

THE AUSTRALIAN CHIROPRACTOR

SUPPORTING CHIROPRACTORS, ENHANCING HEALTH

CAA Annual Conference 2017

Delegates Keeping the
Workforce Moving **06**



Chiropractor of the Year 09
Chiropractors Giving Back 17

NOVEMBER 2017



CAA Annual Conference 2017

Delegates Keeping the Workforce Moving 06



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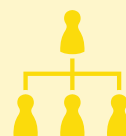
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CHIROPRACTOR

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Front Cover Katherine MacRae, Mike Hobbs, Matthew Stevens and Intezar Alham at the CAA Annual Conference 2017



President's Report

Dr Andrew Lawrence

The CAA AGM and Annual Conference were held on the weekend of 20-22 October and it was a great success.

One of the good things that the conference provides (besides great educational content) is the opportunity to catch up with colleagues and to talk to a diverse group of fellow chiropractors about what is going on and for me to find out in person what the general feeling about practice and chiropractic is.

One of the things that is always on the radar of board members and staff is how we can represent you, our members, better. We want to know what concerns you. We get regular feedback from members about their concerns and problems but it is always best when we can meet in person to receive their feedback. We are always considering what the best options are on how to make your practice life easier.

One of the main issues that members have concerns about is complaints to the regulator and the way that the regulator interacts with those who are complained about. There have been a lot of complaints about chiropractors made to AHPRA and the CBA over the last three years (these are tailing off at the present time because registrants have worked hard on compliance). However, problems have been identified with the processes that AHPRA have used.

Some of the problems include poor communication, length of time taken to resolve issues, lack of specificity of identifying the offending wording in advertising breaches, inconsistencies, over-reach regarding scope of practice and no appeal process for sanctions. These are just some of the problems we are aware of and have been addressing. We make direct contact to AHPRA and the CBA and engage other professions who may have or will face similar problems with the system. We have also made a submission to the recent senate inquiry into the conduct of AHPRA.

This senate inquiry took a long time

because it was interrupted by an election but in the end it was comprehensive and was quite concerned with some of the conduct of the regulator. The inquiry published 14 recommendations to improve the efficiency of the complaints process. During the inquiry, one of the issues raised by many of the invited stakeholders was the unfairness and difficulty for registrants to respond to anonymous complaints. This however, was not the subject of a recommendation as there is no consideration by the government to make it harder for the public to make a complaint.

Listed below are the 14 recommendations made regarding the health complaints system. AHPRA have adopted some and the relevant government agencies are in the process of considering the report.

- AHPRA review and amend the way it engages with notifiers throughout the process to ensure that all notifiers are aware of their rights and responsibilities and are informed about the progress and status of the notification.
- AHPRA and the national boards develop and publish a framework for identifying and dealing with vexatious complaints.
- COAG Health Council consider whether recourse and compensation processes should be made available to health practitioners subjected to vexatious claims.
- AHPRA and the national boards institute mechanisms to ensure appropriate clinical peer advice is obtained at the earliest possible opportunity in the management of a notification.
- AHPRA immediately strengthen its conflicts of interest policy for members of boards and that the Chair of the board should make active inquiries of the other decision makers about actual

or potential conflicts of interest prior to consideration of a notification.

- AHPRA develop a transparent independent method of determining when external advice is obtained and who provides that advice.
- AHPRA consider providing greater remuneration to practitioners called upon to provide clinical peer advice.
- AHPRA formally induct and educate board members on the way the regulatory powers of the board can be used to achieve results that both manages risk to the public and educates practitioners.
- AHPRA conduct additional training with staff to ensure an appropriately broad understanding of the policies it administers and provide staff with ongoing professional development related to the undertaking of investigations.
- The COAG Health Council consider amending the National Law to reflect the Psychology Board of Australia's policy on single expert witness psychologists acting in family law proceedings.
- The COAG Health Council consider making a caution an appealable decision.
- The COAG Health Council consider whether notifiers should be permitted to appeal board decisions to the relevant tribunal.
- AHPRA take all necessary steps to improve the timeliness of the complaints process and calls on the Australian Government to consider avenues for ensuring AHPRA has the necessary additional resources to ensure this occurs.
- AHPRA institute a practice of providing monthly updates to complainants and medical professionals whom are the subject of complaints.

If all these recommendations were adopted then the system would be much fairer and less biased. We will be watching to see what happens.



CEO's Report

Dr Matthew Fisher

The CAA Annual Conference is done and dusted for another year and we are already looking forward to Hobart in 2018.

For the over 250 delegates at the Conference, the program provided a diversity of thoughts, challenges and information for all who attended; this with the background of collegiate connection. I would like to thank the staff of CAA and the CPD Committee for organising and making it happen, our sponsors, the speakers and researchers, in addition to all who attended. Our sponsors – Guild Insurance, Foot Levelers, Sleepmaker, HESTA, Bio-Practica and FlexEze, are greatly appreciated.

I was not able to attend many of the presentations due to a busy meeting schedule but will highlight the Giles Medal recipient, Professor David Cassidy, and Professor Jan Hartvigsen for their thought provoking presentations about the future.

The Association Dinner at the Australian War Memorial had over 180 guests which was the biggest dinner convened at a conference and provided an experience that will not be forgotten. QT Canberra was a fantastic venue and if you stay there, make sure you have an omelette with the lot and find the “speakeasy”. Hobart here we come.

Annual General Meeting (AGM)

The AGM was conducted on the Friday before the conference and was completed at 10pm due to some intricacies and issues being dealt with respectfully and fairly, in addition to the usual business of an AGM. I encourage you to read our Annual Report as this gives good insight into the last year and given a constitutional amendment that was passed, we are looking at how we can increase our inclusiveness and your participation on significant decisions through changes to meeting processes.

The member motion on notice, which proposed compelling CAA National to act in a certain way with regards to regulatory authorities, was defeated after prolonged discussion and amendment.

In many respects, the Senate Community Affairs References Committee into health complaints is addressing this concern through their 14 recommendations plus the CAA is already making appropriate representation.

“ IT IS THE VIEW OF CAA NATIONAL THAT THE BEST MODE TO EFFECT CHANGE IS TO ENGAGE IN CONSIDERED AND TARGETED LOBBYING OF THE RELEVANT GOVERNMENT INSTRUMENTALITIES. ”

Whilst the Senate report does not specifically deal with the issue of anonymous complaints as desired by the member motion, it does evidence the government's willingness to review the complaint processes set up under the National Law, to bring better transparency as appropriate and procedural fairness to all persons of interest. Hopefully some comfort should be drawn from that.

It is the view of CAA National that the best mode to effect change is to engage in considered and targeted lobbying of the relevant government instrumentalities, ensuring that the outcome sought sits comfortably and supports the intention of the National Law to protect the public and ensure the competency and integrity of the health industry. CAA National can assure members that resources are being directed to this outcome.

Director Elections

At the AGM, it was announced that the following people now make up the CAA National Board of Directors: Dr Andrew Lawrence (President), Dr Anthony Coxon (President-elect and VIC/TAS Region), Dr Mark McEwan, Dr Ari Diskin, Dr

Harley Rushton (SA/NT region), Dr Alison Bennett (NSW/ACT region), Dr Warren Genders (WA region), Dr Bruce Whittingham (QLD region), and Mr Martin Baird (non-member, governance).

The lead up to the election certainly caused significant discussion in some sections of the membership, however, I can again assure members that the Board acted legally and fairly, and that the election process was valid and binding. The Board has taken these steps carefully and is mindful of the interests of individuals, the Association and its members. It was inappropriate for the Association to comment on the views and allegations of various members, other than to remind them that just as Directors have duties, so do members. It was fair and appropriate that the Board responded to fair and reasonable questions concerning its conduct on this matter, but out of respect to individuals, and to the overall long-term interests of the Association (and the profession it represents) this should be a respectful and balanced process undertaken for proper purposes. It was not appropriate for people to vilify or misrepresent the Board or the Executive, as they have acted appropriately. Politicising or confusing the AGM for other reasons or issue, was not a proper purpose. Corporate governance and fairness has been observed in spirit and action by CAA National.

Member Survey 2017 – Some Preliminary Results....and the winner is....

Some preliminary results of the member survey were presented at the AGM. There were 573 respondents and this represented over 20% of the present membership. This year some questions such as: which of the following options most closely reflects your views on chiropractic practice; and, which of the following options most closely reflects your views on chiropractic scope of practice/identity, were asked. With regards to the first question, 89% identified that it

was highly relevant to them to practice in accordance with the requirements of being a registered healthcare provider in Australia; 33% identified that it was highly relevant to them that contemporary and evolving scientific evidence was more important than traditional chiropractic theory; 25% identified that it was highly relevant to them that engagement within a collaborative, multi-disciplinary mainstream healthcare setting is more important to chiropractic than functioning within an independent and alternative healthcare setting; 13% identified that it was highly relevant to them that functioning within an independent and alternative healthcare setting is more important to chiropractic than engagement within a collaborative, mainstream and multi-disciplinary healthcare setting; and 8% identified that it was highly relevant to them that traditional chiropractic theory is more important than contemporary and evolving scientific evidence.

With regards to your views on chiropractic scope of practice and identity, 66% of respondents identified that they utilise a multi-modal approach as the

spinal healthcare and/or spine and neuromusculoskeletal healthcare experts within the healthcare system; 20% of respondents identified that they are experts in the detection and adjustment of subluxations within the healthcare system; and 14% of respondents identified that they are wellness and preventative healthcare experts within the healthcare system.

With regards to some satisfaction parameters with CAA National: Satisfaction with representation – 70%; Satisfaction with communication – 80%; Satisfaction with CAA overall – 84%; and Rating of customer service (as highly professional) – 85%.

Finally, with regards to support for the restructure of the CAA, 92% were in favour.

Ekorner kindly donated a Stressless City chair, valued at \$3,886, and the winner was..... Dr Ryan Seaman from South Australia.

Accreditation Review Submission

The opening statement that CAA National made to the Independent

Review of Accreditation Systems within the National Registration and Accreditation Scheme for health professions was “CAA National is of the view that accreditation is an underpinning part of the National Scheme that is performed in conjunction with the work of the National Boards to ensure the competency and standards of graduates meets the level of knowledge, skills and professional attributes to practise in Australia. CAA National has confidence in the Scheme as it exists and any proposed changes should not diminish the fundamental role of National Boards, supported by existing accrediting bodies, in policy, standards and regulation particularly as the current system has only been in operation since 2010. CAA National is of the understanding that cross-profession efficiencies are being achieved and these need to continue. CAA National supports Option 1 as proposed on page four of the draft report – Enhance an existing forum or liaison committee.” Members can access the submission on our website.

New CAA National Board



Top Row: Mr Martin Baird, Dr Anthony Coxon, Dr Andrew Lawrence, Dr Mathew Fisher and Dr Mark McEwan
Bottom Row: Dr Ari Diskin, Dr Harley Rushton, Dr Warren Genders, Dr Alison Bennett and Dr Bruce Whittingham



CAA Annual Conference 17

Over 250 delegates joined us in Canberra for the CAA Annual Conference 2017, and according to the feedback we have received, was a great success!

The theme for this year was 'Keeping the Workforce Moving', based around treating working people and work-related conditions.

Pre-Conference Session and AGM

Our Pre-Conference Session featured American Dr Alicia Yochum, kindly sponsored by Foot Levelers. Alicia spoke on 'Altered Biomechanics and Stress Related Injuries' and was well-received by delegates. Though many delegates knew of her as Dr Terry Yochum's daughter, Alicia proved to be an inspiring practitioner and speaker in her own right.

CAA's Annual General Meeting (AGM) was held that evening, with welcome drinks beforehand in the exhibition area. The AGM commenced with addresses by CEO Dr Matthew Fisher, President Dr Andrew Lawrence and Treasurer Dr Warren Genders. President of the New Zealand Chiropractors' Association, Dr Hayden Thomas, addressed the AGM and affirmed the relationship between Australia and New Zealand that extends to many aspects of society.

Transition Committee Chair, Dr John de Voy, provided an update on the proposed CAA Restructure, informing members of the intention to release the revised proposed constitution by the end

of the year and take the vote to members in the first quarter of 2018.

Following the motions on notice, the new CAA National Board was announced. Dr Anthony Coxon was named as President-Elect and Victoria Representative. Dr Bruce Whittingham was also welcomed to the Board as the new Queensland Representative. The new Board met for the first time on Sunday 22 October.

Day One: Saturday

The conference program commenced Saturday morning with an opening ceremony, where Dr Andrew Lawrence welcomed delegates and thanked our sponsors whose contribution to the event is greatly appreciated. The first session featured Professor Jürgen Vormann from Germany speaking on 'The Influence of Magnesium Supplementation and Acid-Based Balance'. Danish chiropractor Jan Hartvigsen presented 'From Quacks to Experts' in the second plenary session, speaking from his extensive experience in chiropractic research.

The Research Symposium, hosted by Dr Craig Moore, saw Dr David Cassidy awarded the Giles Medal. Dr Cassidy, who is based near Vancouver in Canada, was unable to join us but was able to present his Giles Lecture through the wonders of modern technology.

Following a great number of high-quality abstract submissions, podium presentations were given by finalists Drs Lyndon Woods, Matthew Stevens, Mike Swain, Hazel Jenkins, John Petrozzi, Navine Haworth and Craig Moore. Poster presentations were displayed in the exhibition area, with a steady stream of delegates viewing these across the weekend.

American chiropractor Dr Steven Weiniger presented part 1 and 2 of 'Strong Posture Assessment & Rehab', creating an engaging atmosphere with demonstrations performed on volunteer delegates. Concurrent sessions held at the same time included Dr Alicia Yochum speaking on 'Imaging the Foot & Ankle', a Medial Laser session and Chiropractic Board Panel.

Association Dinner

Following a full day of learning, delegates were able to unwind and socialise at our annual Association Dinner, held at the Australian War Memorial. With the dress code of 1940s formal, delegates were taken back to yesteryear as they enjoyed a scrumptious meal under a rare WWII aircraft, while being entertained by the "Andrew Sisters" show.

Dr Andrew Lawrence announced Dr Bettina Tornatora as 'Chiropractor of the Year' for 2017 and also presented 'Board of Directors' Awards' to Drs Michelle Kotzman and Scott Charlton in acknowledgement for their dedication and contribution during their term of



Dr Alicia Yochum



Dr Andrew Lawrence



CAA Annual General Meeting



Dr Mario Stefano



Prof. Jürgen Vormann



Prof. Jan Hartvigsen



Catching up with colleagues



Dr David Cassidy

office as a member of the National Board of Directors.

Day Two: Sunday

Day two commenced with Dr Alicia Yochum speaking on 'Imaging the Knee' and panels on 'Women in Chiropractic' and 'Risk Management and Professional Practice'. The Women in Chiropractic panel featured Drs Genevieve Keating, Jacqueline Elkins-Pole, Katherine Moss and Paula Stacey-Thomas, exploring some of their personal and professional challenges faced as women in the profession.

The Risk Management and Professional Practice panel was moderated by Dr Mark McEwan and featured Drs John Kelly and Warren Genders from CAA, Christie Boucher from Guild Insurance and Nevena Brown from Meridian Lawyers.

It was standing room only for part 3 and 4 of Dr Steven Weiniger's 'Strong Posture Assessment & Rehab' session. Concurrent sessions held at the same time included 'Chiropractic Passion to Politics' with Dr Noel Patterson and 'Spine Care and Beyond' which featured Drs Aron Downie, Matt Fernandez and Dr Matthew Bagg.

The last session of the conference brought all delegates back together to hear Dr Jeb McAviney speak on 'Managing the Degenerative Spine'. The conference concluded with a closing ceremony where Dr Matthew Fisher thanked all those attended and presented across the weekend. Matthew thanked the sponsors

and announced the winners of both the CAA member survey and the conference social media competition, before announcing the winners of the Research Symposium.

The 'Prize for Research Excellence (Podium)' was awarded to Dr Hazel Jenkins. The 'Conference Delegates Prize (Podium)' was awarded to Dr Navine Haworth. Dr Mike Swain was awarded first place for the 'Prize for Research Excellence', with Drs Matthew Stevens and Dirk Crafford drawing for runner up.

Chiropractic Excellence Awards

The CAA Annual Conference provides the opportune moment to recognise excellence within the profession and our Association. In recognition of their outstanding contribution to the Association and the chiropractic profession, Drs Andrew Vincent, Ross Gilmore, Peter Cowie and Professor Phillip Ebrall were presented 'Life Member Awards'.

The 'Outstanding Service Award' was presented to Dr Mark Feldman. Mark contributes to the assessment of chiropractic programs as a member of the CPD Committee and helps to mentor graduating students as a regular speaker at our Transition to Practice Workshops.

Dr Mario Stefano was awarded the 'Meritorious Service Award'. Mario is the President of CAA SA and Chair of the Public Engagement Committee, raising the public profile of chiropractic through

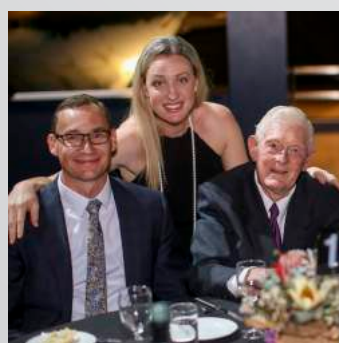
recent media appearances.

The 'Centenary Award' is awarded to those members whose age plus years since graduation as a chiropractor equals or is greater than 100, and in 2017 was awarded to Drs Aaron Black, Walter Bowers, Gunta Caldwell, John Cappola, Peter Collard, Dennis Collis, Garry Cook, Phillip Corbett, Alex Daniloff, Jeremy Dive, Eric Dowker, Michael French, Marc Frochot, Howard Frye, Peter Goebel, Sonja Gwosdezki, David Hannah, Kerry Hawkes, Richard Howden, Nicholas Kiss Von Soly, Andries Kleynhans, Allan Lambert, George Langdon, Ernest Lawrence, Jean-Jacques Lob De Lieuneuve, Leo Maguire, Edmund Martinovich, Colin Owens, Noel Patterson, Clifford Pearson, Lorraine Peers, Frank Polese, Leon Power, Iain Praeger, Bruce Rock, Steven Rose, Richard Sims, Wayne Skilton, Melvin Skilton, Kenneth Stackpoole, Michael Stott, William Taylor, Bruce Towle, John Tresize and Norman Vradenburg.

Dr Adam Floreani was awarded the 'Sports Chiropractic Australia Outstanding Service Award' in acknowledgement and appreciation of his outstanding service and support to Sports Chiropractic Australia.

A 'Special Acknowledgement Award' was presented to Oliver Croke, an RMIT student member who initiated and assisted with the development of the National Study Grant Scheme to assist Aboriginal and Torres Strait Islander people studying chiropractic.

To view photos from across the conference visit: www.fb.com/ChiropractorsAssociationofAustralia



Association Dinner



Australian War Memorial



Risk Management Panel



Dr Steven Weiniger



Women in Chiropractic Panel



Dr Jeb McAviney



Dr Matthew Fisher



Some Research Symposium winners



CHIROPRACTOR OF THE YEAR

At this year's CAA Annual Conference held in Canberra, Dr Bettina Tornatora was celebrated for her contribution to the chiropractic profession with the prestigious award of Chiropractor of the Year.

Instrumental within the profession, one of Dr Tornatora's most notable contributions is her role in establishing Women in Chiropractic (WIC). From its inception in Victoria, WIC has expanded nationally with Bettina as Chair. WIC has been a great support and network for many female chiropractors around the country.

Dr Tornatora's knowledge and experience as a chiropractor spans over 25 years and includes vital roles as a coach, speaker and author. Following her passion to pursue chiropractic practices and their impacts on greater health, Dr Tornatora graduated from RMIT, Melbourne in 1993 and has been practising ever since. One of Dr Tornatora's greatest strengths is her ability to communicate impacting health and wellbeing messages within the industry.

Dr Tornatora's experience includes starting out in rural regions such as Darwin in the Northern Territory, Dubbo in New South Wales' Central West before finally moving back to Brunswick West

in Melbourne where she now runs a practice with her husband, Jim. Over this time she has practised as an associate, as a principal in multidisciplinary practices, owned multiple practices and run a home-based business.

In addition to being an experienced Chiropractor, Dr Tornatora is a well-respected mentor and coach within the industry. She is currently the CEO and coach at Powerful Practices International, a coaching and mentoring organisation that specialises in coaching chiropractors and their teams. Her coaching provides practitioners with the passion and skills they need to thrive and succeed in their practices.

Continuing her role as a mentor, Dr Tornatora also operates as a casual lecturer at RMIT in the area of professional communication and community communication and has also spent several years volunteering for the business course offered by CAA Victoria for RMIT

students on getting an ideal associate role upon graduation.

Her contribution to the chiropractic profession extends to key roles which include:

- WIC Victorian chair for 3 years;
- current Chair of the National WIC Committee;
- member of the Professional Standards Victorian Committee for several years; and
- leadership team member of numerous personal growth workshops.

Some of Dr Tornatora's most recent speaking engagements include the joint facilitation of Powerful Practices international mastermind events 2016 and 2017, and presentations at the Chiropractic Philosophy Symposium 2016. Dr Tornatora is booked to speak at the Edinburgh Lectures in Scotland in 2018.

Dr Tornatora has also authored two collaborative books on health and wrote a personal development book called Learning from Children. Despite her busy schedule she greatly values time with her family; husband Jim and sons Sebastian (21) and Xavier (17).

CHIROPRACTOR OF THE YEAR (RECENT RECIPIENTS)

2017	2016	2015	2014	2013	2012	2011	2010
Dr Bettina Tornatora	Dr Peter Garbutt	Dr Angela Todd	Dr Craig Moore	Dr Lyndon Woods	Dr Greg Taylor	Dr Angus Pyke	Dr Bronwyn McNamara



Exercise Medicine

A Chiropractors Domain

Dr Nicholas Shannon

When people think of sports and exercise medicine they conjure up images of locker rooms, being pitch side, working and traveling with teams and athletes, and to some extent this would be right.

However, sports and exercise medicine is also about the promotion and advocacy of exercise medicine. That is, prescribing exercise and dietary advice for the treatment and prevention of chronic diseases.

Today's society is driven by technology, phones, tablets, laptops, watches, automated machines and cars, all there to make our lives easier. Yet the more we rely on technology the more sedentary we have become. People can spend as much as half of their waking day sitting, with relatively idle muscles, and as little as 4-5% of their day spent in moderate to vigorous exercise.^{1,2}

This sedentary lifestyle is in part responsible for the rapid escalation in chronic preventable diseases, where global type II diabetes rates have risen from 4.7% in 1980 to 8.5% in 2016, and worldwide obesity rates have jumped significantly between 1980 and 2013, with a 9% increase in the male population and a 10% increase in the female population.^{3,4} With developed countries such as the US, UK, Australia and New Zealand driving these alarming trends.⁵

Physical inactivity is responsible for approximately 9% of premature deaths worldwide and is the 4th ranked leading risk factor for mortality.^{6,7} Where

those who spend ten or more hours in a car per week, have an 82% greater risk of cardiovascular disease mortality compared to those who spend four hours or less.⁸ This sedentary behaviour is leading to weight gain, even when food intake is accounted for, and there is a growing body of evidence linking sedentary behaviour to an increased risk of mortality from cardiovascular disease, type II diabetes and obesity.⁹

“ PHYSICAL INACTIVITY IS RESPONSIBLE FOR APPROXIMATELY 9% OF PREMATURE DEATHS WORLDWIDE AND IS THE 4TH RANKED LEADING RISK FACTOR FOR MORTALITY.^{6,7} ”

This link is not hard to appreciate when the risk factors for cardiovascular disease, type II diabetes and obesity are examined, as all include physical inactivity.^{10,11,12} However, it is not only these three chronic preventable diseases that are important. Overweight and obese people have a greater risk of developing prostate and colon cancer, and weight gain is also associated with hypertension, asthma, arthritis and fair to poor health.^{13,14}

It is for this very reason the American College of Sports Medicine established the Exercise is Medicine® initiative to encourage primary care professionals to include exercise when designing treatment plans for patients. As primary care practitioners, it is vitally important that chiropractors take up the mantra “exercise is medicine” and incorporate dietary advice and exercise into patient treatment plans to improve patient outcomes.

Why is exercise medicine so important? Physical activity reduces the risk of developing cardiovascular disease by 30%.¹⁵ It reduces the risk for death and disability due to diabetes, chronic kidney disease and lower respiratory disease.¹⁶ It has also been shown to reduce the risk of breast and colon cancer, with growing evidence showing it may be beneficial in reducing the risk of pancreatic and lung cancer.¹⁵

The benefits of physical activity aren't confined to chronic diseases, it results in lower blood pressure, enhanced insulin sensitivity, increased high density lipoproteins, lower triglycerides and it helps with weight management.^{17,18} In the elderly it preserves bone mass and reduces the risk of falling.¹⁹ It helps to prevent and improve mild to moderate depressive disorders and anxiety, and is associated with a lower risk of cognitive decline and dementia.¹⁹ It is also beneficial in the treatment of back pain by reducing pain levels and improving

physical and psychological function.^{20,21}

Considering the benefits of physical activity for back pain, in addition to the high-quality evidence showing that NSAID's and paracetamol are ineffective in the treatment of back pain,^{22,23} chiropractors are in a strong position to use this evidence to advocate and prescribe physical activity as a part of their patient's treatment plan. They should also be advocating physical activity and dietary changes to reduce their patient's chronic disease mortality and morbidity rates. As a result, those 'at-risk' patients will reduce their risk factors and aid in lowering their Metformin, anti-hypertensive and statin medications. There is growing evidence supporting the benefits of diets, such as the Mediterranean diet and low carbohydrate diet, and physical activity, in the treatment of type II diabetes, hypertension and high cholesterol.^{24,25,26,27,28,29}

So, what and how much physical activity should we be doing? Well, according to the American College of Sports Medicine position paper on exercise, they recommend a comprehensive exercise program consisting of cardiovascular exercise, resistance, flexibility and neuromuscular exercises.¹⁹ This should involve at least 150 minutes per week of moderate intensity physical activity.¹⁹ With several studies showing a dose response between chronic physical activity and health outcomes, meaning the more one is physical activity the greater the benefits are.³⁰

For those patients who are at risk of cardiovascular disease, they should undertake at least 120 minutes per week

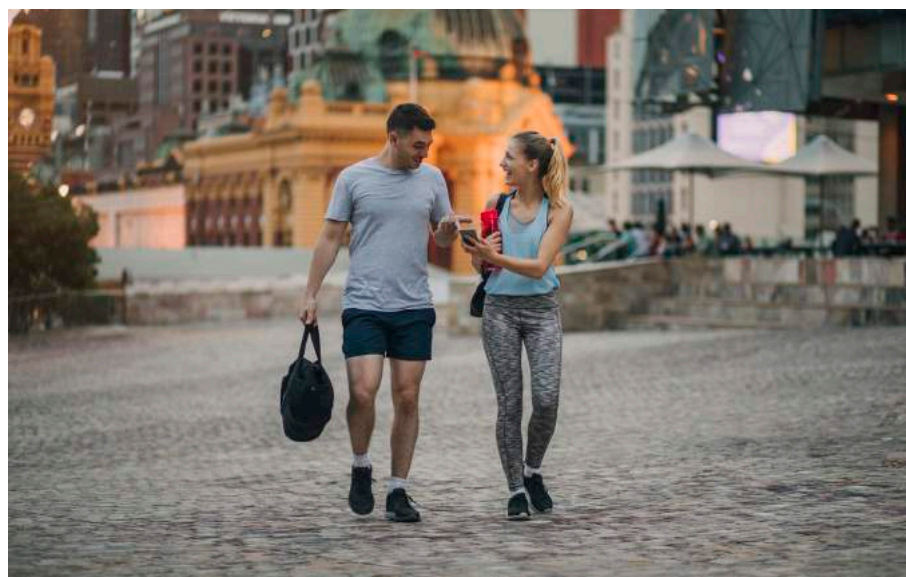
of moderate to high intensity aerobic exercise.^{18,31} For those looking to lose weight and prevent weight gain, they should be engaging in 150-250 minutes of moderate intensity exercise along with resistance training.^{31,32}

“ CONSIDERING THE BENEFITS OF PHYSICAL ACTIVITY FOR BACK PAIN, IN ADDITION TO THE HIGH-QUALITY EVIDENCE SHOWING THAT NSAID'S AND PARACETAMOL ARE INEFFECTIVE IN THE TREATMENT OF BACK PAIN,^{22,23} CHIROPRACTORS ARE IN A STRONG POSITION TO USE THIS EVIDENCE TO ADVOCATE AND PRESCRIBE PHYSICAL ACTIVITY AS A PART OF THEIR PATIENT'S TREATMENT PLAN. ”

Assessing patients risk factors for chronic preventable diseases is not outside the scope of a chiropractor's practice and can be easily assessed using measurements such as BMI, blood pressure, waist circumference, and if available blood lipids. There is a wealth of heart health diet questionnaires available online and the Heart Foundation provides charts and calculators for establishing a patient's five-year cardiovascular disease risk. Whether you are involved with sports and exercise medicine or not, advocating exercise and dietary advice to improve patient outcomes and decrease mortality and morbidity rates should be a part of all chiropractors treatment plans.

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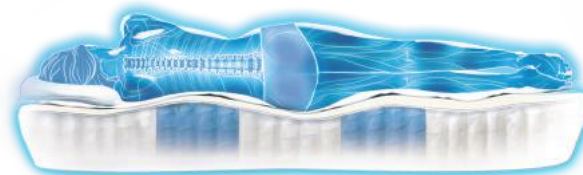
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Every year on 16 October, people from around the world join together on World Spine Day (WSD) to raise awareness about spinal disorders as part of the Bone and Joint Decade's Action Week.

CAA joined over 400 official sponsor organisations from around the world as part of this global campaign to highlight the importance of physical activity and improving posture for good spinal health and prevention of injury.

This transnational event is celebrated

in a variety of ways around the globe. From television segments and educational classes, to community fairs and student events, the global community was truly behind this great campaign.

This year CAA produced a video which was viewed almost 20,000 times

across social media during the day. Social media was filled with hundreds of posts using #WorldSpineDay and #YourBackInAction, highlighting the different ways people from around the world were celebrating.

Members were provided a media release template and CAA released a national media release, which resulted in several articles and a radio segment in Hobart featuring Dr Andrew Lawrence.



Macquarie University, NSW



Dr Gareth Calverdash, SA



Baldivis Chiropractic, WA



Dr Marti Harris, NSW



Canada



Tanzania



Georgia, United States



Bangladesh

INAPPROPRIATE SOCIAL MEDIA CAMPAIGNS AND UNDERSTANDING NATIONAL LAW

You may be aware of an email sent to an unknown number of Australian chiropractors in early October by an organisation called ChiroAustralia.

The subject of the email was “Dr Simon Floreani and his campaign to run for CAA President in 2017.” ChiroAustralia asked recipients to forward the email to CAA National (specifically to members of the CAA National Board) to demonstrate support for Dr Floreani and “ask that the CAA mount a vigorous defence on his behalf.”

In their email, ChiroAustralia made the following statement:

“Like many chiropractors across Australia, I am alarmed by the seeming harassment and persecution of Dr. Floreani by AHPRA over the last several days. And we are equally concerned by the CAA’s failure to defend one of its most prominent members.”

Notably, the online version of the Merriam-Webster dictionary defines ‘seeming’ as follows: “external appearance as distinguished from true character.” Touché.

Nevertheless, regardless of where you stand in relation to this matter, ChiroAustralia has demonstrated a fundamental misunderstanding about certain aspects of health practitioner regulation in Australia.

First, under National Law it is the role of National Boards (such as the Chiropractic Board of Australia) to **oversee the receipt, assessment and**

investigation of complaints about registered health practitioners in their respective health profession. National Boards can take disciplinary action against registered health practitioners (including suspending their registration) upon receipt of a notification, under provisions found in the National Law. Note that in the two co-regulatory jurisdictions, Queensland and NSW, although there are slightly different processes in place, they are still similar.

“ IT IS THE ROLE OF NATIONAL BOARDS (SUCH AS THE CHIROPRACTIC BOARD OF AUSTRALIA) TO OVERSEE THE RECEIPT, ASSESSMENT AND INVESTIGATION OF COMPLAINTS ABOUT REGISTERED HEALTH PRACTITIONERS IN THEIR RESPECTIVE HEALTH PROFESSION. ”

National Boards are also responsible for developing registration standards, developing and approving professional codes and guidelines, setting registration fees, and protecting the public through the effective and efficient operation of the national scheme. They are also

principally responsible for registering suitably qualified and competent practitioners and determining the necessary requirements for registration.

The Australian Health Practitioner Regulation Agency (AHPRA) on the other hand is the statutory authority responsible for administering the National Registration and Accreditation Scheme. AHPRA provides support to the National Boards to assist them carry out their role. AHPRA is also required to establish procedures for developing registration standards, accreditation standards and codes and guidelines to ensure they are developed in accordance with good regulatory practice.

Second, the National Law contains quite specific provisions relating to the disclosure of information and confidentiality. Any person who is, or has been, a person exercising functions under the National Law, must not disclose to any other person, protected information. Protected information is defined in the National Law as any information that comes to the person’s knowledge in the course of, or because of, the person exercising functions under National Law. This includes information gathered during an investigation or following receipt of a complaint or notification.

This duty of confidentiality is broad and encompasses National Board members and AHPRA staff. They can only disclose protected information

where the law permits it. The maximum penalty for breaching this requirement is \$5,000 for an individual and \$10,000 in the case of a body corporate. AHPRA staff may also be subject to disciplinary action if they breach their confidentiality obligations.

This provision in the National Law explains why CAA National - Board members and staff - will not be aware of the details of, or indeed the nature of, any complaint or complaints against a registered chiropractor, or any subsequent investigation by the Chiropractic Board of Australia. Regulators are prohibited from disclosing these details to anyone including the CAA. There are a small number of limited exceptions which permit the disclosure of 'protected information' including the following:

- the disclosure is with the agreement of the person to whom the information relates;
- the disclosure is in a form that does not identify the identity of a person;
- the information relates to proceedings before a responsible tribunal and the proceedings are or were open to the public.

“ THIS PROVISION IN THE NATIONAL LAW EXPLAINS WHY CAA NATIONAL - BOARD MEMBERS AND STAFF - WILL NOT BE AWARE OF THE DETAILS OF, OR INDEED THE NATURE OF, ANY COMPLAINT OR COMPLAINTS AGAINST A REGISTERED CHIROPRACTOR. ”

In the matter discussed above, the practitioner has chosen not to make details of his matter available to the CAA, as he is perfectly entitled to do. Members will appreciate however, that the Association would not consider defending a member when it is unaware of the allegations against them or the details of those allegations. It would be inappropriate to do otherwise.

Finally, in addition to misunderstanding certain aspects of National Law in Australia, ChiroAustralia also made a number of inappropriate and offensive comments which harm the credibility and standing of the chiropractic profession. Specifically, their email stated that:



“For centuries, science has thrived in an environment of questioning and scientific enquiry. In assuming ever more power over health professionals, AHPRA has moved away from this noble tradition. Instead it is embracing the same scientific stance that Nazi Germany chose in the 1930s. AHPRA is crushing any type of enquiry or conversation, and is opting for scientific dogma. Just as Nazi Germany held that Jews were unquestionably inferior, AHPRA is demanding that health professionals not question their particular version of the truth. They claim that merely showing a documentary means that a chiropractor is a danger to the public. We would expect this attitude in Nazi Germany, but not in Australia in 2017.”

Comments like this one are also unprofessional. When this was pointed out however, instead of withdrawing their comment and apologising, ChiroAustralia sent another email which said:

“You state that the chiropractic profession’s letter to the CAA ‘draws inappropriate and offensive comparisons which hurt the profession.’ This is false. The comparison of the actions of Nazi Germany to the actions of AHPRA in no way hurts the profession. It merely draws much needed attention to the authoritarian actions of an out of control government body. On the other hand, CAA’s refusal to stand up to AHPRA really does damage the profession.”

It is difficult imagining anyone being comfortable making comments such as this on public forums like email or social media. This might help to explain why ChiroAustralia chose not

to disclose who authored their emails, on whose behalf they were sent or how many chiropractors in Australia, ChiroAustralia actually represents (if any at all). CAA National strongly condemns these comments.

It takes only a few minutes to search for the policy platform for the Executive Council of Australian Jewry (ECAJ) on the internet using an internet search engine. Perhaps not surprisingly, the ECAJ has a specific policy on **Inappropriate Holocaust and Nazi-related Rhetoric**. In this policy the ECAJ:

*“Recognises that the Holocaust, the Nazi program of genocide, was a unique historical event;
Notes that the Holocaust is generally recognised as the benchmark of the most extreme case of human evil;
Deplores the inappropriate use of analogies to the Nazi genocide and Nazi tyranny in Australian public debate.”*

“ MEMBERS WILL APPRECIATE HOWEVER, THAT THE ASSOCIATION WOULD NOT CONSIDER DEFENDING A MEMBER WHEN IT IS UNAWARE OF THE ALLEGATIONS AGAINST THEM OR THE DETAILS OF THOSE ALLEGATIONS. ”

That is surely unambiguous.

The CAA received only a handful of emails from chiropractors forwarding on the ChiroAustralia email. We did however receive a subsequent email from a member who apologised for using an inappropriate and inconsiderate analogy. And good on him for doing so.



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GIVINGBACK

This Christmas season, members are invited to host a 'Giving Back' Day, where patients donate new, unwrapped toys or non-perishable food items to the value of their consultation, in lieu of payment.

The 'Giving Back' Day campaign is a joint initiative between CAA State and Territory branches which aims to help members make a significant difference to those who are doing it tough in their local community. The campaign has proven to be successful in previous years, with member participation growing in numbers every year.

Key Benefits of participating

'Giving Back' Day is an opportunity for members to make a positive impact and to give back to their local community, especially to families and children who are in need. Marketing materials include: media release templates, the national website and a variety of other marketing tools which have been implemented to assist with building the chiropractic profile in the community.

This is a valuable opportunity to also interact and reconnect with current and lapsed patients within your patient database, which benefits the practitioner-

patient relationship. Hosting a 'Giving Back' Day is not only advantageous to the community but also within the practice helping to increase morale and spirit within your team.

How to host a 'Giving Back' Day

Throughout December, select a day at your practice where enough time can be set aside either side of the day to initially plan and promote the day and then to assist with the delivery of the gifts received on the day to the selected charity.

It is also important to let your local CAA Branch know of when you are hosting your 'Giving Back' Day so that it can be listed here:

- NSW/ACT: membership@caansw.net.au
- VIC/TAS: admin@caavic.asn.au
- QLD/NT: admin@caaql.com.au
- SA: caasa@caasa.asn.au
- WA: Joanne@caawa.com.au

To make the most of your 'Giving Back' Day it is important to contact all your patients before their appointments,

allowing time for patients to be able to prepare and interact with the initiative.

Marking a clear space within the practice helps guide patients to where they can donate their gifts. It is also important to document your day to communicate the success to your patients, the local community and CAA Branch. This can be performed through the use of social media, your clinic newsletter or a media release.

Join the campaign

Get involved by joining the campaign, starting with print-ready posters, newsletter/email graphics, social media graphics and media release templates. These marketing tools will assist with promoting the 'Giving Back' Day to your patients and the local community.

To access your 'Giving Back' Day campaign materials login to the members' area of the CAA National website. Additional complementary marketing materials have been developed by Branches and can be accessed by contacting your local CAA Branch for more information.



CAMPAIGN MATERIALS

AVAILABLE AT WWW.CHIROPRACTORS.ASN.AU/CHRISTMAS



comm



What's Next? Life After Graduation

Following a successful Transition to Practice Workshop, Murdoch University chiropractic students held a Speaker Night last month, titled 'What's Next? Life After Graduation'.

Held in the post-graduate site at Murdoch University, students enjoyed an informative and interactive night, along with some pizza too!

The Future of Sports Chiropractic

Dr Nick Papastamatis from Balance Health & Performance spoke to final year chiropractic students at Macquarie University in Sydney. Nick spoke about sports chiropractic to the room full of students who are finishing up their studies.

The event was organised by Mike Hobbs, SCA representative at Macquarie University, and was well received.



Fitness Show

Sports Chiropractic Australia (SCA) Victoria was able to provide hands on care to elite athletes, celebrities and fitness enthusiasts competing at the Fitness Show, held mid-October in Melbourne.

Fitness Show is Australia's largest fitness and health exhibition, held annually in Melbourne, Brisbane and Sydney.

Congratulations to local chiropractor Dr Fabiola Resurreccion who placed first in her competition.

ASK CAA

A regular column where you can ask us any questions you have in regard to practice management, PR, marketing, communications, HR, etc. and our team of experts will endeavour to respond. Email: askcaa@caa.asn.au

Q: How can I obtain the Straighten Up educational postcards with the augmented reality feature for my patients?

Simply login to the members' area of the CAA website and visit the CAA e-Shop to purchase your 'Straighten Up' (formerly CAA Back App) postcards. www.chiropractors.asn.au/eshop

Staff Changes at the CAA National Office

Often unseen, the staff at CAA National keep the various operations of the Association running smoothly. Here is an introduction to our newest staff members and an update on some of our departing staff.



Jade Whiting

Jade is our Executive Assistant, covering a variety of functions such as reception, and is currently on maternity leave after giving birth to her second son Brooklyn.



Candice Jones

Candice, who joined us in late September, will be covering reception and is most likely to be the friendly first voice you hear when calling the National office.



Sundas Ali

Sundas was our Digital Marketing Coordinator and moved to London. Integral in Spinal Health Week 2017 and our app development, she will be greatly missed!



Chloe Grabham

Chloe joins our Marketing and Communications team as Marketing Coordinator. Chloe will be assisting with social media, TAC, campaigns and more.



Sharmin Saadullah

Sharmin was our Accounts Assistant and recently gave birth to Zayn. Originally on maternity leave, Sharmin has now moved to the US with her family.



Sheetal Naicker

Sheetal joined us in May on a maternity leave contract as Accounts Assistant. With Sharmin having moved overseas, Sheetal may be staying around a little longer.

Q: What do I do if I get a PHI (private health insurance) audit?

We recommend that you contact Guild Insurance or Meridian Lawyers for assistance before responding.

Q: Are principal chiropractors responsible for an associate's consent process?

Every treating practitioner is responsible for their own consent process. Consent must happen between the treating professional and the patient. No one is responsible for another person's consent.

Q: Where can I view the latest CAA policies and statements?

The latest CAA policies and statements can be viewed online at www.chiropractors.asn.au/policies



WEBINARS

CAA's Interest Groups enable chiropractors across Australia to network and learn from others in similar fields and with similar interests. Membership is open to all CAA members and provides access to a wide range of specialised educational materials, knowledge and skills. For more information on Interest Groups and to join visit www.chiropractors.asn.au/interest-groups



Food as Medicine

Nutrition and Supplementation Clinical Interest Group (NASCIG) will host their first Webinar on Food as Medicine, presented by Dr Damian Kristof.

Date: Wednesday 29 November 2017
Time: 8.30 PM - 9.30 PM AEDT
Cost: FREE for NASCIG members & students
\$33 for CAA members



Managing Running Related Patellofemoral Pain

Sports Chiropractic Australia (SCA) is excited to have researcher and clinician Dr Christian Barton, with a highly respected international research profile, present on the management of patellofemoral pain at the next Smart Tools SCA Webinar.

Date: Wednesday 6 December 2017
Time: 8.00 PM - 9.00 PM AEDT
Cost: FREE for SCA members & students
\$33 for CAA members



Headache Management: Are You up to Date?

Chiropractic Clinical Neuroscience Australia (CCNA) will host their first webinar on Headache Management: Are You up to Date? presented by Dr Craig Moore.

Date: Thursday 7 December 2017
Time: 8.30 PM - 9.30 PM AEDT
Cost: FREE for CCNA members & students
\$33 for CAA members

Register today at www.chiropractors.asn.au/webinar



Introducing IMgateway

CAA has secured exclusive access to this complementary medicine online resource facility, for all members.

Valued at \$297 per practitioner/annum, IMgateway provides access to a wide range of technical and education based resources in the area of integrative medicine. This new member benefit was initiated by our Nutrition and Supplementation Clinical Interest Group (NASCIG).

IMgateway contains evidence-based, peer-reviewed information collected from over 700 medical and complementary medicine journals, summarised into clear and concise monographs. There are approximately 3,000 pages of practitioner-only monographs across a variety of conditions, herbs, supplements, drugs and nutrient depletions. In addition, there are 1,000 herb/supplement/food- drug interaction reports which have been developed in partnership with the Faculty of Pharmacy at the University of Sydney.

UnityHealth collaborates with reputable and accredited organisations to deliver ongoing evidence-based information, according to internationally accepted guidelines. To maintain the integrity and independence of the IMgateway website, the editorial board and content providers receive no financial support from pharmaceutical or manufacturing companies.

IMgateway

The IMgateway website has been compiled specifically for the health professionals' requirements in this profession. IMgateway provides user-friendly information for your professional and patient support queries.

The features of IMgateway include:

- detailed scientific monographs that present both conventional and

complementary treatment strategies side by side;

- evidence-based information collected initially from over 3000 industry-standard sources, including over 700 medical and complementary medicine journals;
- 1,000 herb/supplement/food - drug Interaction reports, developed in collaboration with the University of Sydney, Faculty of Pharmacy;
- over 150 Patient information sheets; and
- extensive key word search function.

To access the resources available at the new IMgateway portal visit www.chiropractors.asn.au/IMgateway

A Library of Resources

IMgateway joins a number of online resources available to CAA members. Our Online Library provides access to a number of journals and our Digital Library contains various video resources.

Have you seen the new journals we added?

Catch up on the latest resources on the CAA Online Library: chiropractors.asn.au/online-library

Have you missed a Risk Management Webinar?

Catch up on previous webinars on the CAA Digital Library: elearning4chiro.com.au/digital-library



SOCIAL MEDIA, TECHNOLOGY AND YOUR PRACTICE



The recent “firing” of a children’s party entertainer for posting a political opinion on social media has raised several questions around the interplay between social media and the workplace.

This article will examine the pros and cons of social media in the workplace and explain how a series of relevant policies can help your practice stay on top of the ever-growing reach of social media platforms.

The pros

When examining social media purely from a human resources perspective there are not many notable benefits, however this doesn’t mean it’s all bad. As the number of Generation Y employees in the workforce continues to grow, it

would be naive to assume that social media will not exist in your practice, at least in some capacity.

Nowadays it is common for employees and managers at a practice to communicate online, particularly through popular social media platforms such as Facebook or WhatsApp. This has obvious benefits considering how frequently many individuals access social media in contemporary society. If used properly, social media can help a practice communicate important or urgent messages to staff with greater ease. Social

media can also be an effective platform to organise out of work staff social events.

While the benefits of social media are limited from a HR viewpoint, its ability to positively impact your practice holistically is profound. In Australia alone there are 3.2 million small businesses, and there are millions of Australians on social media every day. Having a social media presence makes commercial sense, depending on which way you look at it. The commercial benefits of social media include the ability to advertise your services as well as making your presence felt in the community. In short, social media can help provide your practice with a competitive advantage.

The cons

Inevitably, there are instances where social media can be damaging to a practice. The case mentioned at the beginning of this article is testament to this for many reasons. In this case, a contractor who was engaged by another business to perform at children’s parties was “fired” for broadcasting a political opinion on Facebook which was not aligned to the views of that business. Given the sensitivity of the issue, as well as the clientele of the business, they feared the contractor’s political opinion on public display via Facebook would negatively impact their reputation and cause clients to sever ties. Interestingly, the business themselves also took to social media to divulge the situation



to the public. The media storm which followed, while probably unexpected, will likely have a lasting effect on both parties involved.

This case highlights some of the intricacies of social media use and the workplace. It also brings to question whether an employer can discipline a worker for publicly expressing their opinion in relation to a topical issue via an online platform, and how this opinion could reflect on the practice they work at. Although this individual was an independent contractor and could not claim unfair dismissal they potentially have grounds to claim for discrimination, due to the fact they were adversely affected as a result of their political views.

The issue of whether an employee can be disciplined or even terminated for activity on social media will rely on several factors. These include the link between the social media activity and the workplace (i.e. a post about the workplace itself or its employees), and whether any policies regarding social media use exist in that workplace.

Before taking any action against an employee for their exploits on social media, employers need to ensure they follow procedural fairness. It is strongly recommended that members contact the Chiropractors HR Service before taking any such action.

Social media at work can also be detrimental to the practice when employees are spending excessive amounts of time on their devices during working hours. Not only does this distract employees from their current

tasks, but overall productivity and customer service can also be negatively impacted. In extreme circumstances, social media can also allow for cyber bullying to fester amongst staff.

Furthermore, some employees might use the practice's computers or devices for personal use during work hours. This can also bring with it issues, such as viewing inappropriate content which may be offensive to other staff or even clients if in view.

While managing these issues can be complex, a step in the right direction could be for the practice to implement a social media policy which addresses the concerns raised around social media use. At the same time, a computer and internet use policy is also strongly recommended. As well as a policy around the use of mobile phones at work.

By having these policies in place staff are clearly made aware of what is/isn't acceptable and understand the disciplinary action that may be taken as consequence for a breach of the policy.

Chiropractors' HR Service

To discuss your workplace matters contact the Chiropractors' HR Service on (02) 8448 3211 between 8:30am and 5:30pm AEDT Monday to Friday, or email your workplace enquiries to hrhotline@myadvantage.com.au or browse the online HR resources at www.chiropractors.asn.au/hrservice

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PhD Research Through SCU

'Vitalism and Value in Chiropractic' – Opportunity to Participate

Dr Dennis Richards

In the chiropractic profession there has been a vigorous, long and continuing discussion around the philosophical school of thought known as vitalism.

Yet there has been little research to determine the essence of this discussion, and what value chiropractors think vitalism might offer in their thinking and practice activities.

Accordingly, I am in my third year of a PhD investigation which asks what do chiropractors mean when they talk about vitalism, and what value do they think it might offer in addressing the major health challenges facing the world today. This is being carried out at Southern Cross University (SCU).

Collection of data to answer these research questions involves two phases: a

Phase One of qualitative semi-structured interviews of key informants, followed by a Phase Two of a quantitative online survey of the profession in Australia and New Zealand.

Phase One has been completed with the in-depth interviewing of 18 persons around the world, and these interviews have been analysed, with the key themes distilled from them. This information is now being used to inform the development of questions which will be asked of the profession. In this way, a broad range of practising chiropractors will be able to comment on the opinions

of the supposed experts and to influence the findings of the project.

CAA and NZCA have kindly agreed to assist in this research project by emailing to their members an invitation to click on a link to a website where the Phase Two questionnaire will be located. The questionnaire will take less than 20 minutes to complete and most members will find the questions very interesting.

You can have your say in this important research project, which investigates our current views on a part of chiropractic philosophy. So keep your eyes out for the email invitation, which will contain all details concerning participation in the questionnaire.

For more information you can email me at d.richards.29@student.scu.edu.au

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Stratifying migraine patients based on dynamic pain provocation over the upper cervical spine

Series Editor: Dr Craig Moore

Lead author/co-authors: Kerstin Luedtke and Arne May

Headaches are the third most common reason for why patients seek help from chiropractors.¹

This study adds to the growing body of evidence regarding the musculoskeletal findings associated with migraine. This is a shortened version of the original study.

Introduction

The influence of peripheral structures such as neck muscles or cervical joints on migraine and associated symptoms is the topic of an ongoing scientific debate. The generally accepted hypothesis, that migraine is mainly a disease of the central nervous system is challenged by the high prevalence of neck pain reported by patients preceding or during the migraine attack.^{2,3}

If there is a causal relationship between peripheral, i.e. cervical structures and migraine, there should be identifiable dysfunctions that are more common in patients with migraine than in headache-free participants. To investigate the frequency and the type of musculoskeletal findings in patients with migraine we recently published a Delphi survey reporting headache assessment tests (HATs) that reached international consensus amongst international experts in physical therapy and headaches, as the most useful for the evaluation of musculoskeletal dysfunctions in patients with headaches.⁴

The aim of this short report is to evaluate the response of migraine

patients compared to healthy controls to palpation of the upper cervical spine (with and without sustained pressure). We hypothesize that this easy procedure will clearly distinguish between patients and controls and will further allow the definition of clinical subtypes. Potential implications for the underlying pathophysiology and for the clinical management are discussed.

Methods

The study involved 252 participants (179 migraineurs and 73 age- and gender-matched healthy controls). One physiotherapist (more than 20 years postgraduate experience), blinded towards the diagnosis, examined all participants following the recommendations of the international headache experts.⁴ Patients were included if they were adult, had a minimum of two years of migraine, diagnosed by an experienced neurologist and expert in the diagnosis and treatment of headaches according to the IHS classification system,⁵ and had a minimum of six attacks per year.

Age- and gender-matched control participants had a maximum of two headache episodes per year that did not fulfil the criteria for any primary headache other than episodic tension-type headache. Patients and controls were excluded if they

had any pathology in the neck, including diagnosed osteoarthritis, rheumatoid or psychiatric disease or craniomandibular dysfunction. Patients diagnosed with episodic migraine had to be headache-free on the day of the appointment and during the 48 hour prior to the examination. Chronic migraine patients were required to be migraine-free on the day of the appointment.

Procedures

Palpation of the upper cervical spine was conducted with the patient positioned in prone, with his/her hands supporting the head. Manual pressure was applied over the midline of C1 and the spinous processes of C2 and C3. Subsequently pressure was applied over the area of the joint C0/1 and C1/2 on the right and on the left hand side. Outcomes were pain provocation (yes/no) and referred pain to the head during sustained (maximum of 5 s) pressure (yes/no).

Findings

195 of the 252 participants showed local tenderness on palpation of the upper cervical spine, 159 of these were migraine patients. 93 participants (82 migraine patients) reported referred pain to the head during sustained pressure.

Discussion

Pain provocation during palpation of the upper cervical spine was

significantly more present in migraine patients than in healthy controls. Pain during palpation and sustained pressure classified migraine patients into three subtypes:

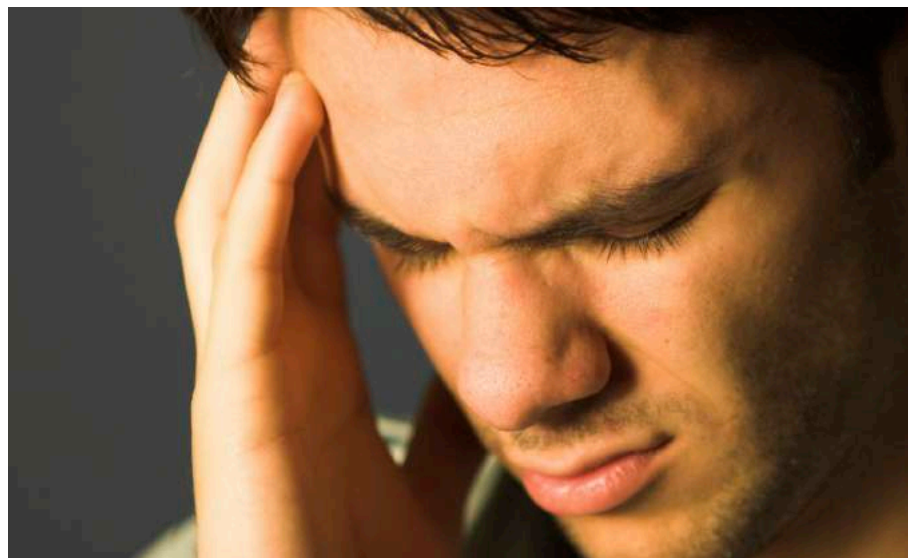
1. patients who did not report any pain during palpation;
2. patients who reported only local pain; and
3. patients who additionally reported referred pain to the head during sustained pressure.

Approximately 80% of the migraine patients reported local tenderness during palpation; half of these also had referred pain to the head. The sensitivity and specificity for the two tests in combination is high.

This raises the question whether neck tenderness is an indicator for distinct subtypes of migraine: patients with neck pain as a simple symptom prior or during the attack without any identifiable changes in the periphery, and patients where the neck plays a crucial role either as a trigger or as a perpetuator for migraine attacks. The second group, if untreated, could be susceptible to ongoing nociceptive input from the neck, which activates the trigeminocervical system and subsequently leads to more frequent headache attacks, eventually contributing to the transition from episodic to chronic headache.^{6,7} Although these statements were originally related to tension-type headache, considering the partially related pathobiology, this might also be true for migraine.

“ THE INFLUENCE OF PERIPHERAL STRUCTURES SUCH AS NECK MUSCLES OR CERVICAL JOINTS ON MIGRAINE AND ASSOCIATED SYMPTOMS IS THE TOPIC OF AN ONGOING SCIENTIFIC DEBATE. ”

Manual examination of the C0/1 and the C1/2 joint regions on either side, requires pressure through the suboccipital muscles rectus capitis posterior major (and possibly minor) and obliquus capitis inferior (and partially superior), hence pain provocation during palpation could either indicate muscle or joint changes. While joint changes have not been investigated in migraine patients, upper cervical MRI changes in patients with cervicogenic



headaches could not be confirmed.¹⁸ Muscle changes, such as trigger points, however, have been reported frequently in the past.⁸⁻¹⁰ Sub-occipital muscles are supplied by the dorsal rami of the first and second spinal nerves. The second spinal nerve is also the source of the greater and lesser occipital nerves. The close proximity of these sensitive structures to the upper cervical joints as well as the convergence of afferent fibres of the cervical and the trigeminal system within the trigeminal nucleus, provide mechanical explanations for the head pain referral during sustained pressure but also for local tenderness during palpation. Consequently, injections or stimulation of the greater occipital nerve (GON) have been shown to be effective treatment options for some patients with chronic migraine.^{11,12}

The sensitivity to palpation in our patients was not correlated to the dominant side of headache. This could be explained by the fact that only approximately 15% of our participants suffered from side-locked headache, while the majority had migraine that could change sides during or across attacks. The obvious non-mechanical explanation for bilateral pain provocation is, that local tenderness and referred pain indicate a generalised hypersensitivity of the sub-occipital region due to central sensitisation in this particular subgroup of migraine patients.¹³

Conclusion

Whether peripheral tissue such as joints or muscles can indeed trigger migraine attacks and/or contribute to the transition to chronic migraine remains to be investigated. If this hypothesis

is confirmed, it is essential to detect and treat musculoskeletal dysfunctions appropriately to reduce incoming nociceptive signals. It is therefore proposed to include manual joint examination into the routine physical examination procedure of migraine patients and to use both components (palpation and sustained pressure) of the tests in combination to reach a high specificity and sensitivity. The presence of musculoskeletal dysfunctions of the upper cervical spine should be identified and treated to avoid ongoing nociceptive input into the trigeminocervical complex.

A link to the full study can be found here: <https://thejournalofheadacheandpain.springeropen.com/articles/10.1186/s10194-017-0808-0>

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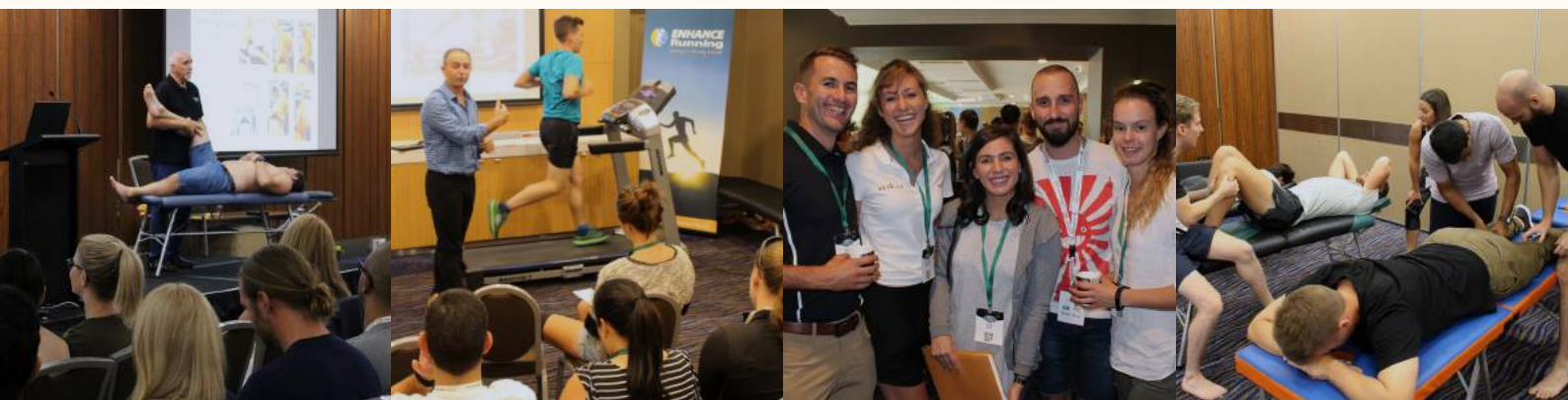
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Rural and Indigenous Health Group at CouncilFest 2017

The National Rural Health Alliance is comprised of 36 national organisations that are committed to improving the health and wellbeing of the 7 million people in rural and remote Australia.

Members include consumer groups (such as the Country Women's Association of Australia), representation from the Aboriginal and Torres Strait Islander health sector, health professional organisations (representing doctors, nurses and midwives, allied health professionals, dentists, pharmacists, optometrists, paramedics, health students, chiropractors and health service managers) and service providers (such as the Royal Flying Doctor Service). Its large and diverse membership gives the NRHA a broad and authentic view of the interests of the people of rural and remote Australia. It works with a range of stakeholders to improve the health and wellbeing of those people by developing well-targeted, cost-effective, evidence-based solutions.

From 10 – 12 September rural and remote health advocates from all corners of Australia gathered in Canberra for the annual get-together of Council members of the National Rural Health Alliance. This event, is known as CouncilFest, and provides the opportunity for representatives of the 36 member organisations of the Alliance to meet with each other and with elected political representatives, to touch base on the state of rural and remote health in Australia and to share success stories and solutions. During these three days representatives worked to put together a clear and precise policy document to advocate for the needs

of rural health. To view the policy document visit www.bit.ly/RIHG-NRHA

Around seven million Australians live in regional, rural and remote areas. On average, these individuals do not enjoy the same high standard of health and wellbeing as those who live in metropolitan areas, nor do they have the same access to health services and health-related infrastructure.

A highlight of this year's CouncilFest was the inaugural breakfast at Parliament House, hosted by the Parliamentary Friends of Rural and Remote Health. The event featured presentations from Martin Lavery (Chief Executive Officer, Royal Flying Doctor Service), Katherine Burchfield (Royal Far West) and Chris Moorhouse, Chair of Friends of the Alliance.

The policy document this year concentrated on access and minimal standards of access to provide viable health services for the bush. This concept was well received by all the political parties the Alliance met with, that is, the Nationals, the Greens and both the Coalition's Assistant Minister for Health and the Labor Shadow Minister for Health.

For the chiropractic profession and other members of the Alliance's Allied Health group this is a workforce issue. Many small rural communities cannot sustain a healthy private allied health practice, however the physiotherapy profession

are about to publish new research on a private/public health partnership for rural and remote health. This would establish a new working model for allied health in rural and remote areas. Hands-on-Health Australia (HoHA) is at present working towards a similar solution for both rural and remote Indigenous communities. This would provide a new career pathway for the chiropractic profession.

There is much work to be done to provide health equity for rural and remote communities and the NRHA has tasked member bodies to develop two important documents in the year ahead. One is to develop a Reconciliation Action Plan (RAP) and the other is to develop a standard of cultural safety for engaging with Indigenous communities. RIGH is happy to engage in the development of both of these documents, ready for Board endorsement.



ASSOCIATES/LOCUMS AVAILABLE

- **DEREK THOMPSON**, Palmer Grad, 35 yrs solo country practice experience, 11 yrs locum experience Australia wide. Gonstead, Diversified, AK. References available. Willing to work in country and remote areas. Ph 0417838883, email dctcmthompson@yahoo.com.au
- **DR DANIEL KOSTUR**, exp. doctor relocated from Canada. 1978 grad of CMCC is advanced rated in activator as well as manual adjusting. Have your patients treated as you would treat them, with competence and care. References available. Phone (02) 9418 4525.
- **DR TIM WOICEK**, 1989 Palmer grad. Available for locums in NSW. Activator, Drop-piece, Diversified, Flexion-Distr. Great with patients of all ages. Refs. Ph 0401 331 748.
- **ANDREW PAUL** Available nationwide with 33 years experience. Diplomate in SOT and proficient in Thompson, Activator, AK, NET, TRT, Diversified. Skilled in paediatrics and cranial. Excellent rapport and versed in many practice management systems. Ph: 0413524476 E: dr.andrew.paul@gmail.com. Check availability at www.aurorachiropractic.com.au
- **DR ROBERT FORSTER** - RMIT graduate 22 years experience Diversified SOT Activator Dry Needling. Will treat your practice and patients with professional care. Call 0419804402 or email robertforster7@yahoo.com.au

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► **CHIROPRACTOR - FIVE DOCK** We are looking for a chiropractor who is available to work with us in our Five Dock clinic. Please contact Eve Fennell for details. 0408 461 785 or eve@evfennell.com.au

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► **GOLD COAST ASSOCIATE POSITION AVAILABLE.** Commonwealth Games in your backyard!! Are you a family, sports chiropractor with a passion for wellness care? If you are looking for a great opportunity to build a practice with generous remuneration and the opportunity to own your own practice – GET IN TOUCH ASAP! Contact us with your CV and practice goals. goldcoastchiro2018@gmail.com

► **AN EXCELLENT POSITION IS AVAILABLE** in Brisbane's northern suburbs for a principled and motivated associate to take over a thriving, family-orientated, health and sports-based practice. Hands-on coaching from the principal chiropractor, practice management skills tutored and fabulous support CA's make for a dream opportunity. Position would suit both an experienced chiropractor or new Grad wanting a full mentoring program to help transform to a successful professional. Please Ph Dr. Jeremy Dive 0418-722-520 or email divinejbd@bigpond.com

► **COME WORK WITH US... WE'RE AWESOME.** We're serious about holistic chiropractic care and love looking after the wellbeing of our customers and our happy and customer focused team. Coast to Country Chiropractic is located at Plainland in the beautiful Lockyer Valley region - being less than a one hour's drive from inner city Brisbane. You will be joining a chiro practice where no two days are the same, where we pride ourselves on our safe learning environment, where the principal chiro's take mentoring seriously and where you will love coming to work every day. Call Liz on (07) 5411 4017 or email me at admin@c2c.com.au for a confidential chat about your awesome future with us.

► **AN EXCITING POSITION HAS BECOME AVAILABLE** for a chiropractor to start immediately in central Queensland due to our current associate relocating Overseas. Current associate is on \$170,000. Take over a solid patient base of close to 200 patients a week Due to recent marketing activities the clinic is booming and seeing an average of 15 to 20 new patients a week with a waiting list for new patients of over two weeks. There is no opportunity like this anyway in Australia and there may never be one again so if you're after a great income, an excellent lifestyle, a clinic that supports you and a clinic that is booming please contact Dr Firas Hasan on 0430028039 or email drfirazchiro@gmail.com Recent grads are welcome to apply.

► **AN ASSOCIATE POSITION IS NOW AVAILABLE** for a chiropractor to join the Barham team in one of our family practices in Brisbane. Barham is a well established and resourced chiropractic group who have been supporting a network of chiropractic practices in South East Queensland since 1976. This is one of our original practices, recently upgraded with modern facilities and equipment. We are looking for someone who is vitalistic, experienced and enthusiastic to take over from our current chiropractor who is moving interstate. For further information about this position and our practices, please contact Chris Barham. Ph 0418321611 or chrisbarham@westnet.com.au

► **WE ENCOURAGE NEW OR RECENT GRADUATES TO APPLY FOR AN ASSOCIATE POSITION** within our family based clinic in Toowoomba, QLD. This is a great opportunity to learn specialised techniques while working with a diverse range of patients including athletes, pregnant mums, babies, the elderly and everyone in between. Toowoomba is Australia's second most populated inland city. Here we are spoilt for choice; for families there are a number of schools, including boarding schools, with Toowoomba being a major education centre for the region. Toowoomba also boasts a new library and shopping facilities, as well as a number of excellent mountain-bike/walking trails, and more than 150 public parks and gardens. Toowoomba is the home of the carnival of flowers and host to a number of markets including the farmers markets. Just over 1hrs drive to Brisbane and 2 hrs to the Gold Coast, Toowoomba offers a wonderful lifestyle choice. We are eager to talk to applicants who have a keen interest to learn functional testing especially muscle testing, detailed clinical anatomy, palpation and specific STW. The whole body is manually adjusted but balanced with low force techniques including detailed cranial work, kinesiology and more. An interest in health and nutrition is preferred. For more information please contact us at: jajerogers@bigpond.com

► **ASSOCIATE POSITION NORTH BRISBANE:** Located less than 30km North of Brisbane CBD, we are looking for a motivated associate to join our Chiropractic Clinics. The successful applicant must have a strong work ethic and be willing to work as part of a team. The successful applicant can look forward to a strong new patient flow, modern practice facilities and ongoing support. The applicant will be supporting the principle Chiropractor whom utilises manual and low force modalities and has a focus on maintenance care. We see a wide variety of clients, have an excellent reputation in our area and focus on patient centred care. New grads and experienced Chiropractors welcomed but we stress that attitude is everything. We would also consider a Chiropractor already based in Brisbane whom would be willing to work 4 shifts per (2 mornings and 2 afternoons) in one of our clinics. If interested please email CV or cover letter to associatechiropractor2017@gmail.com

► **PRACTICE IN PARADISE:** Ever thought about trying the tropical lifestyle? Total Lifestyle Chiropractic in Innisfail N. QLD is looking for a highly skilled and qualified Chiropractor to take over care of a thriving patient base. Total Lifestyle Chiropractic is one of Australia's leading Chiropractic groups and we offer an incredible support staff offering you highly trained CA's and marketing support. You'll also receive an intensive onboard training, ongoing skills training, life coaching, practitioner development, monthly webinars, and yearly team workshops. You'll have the freedom to practice autonomously with the support to help you along the way. We also offer a sign on bonus to help with relocation costs! If you would like to be a part of our dynamic team, please contact Lisa on 0434357232 or email info@tlcaustralia.com

VICTORIA

► **ALBURY/WODONGA NSW** 2 Associates required. This beautiful part of NE Victoria, only 3 hours freeway drive to Melbourne, offers you an affordable, laid back lifestyle – mountains, ski fields, lakes, rivers, wineries and fabulous gourmet food region. Population of 100,000+, with a strong sporting community, great schools, arts & music, café culture and popular tourist destination. Airport with numerous direct daily flights to Melbourne, Sydney, Brisbane & Gold Coast. About the practice: Very busy, well established practice, with a waiting list of new patients. Techniques used: manual and low force, AK, Neuro and others. We expect that you are competent and confident in the techniques that you choose to use and strive for excellence in what you do. Excellent remuneration and perks are offered. You will be taking over from long term locum/associate and from the Principal Chiropractor, who both want to slow down. The team: 3 front of house CA's, office manager, 3 Myo-Therapists, 2 Chiropractors. Who all love what they do, laugh a lot, have fun and help people reach their health & wellness goals. If you're interested call: 0419607200, richnat1@bigpond.com

► **PART TIME ASSOCIATE REQUIRED FOR OUR WELL ESTABLISHED BUSINESS IN THE HEART OF GEELONG.** The position would suit an experienced associate who can help support the existing chiropractor. Must be proficient in manual adjusting. Expressions of interest to be sent to info@setchiropractic.com.au

► **2 ASSOCIATE POSITIONS WITH N8 HEALTH IN BENDIGO ECHUCA AND DENILIQUIN** We are seeking 2 associates, one in Bendigo and one in Echuca and Deniliquin. If you are seeking strong mentorship and leadership in an environment with proven success, we would like to hear from you. Invest 2 or 3 years in developing practice excellence and reap the rewards for the rest of your practice life. Develop the right habits now. Successful applicants will show they truly care about our patients, be willing to receive feedback from the team and be ready to embark on a journey of continual learning. Send your resume to andrew@n8health.com.au for the Bendigo position or mark@n8health.com.au for the Echuca/ Deniliquin position. Let your journey begin.

► **MULTI DISCIPLINARY CLINIC SITUATED IN A BUSY GYMNASIUM IN HAWTHORN** is looking to add an open minded Chiropractor to its team. We have a team of Physiotherapists', Masseurs', Podiatry, Nutritionist and a Sports Physician, and we feel like we are missing something. With a busy gym and swim membership, the right Chiropractor could service a niche in the population. The successful applicant will take over an existing patient base, be engaging and confident in building your services and patient list, motivated at promoting and must have a continuous learning mindset and able to work within a team. Rental and Pay per Percentage options are available. Looking for the right person to start asap. Please email your interest to jobs@idealpractice.com.au or you wish to phone us, contact us on 1300 62 361 during office hours.

SOUTH AUSTRALIA

► WONDERFUL OPPORTUNITY ASSOCIATE

POSITION AVAILABLE. Great team, ideal location just 15 mins from Adelaide CBD. In massive growth and relatively high socio-economic area. We have a lot of fun while getting the job done. The successful applicant will enjoy a guaranteed income of \$850 per week for a period of three months although normally that figure will be surpassed in a much shorter time frame. The clinic is modern and spacious with very good facilities, it really is a fabulous place to work. There is no hard sell, no contracts with patients, we treat ethically and operate with integrity, our patients reward us with first class referrals and lots of them. Applications should be emailed to [chiroclinic19@gmail.com](mailto:(chiroclinic19@gmail.com))

► MT GAMBIER- KEEN ASSOCIATE REQUIRED

TO TAKE OVER EXISTING PATIENT BASE from Summer 2017/18. Long-standing general family practise, predominantly manual adjusting with some low force techniques as clinically required. Modern, well organised practice with awesome support team, sEMG, digital postural analysis and digital x-ray facilities on-site. Set-hours, Secure salary and bonuses available for high performers. No weekend work. Package includes training, relocation and accommodation assistance. More info and applications via: <http://thechiropracticdomain.com.au/employment-opportunities/>

► ASSOCIATE/LOCUM POSITION AVAILABLE.

We are looking for a motivated Chiropractor for a minimum 8 month, part time maternity position with the option to remain with the practice after this time. We are a modern, family based practice in Adelaide's metro area, seeking a confident and passionate Chiropractor with excellent manual adjusting skills and strong communication skills. Must be comfortable seeing patients of all ages from newborns to the elderly and have a patient-centered approach to care. The position would suit either an experienced Chiropractor or new graduate, to take over the existing patient base from 4th Jan 2018. Contact Morgan on morgan.nk@hotmail.com or visit www.lwchiro.com.au

► **ASSOCIATE POSITION SA** Exceptional Associate position/s taking over large patient base/s. Passionate and family oriented Chiropractor to take over longstanding care of our patients with full support of our team. Will suit experienced Chiropractor or a new graduate who will be mentored. MNchiro87@gmail.com

► **WE HAVE A FANTASTIC OPPORTUNITY** at our expanding, highly organised wellness orientated practice. The practice is well established with fantastic support staff. This position would suit chiropractors with experience or new grads as we offer support and mentoring. We have active marketing plans and a client base to hand over. A good handle on drop-piece and manual adjusting are important. We look forward to hearing from you to discuss this opportunity further. Call Kristin Rappold on 0402401453 or email: Kristin_chiro@hotmail.com

► **ASSOCIATE FOR IMMEDIATE START** Allied Health Clinic Reynella, 24 kms south of Adelaide CBD, is recruiting for a chiropractor to join our practice for immediate start. An average of 8 to 10 new patients per week requires a caring, professional and ethical chiropractor who is interested in being part of a successful practice that is experiencing exceptional growth. Mentoring opportunities available working alongside Dr John Ivancic. Please email catherine@alliedhealthclinicreynella.com.au or call 08 8378 7002 to speak to John.

WESTERN AUSTRALIA

► COUNTRY ASSOCIATE POSITION OPPORTUNITY.

A friendly, confident attitude with good communication skills is essential. The successful applicant will be taking over a part time role from Monday to Wednesday with a 50 patient base per week that has easy growth potential and opportunity in early 2018 to go full time if desired. This could easily suit a drive in, drive out practitioner as the existing chiropractors have done. Principle chiropractor works minimally due to family commitments. Good support staff, office systems and team environment makes each day fun. Experience is valued however recent graduates welcome to apply and would be supported. Flexible working conditions to suit your lifestyle can be arranged. Please contact: gchiropractic1@bigpond.com.

► ARE YOU INTERESTED IN A CHANGE OF

SCENERY? Ord Valley Chiropractic in sunny Kununurra is looking for an inspired chiropractor to join our friendly team. Kununurra is an ideal place for an adventurous soul, with endless opportunities for camping, fishing, hiking and sporting at your doorstep. We are a well-established clinic with over 15 years of operation offering a wonderful opportunity to suit an experienced chiropractor or new grad. Our principle Chiropractor is excited to train and mentor to help you develop your skills and reach your full potential. You will gain knowledge from our existing solid patient base of all ages with excellent client retention. If you are energetic, passionate, committed, and skilled in manual adjusting, activator, dry needling, soft tissue and have confident communication with outstanding patient care, we want you! For more information please contact Sally on 0438 564 735 or email ordvalleychiropractic@gmail.com.

► SPORTS CHIROPRACTOR SOUGHT FOR

ASSOCIATE POSITION IN SUBIACO. Email us for details of this exciting opportunity! haystchi@bigpond.net.au

► CHIROPRACTOR REQUIRED - PERTH METRO

AREA Are you looking for a long-term rewarding career within a growing multi-disciplinary clinic in Perth's southern suburbs? Are you friendly, motivated, and dedicated to providing outstanding Chiropractic care to our patients? We are looking for a professional, enthusiastic Chiropractor to join our team at Melville Wellness Centre from January 2018. The successful applicant must possess excellent interpersonal skills and a strong community focus. They must also be reliable/punctual and be able to function well within a team environment. This is a long-term position providing a great work/life balance, with a significant remuneration package which rewards hard work and determination. New graduates welcome and encouraged to apply. Full coaching is provided. Please send applications to drchadcoles@gmail.com

TASMANIA

► **ASSOCIATE POSITION- HOBART.** We are looking for an enthusiastic chiropractor to join the clinic. Great manual adjusting skills and excellent communication skills are a must. New graduate or experienced chiropractor are welcome to contact. The modern clinic is 9 mins from Hobart CBD, 13 mins in traffic. Enjoy the Hobart lifestyle, the most affordable capital city in the country. Email kylethechiro@gmail.com or 0402814265

NORTHERN TERRITORY

► DARWIN. ASSOCIATE WANTED TO REPLACE

EXISTING ASSOCIATE who finished at the end of last year. The new Associate will be required to maintain and further build the predominantly Family and Paediatric patient base. Great opportunity for a Chiropractor with an existing background in Paeds, or a newer graduate with an interest in Paeds who is looking to expand their knowledge and experience further. Work alongside other practitioners in our busy and well respected multidisciplinary clinic. Great remuneration and conditions available for the successful applicant. For more information or to apply for the position contact Marc at marc@insightchiro.com.au or 0407 744 455

► **KATHERINE AWAITS.** We are seeking a committed, passionate and enthusiastic associate with excellent communication and adjusting skills. The Associate is required to take over an established patient base in Katherine Northern Territory. You will enjoy working in a vibrant and well-established practice. Relax into one of Australia's best outdoor living destinations with exciting camping, hiking, sporting and fishing at your doorstep. Start date is negotiable and with a smooth transition with current associate. For more information on the Katherine region visit www.krta.com.au Send expressions of interest and CV to info@katherinechiro.com.au or contact 0412888767

► ASSOCIATE POSITION IN THE HEART OF THE

COUNTRY. Vital Flow Chiropractic Studio is seeking an enthusiastic and dedicated Chiropractor to join our thriving practice in Alice Springs, Northern Territory. We are a well-respected, modern and streamlined practice with a strong focus on family health and wellbeing. This position (minimum 6 month commitment) is available immediately, and includes a competitive remuneration package of 50% of client fees along with a return flight to Alice Springs from any Australian capital city. Key Requirements: • Holistic health focused practitioner • 2+ years clinical experience, although exceptional recent graduates welcome • Confident in applying low force techniques (Activator, SOT, Thompson), performing manual adjustments as required • Comfortable adjusting clients of all demographics • Experience providing safe and effective paediatric and pregnancy care • Exceptional written and interpersonal communication skills • Commitment to maintaining and building upon existing client base. Our team currently consists of one full time Chiropractor and a part time Chiropractor/Business Manager. With a new client waiting list of over 6 weeks we are eager to have another Chiropractor join our practice immediately. If an opportunity to succeed in practice whilst enjoying the relaxed lifestyle and natural treasures of Central Australia interest you, please send your expression of interest (addressing the Key Requirements) along with your resume to Dr Alicia Watson at admin@vitalflowchiropractic.com

OVERSEAS

► **AN ESTABLISHED, RESPECTED WELLNESS CLINIC ON TORTOLA IN THE BRITISH VIRGIN ISLANDS** is seeking a chiropractor with current unrestricted license. This is a full time position. If interested please email CV to Elizabeth at lmiliz88@gmail.com

PRACTICES FOR SALE

VICTORIA

► WONDERFUL PRACTICE IN BAYSIDE

LOCATION APPROX 1 HOUR SOUTH OF MELBOURNE. Established 23 years. Principle retiring to pursue other interests and happy to help with handover. Currently grossing just under \$400,000/year. Great CAs, fully digital and terrific practice members. Low stress. Have you been wanting to move to the seaside? Come to the cafe capital of the Peninsula. Contact Peter on 0418 395 365

NEW SOUTH WALES

► CHIROPRACTIC CLINIC FOR SALE - SYDNEY CBD FRINGE

Newtown/Darlington. Dr relocating to rural NSW for family issues. Buy a practice at a fraction of its real value & kick-start your new practice. Long est. clinic (19yrs) in Sydney's inner west, Well exposed position, close to uni and hospital. Heavy foot traffic, ample parking & u/c, secure parking for Dr. 3400+pts on database. Untapped potential for future marketing and growth. Paperless office, secure lease, very low rent. 4 treatment rooms + 2 receptions over 2fl (ground & 1stfl). Would suit group/ multidisciplinary or sole practitioner. Walk-in walk out or flexible hand-over. All reasonable offers considered (+/- \$30k). Equip. neg.. call Peter 0415122799 email: activatoris@gmail.com

► LONG RUNNING WELL ESTABLISHED PRACTICE

originally setup in 1999 and purchased by current owner in 2013. Large patient database with excellent referrals. Close relationships with local allied health practitioners including Podiatrist, Personal Trainer & Wellness Coach. Fully compliant X-Ray room with developing area & large storage space. Fantastic location in South West Sydney, only 150 metres from main café & shopping strip. Owner selling due to focus on family. Willing to stay on during handover period of 2-4 weeks to ensure smooth transition & sustain goodwill. For more information call Healthcare Practice Sales on 1300 652 361 or email at sales@healthcarepracticesales.com.au

► FANTASTIC CLINIC IN THE HEART OF

SYDNEY CBD. Well established practice is within walking distance to Opera House, restaurants & cafes. Potential to increase turnover by increasing trading hours or through the addition of an associate practitioner to provide additional services. Practice and is accessible by wheelchair. Owner selling due to relocation overseas. For more information call Healthcare Practice Sales on 1300 652 361 or email at Sales@Healthcarepracticesales.com.au

► PROFITABLE CLINIC FOR SALE IN

WOLLONGONG NEAR NSW SOUTHCOAST

BEACHES. Chiropractor moving interstate. Well established with a large patient base. On main road with heavy traffic, great signage and parking. Large reception area with 3 large adjusting rooms. Average over 250k per annum with no advertising and 3 1/2 days work. You will have everything you need to continue servicing a large area of the Illawarra. Low overheads and paperless files. Motivated front desk staff to help maintain smooth flow. Space for multiple DC's or other professionals. Please call Matt on 0418 577 722 or email matt@yourchiro.us

QUEENSLAND

► OUR BELOVED COASTLIFE IS UP FOR SALE.

The current owner is going in a different direction of helping people so Coastlife needs someone that will love it as much as we have. It's in a fantastic location in the heart of Peregian Village & has been operating for 9 years. We have a beautiful, inviting space with a great CA and Bowen Therapist wanting to stay on. Tap into our loyal client base and build upon this in our growing region. Perfect for someone wanting to expand the business and enjoy the best of the Sunshine Coast. Email coastlifechiropractic@gmail.com

► NEW FARM BRISBANE CHIROPRACTIC CLINIC

WELL ESTABLISHED SINCE 2005. Very steady patient base with a steady net profit of around \$250k p.a. Currently using ABC and Diversified techniques. Up market clinic in an affluent high density inner suburb of Brisbane. Main road exposure to passing traffic. Own parking. Conveniently located for public transport. Two rooms in the practice currently let out to an acupuncturist and Naturopath. Current Chiropractor willing to provide 3 months assistance for changeover OR willing to stay on as Associate for a period of 12 months or more. Contact gkcoates@hotmail.com

► CAIRNS CHIROPRACTIC PRACTICE FOR

SALE - OWNER GOING OVERSEAS! Major Price Reduction!!! \$99,000 Plus equipment. An amazing opportunity at a fraction of the price! Price has been reduced by \$40k to this bargain price! Owners very motivated to sell. Located only 5kms from CBD this practice is well established (27 years) and has a large – over 10,000 – patient database, and excellent referral network. In a purpose built modern building the practice has 3 treatment rooms, new computers and front desk computer system installed last year, open plan reception and waiting area, x-ray room, kitchens, bathrooms, change cubicles and a kids corner. Potential to increase turnover with the addition of associate Chiropractor or the renting of unused treatment room. Owner looking for quick sale as selling to travel and start a family but is willing to stay on to ensure a smooth transition and help sustain goodwill. For more information about this practice call 1300 652 361 or email sales@healthcarepracticesales.com.au

► LONG RUNNING WELL ESTABLISHED PRACTICE

ORIGINALLY SETUP BY CURRENT OWNER IN 1997. Fantastic lifestyle location with uninterrupted views of the Beach from the practice reception. Live & work on the beautiful Gold Coast in one of the fastest growing regions in the country. Word of mouth practice with large & loyal patient database. Owner selling to reduce working hours after 20 years in operation. Willing to stay on during handover period to help ensure smooth transition & sustain goodwill. Option to stay on available. For more information call Healthcare Practice Sales on 1300 652 361 or email at sales@healthcarepracticesales.com.au

► **GOLD COAST PRACTICE FOR SALE** Our immaculate practice was forced to close on 22.9.17 because of serious illness to the owner. Now, an unexpected purchase opportunity exists in a densely populated, wealthy, family demographic with little direct professional competition. Located on the Gold Coast Highway at the junction of Broadbeach and Surfers Paradise, the clinic opened in April 2016 and quickly became popular with both residents and visitors. The clinic includes 1) High-quality fit-out and fixtures. 2) Two large chiropractic treatment rooms. 3) Massage therapy room. 4) Modern fully fitted reception area. 5) Kitchen/staff room with microwave, fridge and dishwasher. 6) Six deluxe relaxation rooms, with high-tech, massage chairs, wall mounted TVs for patient pre-treatment. 7) Easy street access to seventy commercial car-parking spaces directly underneath the premises with stair and lift access. 8) Close light-rail station for additional convenience. If you are looking to establish or expand, this is a genuine opportunity to capitalise on an unforeseen circumstance. All reasonable offers on lease reassignment and clinic equipment will be considered. The lease has run eighteen months of the initial four-year term with options available. Images can be viewed at mindandbodychiro.com.au/surfers-clinic-images. Please call (07) 5559 1998 or email mudgeeraba@mindandbodychiro.com.au

► BRISBANE, QUEENSLAND. BUSY, WELL-ESTABLISHED PRACTICE IN A RAPIDLY GROWING AREA.

Three practice rooms plus a fully lead-lined x-ray room, Two well-maintained Zenith Thompson drop-piece high-low/vertlift tables and Gonstead benches. Opportunity to also buy the real estate as a package or buy the business now and real estate later. Asking price for business \$70,000. Call 0414 706 628.

SOUTH AUSTRALIA

► GAWLER SA, LONG ESTABLISHED PRACTICE (25 YRS) FOR SALE.

Diversified, drop piece, activator. Very low overheads, lots of off street parking in a high visibility location. Well trained long term staff. Current owner willing to stay on for a transition period. Attractively priced and you can walk right in. email advantagechirogawler@gmail.com or phone 0422 641 428

► LONG RUNNING WELL ESTABLISHED

CHIROPRACTIC & MASSAGE PRACTICE originally setup in 2002 and purchased by current owner in 2004. Located 30 minutes North of Adelaide CBD. Fully equipped for new owner to just walk into & start. Large patient database with excellent referrals or similar. Fantastic high exposure location within shopping centre, with ample free parking for patients & staff, and Wheelchair accessible. Present owner selling due to semi-retirement. Willing to stay on during handover period to ensure smooth transition & help sustain goodwill. Alternatively, also willing to stay on as part time associate Massage Therapist. For more information call Healthcare Practice Sales on 1300 652 361 or email at Sales@Healthcarepracticesales.com.au

► WELL ESTABLISHED CHIROPRACTIC PRACTICE FOR SALE IN BEAUTIFUL STIRLING, ADELAIDE

HILLS. Well established family practice for sale 10 mins from Adelaide and nestled in the sought after location of Stirling. Positioned on main road with highly visible signage and a warm welcoming atmosphere. This practice has a solid patient base and tremendous growth potential. Current services being offered are chiropractic, dry needling and massage. Willing to stay on for a period of time to help with smooth transition and maintain goodwill. Email bjt123@hotmail.com or call 0428 331 663

WESTERN AUSTRALIA

► LONG RUNNING WELL ESTABLISHED PRACTICE

ORIGINALLY SETUP IN JANUARY 2008, purchased by current owner in 2011. Servicing two sites one based around Carnarvon & satellite clinic located in Shark Bay. Strong patient database with excellent community reputation & Opportunity to own successful practice while become an integral part of tight knit community. Potential to increase turnover by increasing chiropractic & massage trading hours. Owner selling due to relocation interstate. Willing to stay on during handover period to help ensure smooth transition & sustain goodwill For more information call Healthcare Practice Sales on 1300 652 361 or email at sales@healthcarepracticesales.com.au

NORTHERN TERRITORY

► THRIVING PROFITABLE PRACTICE IN ALICE

SPRINGS FOR SALE. High returns with minimal overheads. Market leader in low force family focused wellness care. Very high retention rates, strong internal and local health practitioner referrals, healthy client database, and extensive new client waiting list. Fresh and welcoming design aesthetic, modern equipment, secure lease and streamlined systems and policies. Established in 2012 and maintained through strong community reputation, without any need for external marketing to date. Since mid 2015 practice has operated with dedicated and adept Associates, allowing. Principal to maintain minimal client base during maternity leave. Currently operating with 1.25 Chiropractors with real potential to operate with 2.5 Chiropractors, meeting market demand through extended trading hours and an additional Associate. Main techniques include Thompson, SOT, Activator and Diversified. Huge potential to expand paediatric and pregnancy focus if desired, due to strong referral ties with local midwives, LC's and other health practitioners. Selling due to relocation interstate. Contact Dr Alicia Watson at admin@vitalflowchiropractic.com for further details regarding this turnkey family practice.

ROOM TO RENT/LEASE

► **ROOMS TO RENT IN GORDON.** Shared with Podiatry practice. On site parking, 2 min walk to shops and train station. Utilities included and reception. Interested contact Virginia. liverpoolpod@hotmail.com

► **ARE YOU A PROFESSIONAL ESTABLISHED**

PRACTITIONER wanting to run your own business within an established health clinic? Shine Health Wellbeing Centre in Bayside Melbourne has rooms available. Our multimodality clinic has 5 great rooms, reception, HICAPS and everything that goes with a well established clinic. As a chiropractor, your opportunity for success is outstanding, where you can run your own business within our established health clinic and build your client base in our prominent centre. Suitable for professional, motivated, enthusiastic practitioners, wanting to work in a team environment ideally with an existing client base. Daily, weekly and sublease options available for 1 or 2 rooms. For more information please email marta@shinehealthwellbeing.com.au or call 0402 277 294 to enquire

EQUIPMENT FOR SALE

► **FOR SALE METRO, 4 DROP, CHIRO TABLE**, vertilift, good cond, contact Phillip 0415477786

► **PORTABLE TABLES** – height adjustable, 2 drops, tilt head piece, face paper holder, carry bag, light weight at 18kg, black only \$739 plus GST. Call 0418575052 or dr.tmaguire@bigpond.com

► **X-RAY MACHINE**. Shimadzu UD 150L-40E. Gently used. As new. With cassettes \$10,000. Konica processor and shielding available. South Australia 0410 448 880

► **ZENITH II 210 HI LO TABLE FOR SALE** Newly re-upholstered in blue vinyl Zenith Hi Lo Table with Pelvic Drop Piece. This table is in immaculate condition. Only selling as we are moving practices and no longer require our fourth Hi Lo Table. Works perfectly with no issues at all. Price \$9000 + GST. Full Set of Gonstead adjusting equipment. Includes Pelvic Bench, Knee Chest Table and Cervical Chair. A great set of equipment. Fabric and foam are in good condition on the pelvic bench and knee chest table. Some small fabric wear and tear on the cervical chair. Price \$1200 + GST. For more information, please call Gian DiCarlo on 0413 565 041 or email at drgianni@specificchiropractic.com.au

► **HEAD REST PAPER**. Crepe and single ply available. \$90 per box delivered for 25 rolls. ccctables@bigpond.com or 0418 575 052 to order.

► **VIRTUALLY NEW WIRELESSEMG AND WIRELESS PULSE WAVE PROFILER**. Only a couple of months old and virtually unused. This is the latest version of the technology and am selling for \$10,189, a \$3000 discount. If you've been thinking of purchasing the new Insight tech this is a chance to make a significant saving. Call 0404 842 048.

PRACTICE CONSULTING

► **PERSONALISED PRACTICE COACHING** – Let us assist you to develop philosophical clarity, scientific certainty, technical excellence and leadership with integrity. Call Mark Postles and the team at Quest Chiropractic Coaching on 07 5444 2311 for a complimentary practice audit or visit us at www.questchiropracticcoaching.com

► **CAA MEMBER** ► **NON-MEMBER**

A simple adjustment became a two year legal battle.

Having the right support made all the difference.

Simple chiropractic procedures and treatments can become complex legal issues. When you're juggling the demands of running a professional practice, you need the peace of mind of having the best people supporting you.

With over 20 years' exclusive endorsement by the Chiropractors' Association of Australia, Guild Insurance provides a single point of contact and 100% in-house claims management. That's why over 70% of Australia's chiropractors choose Guild, for better protection and a pain free experience.

Call us today **1800 810 213**
or visit guildinsurance.com.au

Better through experience.



Insurance issued by Guild Insurance Limited ABN 55 004 538 863, AFS Licence No. 233791 and subject to terms, conditions and exclusions. Guild Insurance supports the Chiropractors' Association of Australia's ongoing projects, lobbying and research through the payment of referral fees. Please refer to the policy wording and policy schedule for details. For more information call **1800 810 213**. GLD3895 Chiro Ad 07/2017.

Date	Location	Event Name	Event Provider	Contact Details	FLA
NOVEMBER 2017					
3-5	Auckland	Inspiral Kids-Dynamic Development Module 1	Inspiral Resources	inspiralresources.com	15
5	Melbourne	Multidisciplinary Management of Sports Concussion	CAA	chiropractors.asn.au	8
10-12	Brisbane	Basic & NEXT	NET Australia	netaustralia.net.au	N/A
11-12	Sydney	Denneroll & ScoliRoll Hands On Training	Scolicare	scolicare.com.au/seminars	12.5
11-12	Perth	NOT Module 4 - Advanced Cranials & Extremities	NOT Australasia	notaustrolasia.org	12.5
15	Perth	CAA WA AGM	CAA WA	caawa.com.au	N/A
18-19	Sydney	SOTO Annual Convention	SOTO Australasia	soto.net.au/events	TBC
24-26	Auckland	Inspiral Kids-Dynamic Development Module 2	Inspiral Resources	inspiralresources.com	15
25	Sydney	CAA NSW AGM	CAA NSW	chiropractorsnsw.asn.au	N/A
25-26	Melbourne	Denneroll & ScoliRoll Hands On Training	Scolicare	scolicare.com.au/seminars	12.5
29	Webinar	Food as Medicine	CAA/NASCIG	chiropractors.asn.au/webinar	1
DECEMBER 2017					
6	Webinar	Dr Christian Barton - Man. running related patellofemoral pain	CAA/SCA	chiropractors.asn.au/webinar	1
7	Webinar	Headache Management: are you up to date?	CAA/CCNA	chiropractors.asn.au/webinar	1
FEBRUARY 2018					
24	Sydney	Unravelling Tongue Tie	SOTO Australasia	soto.net.au/events	5
APRIL 2018					
20-22	Gold Coast	Sports Chiropractic Symposium 2018	CAA/SCA/FICS	chiropractors.asn.au/symposium	TBC

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