

New World-Class Chiropractic Teaching Facilities opened at Macquarie!



The Department of Chiropractic now has state-of-the-art facilities to enable teaching of chiropractic technique, manual therapy and patient assessment. Stunning purpose built rooms for radiology, orthopaedics, rehabilitation and case management complete the space.

The new teaching laboratory space occupies the whole of the 3rd floor in Building E5A. Not only is our new facility state-of-the-art and spacious, it also has a small carbon footprint.

Key features include:

The facilities occupy an entire level stretching across 1286 square metres and include purpose built rooms for radiology, orthopaedics, rehabilitation and case management.

Enhancement to the audiovisual equipment has been made to allow for the recording and presentation of chiropractic and other procedures for presentation during practical class. Remote video playback by students is possible enhancing the learning process. Multiple camera angles and mixed media presentations are used.

Tutorial rooms are large enough to comfortably accommodate the increasing demand for enrollment in the Chiropractic program. The ecologically friendly design maximizes use of natural light and minimises energy wastage by use of computer-controlled air conditioning and lighting.

The students have been afforded a sense of pride with the look and feel of the new learning space. Additionally, the staff find it a more pleasant space in which to teach.

Radiology facilities:

The Radiographic Positioning laboratory contains actual x-ray equipment that allows the student to simulate radiographic positioning and image capture without exposing student on to ionizing radiation.

Students can play-act, simulating radiographic procedures both from the patient's perspective and also the operator's perspective on one of four different x-ray machines.

Once they have established competencies in radiographic positioning they move into the Outpatient Clinics where, under supervision, they assist in the taking of patient radiographs.

The Radiographic Learning laboratory provides an x-ray reading library with viewing stations so that students may improve their diagnostic skills and report writing.

The laboratory contains over 1200 pathological cases that allow students to develop further pattern recognition and problem solving.

The Department would like to thank the Faculty of Science and Property for making this refurbishment a priority.

View a virtual tour on the Department's website at:
http://www.youtube.com/watch?v=1o6_vqjC8c&feature=youtu.be

Better still, The Chiropractic Alumni will give you an opportunity to hone your skills in these facilities at our State-of-the-Chiropractic-Art Seminar on Saturday August 18. See inside for more details on this sought after seminar.

Upcoming Events:

State-of-the-Chiropractic-Art Seminar, tCa Alumni Celebration & Reunion Dinner	August 18
tCa Breakfast at CAA National Development Forum Hobart	October 22

The Adolescent Idiopathic Scoliosis and the importance of good Chiropractic Management!

Patients with scoliosis often seek chiropractic advice about the management of scoliosis. Scoliosis is a significant spinal condition, and chiropractors' expertise in spinal health makes us ideally placed to detect and help manage scoliosis conservatively.

But what advice should we give about scoliosis, what approaches have the best outcomes, and what is the role of the chiropractor in scoliosis management?

Adolescent idiopathic scoliosis (AIS) is the most common type of scoliosis encountered by chiropractors. Typically patients either present close to the onset of scoliosis, while they are at risk of serious progression, or they present as adults with a longstanding scoliosis. Dealing with children and adolescent scoliosis patients requires a very different understanding and approach compared to dealing with adult scoliosis patients. If we can manage scoliosis well in its early stages, we can limit the adult population who suffer from its long-term effects.

The greatest concern with children and adolescents presenting with AIS is progression of the scoliosis during growth. Ongoing progression leads to the development of bony deformity of the vertebra, ribs, and skeleton which can lead to further progression of the scoliosis throughout adolescence and during adulthood. Bony deformation in adults cannot be undone! So it is important that our advice and treatment during the growth period is focused on approaches that have shown to maximise the opportunity for stopping progression and obtaining correction.

Does chiropractic stop the progression?

It is true there are anecdotal reports, and you yourself may have even seen cases of childhood scoliosis improving whilst under chiropractic care. However, these experiences when weighed against the greater body of evidence are not enough to conclude that chiropractic treatment alone can stop the progression of AIS. In fact, multiple authors report that approximately 25% of immature patients with scoliosis curves less than 20° experience some degree of improvement or spontaneous resolution without any treatment intervention at all.

What seems to be true of many of the published case reports is that improvements with chiropractic care are the exception rather than the rule. The most comprehensive chiropractic study to date is a cohort time-series trial published in JMPT in 2001. It reported the results of forty-two patients aged 6 to 12 years with curves between 6° to 20°. These curves had potential to improve as they were small. However, the study found that chiropractic adjustments with heel lifts and postural and lifestyle counselling was not effective in reducing the severity of even these small scoliotic curves.

What techniques stop scoliosis progression?

There are a variety of chiropractic, physiotherapy, and exercise techniques that claim to improve scoliosis. Unfortunately in progressive adolescent idiopathic cases these claims are not supported by the literature. Therefore good chiropractic management of scoliosis should involve early diagnosis, accurate measurement of the curve, appropriate treatment advice, and chiropractic co-management of the case. Once the curve is accurately diagnosed and measured, there are treatments supported by evidence that can be used in combination with chiropractic care to achieve the best outcomes for the patients.

In scoliosis measuring greater than 20 degrees, where there is spinal growth remaining, it is widely accepted that these curves will most likely progress. In the past, standard hard bracing offered in hospitals achieved limited success; however developments in dynamic and asymmetrical bracing have now led to much better outcomes.

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For immature progressive curves between 20-45 degrees, dynamic bracing using a flexible elastic system has shown to be over 76% effective in stopping the curve progressing to surgery, and even achieving correction in some cases.

In larger curves, between 45-60 degrees, specialised asymmetrical hard bracing has been shown to be an effective, non-surgical treatment. Once the scoliosis has progressed beyond 60 degrees, no conservative treatment has shown to have any chance of stopping ongoing progression.

The role of chiropractic in scoliosis management

As primary health care practitioners, the importance of our role in community healthcare is not limited to just the interventions that we provide ourselves, but providing advice, education, and support for our patients. In scoliosis cases, there are 5 key areas where chiropractors can make a significant clinical impact on the outcome:

- 1) Detecting the curve early by screening young adolescents for signs of scoliosis
- 2) Identifying red flags indicative of more serious, underlying pathology
- 3) Knowing what the most effective treatment options are for the size of the curve and stage of growth to help the patient get the best treatment as early as possible
- 4) Co-managing the case and continuing to maintain good spinal health of the patient
- 5) Providing ongoing support to the patient and their family during treatment and throughout their life.



For more information about scoliosis management, education, and case review please visit www.scolicare.com.au or contact the author directly via jeb@scolicare.com.au.

Jeb McAviney was one of our lead speakers at our last Topics in Contemporary Chiropractic Scoliosis Seminar.

Masterclass in Clinical Chiropractic Seminar and Reunion Dinner 2012



How would you like the chance to refine your technique skills in world class facilities under the tutelage of Australia's best technique teachers? Imagine refreshing your neuroanatomy in the anatomy skills facility at the Australian School of Advanced Medicine using the most modern technology to study the most basic of the health disciplines: human anatomy. In addition to these two facilities, Macquarie has opened a new library that offers a fresh environment with great potential to re-shape the way libraries serve students and academics.

The library boasts a new Automated Storage and Retrieval Service (ASRS) for part of its 1.8 million items, new technologies to serve IT requirements



of modern students in a new environmentally sustainable building. The campus has changed so much and as part of its refurbishment program, Macquarie has built the C5C Forum; an innovative space which, whilst supporting more traditional approaches, enhances student engagement by developing more creative approaches to learning and teaching that incorporate small group collaborative activities in larger classes. C5C Forum is an excellent venue for discussing challenging cases in Grand Rounds. So these are some of the features of our next *Topics in Contemporary Chiropractic Seminar*. In keeping with modern teaching, the topics and objective will be participant driven and focussed.

Saturday night is alumni celebration and reunion night for Macquarie and Sydney College of Chiropractic graduates. We look forward to welcoming all our graduates over the many years. Graduates from 1977, 82, 87, 92, 97, 2002 and 07 (that is, the year you completed your final exams) will gather for special reunions along with others from various other years. All will meet and mingle with old friends, teachers and those from College and Uni. Various special celebratory proceedings will be held on the night. The venue for the Celebration Dinner will be the Stamford Grand North Ryde. Make this a date not to miss.

For further details go to: <http://chiro.mq.edu.au/Alumni> or phone Anthony O'Reilly on 02 9631 8944

Department of Chiropractic Report Dr. Sharyn Eaton

The Department continually changes and evolves while maintaining an alignment between University and our own initiatives. The overarching direction of the University continues to change significantly. This led to a review of the undergraduate, and more recently the postgraduate or Masters curriculum. The implementation of the new undergraduate curriculum is running smoothly and from next year, the recently revised postgraduate curriculum will be implemented.

The University will commence a physiotherapy program with the first intake occurring this year. The Chiropractic Department has had several of meetings with the Head of Physiotherapy at Macquarie University, Catherine Dean. At this stage the enrolment numbers for Physiotherapy are not expected to be higher than 60 (in total). Since it is a 3 year extended Masters program, there is no ATAR for entry into physiotherapy. Students must complete a specified 'feeder' Bachelors program to be considered for enrolment. At this stage this new program has had little impact on our Department. Collaboration, particularly in research, is improving with the Australian School of Advanced Medicine (ASAM). The Department needs a strong research profile and must undertake strong marketing and communication strategies to address misperceptions that surround our discipline.

Despite the high activity from the Skeptics and the "Friends of Science" over the past 12 months, enrolments are consistent with the total number of students enrolled into 1st year over the last 4 years. This



year saw the commencement of the new graduate diploma which replaced the Postgraduate Masters qualifying program. Consistent with previous years, this program is popular with mature aged students who have completed a science related

degree elsewhere.

Our most recent and exciting news for our Department is the refurbishment of new teaching spaces and audiovisual equipment. The new premises for the technique and radiology is 'state of the art' and is recognised as one of the best facilities for teaching Chiropractic in the world. This new area includes 3 large technique rooms including one specialist room for techniques using a drop piece. There is also an area for rehabilitation and Gonstead as well as a new laboratory for radiological classes.

The Department underwent an internal University review last year. The report from this internal review was mostly favourable for this Department. One recommendation from the internal review is that the University should support a level E or a Professorial Researcher for the Department. Other strategies have been implemented such as the development of research groups within the Department. In addition to this it is vital that in the future, not only do we recruit good teachers and clinicians, we must also recruit people with a strong research track record and be considered 'research active'.

There were many challenges in 2011/12, and with challenges come opportunities. Realising and capitalising on opportunities is our main objective. Our Vision is that the Department of Chiropractic will be the pre-eminent institution for chiropractic in the world. The big picture, and the framework within which we work, provides a direction for our day-to-day activities.

I would like to thank to the dedication, hard work and commitment of all the staff within the Department as well as the support from the Advisory Board and the Alumni. I strongly believe that the future of our Department greatly benefits from strong relationships with these organisations.



tCa Membership Application....

- \$150 Two year subscription
- \$295 Five year subscription

Payment Details:

Post to PO Box 1516
Macquarie Centre NSW 2113
Fax to 02 9631 2984

Name: _____

Cheque payment to: The Chiropractic Alumni

Address: _____

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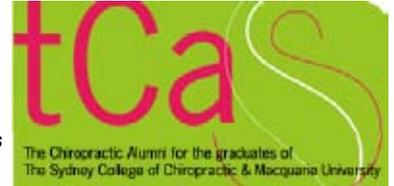
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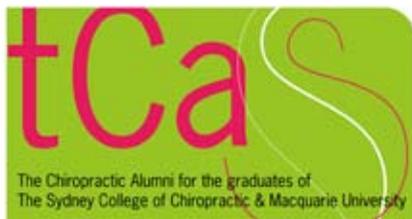
The goal of The Chiropractic Alumni is to provide continuity and a sense of pride amongst the graduates of the Sydney College of Chiropractic and Macquarie University.

The tCa will contribute to the student life, host continuing education seminars and fundraising activities in an effort to bring chiropractors together in a fun, worthwhile environment.

The continuing education of tCa members, professional support to new graduates and mentoring systems are a great focus of tCa.



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Addressee: