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First Quarter 2023

It Was An Honor NMCA hedge the increasing costs

It seems like just a few weeks ago that my time started as President of the New Mexico Chiropractic Association. But as I sit and talk with friends and colleagues about the challenges we have faced as an association along with the victories, it has in fact been a long four years. It has been my distinct privilege and honor to serve our profession in this capacity, and I have felt a level of responsibility and pride while fulfilling my duties as NMCA President that only occurs because of the Chiropractors I was chosen to represent. Members of the NMCA seem to radiate a level of professionalism and integrity that makes me want to be a better leader, mentor, student and physician! Members of our association seem to understand that we can all work together to make our profession strong and relevant in New Mexico. TOGETHER we are the best of the best! No mistake about it, I will be sad when I complete this journey and move on to my next adventure, but I have enjoyed serving each of you in a way I only hope you approve of.

Our association has many challenges ahead and with success there always seem to be others looking to capitalize on our growth and sustained vitality as an association. Each year we attempt to offer a wide range of continuing education opportunities to meet the needs of the majority of Chiropractors in our state. These courses not only help to educate the Chiropractors, but they help the

NMCA hedge the increasing costs of maintaining a robust and thriving state association. My final ask is that you please pay attention to where you choose to invest your continuing education dollars. Investing in courses sponsored by the NMCA is the equivalent of "shopping local". If there are presenters, courses, and information you would like to see offered please let someone know. You can contact your District Director or any member of the NMCA Executive committee to make your opinion count.

Lastly, it is with heavy heart that I share the news of my father's recent passing. Dr. Clarence (Butch) Rowse was my professional mentor, my dad, my hunting and fishing buddy, and my guide through many difficult challenges and successes. He was my biggest fan and never hesitated to let me know that he was proud of what I have accomplished in my life. As many of you can attest, he never knew a stranger and was most often the life of the party. He LOVED being a Chiropractor and started practice in 1969 in Albuquerque NM. He then invested the next 41 years of his life lovingly serving patients in the State of New Mexico. My dad was always proud of his chosen profession and spoke often about the countless friendships and relationships he built along the way. I would like to personally thank you all for the recent phone calls and messages, it has meant the world to my family and I.

Thank You!
Dr. Ryan T. Rowse DC, APC
President
New Mexico Chiropractic Association



NMCA ANNUAL CONVENTION

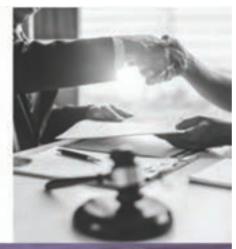
April 28-30, 2023

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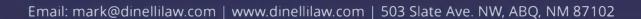
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To contact any of the Board Members or Committee Chairman, go to our website at www.nmchiro.org or contact:

NMCA

P. O. Box 20399, Albuquerque, NM 87154 nmcassociation@gmail.com 505-280-0689 or fax 505-554-1482

Be sure to check our website on a regular basis for the most up-to-date information from many different sources!

Editorial Policy

This Journal is the official publication of the New Mexico Chiropractic Association. The NMCA assumes no responsibility for material contained in articles, letters or advertisements published and publication does not necessarily constitute endorsement of them. The deadline for submission of articles and advertisements is three weeks prior to publication. Advertising rates and submission deadlines can be obtained by contacting the NMCA at 505-280-0689



A note from your Executive Director

Diana Statzula

It has been a very busy 3 months as we prepare for the NMCA Annual Convention coming up at the end of April. I look forward to seeing you all again. We have a great line up of speakers and topics. You will find that information in this publication along with the registration form. The Friday night reception was a big hit last year and we plan to do that again with great food, live music and more! Doctors, you may bring a guest to the reception. Please see me for details.

Early March, we had a "Grand Rounds with Dr. Peer and Dr. Jones" seminar that received excellent feedback. We are now looking forward to another Dry Needling Workshop at the end of this month.

Now on to some business. Due to the continuous increase in costs over the past few years, the NMCA Board of Directors is proposing membership fee increases. We have tried to offset the rise in expenses by other avenues. It has been difficult to meet the challenges of our rising expenses. The NMCA has not raised membership dues in 25 years.

Membership Dues are listed in the Standing Rules of our Bylaws (page 16). The proposed increases are as follows:

Regular Member Dues:

Current dues: \$500.00 per year Proposed Increase: \$550.00 per year

Associate Member Dues for Chiropractic Assistant:

Current dues: \$50.00 per year Proposed Increase: \$75.00 per year

Please plan on attending our General Assembly meeting Saturday, April 29, 2023 as we will be voting on the proposed increases. Standing Rule 1.E states "Dues may only be increased by a three-fifths vote of the General Assembly"

As always, please contact me with any questions or concerns.

Love and blessings, Diana



UPCOMING EVENTS

Comprehensive Dry Needling Workshop

March 31-April 2, 2023



NMCA Annual Convention

ABQ Marriott Pyramid April 28-30, 2023





2023 Spring VP Report

By Dr. J.C. Moore, DC-APC



Sometimes your most important tools aren't your hands

A 78-year-old female presented with a chief complaint of chronic neck and back pain with multiple subsequent spinal surgeries. With her complex history, we spent a lot of time reviewing her past medical history and prior care. She had been a lifelong chiropractic patient and was in my office because her previous physician recently retired. Towards the end of our intake, she shared with me what type of care had been most effective to manage her symptoms. I explained to her that although I do my best to tailor my treatment to the patient, this technique was not my typical treatment approach. I went on to tell her I would work with her today, and if my style didn't match with what she was looking for I'd be happy to recommend a doctor that was more inline with her past care. She interrupted me here and said, "Doctor I'm in the right place." I asked how she could be so certain before I even treated her? She then proceeded to give me one of best compliments I've ever received from a patient. She stated, "I know I'm the right place because you listen."

The famed physician, Dr. William Osler is credited with saying "Listen to

the patient. He is telling you the diagnosis." Listening seems like a simple thing in a doctor-patient relationship. However, studies suggest it's not as common as you would think and can have serious consequences when overlooked.

A 2018 study focusing on doctor patient communication, found on average the amount of time a patient had to explain the reason for their visit before being interrupted by their doctor was 11 seconds. 11 seconds! Can you really get an understanding of a patient's issue or expectations in 11 seconds?

Poor listening skills in healthcare can lead to disastrous results. The Joint Commission has determined that communication failure was the primary root cause of over 70% of cases of inadvertent patient harm. To be fair these communication issues are not only in the

provider-patient relationship, but the provider-provider relationship as well.

The American Association for Physician Leadership suggests, actively listening to patients conveys respect for their self-knowledge and builds trust.

It allows physicians to assume the role of the trusted intermediary. It is only through shared knowledge that physicians and patients can co-create an authentic, viable care plan.

Furthermore, active listening by a health care provider is strongly associated with empathy and self-awareness. All these traits are the cornerstone of patient-centered care which is associated with improved patient outcomes. Listening can be as valuable in certain instances as any modality or intervention we perform.

My patient is now 4 weeks into her care plan and has reported an 80% reduction in her pain scores, as well as improvements in functionality and quality of life. I wholeheartedly believe with this particular case my ears were more valuable than my hands.





A Letter to the Editor





Dear Colleagues and Fellow Travelers...

Another convention is just around the corner. This will be my 55th convention having been a member of the NMCA since 1968. I vividly remember the first convention that I attended at The Western Skies Resort Hotel in Albuquerque. I was quite impressed that the NMCA met at this prestige venue for the convention. At the time it was the place to be, a 210-room luxury hotel at the east End of Central Avenue, at the mouth of Tijeras Canyon. Opened in 1959, it became the premier lodging in Albuquerque with visitors including Liberace, Kirk Douglas, Elvis Presley, Marilyn Monroe, and President John F. Kennedy. It declined in the 1970s and became an abandoned property, demolished in 1988.

While the Western Skies is no more, the NMCA continues our journey representing a big tent of chiropractic energy and effort. In those days the profession had its challenges as it does today. The profession struggled then as it does now with scope of practice and the resulting philosophical points of disagreement.

I graduated from Palmer College in 1968 and the College was just then beginning to liberalize its curriculum from the HIO research that BJ Palmer promoted as the fundamental subluxation to recognizing the benefit of full spine techniques. When Dr David Palmer became president of the College the core curriculum expanded to include other technique approaches such as the Thompson Terminal Point technique to a major interest and focus on Gonstead technique as well as Palmer Diversified. These were a far

cry from the HIO thrust of the BJ era. Very little was taught regarding the role of nutrition in health and there is today hardly a chiropractic publication that doesn't have continuous articles on nutrition, topicals, laser therapy, distraction therapy, red light therapy etc. The point being the profession is not static and continues to evolve over time. Change is a constant. In fact, the only constant is change. Our ability to embrace change is not always easy. Religious wars have been fought over what is the right and the wrong way. Litmus tests have been created regarding who is in and who is out based on lines drawn. This results in a distancing phenomenon, and it still remains true that 'Two monologues do not a dialogue make'.

Thanks for listening!







NMCA 2023 ANNUAL CONVENTION

SPEAKERS & TOPICS

- HEATHER SIMMONS WITH CHIROHEALTHUSA
- ◆ DR. DAVID HOGSED ESSENTIAL LAB TESTS & NUTRITIONAL THERAPIES FOR PAIN & INFLAMMATION
 - DR. TREVOR BERRY THE MIND BODY CONNECTION
- DR. NORM DAWSON HEARING LOSS & DEMENTIA: THE CONNECTION
- DR. CHRISTINA FOSS SPORTS INJURY ASSESSMENT, TREATMENT AND THE CLIMB BACK TO PEAK PERFORMANCE
 - DR. BRANDON STEEL MASTERING THE ROTATOR CUFF/RESOLVING 5 OVERLOOKED MUSCULOSKELETAL PROBLEMS THAT DELAY RECOVERY
 - ◆ DR. MICHAEL TAYLOR FENTANYL AND NARCAN: WHAT THE NEW MEXICO CHIROPRACTIC PHYSICIAN SHOULD KNOW

FRIDAY NIGHT RECEPTION

Join the fun from 6:30 - 9:30pm with good food, live music and raffle prizes!!!

WE ARE LOOKING FORWARD TO SEEING YOU THERE!

April 2023

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28 NMCA Co	29 onvention
30 NMCA Convention Cont.						

APRIL 28-30, 2023 ALBUQUERQUE MARRIOTT PYRAMID



Contact Diana Statzula, Executive Director for questions 505-280-0689 nmcassociation@gmail.com



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Impact of Inflation – Is it Time to Raise Your Fees?

Chiropractors are in the business of caring, naturally looking for any way to keep that care affordable for current and prospective patients. Sadly, harsh financial realities can and do come, forcing healthcare providers to charge more for their services.

Two of those realities in 2023 are the ever-present force of inflation and the latest rules from the Centers for Medicare and Medicaid Services (CMS). Inflation affects your fees because it simultaneously impacts a chiropractor's personal finances and their professional income; the former due to a higher cost of living, and the latter to the public's hampered ability to pay for care services and health insurance. How much have prices increased? According to one article, school lunches saw an increase of 254.1%, fuel increased by 65.7%, and eggs, 49.1%.

Dr. Mario Fucinari voiced his concerns last December, spotlighting how a CMS final rule – now in effect – decreases reimbursement rates for 2023 and reduces Medicare payments by almost 4.5 percent. Chiropractors thus entered the new year with reduced fi-

nancial prospects as practitioners and a higher cost of living as people.

Those in the healthcare sector are painfully aware that millions of Americans struggle to meet ever-increasing medical expenses. Such compassion for community discomfort is at the heart of chiropractic, a fact that can make some practitioners and business owners resistant to raising their fees.

"How much of an increase is fair?"

This is the big question! Chiropractors must ensure that "fair" applies primarily to them. You can't help patients if your practice falls into debt or closure. Help yourself by accurately calculating and then covering overhead and operating costs.

Whatever amount is necessary to meet those two ends will help you finalize your fee rates and fight inflation. Our President and founder, Dr. Ray Foxworth, D.C., FICC, defined the five essential factors necessary for successful fee calculation:

• Your fixed monthly expenses

- The average number of monthly office visits over the last year
- The average income per visit
- Average monthly income
- The average cost to deliver care

These should reveal how much you need to break even. From there, you can set a percentage markup that creates a fair profit for you and still provides value to your patients. Reviewing the market average for services in your zip code is another fee-setting step. Finally, you could use tools such as the chiropractic fees calculator from ChiroCode or fairhealthconsumer.org, a valuable resource for calculating per-code market values in your area.

ChiroHealthUSA offers a free overhead calculator that your business can use to start reviewing your yearly income and expenses and begin adjusting your fees accordingly. Remember: if you're raising prices to stay in business while providing value through high-quality care, you're doing all you can. Contact us to learn more about what ChiroHealthUSA can do to help you, your practice, and your patients.



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Understanding of the Human Nervous System as it Evolves

By Dr. Trevor Berry DC, DACNB

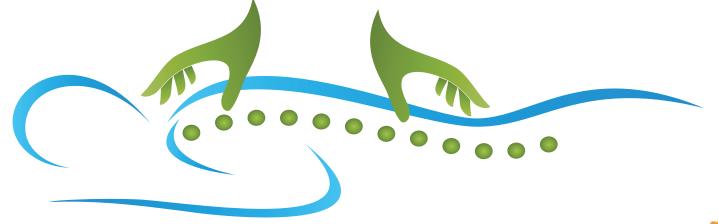
As our understanding of the human nervous system evolves, it continues to become apparent how important it is that we find ways to protect and repair our brains. Being the master system, it controls and regulates every function of the body. When the brain is injured or deteriorates, other systems start to break down and this becomes a vicious cycle of ill health that can lead to end stage disease. Although research is ongoing for allopathic interventions, most of the conditions we face as a society are not amenable to surgical interventions and the vast majority of pharmaceuticals either fail to reach their target in clinical trials, or come with too many side effects. Non-invasive modalities targeting neurological tissue have taken center stage in healthcare. One area of research that holds immense promise is the arena of laser light therapies. Low level laser therapy has been in use since the 60's but only in the last couple of decades have western researchers focused on this application for brain based care. There are now over 12,000 published papers on low level lasers and many of them are focused on brain and neurological applications.

Conditions such as Alzheimer's and other Dementias, Parkinson's, Traumatic Brain Injury and many more have been shown to be positively affected by low level laser applications. Research has shown lasers can promote neurogenesis, stem cell proliferation and new connections in the brain, antioxidant systems, immune regulation, mitochondrial output and biogenesis, inflammation reduction and even reversal of pathological processes like Tau hyperphosphorylation (misfolded proteins) and amyloid burden (plaques on the neurons). Lasers have also been shown to optimize function such as improved memory, cognition and executive function along with athletic performance.

With all of these benefits, I often get asked, "this technology almost seems too good to be true. What's the catch?" The answer lies in the parameters of energy, dose and wavelength. There is a very defined "hormesis" for laser therapy with a sweet spot of energy that is both safe and effective. There is an abundance of evidence showing that exceeding 15 J/cm2 can be very deleterious to human cells and tissues, especially in the central nervous system. The ideal energy to the brain ranges from approximately 0.001 to 10 eV. Because so many doctors are adding this modality to their practices, as they should, they must educate themselves on our first rule as a healthcare provider, do no harm. I challenge doctors to do their own literature review

before purchasing a laser device to avoid the harmful rhetoric that if some laser energy or power is good, more must be better. It is quite the contrary. The optimal laser set up is a true laser (coherent, monochromatic, non-LED waves), that is at the lowest dose. I only use laser diodes that range from 7.5 to 17.5 mW whereas high powered devices can exceed 50 Watts! These high powered devices only have FDA clearance as a photothermal heating device for temporary relief of musculoskeletal pain and stiffness. The benefits and safe lasers to use on the nervous system are low level photochemical devices that are non-thermal. The most researched laser company is Erchonia. They hold 20 of the 24 FDA clearances and they are perfectly situated for brain applications because they use the right dose and wavelengths needed to treat the central nervous system effectively and safely.

The Mind-body connection is critical for all wellness providers to address. A healthy brain leads to a healthy body. Chiropractors are well positioned to utilize cutting edge devices like Erchonia lasers, not just for pain management and musculoskeletal conditions but for protecting and repairing the brains, not just of our patient bases, but for ourselves and loved ones.





Visit us at the 2023 NMCA Annual Convention Join our speaker session on Essential Lab Tests

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DAVID HOGSED DOM, AP Friday, April 28

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Essential Lab Tests and Nutritional Therapies for Pain and Inflammation

By Dave Hogsed, D.O.M., A.P.

Laboratory blood tests provide a wealth of information about your patient's nutritional status and can revolutionize your practice in many ways. Specifically in chiropractic practice, lab tests provide valuable insight into several root causes of pain and inflammation that prevent many patients from experiencing optimal relief with chiropractic care.

Unfortunately, high lab costs and feeling overwhelmed by interpreting lab test results have left many wholistic practitioners on the sidelines, choosing not to incorporate lab tests into their practice. In my upcoming presentation, *Essential Lab Tests and Nutritional Therapies for Pain and Inflammation*, I will be sharing the simple and affordable lab tests that every practice can benefit from and the effective nutrition strategies to support optimal blood chemistry. Here is a preview of some of the main topics we will discuss.

Metabolic Syndrome and Inflammation

If you incorporate lab tests into your practice for no other reason than to identify the early warning signs of metabolic syndrome and diabetes, you will be performing an essential service that very few practitioners are properly providing. The CDC recently reported that as of 2022, 96 million American adults are prediabetic.

Millions of these prediabetic Americans with metabolic syndrome have a false sense of security because they have not been assessed with the right blood tests, or they've been told they are still "okay" because their lab tests aren't out of range enough to be classified as diabetic. It is also likely that these same patients have not been informed that even mild metabolic disturbances can create a state of systemic inflammation that increases the risk for cardiovascular disease, neurological disorders, musculoskeletal degeneration, pain, and inflammation.

Fasting glucose, triglycerides, HDL cholesterol, and uric acid are all common and inexpensive lab tests that can reveal details about an individual's metabolic syndrome status. But the most important (and ironically, most underutilized) lab test to evaluate your patients' metabolic health is fasting insulin. Most people are

now familiar with the term 'insulin resistance,' but very few people actually have their insulin levels tested. Stop and ask yourself: have you ever seen a lab test your patient brought for you to review that included fasting insulin? Have YOU ever had your fasting insulin tested?

When you start adding fasting insulin to the lab tests you order, you will find a very high percentage of your patients have completely normal glucose levels but extremely high levels of insulin that are fighting to keep glucose in the normal range. We need to teach our patients that high levels of insulin (insulin resistance) can create just as many inflammatory problems as high levels of glucose (diabetes). Using this overlooked and essential lab test can greatly improve patient education and patient compliance with nutritional recommendations.

The Top 10 Nutritional Therapies for Pain and Inflammation

Good news! The same nutritional therapies we utilize in practice to support a healthy pain and inflammation response will also often help restore metabolic health and reduce insulin resistance. A recurring theme of the presentation will be: If you want to reduce inflammation, you must address metabolic health, and if you want to support metabolic health, you must reduce inflammation. It should be no shock to you that one of the superstar herbal therapies we will highlight for both inflammation and metabolic health is turmeric. Most of you reading this article are already using some form of turmeric/ curcumin supplements in your practice, but did you know turmeric is also one of our most important tools for addressing the metabolic syndrome epidemic that's driving pain and inflammation?

A recent systematic review on the benefits of curcumin for Type 2 diabetes found that curcumin "significantly reduces fasting blood glucose, glycated hemoglobin, and body mass index." (1) They also found curcumin to be associated with a significant reduction in triglycerides, LDL cholesterol, and C-Reactive Protein. A separate placebo-controlled trial found that curcuminoids (300 mg/day, contain-

ing 36% curcumin, taken for 3 months) significantly lowered blood glucose, glycosylated hemoglobin A1c (HbA1c), insulin resistance index, and triglycerides in type 2 diabetics. (2)

Other popular therapies you will have a much deeper appreciation for after attending the seminar include Boswellia serrata (Frankincense), DHA and EPA from fish oil, and hemp oil for endocannabinoid support. More importantly, you will learn the value of what I believe are the most underutilized nutritional therapies in the chiropractic practice. Just one example in this underutilized nutrition category is the herb Gotu Kola (Asicata centella). This is the most multi-purpose herbal therapy for supporting healing for ANY type of tissue in the body, but Gotu Kola has a special affinity for supporting connective tissue healing and increasing the body's endogenous production of collagen. As important as it is to know which nutritional therapies can help reduce pain and inflammation, it is just as (if not more) important to know how to support the healing of damaged joints, bones, muscles, cartilage, and more, and I believe Gotu Kola will be one of your favorite tools for this purpose after the seminar.

Blood Chemistry Resources

From the lowest cost lab test companies to the best resources to help you interpret lab test results, my goal is to share the most practical tools to help you successfully integrate laboratory testing into your practice. There's truly never been a better (or more important) time to take advantage of this essential diagnostic information.

See you there!

- The Effects of Curcumin on Diabetes Mellitus: A Systematic ReviewFrontiers in Endocrinology (Lausanne) 2021 May 3;12:669448
- 2. Curcuminoids exert glucose-lowering effect in type 2 diabetes by decreasing serum free fatty acids: a double-blind, placebo-controlled trial Molecular Nutrition and Food Research 2013 Sep;57(9):1569-77



2023 NMCA CONVENTION SPEAKERS



CHRISTINE FOSS, MD, DC, MS.Ed, ATC, DACBSP, ICSC Doctor of Chiropractic, Diplomate American Chiropractic Board of Sports Physicians, Internationally Certified Sports Chiropractor,

Certified Athletic Trainer, Advanced Sports Medicine & Physical Therapy Center Co-Owner, Education Chair Federation Internationale de Chiropratique du Sport, Director/Coordinator Certified Chiropractic Sports Physician Program New York Chiropractic College

Dr. Christine Foss has a Masters degree in Sports Medicine from Old Dominion University, a Doctorate in Chiropractic from New York Chiropractic College and a Doctor of Medicine degree from the University of Health Sciences. She is a Certified Athletic Trainer, Diplomate of the American Chiropractic Board of Sports Physicians and Internationally Certified Sports Chiropractor.

Dr. Foss has had many experiences treating and rehabilitating athletes as well as non-athletes. Co-owning and establishing Advanced Sports Medicine & Physical Therapy Center as well as Kid's Therapy Center has been a pas-

sion. She worked in the Sports Medicine Department at the University of Notre Dame as well as volunteering at the Olympic Training Camps multiple times and locations. Dr. Foss has worked the World Games in Poland and the bobsleigh World Championships both for FICS. She additionally traveled with TEAMUSATF as medical staff. Dr. Foss has worked alongside prominent surgeons in the care and rehabilitation of athletic injuries.

Dr. Foss finds special interest in difficult cases and those patients that have had little success with conventional care as well as lecturing on a variety of aspects of sports injuries. She is currently director and lead instructor of the New York Chiropractic College "Certified Chiropractic Sports Physician" program and Education Chair for Federation Internationale de Chiropractique du Sport.



DR. MICHAEL TAYLOR DC, DABCI, APC, FICC

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DR. NORM DAWSON, BUS, BS, DC

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How I survived a supercharged mid-life crises of being deaf for 25 years without getting dementia/Alzheimer's! There are 12 modifiable risk factors that when applied can prevent, slow down, mitigate or even improve cognitive performance. I am passionate about sharing this message with the world so people everywhere can look forward to a long, vibrant, and healthy life.

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Toastmasters International Club - DTM - All board member positions held

Graduate of Dale Carnegie Course

Past Board Member - New Mexico Chiropractic Association

Live Theater Actor - Albuquerque Theaters



2023 NMCA CONVENTION SPEAKERS



DR. STEELE

Dr. Steele is currently in private practice at Premier Rehab in the greater St. Louis area. He began his career creating and implementing rehabilitation programs for members of the St. Louis Cardinals, Rams, and Blues. Dr. Steele currently lectures extensively on evidence-based treatment of musculoskeletal disorders for the University of Bridgeport's diplomate in orthopedics program. He serves on the executive board of the Illinois Chiropractic Society. He is a Diplomate and Fellow of the Academy of Chiropractic Orthopedists (FACO) and a member of the NCMIC speaker's bureau. Dr. Steele is also the co-founder of ChiroUp.com, a resource used around the world by practicing chiropractors and colleges.



HEATHER SIMMONS

Since 2012, Heather has worked for ChiroHealthUSA, the network that works for chiropractic. She started her chiropractic journey as the first voice you heard when calling the CHUSA office. In a few short months, her spunky personality had her travelling to seminars where her passion to help the profession took off. She is now a Network Specialist helping doctors and their teams with the struggles of setting their discounts and implementing the network successfully. Her no holds bar approach has been effective in helping thousands of chiropractic teams overcome their biggest challenges while generating the single largest amount of fan mail at the ChiroHealthUSA office. Heather will tell you like it is which will leave you hanging on to her every word.



DAVE HOGSED, DOM, AP

David Hogsed, D.O.M., A.P., is in full time practice at the Natural Healthcare Professionals clinic in Fort Myers, Florida. His practice specializes in providing effective nutritional support for endocrine, digestion, musculoskeletal, nervous system, and immune system health. David has been a clinical consultant and speaker for Standard Process since 2003. His seminars are best known for simplifying clinical nutrition, herbal medicine, laboratory tests, and patient education.

David has taught post-graduate programs through Texas Chiropractic College, Logan Chiropractic College, the University of Miami-Miller School of Medicine, Palmer Chiropractic College, Life University, and Northwestern Chiropractic College. He is a regular speaker for the Florida Chiropractic Association, Palmer Chiropractic College homecoming, and the Standard Process Fundamentals program.



TREVOR BERRY, DC, DACNB

Dr. Berry was born and raised in Alberta, Canada. He completed his pre-medicine requisites at the University of Calgary and went on to complete his Doctorate at Parker University in Dallas, Texas. He graduated Magna Cum Laude, Salutatorian and was the recipient of many academic awards including the Parker Scholastic Excellence Award. He went on to become a board-certified Chiropractic Neurologist in 2001 and has over 3000 hours in post-doctoral studies in neurology, functional medicine, and low-level laser therapy. He is involved in multiple laser studies and has been the principal investigator on Level 1 FDA studies. He is the founder of Arizona Chiropractic Neurology Center and has been in practice for over 25 years in Chandler, AZ. As an international speaker, Dr. Berry co-founded BTB Health Systems and lectures for nutrition companies, lab companies and about low-level laser. Because lasers profoundly influenced his own health status and family, Dr. Berry has dedicated himself to bringing the innovative laser applications to the health care system. Dr. Berry's expertise stems from a deep personal interest to find ways that would help him treat

these conditions and improve the lives of his family & patients alike.

NEW Shoulder Exam: D.I.M.E.

Written By Brandon Steele 7/29/2020

There is one orthopedic test you must add to your physical exam this month. It's called the Dynamic Isokinetic Manipulation Evaluation (DIME) of the shoulder.

Today's blog will cover how to perform the test, how the DIME can be a valuable addition to your shoulder exam, and provide direction into how evidence-based chiropractors are using this test to confidently rule out the need for an MRI or surgical referral.

The Dynamic Isokinetic Manipulation Evaluation (modified)

Begin by asking the patient to straighten and internally rotate their arm, then elevate it into full horizontal abduction in the coronal plane (straight out to the side then up). The clinician grasps the patient's wrist then forcefully adducts the patient's arm back to their thigh in a smooth 5-second arc as the patient maximally resists. The clinician observes for weakness or reproduction of pain. For the second half of the test, the same maneuvers are repeated in the scapular plane (45 degrees forward). The DIME test should be compared bilaterally, starting with the asymptomatic side. Pain or weakness during DIME testing in the coronal or scapular plane demonstrates 93-100% sensitivity for full-thickness rotator cuff tear.

"Pain during DIME testing had a sensitivity of 96.3% and 92.6% and negative predictive value of 96.2% and 94.9% in the coronal and scapular planes, respectively. DIME strength \leq 86.0 had a sensitivity of 100% and 96.3% and NPV of 100% and 95.7% in the coronal and scapular planes, respectively. Pain at \leq 90° on unopposed active abduction in the coronal plane had a specificity of 100% and positive predictive value of 100% for supraspinatus pathology of

any kind (i.e. tendinopathy, "fraying", or tearing). Given its high sensitivity, a negative DIME test rules out supraspinatus full-thickness tear well in these patients, and can therefore better inform clinicians which patients should undergo MRI." (1)

What Is So Special About The DIME

The External Rotation Lag Sign and Drop Arm Test have excellent **specificity** for a supraspinatus full-thickness tear. However, these tests lack sufficient sensitivity to rule out a full-thickness tear (FTT) confidently. A screening test's sensitivity is the ability of a screening test to detect a true positive rate. A positive DIME can correctly identify nearly every person with an FTT. Patients with full-thickness tears are at the highest risk for long-term disability or delayed return to sport. Shoulder pathology, including full-thickness tears, requires a multimodal approach that sometimes requires advanced imaging to identify all possible treatment options. MRI has long been the gold standard for identifying a structural etiology resulting in pain or dysfunction.

No single physical examination maneuver, in isolation, can reliably diagnose supraspinatus full-thickness tear. Evidence-informed chiropractors must rely on clusters of tests to decide when to use advanced imaging. Here is the algorithm presented by Cortes (2019). To identify if an FTT is suspected.

The Clinical Utility Of The DIME

Every evidence-based chiropractor must diagnose, then determine the best course of action. The presence of a positive DIME should alert the pro-

vider of a very high likelihood of a full-thickness rotator cuff tear. Failure of the patient to then meet appropriate functional improvement or pain relief goals may indicate the need for an MRI and subsequent surgical referral. A positive test answers two commonly occurring questions.

1. Should I order an MRI?

Use this algorithm above created by Cortes et al. to decide when to order an MRI.

2. Do I need to refer this patient to an orthopedist?

If a patient presents with a positive DIME, a confirmed FTT of the supraspinatus, and failed conservative care (4-6 weeks of manual therapy, spinal manipulation, patient education, and rehab) surgery may be a viable option. Jones et al. (2019) found that both operative and nonoperative groups report improved pain and functional outcome scores. Those patients who elected to have surgery reported a greater reduction of pain and more significant improvement in outcome scores. It also showed that younger patients and patients with a shorter symptom duration had better outcomes regardless of treatment. Therefore, we can counsel our patients with full-thickness rotator cuff tears that both treatments are viable options, but surgical treatment may produce better outcomes.

The entire protocol for Rotator Cuff Tendinopathy can be found in ChiroUp's condition reference. This will come in handy the next time you need a refresher on any recommended test, treatment, or exercise for your patients. By actively providing the best possible care to our patients, we can help to make chiropractic THE top choice for our patients & payors.

If you don't already have access to a ChiroUp account, you can learn more about our plans & pricing on our site.



Spring 2023 PAC Report





A Session to Remember

You did it! The 2023 Legislative Session will go down as one of the most successful and productive sessions for chiropractic physicians in history. Multiple bills were passed that will improve patient access to chiropractic medicine, provide funds for rural clinics, and reduce the tax burden for many healthcare providers. The success of this session was years in the making and a testament to the dedication of NMCA Leadership and PAC members. Thank you to everyone who reached out to their legislators and voiced their support. Your efforts made the difference!

Passed Legislation:

- Patient Access:
 - o HB 75 Chiropractic Services Insurance Coverage reduces the copay/coinsurance for services provided by a chiropractic physician to no more than the copay/coinsurance for a primary care visit. Effective date of Jan 1, 2024.
 - o HB 2 General Appropriations 2023 provides funding for the Medicaid Pilot Program for coverage of chiropractic services.
- Tax changes
 - o HB 547 Tax Reform Package, in addition to a .5% reduction in GRT over the next 4 years, creates a GRT exemption for 100% of copay/coinsurance payments collected from a patient. Effective date of GRT exemption July 1, 2023.
- Rural Healthcare Grants
 - o SB 7 Rural Health Care Delivery Fund creates a grant program to off set operating losses due to development or expansion of health care services in a rural area (county population of <100,00).
- Provider Credentialing Requirements
 - o SB 232 Health Insurer Provider Info. and Reimbursement, requires Insurance Companies to accept or deny a provider's credentialing application within 30 days of a completed application. If no decision is made within 30 days, the Insurance Company will be mandated to reimburse for services rendered by the provider.

As of this writing, these bills are still waiting for the Governors signature to become law, but we believe they all should receive her endorsement.

None of our successes could have been possible without the commitment and support from the NMCA PAC donors. The NMCA is 100% on donations from our members. PAC donations cover the expense of our Lobbyist Linda Siegle. Ms. Siegle's efforts and expertise have been critical to our success. Continued and additional resources are needed to maintain our progress growth as a profession. This year proves when our profession rallies around an issue and a cause, great things can happen.



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NEW MEXICO CHIROPRACTIC ASSOCIATION 2023 ANNUAL CONVENTION, April 28-30, 2023

**** 2023 CONVENTION REGISTRATION FORM ****

NAME:			
ADDRESS:			
Telephone:	Fax:	E-Mail:	
() NMCA Regular Me	ember Dues (Convention Inc	luded)	\$500.00
() NMCA Out-of-State	e Member Dues (\$150) & Co	onvention Fee (\$300)	\$450.00
• •	orking part time due to illnes physician's statement (Conv	-	\$250.00
` '	first year of licensing in NM onvention included)	previously licensed in	\$250.00
() Honorary NMCA M	Aembers (no dues required)	Convention Fee	\$150.00
() NMCA members in	first year of licensing (C	Convention included)	FREE
() NMCA member in s	second year of licensing (Co	nvention included)	\$100.00
() NMCA member in t	third year of licensing (C	Convention included)	\$200.00
() Not a NMCA Memb	per ~ Convention Fee Only		\$550.00
() Chiropractic Assista	ants Member Dues (Conven	tion included)	\$50.00
	al credit hour ~ credits		\$

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nmcassociation@gm	ail.com or by eck payable t	fax at 505-554- o NMCA and n	1482. nail it with this		a Statzula at 505-280-0689 or Fox 20399, Albuquerque, NM 87154. If paying
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The Peer Report

By Dr. David W. Peer NMCA Past President



Why Get Your CEUs From The NMCA?

Continuing Education Units are available everywhere these days. There are many more choices than when I started practicing 23 years ago. While more choices drive costs down, the other side of that sword is a decrease in the attendees at NMCA provided seminars.

The success of the NMCA depends on its membership spending hard earned dollars at NMCA events. We have been working hard for the past two years to create much more interactive seminars. That effort has met with the approval of our State Chiropractic Board approving our last batch of seminars for both APC and DC credits.

We're calling these events our "Grand Round Series". The feedback from the Doctors in attendance has been wonderful, the time flies by, the group involvement is so much more beneficial than just listening to one presenter for 10 hours!

I've always loved learning (Dork!), but this new format is a real step up in value and enjoyment. Please keep an eye out for the next event (outside of the NMCA Annual Convention) and please consider attending and sharing your valuable input with the other Docs in the group.

See you soon!



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	NAME		M/F	
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	Techniques used in practic	ce include:		
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Sc	cholarship Fund:	Contribute to helping	new Doctors of Chiropract	ic \$		
Pro			tionary, legislative & lobbyi nore; Associate: \$1-\$999	st fund \$		
	<u>ONTRIBUTIONS:</u> \C:	Non-deductible politic	al action contribution fund	\$		
Ea	arly Renewal:	If paid in full by 12/3	31 before membership ye	<u>ar - 10%</u> \$		
Но	onorary Member:	Exempt from dues (re	tired and age 60+ or disabl	led)		
Pro	ofessional Associates:	\$250 annually (non-D	C business or individual)	\$		
Ch	niropractic Assistant	\$50 annually		\$		

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April 28 - 30, 2023
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ACA Report to NMCA Spring 2023

By Michael Pridham, DC-APC



Happy Spring NMCA!

Dr. Robert Jones, Dr. David Peer and I went to Engage 2023 in January. We met with Congresswoman Melanie Stansbury, Congresswoman Teresa Leger Fernandez, and Congressman Gabe Vasquez's offices. We also met with Senator Martin Heinrich and Senator Ben Ray Lujan's offices. I

t was a bittersweet occasion because it was the first time we have been able to be back in person with these offices since 2020, however it was also Dr. Jones last official year on the Board of Governors. I want to thank him again for all of the service to the ACA over the years!

The House of Delegates had an open position on the Nominating Committee, and I decided to run for the position. There were eleven candidates and I ended up in the third position. The voting process can be tedious when there are more than two candidates and one person has to make more than 50% of the vote, so I have been educating the HOD on the concept of Instant Runoff Ranked Choice Voting (RCV). This helps streamline votes and will require a bylaw amendment to implement.

I have been appointed to Legislative Committee under the chairmanship of the great Dr. Quin James of Missouri.

There was a Diversity Equity and Inclusion panel discussion and I was asked to join the panel to discuss my experiences working with First Nations Community Healthsource to provide chiropractic medicine to low income patients, Indian Health Services covered patients, and LGBTQ populations.

Our Medicare legislation was reintroduced jointly in the House as H.R. 1610 and the Senate as S. 799 with 22 original cosponsors. I have begun the process to ask our legislators to sign onto these bills, and we have a great opportunity because it has been introduced so early in the new Congress.

I requested that the ACA send a letter of support to Governor Michelle Lujan Grisham asking her to sign the copay legislation, and it was sent. We have some great momentum in the State and the Nation due to your continued diligence in speaking with your elected officials and asking them to support bills that are important to you. Thank you!

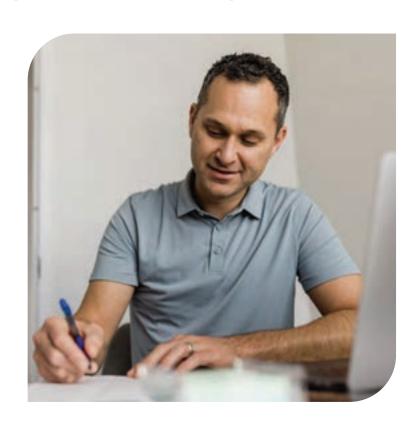




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EZPay is a convenient and easy way to contribute to the NMCA PAC. Simply fill out the amount you wish to contribute and the frequency (i.e. annually, monthly) and select your method of payment and the NMCA will do the rest! Or, you can make a one-time contribution to the NMCA PAC by selecting the "one time" box below. Please fax completed form to 505-554-1482.

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Political contributions may be adjusted, the amount given or refusal to contribute will not benefit or disadvantage you. Contributions or gifts to the NMCA PAC are not tax deductible as charitable contributions. Federal law requires political committees to report the name, mailing address, occupation and name of employer of each individual whose contributions aggregate in excess of \$200 in a calendar year.					
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EZPay Applicant Information: I hereby authorize the New Mexico Chiropractic Association to initiate, in accordance with the payment schedule indicated above, debit entries to my checking account as indicated above and on the attached voided check or my credit card account. I hereby authorize the depository institution named above to debit the same from my account. Said debits shall be for the amount indicated in the above-noted amount of contribution. This agreement will remain in effect unless I notify the NMCA, in writing by mail or fax at 505-554-1482, to cancel it.					
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Clarence Rowse

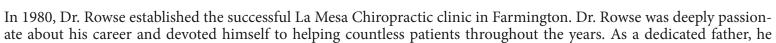
January 1, 1945 - March 16, 2023

Dr. Clarence "Butch" Rowse, a loving father, devoted chiropractor, and spirited outdoors man, passed away peacefully in his home in Flora Vista, New Mexico on March 16, 2023, at the age of 78. Born on January 1, 1945, in Ralls, Texas, to Elmer and Lavern Rowse. Butch's adventurous spirit and zest for life left an indelible mark on everyone who knew him.

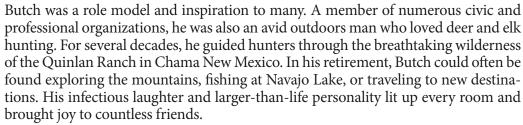
Raised in Prescot Arizona, and later Albuquerque New Mexico, Butch graduated from Highland High School in 1963. To save money for college, he worked at a sporting goods store while pursuing his passion for building and flying hang gliders off Sandia Crest. Butch attended New Mexico State University, where he joined the dive team and later continued his studies at Palmer College of Chiropractic. At Palmer, Butch excelled not only in academics but also as an All-American Rugby player. He graduated in 1969 with the determination to make a difference in people's lives.

Butch opened his first chiropractic practice in Albuquerque, where he worked from 1969 to 1977. He then sold his practice and went on the Bass Fishing Pro Circuit until 1983. He made history as the first New Mexican to qualify for the Bassmaster Classic. In 1977 he married Diane Oakley, and they welcomed twin

sons Ryan and Jeremy in 1978. Seeking a nurturing environment for their family, they moved to Farmington, New Mexico.



coached Little League and Connie Mack baseball, always present and supportive in his sons' lives. In 2010, Butch retired and proudly handed the reins of La Mesa Chiropractic to Ryan and Jeremy, who followed in their father's footsteps as chiropractors.



Dr. Clarence "Butch" Rowse is survived by his sons, Ryan and Jeremy; daughtersin-law, Lindsey and Jenilee Rowse; and his adored grandchildren, Gentry Rowse, Grayson Schnell, and Emmerson Schnell. Butch's vibrant spirit, warm heart, and unwavering dedication to his family, friends, and community will be forever cherished and deeply missed. A heartfelt memorial service to celebrate the life of Dr. Clarence "Butch" Rowse will be held at Emmanuel Baptist Church on March 29th at 10:30 am.



Rest in peace, Butch. Your love, laughter, and boundless spirit will forever be etched in our hearts.



FROM YOUR EXECUTIVE DIRECTOR

By Beth Clay, ICA Executive Director

Annual Meeting: We are two months out from our Annual Convention in the beautiful Park MGM Hotel, Las Vegas, Nevada. If you have not registered for the event and booked your hotel room, please do so ASAP. We want as many ICA members to attend this year's convention as possible. This is not just the Board and RA meeting; it is a true convention, where you also get to hear from great speakers like Dr. Deed Harrison, Dr. Scott Rosa, and Dr. Stephanie Sullivan.

Friday, while the Board is in meetings, members get the opportunity to get a jump start on continuing education with long time ICA member, Dr. Eric Plasker (100 Year Lifestyle) providing the first six hours of continuing education during the morning and afternoon of Friday. Friday night, we will have an official welcome by Dr. Selina Sigafoose-Jackson and hear from Dr. Plasker and Dr. Brandi Childress of the ABCA with information we all need to hear on why what you do everyday in clinical care is so very important. Our Awards Banquet culminates our event and will leave you plenty of time to enjoy Las Vegas. I look forward to seeing you there!

Board Nominations: The call for nominations for 5 ICA board seats is open until February 28. If you are interested in being considered, or want to recommend someone, please complete and submit a nominations package to chiro@chiropractic.org (or fax to 703-528-5023) no later than 5 pm Eastern on February 28, 2023. The link to the nomination materials is in the announcement below.

Additional Events this Year: For our colleagues in Europe, our Upper Cervical Council is hosting a one-day seminar – Know the Neck in Amsterdam on May 20, registration now open.

The Upper Cervical Forum is taking place in Dallas June 9-10 and the Pediatrics Conference will be the weekend of November 3 at Life University.

A Reflection on the Health of the Host and the Power of Breath: As someone who has spent a great deal of my life on a learning journey about the power of the body to heal itself, the power of the mind and the body to work together, and the power and influence of a higher power in daily life and health, I continue to be amazed and delighted at how on point the theory of chiropractic is to the validated science on health promotion through lifestyle and why regular chiropractic adjustments are so vital. A friend recently overcompensated when helping someone pick up a table and, as people tend to say, 'threw out his back'. He spent days trying to get better on his own through rest and suppressing the pain symptom with medication. Finally, he saw a chiropractor, who adjusted him while talking him through what was happening and how to take better care of himself. He came off the adjusting table and could take a deep breath. That moment was the first step in his recovering from the injury. It was his point of realizing why chiropractic is the first stop, not the last stop, when nothing else works. I share this with you to say thank you for all you do every day. There are millions of people walking around this world so bound up in stress and pain that they cannot even take a deep breath, whether from fear, misalignment, or injury. The power of breath to deliver oxygen to every cell of the body is integral to life, and every day you use your training and skills to restore and optimize your patients through the adjustment and give those who have been too bound up to even breathe deeply that freedom again.





www.nmchiro.org CLASSIFIED ADS

JOB OPPORTUNITIES

ASSOCIATE WANTED

Associated needed for busy westside chiropractic office. Practice is well established with 29 years of service (3 generations of patients) to the Albuquerque Community. This is a hands on family practice so must be skilled in Diversified, Motion palpation, and Flexion Distraction technique. Even better if skilled in Thompson technique, chiropractic biophysics, activator, and active release technique. Excellent opportunity to start as associate and become owner of your own practice as doctor will be retiring in the near future. \$1000/wk + bonus.Call (505) 681-1772 to leave a message. Thank you for your interest.

ASSOCIATE WANTED

Established two doctor Chiropractic office in great location looking for an associate. We are looking for someone who wants to grow their practice with our help. All needs for equipment and staff are included. If interested please email us at alibargrace@yahoo.com

ASSOCIATE WANTED IN ALBUQUERQUE, NM

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 - This position is ideal for a recent graduate chiropractor looking to join a busy and growing clinic. It is an awesome opportunity if you are interested in working in a friendly environment while gaining valuable clinical experience.

Our ideal candidate must be:

- New Mexico license
 Proactive and willing to learn
 Committed to high quality patient care
- Enthusiastic about evidence-based chiropractic A great communicator Professional, energetic, kind and caring

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Our clinic enjoys an excellent reputation and receives many referrals from health care professionals. We are hiring for this position in order to keep up with new patient inquiries. Our primary purpose is to provide our patients with quality chiropractic health care and personal attention -- listening to them and treating them with dignity, compassion and courtesy.

Please email your resume to Dr. Blessing at dr.lindsey@blessingchiro.com

CHIROPRACTOR NEEDED

Albuquerque, NM— Have you been looking for the right opportunity, but haven't found it yet? Do you love taking care of families and serving your community? If this is you, we'd love to meet you! You could soon be working in this vibrant, upbeat family practice. If you are looking for a career opportunity to grow yourself as an individual as well as professionally, this is a chance to train within the ranks of a fantastic practice anchored in subluxation principles, sound international coaching, extremely detailed handling of procedures, and quality patient care. Only serious applicants are welcome. We want to pay you fairly and treat you with dignity. This is a career decision and not a temporary stop over. Your hands are needed for the overwhelming demand of new and existing patients. We will be working side by side and you will get to learn all facets of the business through our training program. Learning the different skills will allow you to earn even more in our office.

Emphasis on patient education is a must. Quality of outcome assessments is critical. Must have a high standard of comfort with Webster technique skills and be a confident adjuster. Most important requirements: relentless humility and teachability. Communication quality must be of the highest expression. Preferred technique is diversified (Gonstead,

Drop Table). Pregnancy and pediatrics interest is a must. This position is open to preceptors, new grads, and experienced doctors. Not yet licensed in NM? No problem. Apply today to drphil@abgfamilychiro.com.

CHIROPRACTOR NEEDED

Seeking an energetic chiropractor to work Mondays and Fridays at Blue Lotus Integrative Healing Arts in Santa Fe. Clinic offers acupuncture and therapeutic massage also. Owner is transitioning to full time academic employment in the coming months. Potential to purchase an established, well-regarded practice is optional, Owner financing is possible email: Drjosh@bluelotussantafe.com Phone: 505-850-4089

CHIROPRACTOR NEEDED

North East Albuquerque office looking for a chiropractor to join our growing practice. Both independent contractor and associate options are available. If interested, please contact nmchiro24@yahoo.com

CHIROPRACTOR NEEDED

Very busy Northeast Heights office seeks Chiropractor to join our team. Our current new patient volume has our practice looking for a hands-on Doctor to hit the ground running. Compensation is above market with significant upside potential. Our patient base is a great mix of insurance, self-pay and personal injury. We are general practice with a sports injury lean. If you would like to talk please e-mail us at heightschiroabg@gmail.com.

ASSOCIATE NEEDED

Albuquerque Chiropractic office seeks ethical associate with good hands / good integrity who possesses a solid philosophy of chiropractic. Must be skilled in Diversified and Cox flexion distraction. Practice has seen three generations of clients. Dr. will be retiring in the next few years. 505/899-6600. Please contact me to complete the details. Dr. David Greif

ASSOCIATE NEEDED

Seeking Associate Chiropractor in beautiful Taos NM. Activator/Neuromechanical/Diversified practice serving Taos county and beyond 39 years. Wait list of new patients ready for you to quickly grow your practice. Wonderful community surrounded by National Forest with unlimited outdoor activities. Minutes to world-famous Taos Ski Valley. This is a growth opportunity in beautiful northern New Mexico. jlewdc@msn.com 575-770-4099

ASSOCIATE NEEDED

Chiropractor Associate Needed for Medically Integrated Practice- New Grads and Experienced Chiropractors Welcome, Signing/Relocation Bonus Provided. This Full-time Associate Position is open to both New Grads & Experienced Chiropractors. Your Base Pay will be \$110k per year + a generous bonus based on the number of patients you see. We are glad to help you with either a signing bonus or relocation assistance! Are you a Caring, Compassionate & Energetic Chiropractor? If so, we're inviting you to be part of our office. We are looking for an Enthusiastic Associate in our Las Cruces, New Mexico office. Our office is owned by Dr. Waldt. He is both a medical physician and a chiropractor. Dr. Waldt is a graduate of Life College of Chiropractic. He taught cadaver dissection at Palmer College of Chiropractic in the late 90's. Dr. Waldt is also a former full-time professor of clinical medicine at Burrell College of Osteopathic Medicine where he taught anatomy, physical exam skills, and spinal manipulation to the medical students. Dr. Waldt graduated as a medical physician from Philadelphia College of Osteopathic Medicine 4 years ago. His medical specialty is neuro-musculoskeletal medicine.

Our office website is www.LasCrucesBackDoctor.com

This is a full-time Chiropractic Associate position. You will be a treating doctor. You will work about 25 hours on most weeks treating patients. Our office is currently open just 3 days per week. You will treat patients Mon, Wed, Fri. We're closed Tuesdays & Thursdays and we use these days to do paperwork, as needed. Dr. Waldt leads a 90-minute training/ teaching session every Tuesday morning. You may use any chiropractic technique you prefer. Dr. Waldt uses primarily CBP, Gonstead, diversified, drop table, and extremity adjusting. We won't need you to help us with marketing or public relations because we have so many new patients without doing any marketing. Dr. Waldt just needs you to help us with giving our patients chiropractic adjustments. Since Dr. Waldt has taught at Life, Palmer & Burrell medical college, he will be glad to teach & mentor you also if that's helpful to you. Dr. Waldt is very humble... very approachable. He's easy to get along with. In our office, we provide osteopathic medical care, chiropractic care, and ultrasound-guided steroid injections & stem cell injections. Our practice has been open for just 14 months and the growth has been tremendous. Dr. Waldt is the only provider in our office. We have 3 front desk medical assistants & 1 clinical medical assistant on staff. Most of our patients are referred to us by their family doctors. We also get referrals from a couple interventional pain physicians. Many patients are also referred by their friends & family. Our office is very, very busy and Dr. Waldt can't handle all patients himself. Our patient base is mostly families. Our patients are a good mix of all ages. We also have wonderful, trained, caring staff members!

Las Cruces is a real gem. It's a GREAT place to raise a family! And the cost of living is very affordable. Las Cruces is home to New Mexico State University (NMSU) & Burrell College of Osteopathic Medicine. Learn more about Las Cruces here: https://www.las-cruces.org/



Please call us today to start a new & wonderful chapter in your life! We're excited for you! Life is too short to struggle. Dr. Waldt & our Team can make this next step very easy for you. You went to chiropractic school to serve others through chiropractic care. You have a gift and you deserve to be rewarded well for using your gift & talents to help others. We'll help you achieve your goals! Call or email Dr. Waldt today. Dr. Waldt's cell: 484-919-1866 email: GlennWa@pcom.edu

ASSOCIATE NEEDED

Part- or full-time associate wanted in Albuquerque practice. Diversified adjusting a plus. The practice focus is on musculoskeletal and auto injuries. Contact Dr. Cecil at: Chriscecil@live.com or call my office at 505-243-1313.

ASSOCIATE NEEDED

Are you a highly motivated, personable, caring chiropractor looking for an associate position in a state of the art wellness facility with excellent opportunity in experience and growth? Do you also have excellent patient/personal communication skills. If so, then Millennium Health & Wellness is looking for you. An amazing opportunity is available for a dynamic, motivated, licensed Chiropractor to join a top notch multidisciplinary team. Wonderful location in a well-established practice. This is an exceptional opportunity designed to fulfill your personal and professional goals while being financially rewarding. Summary of Essential Job Functions: We offer a variety of treatment options primarily focusing on the spine and extremities to provide patients with excellent alternatives other than drugs and surgery with approximately 90% success rate with our treatment options• Health fairs and Community Involvement• Provide consultations, exams, and treatment plans for multiple musculoskeletal conditions. Minimum Requirements• Doctor of Chiropractor License in the state of New Mexico.• Experience preferred, but not required.• Cheerful, outgoing demeanor, responsible.• Dedication to high quality service. Very generous above average for the profession monthly base salary. Job Type: Full-time Pay: \$80,000.00 - \$100,000.00 per year Millennium Health and Wellness 3850 E. Lohman Ste. 100, Las Cruces, NM 88011 phone: 575-521-0793 email:billing@millenniumlc.com

ASSOCIATE NEEDED

We are looking for an associate chiropractor for our clinic in Rio Rancho, NM. The position is 5 days a week for \$5,000/ month or 4 days a week for \$4,000 plus monthly bonuses based on production. We are a busy clinic and you will be seeing about 20-30 patients a day. You will learn a lot about patient education and patient management. Malpractice insurance is covered and we will pay up to half of your health insurance if needed. Please contact Kyle Gray at either 575-302-6943 or 505-891-3111 or email at drgray@ltchiro.com

PRACTICE COVERAGE FOR NM & WEST TEXAS

Coverage for large or small practices with affordable rates for any size practice. Twenty-six years experience in private clinical practice and four years with practice coverage. I provide near seamless coverage with the technique you practice as I am proficient in most mainstream techniques (Diversified, Bio-Physics, Thompson, Activator, Active Release & Applied Kinesiology). Proficient with X-ray (analog & digital), Myovision SEMG, PT Rehab Exercise & Electrotherapies. Licensed in Texas & New Mexico - Proficient in clinical & conversational Spanish. Dependable and Honest; Satisfaction Guaranteed Contact: John L. Scarborough, MS, DC. email: drtlc@wvi.com or call (541-350-5266) References upon request. Enjoy the time off you deserve & return to a happy practice. Thank you!

ASSOCIATE NEEDED

Would you like to begin as an associate and have the opportunity to grow into a partner with an ownership stake in a successful/profitable practice? Are you wanting to be treated honestly and fairly? Daugherty Spine & Disc is the place for you (check out our Google reviews)! We offer a base salary plus profit sharing. We are located in beautiful Las Cruces, NM. Dr. Daugherty is a Spine specialist who has been practicing for 17 years. We are the perfect place to commence your Chiropractic journey. Here in NM we offer Plenty of outdoor activities including boating, kayaking, fishing, snow, and water skiing, and more. If this sounds interesting to you or know someone who you believe would be interested, please contact us your information ASAP and let's talk. Email me your contact information at d_chiro@hotmail.com

ASSOCIATE NEEDED

In Colorado, Texas, and Arizona Are you a Caring, Compassionate, Energetic, Family-Practice Focused Chiropractor? If so, we are inviting you to be part of our office expansions. We are looking for Enthusiastic Associates in our Arizona, Colorado, and Texas offices to help us grow!!! All are GREAT places to raise a family!!! All have wonderful, trained, caring staff members!!! All have thriving patient-bases!!! All that's missing is YOU!!! Full-time positions, salary \$50k-\$80k per year, D.O.E. and abilities, Malpractice Insurance paid, Bonuses to be earned!!! Immediate openings in all 3 areas! Send resume to liveschiro@yahoo.com to begin this next and exciting chapter in your life!

PART-TIME CHIROPRACTOR NEEDED

Established chiropractor has been in business in Albuquerque, NM for over 20 years. We have a small but busy practice and we are looking for a part-time associate with a minimum of 2 years of experience in a medical office as a profession-

al or internship, a certified D.C. who demonstrates skills for excellent customer service, time management, and maintain a professional relationship with patients and office staff Hours: Part-time 5-10 hours per week with possibly going full time in 6 months to 1 year Location: near the University of New Mexico Compensation: you will be paid per patient with opportunity for more hours and future ownership of the practice Techniques: Ability to learn or add to the following- applied kinesiology, trigger point therapy, cranial sacral technique, sacral occipital technique, bio-energetic synchronization technique, and diversified/mixed. Please respond by email to: Diversifiedchiro@gmail.com with your cover letter and resume.

CHIROPRACTOR NEEDED

Established clinic in Las Cruces is searching for the right D.C. Consistent stream of personal injury and cash patients with loyal, well-trained, long-term staff in place. \$70k base plus uncapped monthly bonus, malpractice insurance paid and moving allowance available. Don't miss out on this opportunity...email resume to paul@otowiusa.com and let's talk!

ADDITIONAL CHIROPRACTIC DOCTOR WANTED

Offered is an excellent opportunity for professional growth in a busy and growing chiropractic clinic in South Central New Mexico. We have been recognized locally as the "Best of the Best Chiropractor" for the last seven years running. In addition, we won "Business of the Year" in 2016. We average over 1,100 new patients due to internal and external referrals, our excellent reputation, a busy marketing program, and excellent patient outcomes. A qualified candidate will exemplify integrity and honesty, and must have a positive, hard-working, patient-first attitude. You should have the requisite abilities of a doctor who can perform a proper consultation/evaluation, interpret exam and x-ray findings, assign an appropriate working diagnosis, present a reasonable treatment plan, transfer patients into wellness care, and of course – provide great adjustments. We are fully staffed with well-trained, caring professionals in management, insurance, therapy, at the front desk, and in IT. We are in a large, modern, and clean, facility with plenty of parking. We are up-to-date with EHR and utilize digital radiography, decompression therapy, laser therapy, trigger point injections, etc. We are perfectly suited for recent graduates and for seasoned doctors. Whether you're looking for a great environment in which to learn from the "Best of the Best" or you're tired of running your own clinic - exhausted from the grind, no vacation relief, struggling to get new patients - this is your place! For more information, including salary, paid vacation, bonuses, and benefits offered, please send your resume to docprecure@msn.com.

ASSOCIATE CHIROPRACTIC DOCTOR OPPORTUNITY AVAILABLE

Santa Fe NM. Join an established and successful office. Back to Health Wellness Center offers multiple and unique services including chiropractic adjustments, manual and instrument, applied kinesiology, nutrition response testing, advance muscle integration technique (AMIT), the heart sound recorder, true cellular detox, and more. We are interested in a seasoned doctor looking to branch out and work with a team or new graduates who are teachable with promise and talent as well. Hoping to build a long-term relationship with the possibility of partnership. Pay will be based on a percentage of gross compensation. All office protocols are in place, such as reception, billing, etc. We are a fee for service practice as well as accepting many major insurance companies. To apply send resume to Dr. Chaz Schatzle at chazdoc@gmail.com

ASSOCIATE DOCTOR NEEDED

Associate Doctor (Chiropractor) needed for established practice. Associate doctor will have incredible opportunity with practice and beautiful office with latest technologies, with possible buyout in future. Call Dr. Will Smith 575.693.1999

PRACTICE FOR SALE

PRACTICE FOR SALE

40 year practice with great reputation and name recognition in beautiful Taos, NM for sale. Practice is low-force (Activator, Neuro-mechanical, Diversified), but all adjusting techniques welcome as you grow with new patients. Low overhead, great location. No lease, stay or move. Dr. will stay for transition. There is a great future here for the right Dr. seeking work / life balance.575-770-4099 jlewdc@msn.com

ALBUQUERQUE PRACTICE FOR SALE

Been practicing for 42 years and ready to retire. Work 21 hours (3 days) a week and collect \$300,000.00 a year. 100% cash practice. No insurance hassles. Primarily functional / nutritional medicine but collected over \$36,000 in chiropractic services last year. Functional medicine is in huge demand and growing and few doctors are offering this service. I am willing to stay on for a time to teach the new doctor all I know on how to do functional medicine if they want. Chiropractic techniques used are Activator and Arthrostim. Also some AK. Purchase includes my website which produces over 15 new patient a month. Selling price is negotiable. If interested or have questions, contact me at drvsredd@gmail.com.



PRACTICE FOR SALE

Building and state-of-the-art chiropractic equipment, fully furnished offices, long-established practice and client history, Roswell, NM. 2,350 square feet with ample parking, located on a main arterial with good traffic flow. Offices custom designed for exams, adjustments, therapies and x-ray, one or two doctor practice.

Equipment includes 2 Zenith Hi/Lo adjusting tables, white porcelain bases with stainless on Hi/Lo rising, 1 combination traction/ segmental distraction table, 2 sine wave machines, 1 cervical traction unit and table. Full x-ray system. All equipment is in excellent condition. Fair market value likely greater than asking price \$212,500, furnishing and equipment essentially free, ready for practice. Contact Dr. Dennis Knoche, 575.420.8233 or Manatt & Company Realtors, 575.627.7177.

PRACTICE FOR SALE

Albuquerque Suburbs Chiropractic Practice for Sale - Mostly Cash!

High-profit, thriving chiropractic practice for sale in rapidly growing suburbs near Albuquerque! Approx 65% cash + 35% ins. Collected \$375,000+ in 2019, \$475k in 2020 (despite COVID), \$600k in 2021 & in 2022, the practice is on a similar pace! Buy with as little as \$27k down! For more info, see https://www.strategicdc.com/221001 or email info@strategicdc.com.

PROFESSIONAL OFFICE FOR LEASE

1200 sq ft. Unit of two adjoining spaces. Lease one side and reduce expenses and/or have office coverage when away. \$1800 per month unfurnished, or \$2300 per month fully furnished with Chiropractic equipment. Dr. Ramirez 316 Adams SE 87108. 505-459-2276 Drramirez333@yahoo.com

PRACTICE FOR SALE

Practice for sale Santa Fe. Retiring after 40 years in practice. Blue Cross, Presbyterian, True Health, Cigna, and other insurance patients. Personal Injury practice with top 3 Attorneys in Santa Fe. Diversified technique, nutritional, yoga teacher 50 years with background in Chinese meridian therapies. Also selling 3400 sq ft building. **Contact Dr. Khalsa 505-690-5261** please leave a message with name and contact information

30 YEAR ESTABLISHED PRACTICE FOR SALE

Work 3 days per week with collections averaging 350K per year. Call 505-330-3330 for more information. Well established 39 year Cash practice for sale. Central Albuquerque location. Ample parking and visability off of a high traffic area. Practice has 3 treatment rooms, Hill Tables, Therapy equipment. New (hardly used) Xray machine with auto developer. Technique used is a mix of Diversified, Pierce Stillwagon, Activator (Upper Cervical), and considerable soft tissue work with Kinesio Taping (Dr. can instruct interested party). Asking an extremely reasonable price to interested party. Please leave inquiries with drstribling@gmail.com

PRACTICE FOR SALE

Established For 26 Years in Beautiful Santa Fe, New Mexico. Mountain Views and Amazing Outdoor Activities. By Owner Chiropractic, Physical Therapy Modalities and Spinal Decompression Practice. We see patients for Auto Accidents, Work Injuries, Chronic or Acute Conditions, as well as Wellness Programs. The Non-Surgical Spinal Decompression Protocol Treats Disc Herniations or Bulges, Facet Syndrome, Paresthesias, Degenerative Disc Disease with amazing Success and with lots of testimonials. Spinal Decompression Protocols are cash based. Otherwise we take some insurance but much of it is cash based. Office Manager has been with me for 10 years. Established Electronic Billing. Established patient procedures. Over 3 years collection averaged \$350,000 per year plus established subleasors. 1500 square feet with 5 treatment rooms plus Digital X-rays. New Information of new SBA Care Program for Business Purchases. As a result of Covid 19 and the Stimulus Package, The SBA is providing loans (7a) to purchase Businesses with less requirements for applications and approvals, low interest and pay back is not required for 6 months. They are making it easier to purchase businesses during this Pandemic. Research it yourself. Willing to help, train and stay for transition. Practice is being sold due to health reasons. Doctor is a Palmer Graduate. Price: \$225,000 Reduced to \$150,000 Call: 505-310-0461 Email: santafechiropractice@gmail.com

PRACTICE FOR SALE

Dreaming of Owning Your Own Clinic??? Want To Do It Easily AND With Little Out-Of-Pocket??? This Is YOUR Chance!!! Lubbock D.C. Retiring!! Fully Equipped Clinic with Digital X-Ray, Intersegmental Traction, EMS, Flex/Distraction, VibraCussor, ATM, and Rehab Equip/Area! Fully-Trained, Excellent Staff Seeing 35-45 Patients/Day! Great Place To Raise A Family! Retiring D.C. Will Finance!! Quick and Easy Transition!! Great Location!! Don't Miss This Excellent Opportunity!! Please send email to s.morris777@yahoo.com

TREATMENT SPACE AVAILABLE

Treatment room available for sublease in northeast heights chiropractic office. Rent is \$500 per month, which includes all utilities except phone. The space is available now. Please contact Dr. Zandall Carpenter at 505-888-1550 or email at doctorzabq@ Hotmail.com for more information.

PRACTICE FOR SALE

Spacious Southwest Texas Clinic for Sale - Part-Time Hours Enjoy an easy buying experience at this turnkey chiropractic clinic where transferable branding is in place for a successful handover. Smooth operations + high cash collections keep headaches at bay, while AR is available for predictable prosperity from the start. This 2,400 sq. ft. practice features 7 treatment spaces, an office + a waiting room for 8. Its inviting modern design attracts + retains patients from the flourishing local area. Embrace a higher quality of life for less in this affordable community, where hiking + climbing in the nearby state parks offer all the fresh air and adventure you could wish for. See pics + details at https://www.progressivepracticesales.com/southwest-texas or call 888-508-9197.

EQUIPMENT FOR SALE

EQUIPMENT FOR SALE

Heat and roller table also. \$2200 OBO. 269-589-7930.

EQUIPMENT FOR SALE

Hydrothermal (3) massage table. Great shape. Full body. 220 volts. Asking \$3200. Please contact Dr. Williams at 575-541-9288

EQUIPMENT FOR SALE

Closing for sale: 3 Thompson 440 Zenith III 440 Thompson Pneumatic Hylo Chiropractic Adjusting Tables, Curix 60 X-Ray Processor, 100-300 Fisher Ray 8x10, 14x17 bucky, view boxes, charts file cabinets, x-ray storage bins. Call (575) 644-7704

EQUIPMENT FOR SALE

For sale A Chattanooga Triton decompression table used very little for the last seven years. Everything is included. Asking 4000. Contact **Dr. Williams at 575-541-928**

EQUIPMENT FOR SALE

10/22/21: Leander Lite table. Purchased in 2007 with very light usage since. Now selling for \$1750 firm. Buyer to arrange pick-up and transport from Santa Fe. Electric elevation. Manual flexion/distraction. Caudal section tips -16° to +5°, abdominal section -20° to 0°, head section -15° to +45°. Caudal section also has lateral flexion and axial rotation. Custom upgraded Prefixx green vinyl with small surface abrasion on the thoracic surface. Custom add-on arm rests. **Dr. Jonas Skardis 505-670-5060, or DrJ@NMPM.com.**

EQUIPMENT FOR SALE

Mesh Lumbar Back Supports at Wholesale Pricing. I personally designed these supports and they offer the ability to adjust the amount of lumbar support. I'm selling them for \$7.00/2 pack plus shipping. For more information go to https://www.backtohealthsantafe.com/elanz- mesh-lumbar-back-support Contact me at chazdoc@gmail.com or (505) 690-4057

EQUIPMENT FOR SALE

Three Hill Elevation Adjusting Tables. a. Each has Lumbar, Dorsal, Cervical Drops Excellent Cond. Ask \$900-\$1100. Three interferential/Ultra Sound combo units New \$4000-\$5000...Asking \$900-\$1200 Excellent condition. X-ray view boxes (2) 14x17 &. 14x36 Asking \$45 to \$75 respectively. Four drawer Lateral Filing Cabinet \$300 Erchonia Laser, \$1500 Miscellaneous posters Free Dr. Stribling will entertain offers. My Cell number is 459-3158 Email: drstribling@gmail.com

EQUIPMENT FOR SALE

1990 Lloyd hydraulic with no drop pieces and no stand up feature. 1990 Lloyd galaxy 900 HS Hylo with no drop pieces, has hydraulic but the vertical stand up feature needs repair. Not expensive. Make offer please. Buyer to arrange pick-up and transport. I plan to close the office at the end of July. Anyone interested can contact me **David Rosengren**, 310 Garfield St, Santa Fe, New Mexico 87501 (505) 983-1513

EQUIPMENT FOR SALE AND OFFICE FURNITURE

Chairs, desks, therapy tables, massage table & chair, pictures, curtains, etc. Call Vince 505-908-4380

EQUIPMENT FOR SALE

Used film processor, (in excellent condition), stand, cassettes, safe room light and I.D. flasher, installed in the Albuq area, 1,500.00 plus tax. For more information, call John at 505-507-4659 or email me at whitew310@aol.com Film processor cleanings, service and supplies also available.







A BIG

Thank You

TO OUR NMCA 2023 ANNUAL CONVENTION SPONSORS!



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VISION STATEMENT of the NEW MEXICO CHIROPRACTIC ASSOCIATION

The Vision of the New Mexico Chiropractic Association is to have every Chiropractor in the State of New Mexico as a member, working together to expand and protect the rights of the chiropractic profession.

The NMCA needs every chiropractor in the state involved and united in order to combat any loss of chiropractic rights as they now stand, to stop any infringement by other professions into areas that are traditionally chiropractic in nature, to provide pathways for chiropractors to expand their areas of expertise in order to service their patient population to the fullest, to educate the public as to the value and benefit of chiropractic care, and to provide easy access to chiropractors within the health care industry.

The NMCA is the only organization in the state that can accomplish the above work. This work cannot, however, be accomplished without the required funds and without the necessary people to follow through. Therefore, the NMCA needs a large and actively involved membership. No matter what part of the state you call home, if the Practice Act for Chiropractors changes, you will be affected--for better or for worse, depending on whose changes are adopted. Help us make the changes that occur, changes that you want to see occur, changes that will enhance your profession.

In summary, the NMCA Vision is to have the total participation and backing of the entire chiropractic community in New Mexico toward the enhancement of the chiropractic profession while protecting the rights of chiropractors to treat patients within the expertise of their training and licensure. Please help us make this Vision a reality!!

MISSION STATEMENT of the NEW MEXICO CHIROPRACTIC ASSOCIATION

New Mexico Chiropractic Association is a statewide, non-profit, professional trade association comprised of doctors of chiropractic.

The Purpose of the NMCA is to provide the education resources and support needed to assist each doctor of chiropractic in rendering optimal care to a greater percentage of the population to enhance their quality of life.

The NMCA protects and advances the art, science and philosophy of chiropractic by promoting a model of excellence in the professional and ethical standards of its members.

Please Support and Thank the
Professional Associate Members of the NMCA!
We really appreciate them for supporting each of you and the association!
You can get all contact information on our web site at www.nmchiro.org
by clicking on the Start Shopping page in the menu bar at the
top of the home page and all the other pages!

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It means you've extended the trust your patient has in you - to our team.

Because of your continued support we have been able to help thousands of victims of accidents and violence get proper compensation for their injuries so they can move forward with their lives.

When you refer a patient or friend to Parnall Law you can be certain they'll be treated with the same professionalism you and your business provide.









We are always accepting referrals & the consultations are always free!

Call Today - (505) 268-6500

(Q) 2025 San Pedro Dr. NE, Albuquerque, NM 87110



(www.HurtCallBert.com