
Lisa Tacke, Netherlands
Kellie Tan, United Kingdom
Naomi van Veen, Netherlands
Jack Warburton, Netherlands
Didrik Winsnes, Norway

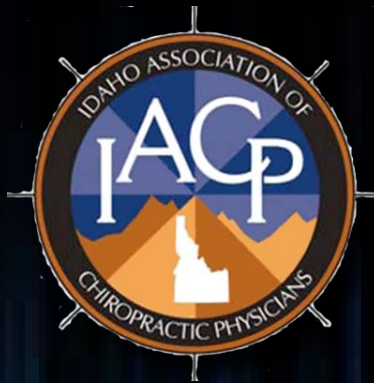


IACP Marketplace

The IACP News,

this monthly newsletter of the Idaho Association of Chiropractic Physicians, reaches chiropractors across Idaho every month.

Build your business right here!



Enjoy more compliance, peace of mind, and simpler financial options that help your patients combat rising health care costs, increasing co-payments, and skyrocketing deductibles

ChiroHealthUSA®
The Network That Works for Chiropractic!

ChiroHealthUSA is one of the simplest and easiest solutions to counter potentially illegal dual-fee schedules and improper time-of-service discounts offered by doctors in an effort to make care more affordable for patients. The great news is that when your state association partners with ChiroHealthUSA — as IACP does — not only do you and your patients benefit, but the entire profession wins through our donation to IACP.

1-888-719-9990

www.chirohealthusa.com

info@chirohealthusa.com

**Get your display advertisement into the IACP Marketplace and save BIG!
Less than a dollar a day gets your ad going – \$29 a month.**

Email Catherine today at: CandSpublishing@gmail.com



Idaho chiropractors, do you have something to sell, share, or advertise with your fellow practitioners? List it as an IACP classified ad. These ads will be listed online and included in the IACP newsletter for two months. Email your ad to: iacpcontact@gmail.com

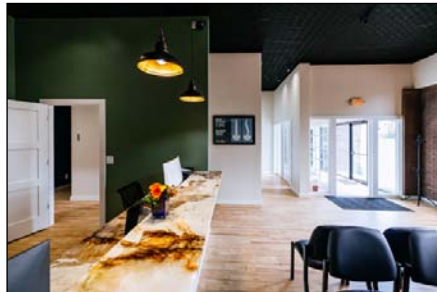
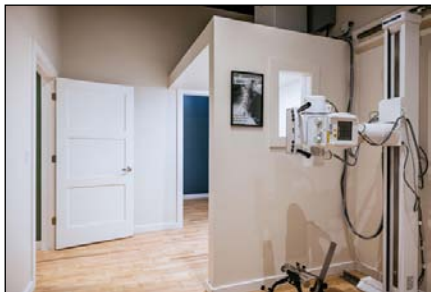
Chiropractic Practice for Sale – Butte, Montana

Highly profitable, well-established clinic with strong, consistent patient volume and excellent community reputation. True turnkey operation featuring fully equipped treatment rooms, experienced staff, and efficient systems. Rare opportunity to begin as an associate with a clearly defined path to ownership/buyout. Building optional. Seller provides full transition support.”

The cost of the practice has been evaluated to be \$709,539.00

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

Website info: www.buttechiropractor.com



Office Posters



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

Chiropractic Care can help with anxiety & depression

poster on the following page, and

the following posters are available online:

The drug-free approach to pain reduction

Chiropractic Care helps with Inflammation

STRETCHING for better joint health

Easy exercises to keep your neck healthy

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

Walking helps with back pain

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

Feel free to print out and use any or all of the flyers.
Or, make them available as handouts to your patients.

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

Each has the following tagline:



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

Chiropractic care can help with anxiety and depression

Anxiety and depression are common mental health conditions that affect millions of people worldwide. It's common knowledge that these conditions can cause a variety of emotional symptoms, such as panic attacks, chronic stress, loneliness, intrusive thoughts and fears. So how can chiropractic help with anxiety and depression?

What some people may not realize is that anxiety and depression can also cause a wide range of physical symptoms—this is the mind-body connection at work. Some examples of symptoms include muscle tension, high blood pressure, weight gain, weight loss, heart palpitations, headaches, stomach pain and more.

While traditional treatments such as therapy and medication can be effective for many of the emotional symptoms, many individuals with anxiety and depression are using a holistic approach, turning to alternative therapies such as chiropractic care to manage their physical symptoms.

Regular chiropractic adjustments can play a role in managing mental health conditions such as anxiety and depression. While chiropractic care directly treats physical pain, don't overlook the fact that treating physical pain can improve quality of life, and trickle down to improve mental health symptoms as well.

Chiropractic adjustments can impact the central nervous system by improving communication between the brain and the body. This has a positive effect on mental health conditions such as anxiety and depression, as the central nervous system plays a crucial role in regulating emotions.

Anxiety and depression disorders are common mental health conditions that can significantly impact a person's quality of life. There is both anecdotal and scientific evidence documenting the benefits that chiropractic care can provide for people with anxiety and depression. Benefits include relief of physical symptoms, improvement of sleep patterns and reduction of chronic stress.



*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.

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

Classified Ads: IACP accepts classified ads. They are published without cost for IACP members, but can also be purchased for \$100 by non-members. For additional information about placing a classified ad, contact Caroline Merritt, IACP Executive Director at (208) 515-6263 or caroline@idahotruenorth.com.

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.**

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

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 CandSpublishing@gmail.com. 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.

Acceptance of Advertising: IACP 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.

The IACP News is produced for the IACP by C&S Publishing

Phone: 916-715-6890 • Email: CandSpublishing@gmail.com