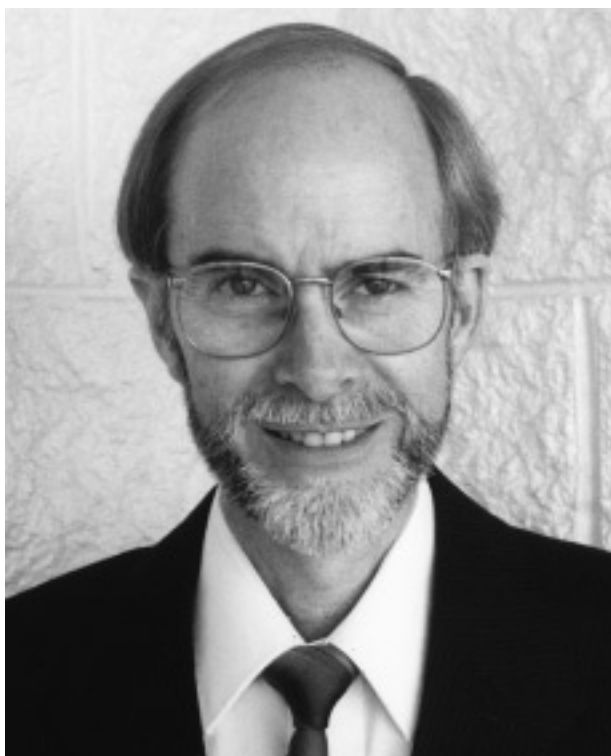


Profile



Lynton G.F. Giles, DC, MSc, PhD

Director for the

National Unit for Multidisciplinary Studies of Spinal Pain,
The University of Queensland

I was honoured and pleased when the editor of the JCCA requested that I participate in the production of a profile of my friend and colleague of 33 years, Dr. Lynton Giles. Dr. Giles is an intensely quiet and private man. Consequently, this profile is being prepared without his knowledge and with the assistance of his wife, Jennifer, to whom I am grateful for providing background material.

Dr. Giles was born in Johannesburg, South Africa in the early 1940's and was raised in South Africa and in London, UK. In October of 1974 he married Jennifer Lowry in

Durban, South Africa and they subsequently have been devoting their efforts to the raising of one teenage daughter by the name of Elizabeth. For personal enjoyment Dr. Giles enjoys reading, photography, walking and sailing.

I first met Lynton Giles when he, with many classmates, transferred from the Anglo-European Chiropractic College (AECC) to the Canadian Memorial Chiropractic College (CMCC) in Canada. Dr. Giles graduated from CMCC in 1970 having obtained the 1969 Wallace Award for Highest Academic Achievement. In 1970 Dr. Giles graduated with Highest Honours and the Clinical Award for Outstanding Achievement in Clinical Proficiency as well as the King Award for Outstanding Proficiency in X-ray. Subsequent to graduation he was successful at completing the Canadian and American Licensing Board Exams. From May of 1970 through to September he acted as an Outpatient Clinic Supervisor at CMCC. Dr. Giles operated a private practice in Durban and in Cape Town, South Africa before emigrating to Australia in 1972. In 1983 Dr. Giles completed his Master of Science Degree in the Faculty of Science at the University of Western Australia, while working part-time at his chiropractic clinic in Perth. In 1987 he completed his Ph.D. with "Outstanding Distinction" at the Faculty of Medicine in the discipline of Anatomy and Human Biology at The University of Western Australia. Dr. Giles' Master Thesis was on Leg Length Inequality and Postural Scoliosis and his Doctoral Dissertation in Anatomy was on "The Anatomy of Human Lumbar and Lumbo-sacral Zygapophyseal Joint Inferior Recesses with Particular Reference to their Synovial Fold Innervation". In 1988 and 1989 Dr. Giles authored for Williams and Wilkins a text titled "The Anatomical Basis of Low Back Pain". Dr. Giles next accepted a position as Senior Research Fellow and Director of the Spinal Research Laboratory at Griffith University, Brisbane, Queensland, from February 1989 to 1992. While at Griffith University he established a new spinal research laboratory and established contacts with pathologists to

perform further spinal studies. As a consequence of these efforts, 11 scientific publications and 1 book chapter resulted.

From 1992 through to 1999 Dr. Giles co-edited/co-authored a multidisciplinary textbook series for Butterworth-Heinemann under the titles of *Clinical Anatomy and Management of Spinal Pain* addressing in Vol 1: Low Back Pain; Vol 2: Thoracic Spine Pain; and Vol 3: Cervical Spine Pain. Of the 45 chapters in this series, Dr. Giles authored or co-authored 11 chapters.

Dr. Giles has held many positions. Aside from being the current Director of the National Unit for Multidisciplinary Studies of Spinal Pain, colloquially called the Spinal Pain Unit, at Townsville General Hospital, he served as Chief Executive Officer and Research Director from 1994 to 1996 to establish the Unit that was initially known as the National Centre for Multidisciplinary Studies of Back Pain. At the same time he was Reader in the Department of Biomedical and Tropical Veterinary Sciences; then Reader in the Department of Public Health and Tropical Medicine at James Cook University of North Queensland. He has held Health Department positions with the Chiropractors' Registration Board of Western Australia, the Chiropractic Advisory Committee to the Radiological Advisory Council, and as Examiner of the Chiropractic X-ray Examining Body of the Radiological Advisory Council. He was nominated by the Minister for Health to be a member of the Chiropractors' and Osteopaths' Board of Queensland. He was a member of the Research Council for the World Federation of Chiropractic for 5 years.

Dr. Giles currently holds membership in The Spine Society of Australia, The Anatomical Society of Australia and New Zealand, and the Australasian Society for Human Biology. Further, Dr. Giles serves on the board of several prestigious, peer-reviewed, indexed journals.

Among his many awards, a very special award for Dr. Giles was when he was the recipient of the A.E. Homewood Professorship Research Award in 1994–95, 1995–96 from CMCC as he has always held Dr. Homewood in very high esteem.

Aside from publishing 4 texts and 2 book chapters, one in the *Principles and Practice of Chiropractic* and the other in *Advances in Chiropractic*, Dr. Giles has also published in excess of 36 Journal Papers; 1 case study; 3 Abstracts; and 7 Letters to the Editor. In addition to these many literature contributions, Dr. Giles has also presented 4

Poster Displays and in excess of 55 lectures of which 47 were invited lectures. His journal articles have appeared in prestigious, peer reviewed, indexed, and internationally circulated journals such as; *Spine*, *Rheumatology and Rehabilitation*, *JMPT*, *Stain Technology*, *Scandinavian Journal of Rheumatology*, *Acta Anatomica*, *Manual Medicine*, *Clinical Biomechanics*, *British Journal of Rheumatology*, *The Anatomical Record*, *Biotechnic and Histochemistry*, *Surgical and Radiologic Anatomy*, *Proceedings of the Australasian Society for Human Biology*, *The Journal of Psychiatry*, *The Chiropractic Journal of Australia*, *Australian Family Physician*, and abstracts or letters to the editor in the *Journal of Anatomy*, *Journal of Bone and Joint Surgery*, and the *British Medical Journal*.

His lecture seminars have been multidisciplinary in their direction to include; Chiropractors, Medical Practitioners, Nurses, Anatomists, Research Societies and Research Organizations, and a Medical Legal Society.

Dr. Giles has contributed to lectures in North America, Australia, Africa and Hong Kong Special Administrative Region of People's Republic of China (Hong Kong SAR). Most recently he took part as a participant in the World Health Organization Consultation in Hong Kong on Methodologies for Research and Evaluation of Traditional Medicine and the International Congress on Traditional Medicine, in Beijing, China.

I have known Lynton as a sincere, dedicated, honourable man, who is very goal oriented to establishing answers to ongoing spinal pain problems in his patients. Irrespective of his significant and substantial academic achievements and clinical achievements, Dr. Lynton Giles has never forgotten the basic needs and respect due to all patients.

None of Lynton's foregoing accomplishments have been secured without significant challenge and clinical impediments requiring dedicated effort.

In the recent past several years, when the demise of the clinic at the Public Townsville General Hospital was threatened with financial encumbrance, many colleagues and friends from around the world in the United States, Canada, England, and Denmark forwarded letters of encouragement and praise for Dr. Giles' ongoing work. These letters were useful in negotiating further funding. More recently, Dr. Giles solicited assistance from many of his international friends and colleagues to refute an extremely biased set of guidelines for the treatment of lower

back pain. The biased author had utilized selective citation and violated basic principles of protocols in the process of producing guidelines. We believe Dr. Giles effectively refuted this most unsavoury document. Dr. Giles was successful in March of 1999 in securing the Spinal Pain Unit's position as part of The University of Queensland with a signed agreement between the Townsville Health Service District and the University of Queensland. The Spinal Pain Unit now has a form of immunity from some of the financial stresses consistent with politicisation of research. This multidisciplinary centre coordinates a physician, acupuncturist, chiropractor, research assistant, and secretarial staff, in addressing the more resistant spinal pain cases in this part of Australia.

Dr. Giles has always harboured a single-minded determination to find solutions to the ongoing suffering of patients due to unrelenting and unresolved spinal pain. Clearly, his multidisciplinary approach has provided solutions to many hundreds of patients. Dr. Giles has always prioritized the suffering patient and has organized his research and his staff to help seek solutions for this segment of suffering humanity, strongly believing that the way of the future is multidisciplinary co-operation to achieve this objective.

Dr. Giles' impact on the scientific community has been equally impressive. Dr. Tony Rosner of the Foundation for Chiropractic Education and Research comments about Lynton by saying, "Lynton is about the most thorough, sincere, meticulous, well-grounded, and integrity filled person whom I have known. His company is a joy and I have always felt restored after visiting him".

Dr. Jean Moss, President of the C.M.C.C. and a former classmate of Dr. Giles, has the following to say, "Lynton is the perfect embodiment of a gentleman. He is very low key, polite and professional even when under pressure. One should never make the mistake that polite means afraid or that he easily backs down. He is one of the most determined people I have ever met. He is highly professional and self-effacing. Many people thoroughly underestimate his determination and conviction. He is one of the most meticulous people I have ever met. This has been well applied to his research which has been of excellent quality. Dr. Giles is an individual who is an excellent ambassador for the profession not only in Australia but also around the world."

Further, Dr. Scott Haldeman who is eminently well known in our profession and a former countryman of Dr. Giles has additional praise. "I first became friends with Lynton Giles in 1970 at CMCC. A mutual interest in obtaining further knowledge and understanding of the spine, nervous system, and chiropractic theory brought us together and has nurtured a strong, if long distance, scientific and personal relationship. Lynton's Masters and PhD thesis, along with his multiple publications and textbooks, established Lynton's reputation and scientific credibility. It has been one of my great pleasures to be able to stay in touch with Lynton on the Research Council and at meetings of the WFC as well as other conferences and associations."

Dr. Eric Shrubbs, DC, DACBR, a former favourite professor of Dr. Giles, provided this comment: "Dr. Lynton Giles is a true intellectual, gentleman and scholar. He is unquestionably one of the finest individuals I have ever had the privilege of knowing. He has displayed an unequivocal dedication to truth in research with direct application to the health sciences. It is my very great pleasure to call him 'friend'."

From the foregoing it can be clearly seen that Dr. Lynton Giles has not only had an impact on the scientific community with his extensive production of research, and academic papers, the establishment of the spinal pain unit of a multidisciplinary nature, the respect and gratitude of the patients that he has assisted, but also the respect and admiration of his colleagues from around the world. It is my personal opinion that anyone who has truly known Dr. Lynton Giles has had their life enriched by his positive influence. Dr. Giles has established a paradigm of treatment and character which is to be emulated. On a personal note, it should be noted that Lynton has been unwavering in his pursuit of solutions for ailing humanity and is, without question, one of the most selfless persons I have ever encountered in my life.

I would like to thank the editor for the opportunity and the honour of being able to provide this brief and somewhat incomplete biographical sketch of Dr. Lynton Giles.

W. Reg. Nicholson, MSc, DC