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Canadian Chiropractic Research Foundation

We are touching the lives of millions of Canadians when we support the chiropractors of excellence who are pushing the frontiers of chiropractic knowledge! Support our researchers by becoming a member in the CCRF.

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Delta, British Columbia

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Dr. Allan Gotlib DC
Assistant Secretary
Toronto, Ontario

Dr. Dave Leprich DC
Chair, Membership Campaign
St. Catharines, Ontario

CCRF President’s Message - Our research reality

Time to invest in research

Chiropractic research in Canada is blossoming. Our research capacity continues to grow and the diversity of research being conducted is expanding. The CCRF continues to envision the establishment of Chiropractic Research Chairs in every province and, as you can see, we are fast approaching our goal.

Our researchers no longer work in isolation; rather they are firmly entrenched at major universities in a highly co-operative, collaborative and inter-disciplinary setting. In addition, they are mentoring and training the next generation of Chiropractic researchers. These researchers, and the research they are producing, have garnered national and international recognition. In time their efforts will result in better health care for all Canadians and an enhanced credibility for the profession. The potential to be involved, in a meaningful way, in future health policy development is very real.

As you have read in Dr. Mangoni’s remarks (Bulletin #13), a number of provincial associations have enrolled their membership in the CCRF. This has been done in support of either a Professorship or Chiropractic Research Chair in their jurisdiction that is already established, or that is in negotiation. The most recent example of this is the recent commitment made by the Chiropractic Association of Saskatchewan. They voted to set aside $55,000 per year, for the next five years, towards the establishment of a Research Chair in Saskatchewan. This will provide $275,000. Presently they have $50,000 in a CCRF restricted fund and so they will have committed $325,000. The cost of a Research Chair is approximately $500,000; this then leaves a short fall of $175,000. It is the task of the CCRF to find the necessary funding to fill this funding gap.

Our dilemma is, despite the recent addition of all the members from British Columbia, Manitoba, New Brunswick and Nova Scotia; the funds obtained from these new members are restricted for specific purposes, and cannot be used elsewhere. We continue to look for outside sources of funding, be it provincial or federal programs, or from the corporate sector. We have recently developed new strategies and action steps in conjunction with the CCA Research Committee to address our funding issues. This process will take time; in the meantime we want to appeal to you to join the CCRF as an individual member.

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every Chiropractor in Canada joined the CCRF, at $125.00 per year, we would have over $700,000 at our disposal on an annual basis. This would not only solve our funding shortfall, it would put us in a position to fund other original research projects of merit. Think of the potential!

To those of you who are already members you have my sincere appreciation and thanks. I hope that you will encourage your fellow colleagues to join us, as we move forward towards enhanced credibility and helping Canadians live healthier lives by:

- Informing the public about the benefits of Chiropractic care.
- Promoting the integration of Chiropractic into the health care system.
- Facilitating Chiropractic Research.

This profession has always stepped up to the plate in time of need, to ensure its survival. This is one of those times; we need your support. Research really lies at the foundation of both the CCA’s and CCRF’s vision. Let’s bring that vision to reality.

**CCRF Provincial Representatives**

Each of the Foundation’s Provincial Representatives is a dedicated and highly committed trailblazer.

You can be an important part of our goals and mission by becoming a CCRF member, or by fundraising activities or getting your patient’s involved in the Foundation. Contact your representative and be a part of the profession’s future.

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**CCA Research Committee members for 2008**

With the start of a new year, the CCA Research Committee is preparing to face the many challenges ahead. I am fortunate to be working with very dedicated and experienced committee members such as Dr. Vince Adams (PEI), Dr. Debbie Brake-Patten (NF), Dr. Richard Giguère (QC) and Dr. John Corrigan (SK).

Important initiatives for 2008 include attempting to establish Chiropractic Research Chairs in both Atlantic Canada (Dalhousie) and Saskatchew an. There has been tremendous support for these projects both through increased CCRF membership and financially through the various Chiropractic Associations involved. At this time, there are still some barriers to overcome before these projects are complete. I, however, am confident that the committee will work hard to ensure a positive outcome.

In 2008, the CCA Research Committee will also attempt to promote our current chiropractic researchers and their work both nationally and internationally. These individuals are a true asset to our profession and the success of our research program serves as a template for similar programs around the world.

The Committee will also work towards establishing a viable system in which our Researchers may network with each other and share valuable information, greatly aiding in the advancement of Chiropractic Research in Canada.

As always, the members of the CCA Research Committee welcome your input. We invite you to contact us at anytime. We look forward to another successful year in 2008.

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**Why is research important?**

Even though we have been an active profession since 1895, research into chiropractic remains in its infancy. Imagine being able to understand the exact physiological and neurological mechanisms that are facilitated with every adjustment. How would that impact your certainty, your ability to communicate the necessity of care to your patients and potential patients?  

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How would that serve to silence our detractors who continue to say that chiropractic is ineffective, a fad, a cult, a system without substance? After 25 years of clinical practice, adjusting patients of all ages and seeing miracles happen right before my eyes, I am still unable to answer many questions that are asked of me. I know with certainty that chiropractic works, we get fabulous results and help countless people live healthier more complete lives. I could choose to give you examples of some of these people, only to be told that my stories are anecdotal at best.

If you could explain exactly why what you do works, and why patients not only experience relief from chiropractic, but why they heal and are able to return to a normal fully functioning lifestyle, there would be no need to sell chiropractic. For years I worked at convincing people of the value of chiropractic care, and succeeded often because of my conviction and passion. When research proves what my patients and yours have experienced is valuable and why it is so, people will be flocking to chiropractic doors all over the world. This is what research can offer you the DC, the future of chiropractic and the future health of our world. Anecdotal information and miracle success stories are no longer adequate when describing the success of chiropractic. The public expects more of us and deserves more. We are a sick nation and chiropractic has the answers to much of what ails us. Please accept our invitation to become more supportive of chiropractic research. Every research dollar gets us closer to the dream of proving the ultimate value of chiropractic care so more people get the opportunity to experience its effectiveness for overall health and well-being. Choose to invest at least one visit per week into research. You will be glad you did.

These would be dollars spent that would truly make a positive difference to our profession.

I have been able to benefit from chiropractic care as a patient, usually with immediate relief from symptoms. Unlike most patients, however, I am also an employee of the profession which allows me a unique insight into its principals and operations. Over the years I have been exceptionally impressed by the conviction practitioners have for their calling as well as the strides chiropractic has made relative to its resources, both human and financial. Research is the key to breaking down institutional barriers and removing artificial restrictions unfairly and inappropriately placed on chiropractic patients. We need and must move our health care system in Canada towards wellness and prevention. Chiropractic is best placed at this vanguard of change. Research, whether of a pure nature at universities or applied such as clinical practice guidelines, moves all of us, practitioners and patients alike, towards a future characterized by improved levels of health and understanding. In light of this goal, I am honoured to support chiropractic research in Canada.

Two Presidential Views

We recently had the privilege of celebrating 100 years of chiropractic in Saskatchewan. At the celebration our key note speaker, Dr. Scott Haldeman entertained and enlightened us on the rich history of chiropractic research in Saskatchewan. This reminded me of the pride I felt as a chiropractic student while in Portland, Oregon hearing of the ground breaking research coming out of Saskatchewan. Few of my fellow students could point on a map where I was from but certainly knew of the studies that were coming out of the University of Saskatchewan. This research opened doors for our profession and gave us as field practitioners, opportunities that we often take for granted. I, like many of our profession, often take this for granted and forget that much of our credibility and positive perception comes from research. In the future as health care dollars become more squeezed, only the professions that have strong supportive research will be able to vie for these limited resources. In a world where information is at our fingertips, our patients are also making more informed decisions regarding their health care providers. I believe research will be the key to sustaining our profession. Research will continue to give us the foundation for improved care, improved patient education and improved financial stability. We can no longer be satisfied with supporting our patients who are ailing and still trying to convince the world of chiropractic. We must move into the future, the future of chiropractic and the future of our profession. We must be convinced of the value of research and the need to invest dollars and time into research.

Two New CCRF Gold Members

The last number of years has seen the CCA concentrate on pursuing credibility for the profession. Clearly our profession does not enjoy the level of cultural authority as does the legal and medical communities for example. Fair or not, we are still paying our professional maturation dues and our best currency to date has been development of a research culture within our profession. This will pay huge dividends over the coming years in terms of validating both our clinical and educational claims. There are many causes worthy of contribution both professionally and in the broader community but every single chiropractor in Canada should be a member of the CCRF.
health and wellness. When patients ask questions of us, we can no longer tell them that chiropractic just works and to trust us, we must be able to back up with research why we do what we do. In our maturation as a profession, it is no longer good enough just to use research; now we must be supporters as well.

My first encounter with chiropractic research occurred when Dr. Ron Gitleman ‘volunteered’ my services to co-edit CMCC’s Chiropractic Research Archives Collection in the late 1970’s. Most of what was referenced as chiropractic evidence we readily adopted from the scientific literature. Anything that even obliquely related to chiropractic in terms of spinal biomechanics, the neurosciences surrounding pain modulation, somato-visceral effects, double crush phenomena, etc. was absorbed into the chiropractic lexicon of the time. That was our best scientific support and it opened many doors for the profession in Canada and abroad.

Today, many of the most frequently cited articles in the respected peer reviewed scientific journals have chiropractors as first or contributing authors. Our chiropractic researchers are now conducting the kind of original research that has long been requested. However, this has been a very difficult undertaking. There are still too few doctors of chiropractic who hold PhD’s. Further, all such chiropractic researchers have made significant personal sacrifice and faced financial hardship. The reality is that there continues to be too little funding available to secure ongoing facilities, salaries and university positions for our chiropractic researchers.

The Ontario Chiropractic Association with the support of its membership has helped to fund chiropractic university chairs for Dr. Greg Kawchuk and Dr. Mark Erwin. Health services delivery research funding supports Dr. Silvano Minor’s musculoskeletal primary care collaboration study and Dr. Deborah Kopansky-Giles’ integrated care project at St. Michael’s Hospital.

The Ontario Chiropractic Association believes that support for research will result in wider understanding and adoption of chiropractic within Ontario.

CCRF Membership Drive Update

CCRF Membership Campaign
Several months ago, I was asked to assist the CCRF. Specifically, I was asked to help increase the level of participation in chiropractic research by the profession at large through increased membership in the CCRF. While gathering information to help direct this project, two things became abundantly clear. On the negative side, to quote baseball luminary, Yogi Berra, Canadian chiropractors have “staid away in droves”. Of more than 6,000 DC’s in Canada, fewer than 65, or slightly more than 1%, were CCRF members. It wasn’t initially clear if this dismal statistic was the result of seemingly insurmountable apathy about research amongst my colleagues, or a simple lack of awareness about the CCRF and the incredible work being done. On the positive side, the hard work and commitment of a few dedicated chiropractors has blossomed into a comprehensive research program now involving dozens of highly skilled and qualified chiropractors. The information included in the previous bulletin provides highlights of our current research program and showcases some of the talented people who have made this program the great success that it is.

At the forefront of our program, we have established five university based research chairs, with more in development at this time. Having chiropractors installed in these positions has an immeasurable positive effect on the profession. These chiropractors are in a position to design research projects directly related to their areas of expertise and then call upon the resources of the university hosting their position to complete the research. The end result is information that will support much of what we are doing clinically as chiropractors and will help point to new directions for the profession. A more immediate benefit is the huge boost in credibility the profession receives. The more fiercely independent members of our profession will downplay the importance of this enhanced credibility and maintain that as a standalone profession, we don’t need approval from anyone. However, most members realize that continued isolation will limit our potential to advance chiropractic. The visibility of the research chairs and the quality of the work being done are among the most positive forces acting to ensure that more Canadians have access to the benefits of chiropractic. The research chairs, however, are only the spearhead of our research program.

The previous bulletin provided details of a whiplash trial valued at more than $2 million. In 2007 more than 100 papers have been submitted for review or have already been...
In addition to those who are serving as research chairs, there are many others involved at various stages within the program. In addition to our two new PhD’s, Drs. Quon and Wynd, we have four PhD candidates. Drs. Burnie and Stubber have been awarded their Master’s degrees and we have an additional nine Masters candidates. Each of these doctors of chiropractic are actively involved in high level research. Each chose early on to pursue research either as an exclusive full time career or in conjunction with clinical practice. Knowing that our future researchers will likewise be derived from within the profession, it is entirely possible that many of you may decide to investigate this for your own careers. While I would applaud and encourage anyone who has the talent and dedication to do this, there is a way each of us can contribute directly to the program today.

One of the declared goals of the CCRF is to establish a university based Chiropractic Research Chair in every province. As the cost of creating and supporting each Chair or Professorship is $500,000.00, this is a huge undertaking. That makes our current position seem even more remarkable. We are halfway there! The best way we as a profession can help is to see this goal met is to become CCRF members. One of the declared goals of the CCRF membership campaign is to have all of Canada’s 6,000 chiropractors become CCRF members. I suppose the good news is that since we were a mighty 65 strong when this program commenced, there was nowhere to go but up. The program and the reasons you should consider participation have been outlined in a pamphlet sent to each CCA member, an article in the JCCA and an article in the current issue of Canadian Chiropractor. In addition, the need for support from the profession and the potential return for chiropractic and our patients have been publicized in CCRF research bulletins and at provincial and national meetings. The results to date have been rather dramatic.

In a nutshell, we have gone from 65 CCRF members to more than 1,200. While credit for this tremendous start to our campaign can be shared amongst all involved in performing and directing the research as well as those who have helped to create and promote the culture of chiropractic research, something interesting is happening. It seems the provincial associations have taken the task to heart and are signing up their members en masse:

New Brunswick joins CCRF

In September, every chiropractor in New Brunswick became an active voting member of the Canadian Chiropractic Research Foundation. The CCRF gained 56 new members, including the new Executive Director for the New Brunswick Chiropractors’ Association. The entire Board of the NBCA is to be commended for their exemplary leadership. Special acknowledgement goes to Dr. Norm Skjonsberg (President NBCA) and Dr. Rob Allaby (CCRF President) for tremendous effort in making this a reality.

Congratulations to New Brunswick and Atlantic Canada!

Nova Scotia joins CCRF

At the Annual General Meeting of the Nova Scotia College of Chiropractors in October, every chiropractor in Nova Scotia became an active voting member in the CCRF and we added 104 new members. The entire Executive of the NSCC has demonstrated tremendous leadership on this issue. Special acknowledgement goes to Dr. Patrick Milroy (CCRF Provincial Representative), Dr. Jason Plotsky (then President NSCC Council), Dr. Ian Culbert (then Vice-President NSCC Council), Dr. Laurel Cowie (Chair NSCC Board), Dr. Rob Allaby (Chair, CCRF), Dr. Frank Mangoni (Chair, CCA Research Committee) and Mr. John Sutherland (Executive Director, NSCC).

Congratulations to Nova Scotia and Atlantic Canada!

Manitoba joins CCRF

Our next CCRF Professorship is set to be announced at the University of Manitoba in Winnipeg. Understanding the value of this position, as of January 1, 2008 every chiropractor in Manitoba became an active voting member of the CCRF. Manitoba’s 240 chiropractors have invested in this CCRF Professorship and the University of Manitoba by partnering with the government (Manitoba Health). The entire MCA Board and in particular, Dr. Greg Stewart, Dr. Rob Palaschuk, Ms Pam Wylie, Dr. Martin Gurvey, Dr. Sony Canteenwala, Dr. Darell Minuk, Dr. Ernie Miron, and Dr. John Toth are acknowledged for their leadership and efforts.

Congratulations Manitoba!

British Columbia joins CCRF

In November, 872 British Columbia chiropractors became active members of the CCRF. Their membership supports the “CCRF Professorship in Spine Biomechanics and Hu-

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man Neurophysiology” housed in the School of Human Kinetics at the University of British Columbia. The members of the BCCC and BCCA Boards and on their behalf at that date Dr. Brad Dickson, Dr. Doug Alderson, Dr. Jim Cooper, Dr. Blake Cameron and Drs. Allan Gotlib and Don Nixdorf, are to be commended for their extraordinary determination and exemplary leadership. Congratulations British Columbia!

British Columbia, Manitoba, New Brunswick and Nova Scotia have taken the position that a strong research program is vital to secure the future of the profession. For those of us who reside in other regions, the decision to do this is no less important. I would like to acknowledge two individuals who have made this decision in a very big way.

**Dr. Richard Gehrke DC**

At the outset of our membership campaign, we received a very pleasant surprise. Dr. Richard Gehrke, CCA President, of Rocky Mountain House, Alberta, called to inquire about making a contribution. Understanding the value of research for his patients and for the profession, he was interested in providing a level of support beyond the customary $125 CCRF membership. Dr. Gehrke demonstrated his level of commitment by pledging to contribute a significant monthly donation for 5 years. Congratulations to Dr. Gehrke!

**Dr. Gilles Lamarche DC**

All who have met and or worked with Dr. Lamarche, and I include myself in that number, know that he is a passionate and tireless advocate for the profession. He also understands that telling the story about the incredible positive impact we as chiropractors can have on the lives of Canadians is no longer enough. As the profession grows and matures, we need to move beyond anecdotal reports of our success stories. Dr. Lamarche knows that research driven by chiropractors integrated within the university system is already bearing fruit in terms of evidence of the efficacy of our unique service. He has demonstrated his passion for chiropractic and his commitment to our future by becoming the first platinum member of the CCRF. Congratulations to you, Dr. Gilles Lamarche!

Membership in the CCRF costs $125.00. This tax deductible contribution helps the CCRF oversee and coordinate this extensive research program. If you agree that we must maintain our efforts, you can very easily join those who have demonstrated their commitment. Contact your CCRF provincial representative or Dr. Allan Gotlib (algotlib@ccachiro.org) to make a tax-deductible contribution to CCRF.

CCRF is now focused on establishing a Professorship in Atlantic Canada, and also Saskatchewan and we need your help to make this investment a reality.

**Invest in us and invest with us. Let’s engage tomorrow’s challenges today!**

The CCRF gratefully acknowledges those who donate time and make financial contributions to the CCRF. Canadians benefit tremendously from each contribution.

**CCRF FOUNDING MEMBERS**

Dr. Ronald Henderson Collett (MB)
Dr. Terry Alan Watkins (NS)
Dr. Edward Allan Hawkins (MB)
Dr. John Kenneth Bloomer (MB)
Dr. Walter Joseph Savicke (MB)

**CCRF HONOURARY MEMBERS**

Dr. Rick Corbett (MB)

**CCRF ACTIVE MEMBERS 2007/2008**

**British Columbia**

**Gold Member**

Dr. Joseph Simmons

**Silver Members**

Dr. Brent Willox
Dr. Michael Vipond
Dr. J. Blake Cameron

**Bronze Members**

Dr. Ron Warkman
Dr. Jen Walraven
Dr. Richard So
Dr. John Sheu
Dr. Irene Pennimpede
Dr. Shannon Paul
Dr. Michael Newberry
Dr. Shannon Miller
Dr. Larry Merritt
Dr. Heather McLeod
Dr. Chris Martin
Dr. Davis Lindsay
Dr. Larry Kinakin
Dr. Larry Kientz
Dr. Alan Irving
Dr. Brian Ross Hoshizaki
Dr. Robert Hasegawa
Dr. Dale Forsythe
Dr. Richard Cronk
Dr. Doug Brandvold
Alberta
Gold Member
Dr. Richard Gehrke

Silver Member
Dr. Shannon Wandler

Bronze Members
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Dr. Shannon Wandler
Dr. Roger Smith
Dr. Les Shaw
Dr. Travers Roy
Dr. David Peterson
Dr. Gord McMornland
Dr. Bob Kariatsumari
Dr. Les Davidson

Saskatchewan
Bronze Members
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Dr. Ivan Rostotski
Dr. Mark Labrecque
Dr. Robert Kitchen
Dr. J. Ken Goldie
Dr. John Corrigan

Manitoba
Bronze Members
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Dr. Kathryn Tessier
Dr. Mark Perrett
Dr. Stephan Kleinknecht

Nova Scotia
Bronze Members
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Dr. Jason Plotsky
Dr. Patrick Milroy
Dr. Wanda MacPhee
Dr. Ward MacDonald
Dr. Andrew Kleinknecht

New Brunswick
Bronze Members
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Dr. Guildor Poitras
Dr. Todd Clayton
Dr. Simon Clark
Dr. Robert Allaby

Newfoundland & Labrador
Bronze Members
Dr. Debbie Brake-Patten

Ontario
Platinum Member
Dr. Gilles Lamarche

Gold Member
Mr. Jim Duncan

Silver Members
Dr. Deborah Kopansky-Giles
Dr. Susan Joshi
Dr. Allan J. Gdanski

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Provincial Association Memberships

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Dr. Darin Feasey
Dr. Kirk Feasey
Dr. France Fieber
Dr. Richard Fogel
Dr. Hartley Fox
Dr. David Fraser
Dr. Derrick Frederick
Dr. Brian Gainor
Dr. Steven Gall
Dr. Arv Gatten
Dr. Geoff Gelley
Dr. Shannon Gervin
Dr. Steven Gilbert
Dr. Pal Gillis
Dr. Derek Ginter
Dr. Brian Graham
Dr. Martin Gurvey
Dr. Tracey Hamlin
Dr. Al Hawkins
Dr. John Hewett
Dr. Timothy Hibbert
Dr. Wilma E. Ireland
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Dr. Bruce Jensen
Dr. Wray Johnson
Dr. Richard Jorgensen
Dr. Joel Kanovsky
Dr. Terry Kehler
Dr. Kyle Kelbert
Dr. Doug Kisil

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Dr. Scott Kowal
Dr. Mark Kowalczuk
Dr. Timothy Kowaliszyn
Dr. Paul Kowall
Dr. John Kobelka
Dr. Alain Kolt
Dr. Gregory Kos
Dr. Scott Kowal
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Dr. Timothy Kowaliszyn
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