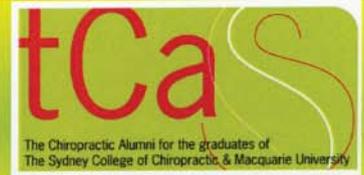


CHIRO Big



Volume 3 - Issue 2 - July 2010

20 Years of Chiropractic Masters at Macquarie Celebration August 14

2010 is an especially exciting year for the Chiropractic profession as the 20th anniversary of the first graduates from Macquarie University with Masters degrees in Chiropractic. The graduation in 1990 was an international first and set a new benchmark for chiropractic education.

20 years and nearly 1500 graduates later, The Chiropractic Alumni is organising a grand celebration of these momentous achievements on Saturday August 14. Two events are being held: a Topics in Contemporary Chiropractic Seminar with Research as the theme, and in the evening a gala dinner.

The Celebration Dinner will feature the reunion of the inaugural Masters of Chiropractic Class of 1990, unveiling of a Student of the Year Honour Board plus unveiling of a Long-Service to Chiropractic Education Honour Board and other special events on the night. Other Reunions will be held for the Classes of 1965, 70, ...85, 952000 and 2005.

Complete details on both events is inside.

Anthony O'Reilly
President

1990



Department of Chiropractic Report Dr. Sharyn Eaton

Since the arrival of the Vice Chancellor Stephen Schwartz, there have been significant changes to the overarching direction of the University that have required a new infrastructure within the Department. The Department conducts a strategic planning retreat every 2 years in order to review and up-date the plan. I believe this has been one of the most important events for the Dept. as it provides a forum for staff discussion and communication. During the retreat, we align our strategic plan to the Macquarie@50 plan. Another objective of the retreat is to re-inforce a clear vision and mission for the Department so that we are all working for the same objectives.

The Department undertook a review of the undergraduate curriculum to develop further strategies to improve horizontal and vertical integration. A new integrative model for the Bachelor of Chiropractic Science has been developed and approved. Our next undertaking is to review the postgraduate curriculum which will include addressing long standing issues such as student workload and content overlap. The Department continues to have a large student intake. While this is a positive sign it certainly provides a challenge to our available resources. At the time of the merger of Sydney College to Macquarie University in 1990 we started with around 60 students. Today we have 685 students, 440 in the BChiroSc, and 245 in the MChiropr. The success of our program has been the result of a strong and coherent undergraduate and postgraduate curriculum in addition to hardworking and committed academic and sessional staff. The Department welcomes our new employee Michael Lee. Michael graduated from Macquarie University in 2001, he is a registered chiropractor and physiotherapist with a Ph.D from UNSW. His experience in researching and teaching neurology/neurophysiology will no doubt be of great benefit.

The CCEA has recommended that the Department receive a 2 and potentially 3 year accreditation. Areas that were addressed as a result of this inspection include the purchasing of new X-ray and electrophysical therapy equipment. Space has been a long standing issue, hence we have been allocated new, teaching space for our technique and radiological subjects which far surpasses our current space.

One of the Department's primary areas of focus is the area of research. We currently have 8 staff members with Ph.Ds, 3 with a Masters and 3 currently enrolled in Ph.D's. We have 17 students undertaking higher degrees by research -12 Ph.D's and 5 MPhil. Strategies are continually being implemented to further accelerate our productivity and impact in research. The Advisory Board has been proactive in assisting the Department achieve its objectives in research including working with the University to create fundraising initiatives for a Research Chair. In addition to this, the Advisory Board have been instrumental in organising research workshops and seminars for staff within the Department.

The Department of Chiropractic is moving forward thanks to the dedication, hard work and commitment of the all staff within the Department. There were many challenges in 2010, but with challenges come opportunities. Realising and capitalising on opportunities are our main objectives. Before long, our hope is that it will be realised that our Department of Chiropractic will be the pre-eminent institution for chiropractic in the world.

2010



Chiropractic Leaders salute the Macquarie Class of 2009!

The 9th of April 2010 marked the graduation of the class of 2009 and the final stage of their entry into the Chiropractic profession. The leaders of the Australian Chiropractic profession gathered in Sydney to welcome the 112 new chiropractors to the profession while 94 were admitted to the degree of Bachelor of Chiropractic Science. A/Prof Philip Bolton delivered an inspiring keynote address on campus. Family, friends and loved ones joined Chiropractic faculty members in congratulating graduates while Natalie Newman represented the graduating class in giving thanks to faculty members, family and friends their knowledge, encouragement and support over the years.

The celebrations continued that evening at Dockside in Darling Harbour thanks to The Chiroprac-



Highlights of this gala evening included presentation of the Academic awards. The Chiropractic Alumni Award recipient was Daniel Strengelsrud as voted by his peers as their choice of Student of the Year. The CAA National Award for Student of the Year plus the NSW CAA X-Ray Excellence Award and The NSW Chiropractors' Registration Board Post-graduate Award were all won by Danny Diab. Other awards presented on the gala night were: CAA NSW Academic Excellence Award First Year Masters to

Ryan Coster; The CAA Qld Ellie Fernie Award to Alice Nguyen; The COCA Award for proficiency in Preclinical Studies was won by Dorothy Brodie; The Chiropractic Education Aust. Award for Clinic Internship was presented to Natalie Newman; The Australian Spinal Research Foundation Prize was won by Lucy Raymont,



Dr. Gary Stavrou & Harry Davis



Dr. Ed Devereaux & Nicholas Miller



Dr. Dennis Richards & Alice Nguyen

tic Alumni and the Sydney College of Chiropractic. The intimate venue was host to a wonderful turnout of students, family and staff all dressed to impress. The class of 2009 proudly swore the Chiropractic Oath and were inspired to excel by CAAN President Dr. Simon Floreani and Head of Chiropractic at Macquarie, Dr. Sharyn Eaton. A common theme throughout the night was placing patient's needs above all others. Students were also encouraged to further their education and pursue the highest standards while opposing complacency in the workplace.

The Gary Stavrou Award for Adjustive Skills was won by Harry Davis; The Ed Devereaux Award for contributions to the Student Body was won by Nicholas Miller.

Master of Ceremonies Mr. Stephen Esposito was warmly received and conducted an enjoyable evening. The goal of the Chiropractic Alumni is to provide continuity and a sense of pride to graduates of the Sydney College of Chiropractic and Macquarie University. We welcome the Class of 2009 as colleagues and wish them every success in their careers as chiropractors.

Upcoming Events:

20 Years Masters Research Seminar, AGM & 20 Years Masters Celebration Dinner	August 14
Class of 2010 Yearbook Photoshoot	September 7
tCa Breakfast at CAA NSW AGM Hunter Valley	September 12
tCa Breakfast at CAA National Conference Cairns	October 16

20 Years of Chiropractic Masters at Macquarie Celebration August 14

Celebrate the current, contemporary topics in chiropractic research which is generated from Macquarie University. Whilst embracing progression and overcoming challenges, our profession continues to produce high quality evidence based practice. The Chiropractic Alumni invites YOU to be a part of that growth at our annual research seminar and celebration dinner on Saturday 14th August at the Stamford Grand, North Ryde, Sydney.

Enjoy listening to wonderful presenters, so you can get the “here and now” of research developments. Our line up of local talent:

- **Associate Professor Rod Bonello** — one of our most experienced researchers, who will discuss 20 years of research at Macquarie University.
- **Dr. Michael Lee** — a chiropractor & physiotherapist with a PhD in neuroscience. Dr. Lee is particularly interested in the patho-physiology of chronic pain and its effects on the control of movements. He will provide a general overview of novel research being used in clinical neuroscience research. In particular, Dr. Lee will discuss use of electromyography (EMG), electrical nerve stimulation, transcranial magnetic stimulation (TMS), microneurography as well as functional imaging techniques such fMRI, magnetoencephalography (MEG) and electroencephalography (EEG). Dr. Lee will highlight the applicability of these neurophysiological techniques in chiropractic research. Do not miss this informative and inspirational session.
- **Dr. Roger Engel** — is currently involved in research in the field of chronic respiratory care. His research explores the effects of spinal manipulation on lung function in chronic obstructive pulmonary disease (COPD). In 2008, he conducted the first clinical trial of chiropractic treatment in a NSW public hospital.
- **Dr. Aron Downie** — is one of the popular teachers of chiropractic technique at Macquarie. He will highlight his current research on designing and manufacturing a device that records the HVLA cervical adjustment. The ability to directly measure spinal thrust will bring us to a new understanding of what we do.
- **Dr. Katie DeLuca** — has been involved in award winning collaborative research into chiropractic management of the lower limb kinetic chain for the treatment of hip osteoarthritis. Katie is an inspiring researcher who will show how bright our future is.



Introducing the highly acclaimed and internationally recognised **Dr Heidi Havvik-Taylor** who is flying in specially from New Zealand. Our keynote speaker will explain her research of the neuromodulatory effects of the spinal adjustment. Her research supports the case that vertebral subluxation represents a state of altered afferent input which is responsible for ongoing maladaptive central plastic changes that over time can lead to dysfunction, pain and other symptoms. Don't miss the best opportunity in Australasia to hear Heidi speak!!

Finally, two more opportunities to tackle the research conundrum that faces most practitioners. Macquarie University Library will provide a 'Monday-morning useful' session to access and utilise key academic databases with simplicity and confidence. Find out how alumni membership can open doors to scientific databases!

The last part of the day will be an open panel forum of our presenters. This will be your opportunity to quiz the scientists on clinical challenges or the hypothetical you've been wondering about. This session will open the door and pack some surprises for all.

20 years of Chiropractic at Macquarie Saturday 14 August 2010

Don't miss the 20 Years of Chiropractic Masters at Macquarie Celebration and Reunion night!

The Celebration Dinner will feature the reunion of the inaugural Masters of Chiropractic Class of 1990, unveiling of a Student of the Year Honour Board plus unveiling of a Long-Service to Chiropractic Education Honour Board and other special events on the night. Other Reunions will be held for the Classes of 1965, 70, 75, 80, 85, 95, 2000 and 2005.

Seminar Registration 8 am, First speaker 8.30. tCa AGM 3 pm. SCC Governors Meeting 3.45 pm. Celebration & Reunion Dinner 7 pm.

Technique Tips

Andrew Stevenson Class of 1994
Final Year Lecturer in Gonstead Technique
President Gonstead Chiropractic Society (Aust)

Chiropractic is a Philosophy, Science and Art. This article deals with the ART of your application of your Chiropractic Philosophy employing whatever science that you use. As students we learn the mechanics and the set ups step by step and break them down into their minute parts in a very academic and reductionist approach. This is the learning process that we all must go through. As we enter into clinic as interns and then practice as Chiropractors this Art of Chiropractic must develop into a fluid and seamless connection with the patient to become “one with the bone” and deliver the adjustment.

I recall as a student being told by an old timer to ‘let go and let your Innate do the adjustment’. I had no idea what he meant and dismissed the comment. I now understand what it is that he was attempting to tell me. The adjustment comes from within, from Above, Down, Inside, Out. Just as an artist doing a painting puts the paint on in a seemingly haphazard way to then ultimately reveal the final image. The Chiropractor must develop their Art in adjusting, so that it comes from within.

Many of you have played or do play a sport or play a musical instrument. In this endeavour you have had a coach or a teacher to guide you in developing your skill and you practise to improve whatever skill you are attempting to achieve. How many of you have continued to work with a coach or colleague to have your technique critiqued and improved? For many passing that final OSCE practical exam is the end of our skills assessment. Yes, once you enter practice you get better at adjusting. But with time, bad habits can begin to creep in and your technique can become sloppy and non-specific. If you are not constantly working on developing and improving your adjustments/ technique, I believe you are selling yourself short as a professional.

With this new age of technology, we all have at our disposal a fantastic tool for developing your skills, the mobile phone video. Have a colleague, CA or even a patient take some video of you adjusting. Play it back and see if you are actually doing what you think you are doing. Are your contacts specific, your setup localised and your line of drive accurate? Is your thrust fast enough? Is your amplitude just right? Is there a recoil or is the thrust sustained? Do you like what you see and more significantly; would you like an adjustment from yourself? Show your video to a trusted colleague to give you feedback and help you to reach your full potential as an adjuster and Chiropractor to better serve your patients.

Dr. Gonstead used to say that when Chiropractic does not seem to work, question your application of the principle but do not question the principle itself. How is your application of the Chiropractic principles?

Graduate News from Arthur Wright Our very first Graduate! Class of 1964



tCa: We know you are now retired, but tell us a little about your former practice...

Arthur: Following my graduation I bought a small chiropractic practice in Wollongong. Eventually I had to move to larger premises designed by myself with a large waiting room, three treatment rooms, X-ray, kitchen/dispensary/darkroom, and toilets. I enjoyed my practice and patients and didn't notice the pressure of work, but I collapsed twice without warning and was advised by my friendly physician to “either get an assistant or move!” I guess when you start at 8 am, work to 8 pm with a 10 minute break for lunch, it is asking for trouble.

We moved to Coffs Harbour and didn't work for 4 months. Then people would ring asking if I was “the Chiropractor from Wollongong?” Former patients were advising local folk to contact me and eventually we established a practice.

About 1979 I was asked by my dear friend and colleague Leonie McMahon, the chiropractic Public Relations guru, if I would go to Sydney to treat “The Stars of World Ballet” who were to perform at the Opera House and Regent Theatre. I had good success with this venture and was written up in the Daily Telegraph. As a result my practice took off and I was forced to move into a shopping complex which opened at 8am and closed at 6pm.

I retired in 1998 when I turned 65 as I had broken the base of my left thumb some years before and the injury caused arthritis for some time causing pain when thrusting. After resting and treatment by manipulation, ultrasound and homeopathic remedies, it improved.

Patients I had helped previously often rang our home seeking treatment. Some were from Brisbane, Coffs Harbour and even Wollongong. These kept me from losing touch with my professional skills and I kept my registration current until this year. I am now in my 78th year.

Do I miss Chiropractic practice? Most definitely.

tCa: What were the main techniques you utilized, and did you have any particular interests within the practice?

Arthur: The first manipulative techniques I used were mainly based on the manipulative techniques used by Dr Alfred Kaufmann. Further study included the “Manual of Osteopathic Technique” and the “Manual of Osteopathic Practice” by Alan Stoddart and “Chiropractic Principles and Technique” by Drs. Janse, Houser & Wells. However, I developed a number of useful variants which I have demonstrated in seminars given to the profession over 50 years. My specialty was a technique known as “Connective Tissue Manipulation” which is based on the ability to diagnose and treat aberrations of the fascia by relatively gentle thrusts. I learned this technique from the late Mr Ned Thomson of Mayfield, Newcastle, NSW. I named it “The Thomson Technique of Connective Tissue Manipulation” in his honour.

tCa: What were some of the significant points you learned when you owned and operated your own clinic?

Arthur: a) Develop the ability to “feel” your patients pain. This is easier if you have suffered that particular pain yourself at some time. As I suffered migraine from age 11 to 19, I treated migraine sufferers with urgency. I had also experienced disc problems in thoracic and lumbar segments, so this gave me an empathy with those patients also. This ability saves you from many “cruel” diagnostic methods often used to determine the problem by unsympathetic practitioners.

b) Spend time to listen carefully to the patient's history. This is time spent and can save time and a wrong diagnosis. Some injuries cause pain immediately; disc problems may be the result of an injury a day or two before; some date back many years; etc. A patient's description of the action/injury usually leads to the site of the lesion and gives a clue to the corrective measure.

tCa Membership Application....

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

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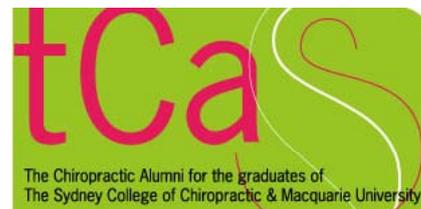
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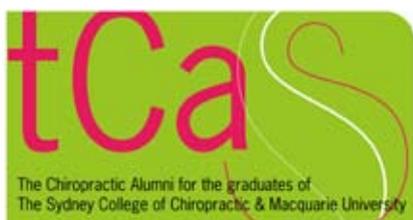
The goal of The Chiropractic Alumni is to provide continuity and a sense of pride amongst the graduates of the Sydney College of Chiropractic and Macquarie University.

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: