

NYS CA

ON THE AGENDA • DECEMBER 2025



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WELCOME NEW MEMBERS

The NYSCA would like to welcome new and returning members! Your participation in professional organizations is essential to the advancement of our work for our members and our patients. Thank you!

Dr. Ryan Barker (D12)
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IN THIS ISSUE

President's Message	3	NCMIC Resources	20
2025 Spring Convention	4	Ad: NCMIC	21
Member Spotlight	5	F4CP Feature Article:	
Sponsor Spotlight	5	More than Half of Americans	
Upcoming CE Webinars.....	6	Feel Physical Strain of Gaming	
Fall Convention Recap	7	22
Manhattan D1 Hosts Gala	8	Ad: NYSCA Saving Center	23
NYSCA District 7 at T2T	9	Harter Secret & Emery	24
Ad: Student Loan Tutor	9	Legislative Updates.....	25
ChiroCongress Recap	10	Support Your PAC	26
D17 CE Event Recap	11	Practice Alerts	27
Ad: Nutriwest NY	11	Research Center.....	28
Feature Article:		Announcements: Awards	
Why Association Membership		Nominations Open & NYSCA	
Matters for Early Career		Membership Meeting	29
Professionals.....	12	In Case You Missed It	30
Ad: CGI Digital	13	College News	31
Tool: New Practitioner Checklist		Classifieds	32
.....	14	Ad: Credit Card Processing ...	33
Ad: Saatva	15	Ad: Harlan Health Products... 33	
Feature Article: Planning Your		NYSCA Corporate Sponsors... 34	
Retirement: Guidance for NYS		Earn FREE Membership	34
Chiropractors	16	NYSCA Member Benefits.....	34
Ad: Foot Levelers	17	NYSCA Member Privileges	35
Tool: Retirement Checklist ..	18	Membership Application	36
Ad: McHugh Neurosurgery ...	19		

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PRESIDENT'S MESSAGE

Dear Colleagues, Association Members, and Friends,

It is an honor to serve as President of the New York State Chiropractic Association and to share with you the progress we are making together. Our profession continues to evolve, and I am proud of the strides we have taken to strengthen our foundation and expand our reach.

In the coming months, we will complete several projects that we have focused on:

- **Streamlining our bylaws** to ensure clarity, efficiency, and alignment with our mission.
- **Developing comprehensive policy and procedure manuals** that provide consistency and transparency in how we operate.
- **Upgrading our website** to better serve members and the public, offering improved access to resources, news, and advocacy updates. We are aware of some shortfalls in our current website and are excited to implement a more user friendly site that will solve some ongoing is-

sues with membership and ease of access to our resources.

These initiatives reflect our commitment to building a stronger, more responsive association. Yet, our most critical priority remains advancing legislation that will **modernize the scope of practice for chiropractors in New York State**. In the last legislative session, our bill (S5860B/A4706B) overwhelmingly passed the State Senate and we simply ran out of time in the Assembly.

During the summer, we were made aware of proposed changes to the bill, which was crafted with language agreed upon by the NYSCA/NY Council Joint Legislative Task Force. We carefully considered these potential changes and were advised by our professional staff in Albany that any modifications to the bill's language that are not specifically recommended by the bill's sponsors or necessary to comply with State Education Department educational requirements could actually endanger the progress of the bill at this point, so we will remain steadfast in our support of the



Christopher M. Piering DC
NYSCA President

current bill.

Passing this bill is essential to ensuring that our profession can meet the needs of today's patients, practice at the highest standards, and continue to grow in recognition and influence.

I urge each of you to support our advocacy efforts and encourage your local Assembly representatives to support this bill. Together, we can secure this milestone and position chiropractic care for a vibrant future in New York..

Thank you for your dedication, your passion, and your partnership in this important work.

With gratitude & determination,

Christopher M. Piering DC

President, New York State Chiropractic Association

State Affiliate

Member Association

Association Partner



Stay informed and engaged with the latest developments impacting our profession.

We encourage you to turn to [page 25](#) to review the comprehensive update from the NYSCA lobbyist, Amy Kellogg of Harter Secrest & Emery, offering timely insights into current legislative activity. Then, continue to [page 26](#) for an important message from the Chair of the New York Chiropractic Political Action Committee (NYC PAC) on how your involvement helps shape the future of chiropractic in New York. Your awareness and participation truly make a difference.

UPCOMING CONVENTION

Join us for the New York State Chiropractic Association

2026 Spring Convention

April 17-19, 2026 at Mohegan Sun Casino & Resort

Sky Convention Center | 1 Mohegan Sun Blvd, Uncasville CT | mohegansun.com

Earn Up to 16CE* (up to 8 Cat1)! Register online at www.nysca.com/spring-convention

The amazing event lineup includes: **CPR /BLS certification** with **Dr. Jeffrey Poplarski** (additional fee applies); Clinical Compass Research Update; **Insurance Bootcamp** with the NYSCA Insurance Committee; Radiology with **Dr. Alicia Yochum**; Sports Injury with **Dr. Kurt Juergens**; Chiropractic Philosophy with **Dr. Eric Russell**; Communication and Ethics with **Dr. Kristina Napuli**; Activator Technique with **Dr. Jamal DeVita**; Chiropractic Neurology with **Dr. Scott Surasky and Dr. Russell Surasky**; Chiropractic Pediatrics with **Dr. Jamie Forster**; Nutrition with **Dr. Cal Forster**.

Save \$100 when you register by 01/23/26; Price below reflects early registration cost.

Member Early Registration is \$269

Standard registration applies as of 01/24/26 | Late registration applies as of 04/04/26



License Renewal: Continuing education credit (CE) is provided by Northeast College of Health Sciences. Pending for NY, PA, FL. Pre-Approved: CO, CT, DE, DC, ID, IL, IN, IA, MA, MD, MI, MT, NE, NC, ND, NH, NJ (DC only), OH, OR, RI, SC, UT, VT, VA, WA, WY, Puerto Rico, Canadian Provinces (except AB)
This course is valid for Doctor of Chiropractic CE credits in "pre-approved" states, so long as it falls within the scope of practice as outlined by the corresponding state board and complies with the delivery format attendance requirements. It remains attendees' responsibility to contact the state board(s) from which they seek continuing education credits for purposes of ensuring said board(s) approves both the delivery method and content as they relate to this event. Neither a speaker's or exhibitor's presence at said event, nor product mention or display, shall in any way constitute Northeast College endorsement. The College's role is strictly limited to processing, submitting, and archiving program documents on behalf of course sponsors.



Share Your Voice with the New York State Chiropractic Community

We are now accepting submissions for the next edition of *On the Agenda*. If you've written an article, blog post, or professional piece that advances knowledge in chiropractic care, we encourage you to share it with us. Our members appreciate practical tools, research-based insights, and perspectives that support growth in daily practice. Please note that submissions must be educational and non-commercial in nature (advertorials are not accepted). Multiple submissions are welcome and may be considered for future issues.

Publication Schedule & Deadlines

On the Agenda is published electronically in March, June, September, and December. Articles must be submitted by the 10th of the month prior to publication: February 10 for the March edition, May 10 for the June edition, August 10 for the September edition, and November 10 for the December edition. Articles submitted after the deadline may be considered for the next edition.

Email your submission and author attribution to newsletters@nysca.com.

We look forward to hearing from you and sharing your expertise with our statewide audience!

MEMBER SPOTLIGHT

Dr. Mike O'Leary

*O'Leary Chiropractic
Queensbury NY*

Dr. Michael O'Leary is a NYSCA Member in District 10. He is currently serving as a Director for Region 3 and is spearheading efforts to increase membership, communication, and participation in the Capital Region and North Country.

He has provided Chiropractic on the US Open Golf Performance and Recovery Team and the Tunnel To Towers Sports Medicine Team, as well as served as the official chiropractor for several athletic teams including the Glens Falls Greenjackets semi-pro football team, the Adirondack Red Wings, and Adirondack Phantoms professional AHL hockey teams. He is also very active in several civic organizations.

Dr. O'Leary is the founder and owner of O'Leary Chiropractic PLLC. He has been in private chiropractic practice since 1994 serving the Queensbury and Glens Falls area. He holds a B.S. in Biology from SUNY Oneonta. He also holds a B.S. in



Human Anatomy and a D.C. from National College of Chiropractic in addition to a C.C.S.P. (Certified Chiropractic Sports Practitioner) from New York Chiropractic College.

He is an exponent of various chiropractic techniques including Diversified Chiropractic Technique, Activator Methods, Soft Tissue Therapy and different complementary therapeutic modalities. He is also an expert in Flexion-Distraction Lumbar Therapy, spinal sports injury treatment, as well as Spinal Strengthening and Rehabilitation.

SPONSOR SPOTLIGHT



M C H U G H
NEUROSURGERY

Dr. Brian McHugh is renowned as one of the best neurosurgeons for treating patients with scoliosis and other spinal deformities and is an expert in the field of revision surgeries. It is his priority to provide secure and remarkably efficient treatments as well as compassionate and comforting care to our patients.

Along with his staff, Dr. McHugh takes personal responsibility for ensuring excellence in patient experience and attentive support, making patients feel at ease throughout their journey with our team.

If you are looking for excellence in neurosurgery, optimal outcomes, and the best in patient experience, you should consider traveling to Long Island and let our expert team take care of you.

!! Healthcare Provider Education and Training !!

- **NYS Sexual Harassment Prevention** (required annually) <https://www.ny.gov/combating-sexual-harassment-workplace/>
- **Medicare Fraud and Abuse Training** (required annually) <https://www.cms.gov/Outreach-and-Education/>
- **Mandated Reporter Training (Updated 09/01/2025) - Due November 2026** www.op.nysed.gov/about/training-continuing-education/child-abuse-identification-reporting
- **Cultural Competency Training** (required annually by some networks) <https://thinkculturalhealth.hhs.gov>
- **No Surprises Act's Good Faith Estimates** <https://www.cms.gov/files/document/gfe-and-ppdr-requirements-slides.pdf>

UPCOMING CE WEBINARS



Earn Continuing Education credits from the comfort of your office

In addition to CE available at our statewide conventions, the NYSCA offers continuing education credit via webinar through Northeast College of Health Sciences Post-Grad. NYSCA Webinars are held most months, usually on a Wednesday at 1pm EST.

Test, Correlate and Restore: Navigating the Gut-Brain Axis for Homeostasis

Presented by: Jamie Forster DC and Cal Forster DC
December 3, 2025 | 2pm-3pm (1CE)

Mental Health Gut Health. The GBM axis (Gut-Brain-Microbiome) Interdependence and interconnect-edness. The CNS (central nervous system) and ENS (enteric nervous system) communication. Neuro-transmitters explained. The upstream and downstream cascades as well as the catalysts and cofac-tors. Test don't guess (lab tests). Correlate data. What compromises and what will support homeosta-sis. Decreased cognitive function, what does it mean and WHY is it happening? This fast-paced webi-nar offers a practical introduction to the gut-brain axis and its impact on mood, cognition, and sys-temic health. Attendees will learn how to identify key signs of imbalance, interpret basic testing data, and apply simple, effective strategies to support gut-brain homeostasis.

[Register Online](#)

Unraveling Chronic Low Back Pain Through a Women's Health Lens

Presented by: Sarah Tirimacco DC
February 4, 2026 | 1pm-2pm (1CE)

Chronic low back pain in women is often approached with standard orthopedic and biomechanical frameworks—but what if we're missing a deeper driver? This advanced course reframes chronic low back pain through a women's health lens, highlighting the often-overlooked influence of pelvic floor dysfunction, hormonal considerations, and core stability on pain presentation and recovery. Partici-pants will learn how to assess and manage complex cases by identifying red flags, evaluating the in-terconnected systems of the lumbopelvic region, and incorporating movement-based rehabilitation strategies tailored to women across the lifespan.

[Register Online](#)

Save the Dates for Future Webinars: March 4, 2026 | May 20, 2026 | June 10, 2026

Tuition Discount

Association Members are eligible to receive a discount on tuition for NYSCA-sponsored webinars via coupon code at registration check-out. Please be sure to check your email for the discount code, which is included for all NYSCA members. You must have your discount code BEFORE registering. Please note, once you register, the dis-count code cannot be applied retroactively. Contact the NYSCA Ad-ministrative Office at 518-785-6346 for more information.

Registration Deadline

Attendees MUST be registered and paid via credit card or check by 3:00 pm, one week before the course is to take place, to avoid addi-tional fees. All unpaid/ late registrations and at door registrations are subject to the following non-refundable fees: add \$5 (1-hr webinars).

License Renewal

Continuing education credit (CE) is provided by Northeast College of Health Sciences. These seminars are valid for CE credits in "pre-approved" states, so long as they fall within the scope of practice as outlined by the corresponding state board. It remains attendees' responsibility to contact the state board(s) from which they seek continuing education credits for purposes of ensuring said board(s) approves both the delivery method and content as they relate to this event. Neither a speaker's or exhibitor's presence at said event, nor product mention or display, shall in any way constitute Northeast College endorsement. Northeast College's role is strictly limited to processing, submitting, and archiving program documents on behalf of course sponsors.

[Learn More: Northeast College Continuing Education Policy](#)

NYSCA 2025 Fall Convention Recap: A Weekend of Learning, Connection, and Community

The NYSCA 2025 Fall Convention was held October 17-19, 2025 at the Embassy Suites East Syracuse

This October, chiropractors, students, and corporate partners came together for a weekend filled with education, collaboration, and inspiration. Over three days, doctors earned up to 16 CE credits while exploring fresh perspectives in patient care, practice management, and interdisciplinary collaboration.

We extend our heartfelt appreciation to every Chiropractor who joined us, to our speakers for sharing their expertise, and to our exhibitors and sponsors for their continued support. Together, you helped make this event a true success.

Friday Highlights

The weekend opened with a thoughtful session on bone health and osteoporosis prevention, where participants explored

how nutrition, hormones, and exercise can play a vital role in long-term skeletal health.

Later that afternoon, participants turned their focus to Workers' Compensation in New York, gaining practical updates on documentation requirements and submission processes. A special highlight was the presence of New York State Workers' Compensation Board Executive Director Steven Scotti and Medical Director Dr. James Tacci, who joined the conversation to provide timely updates and answer member questions directly.

Friday evening, students took center stage with a special program that blended philosophy, fun, and mentorship. From a lively Jeopardy-style game to a doctor panel moderated by NYSCA Vice President Dr. Gerald

Stevens, students had the opportunity to ask candid questions, hear from both new and seasoned chiropractors, and network with practicing doctors from across the state.

Saturday Sessions

Saturday's program offered a wide range of clinical insights. The morning began with women's health and perinatal care, equipping chiropractors with strategies to support patients through pregnancy and postpartum recovery. Participants then turned to the relationship between foot function and pelvic stability, exploring how lower extremity biomechanics can influence spinal alignment and patient outcomes.

In the afternoon, participants examined the scientific and neuro-

(Continued on page 8)



NYSCA 2025 Fall Convention Recap (cont.)

(Continued from page 7)

logical foundations of chiropractic care, including new considerations emerging in the post-COVID era. The day concluded with a discussion on interdisciplinary collaboration, highlighting tools for better communication and integration across healthcare teams.

Sunday Wrap-Up

The final day featured a session on caring for dancers with knee injuries, blending anatomy, culture, and patient communication strategies to support this unique population. The weekend closed with an engaging look at diagnostic imaging, where participants reviewed both common and unusual pathology with a

focus on practical, clinically relevant cases.

Leadership in Action

Alongside the CE program, the NYSCA Board of Directors and House of Delegates convened to advance the work of the Association. These important meetings ensure our policies and initiatives reflect the evolving needs of New York's chiropractors and the patients we serve.

With Gratitude

We thank our speaker sponsors, Potential Power Nutrition and Foot Levelers, for supporting the educational program.

Our sincere appreciation also goes to our corporate sponsors: Nutriwest NY, Student Loan Tutor, NCMIC, McHugh Neurosur-

gery, Saatva, and CGI Digital. Along with our many exhibitors, their commitment to the profession enriches both our meetings and our members' practices.

Most importantly, we thank our participants. Your dedication to ongoing education and professional excellence is what makes these gatherings so meaningful.

Looking Ahead

Save the date! Our next convention will take place April 17-19, 2026 at Mohegan Sun. We can't wait to welcome you for another weekend of growth, connection, and community.

Learn More: www.nysca.com/spring-convention

Together, we continue to move chiropractic forward.

NYSCA District 1 Hosts Annual Gotham Gala

Manhattan NYSCA District 1 hosts an exclusive evening at the historic Salmagundi Club in Manhattan



Suffolk NYSCA Represents Chiropractic at T2T

The Tunnel to Towers 5K Run & Walk in NYC is held each year on the last Sunday of September.



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SCAN TO LEARN MORE

NYSCA Leadership Attends ChiroCongress Convention in Boston

By NYSCA Staff Writer

In mid-November, members of the NYSCA leadership team and staff attended the ChiroCongress Convention in Boston, joining chiropractic associations from across the country for several days of collaboration, learning, and innovation.

Throughout the event, we participated in roundtable discussions focused on topics that matter to all of us as a profession — membership growth, retention, better use of technology and data, continuing education, governance, leadership development, and new business models. These conversations offered valuable ideas that we will be bringing back to our committees as we continue working to strengthen the value of membership and support the needs of our community.

We also attended a presentation on AI and Association Manage-

ment, gaining insights on how associations can use emerging technology responsibly and effectively to enhance operations and better serve members. The speaker showcase introduced us to new voices and experts in the field, and we look forward to sharing these prospects with our Education Committee as potential additions to future programs. Our team also connected with several potential new sponsors and exhibitors with innovative products that may be of interest to our members.

A highlight of the week was celebrating the election of District 15 member, **Dr. Sarah Tirimacco**, as the District 1 ChiroCongress Representative to the Clinical Compass Board. This is an exciting achievement, and we are proud to see one of our own stepping into a national leadership role supporting evidence-informed chiropractic care.



Pictured here: Michael Martin, NYSCA EVPA; Dr. Gerald Stevens, NYSCA Vice President; Dr. Sarah Tirimacco, Elizabeth Kantrowitz, NYSCA EVPO

The convention strengthened our relationships with colleagues across the country and reinforced our shared commitment to advancing the chiropractic profession — locally, regionally, and nationally. We look forward to bringing these insights home and continuing the work together.

About ChiroCongress

ChiroCongress is the Congress of Chiropractic State Associations, a non-partisan organization founded in 1969 that serves as a national forum for state chiropractic associations. Its mission is to advance the chiropractic profession through collaboration, providing a platform for state associations to network and access resources like member toolkits, a listserv, and a community forum. ChiroCongress also oversees a charitable arm, ChiroCongress Cares, which supports the profession through initiatives in leadership, education, and research.



Pictured here: Dr. Thomas Augat (ME), ChiroCongress District 1 Director; Dr. Nick Karapassas (CT), Clinical Compass Secretary and president of the Connecticut Chiropractic Physicians Association; Dr. Sarah Tirimacco (NY), District 1 ChiroCongress Representative to Clinical Compass Board; Dr. Gerald Stevens (NY), ChiroCongress Second Vice President and NYSCA Vice President

NYSCA District 17 Hosts CE Event in Buffalo

This September, NYSCA Region 4 leaders were pleased to welcome more than 230 participants to our continuing education event in Buffalo. The program offered 12 CE credits and featured engaging presentations on topics including risk management, pediatrics, public health, and chronic spine pain.



D'YOUVILLE
UNIVERSITY



District 17 extends heartfelt thanks to D'Youville University, Windsong Radiology, and the NYSCA staff for their invaluable support in making the program a huge success. We look forward to welcoming everyone back next fall for the annual Western NY Chiropractic Continuing Education Event!



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Starting Strong: Why Association Membership Matters for Early Career Professionals

Graduating from chiropractic college is an exciting milestone, but it also comes with challenges. From licensure and credentialing to finding your first position, launching your own practice, or buying into an established office, the transition from student to doctor can feel overwhelming. One of the best ways to navigate this journey is by joining your state chiropractic association.

Your Roadmap to Success

State associations often provide practical tools to guide new graduates through the credentialing and practice launch process. Here in New York, the New York State Chiropractic Association (NYSCA) offers Road to Practice, a step-by-step guide designed specifically for soon-to-be graduates and recent practitioners. If you're planning to practice in another state, check with your association to see if they offer similar guidance. It can be an invaluable roadmap during this transition.

Opportunities to Grow Your Career

Most associations connect new chiropractors with opportunities to establish their careers. For example, [NYSCA's Classified Ads](#) include listings for associate positions, practice sales from retiring doctors, and office space rentals. Many other state associations maintain similar platforms to help you find the right professional fit.

Mentorship and Community

Starting out is easier when you don't have to do it alone. [NYSCA's Mentor Program](#) pairs newly licensed practitioners with experienced colleagues who understand the realities of practice in New York State. Additionally, local district meetings provide networking, professional support, and mentorship opportunities. Wherever you practice, building relationships through your state association will connect you with mentors and colleagues who want to see you succeed.

Leadership and Professional Growth

Association membership also opens doors to leadership opportunities. By engaging with district leadership or serving on [committees](#), you'll expand your professional network, gain professional support, and receive practical advice. You'll also build leadership skills and gain valuable experi-



Image by Werner Heiber from Pixabay

ence in shaping the future of the profession. Forward-thinking associations, like the NYSCA, actively seek the ideas and enthusiasm of the next generation, recognizing that new practitioners bring fresh perspectives that help shape programs, resources, and initiatives to better meet the needs of emerging chiropractors.

Tools & Partnerships to Help You Thrive

State associations offer resources to make practice management smoother. NYSCA, for example, offers members access to customizable [forms](#), [outcome assessment tools](#), and compliance support. Partnerships with trusted vendors and organizations also help members hit the ground running:

- **CGI Communications:** professional marketing services
- **Jane.app:** user-friendly practice management software
- **General legal guidance:** free monthly Q&A sessions with a respected attorney
- **NYSCA Savings Center:** discounts on everyday business expenses
- **Student Loan Tutor:** guidance and strategies to manage student loan repayment
- **F4CP** (Foundation for Chiropractic Progress: patient education and positive press resources
- **Clinical Compass:** access to the latest evidence-informed guidelines

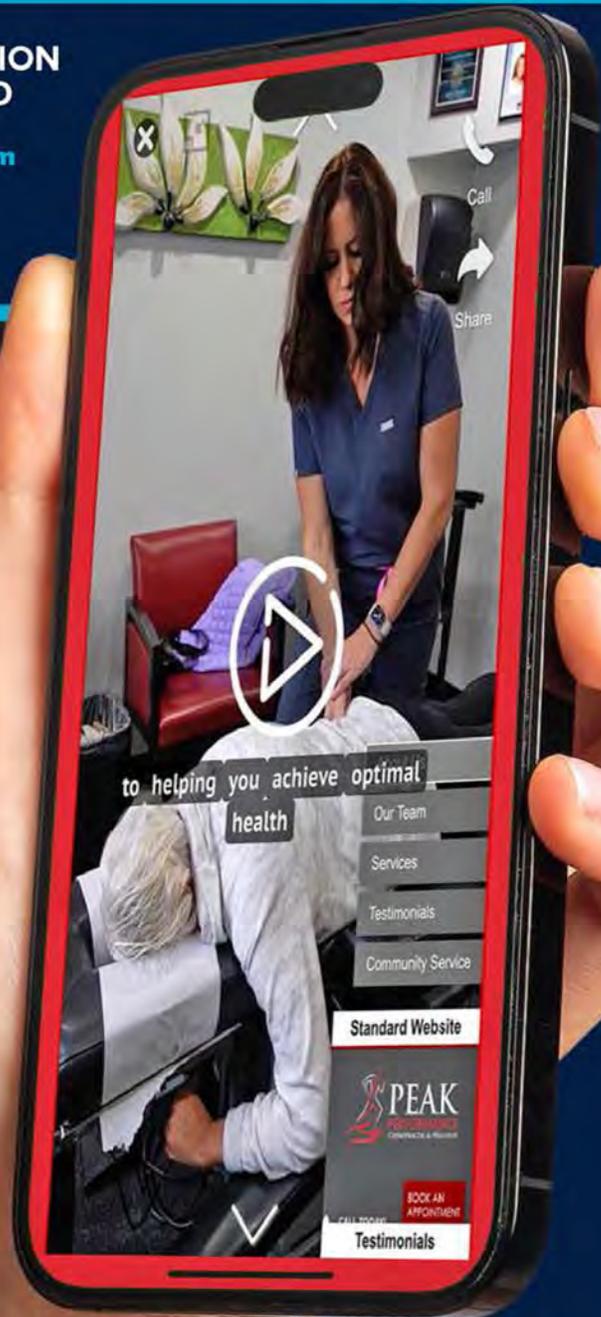
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CHECK OUT
THIS EXAMPLE



(Continued from page 12)

Other state associations often provide comparable benefits, so no matter where you practice, you'll have access to resources that can help you succeed.

Join the Association That Has Your Back

The early years of practice set the foundation for your entire career. By joining your state chiropractic association (such as the NYSCA), you gain more than just resources; you become part of a supportive community dedicated to advancing chiropractic and supporting you every step of the way.

If you're planning to practice in New York, explore NYSCA's Road to Practice and new practitioner resources at www.nysca.com/new-practitioners-. If you plan to practice elsewhere, reach out to your state association today and discover the tools and connections available to you.

We wish you every success as you begin your chiropractic career and look forward to seeing the contributions you'll make to the profession.

Additional Resources:

- [Student NYSCA Membership](#)
- [Student ACA Membership](#)
- [Chiropractic Future: Road to Practice](#)
- [Northeast College of Health Sciences Job-Search Engine](#)
- [NCMIC: Starting Into Practice Program](#)
- [Chiro Match: Chiropractic Residency Match](#)

Starting into Practice Checklist

1. State Licensure

- Submit state licensure application (if not already done)
- Receive your official state license and verify active status

2. Malpractice Insurance & Risk Management

- Select malpractice insurance coverage suitable for your practice type (associate, solo, or specialty care)
- Enroll in risk management programs
- Keep documentation of insurance coverage on file

3. Credentialing & Professional Registration

- Obtain your National Provider Identifier (NPI) number
- Apply to participate with insurance panels and Medicaid/ Medicare (if applicable)
- Verify coverage with commercial insurers to become in-network
- Ensure compliance with remaining state-mandated requirements

4. Career Planning & Opportunities

- Decide on your career path: associate position, purchasing a practice, or opening a new office
- Search for positions or practice opportunities: Check state association classifieds, networking events, and online postings
- Connect with mentors via association programs or local chiropractic networks

5. Practice Management & Office Setup

- Select practice management software
- Set up patient intake, billing, scheduling, and outcome assessment tools
- Establish banking and financial accounts
- Plan marketing and patient communications (website, social media, signage, educational materials)
- Implement office compliance and documentation systems

6. Professional Development & Networking

- Join your state chiropractic association: Access mentorship, continuing ed, classified ads, and networking
- Engage with district leadership or committees: Build professional connections and leadership skills
- Stay current on industry news and best practices through newsletters, podcasts, and journals

7. Ongoing Considerations

- Maintain malpractice insurance and licensure
- Plan for continuing education annually
- Monitor financial health and student loan repayment

This article was drafted with the assistance of artificial intelligence (AI) technology to help organize information and provide writing support. While every effort has been made to ensure the accuracy and clarity of the content, the information provided is for general informational purposes only and should not be considered legal, financial, or professional advice. Readers should verify details independently and consult appropriate professionals or official sources when making decisions related to licensure, practice management, or association membership.



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Planning Your Retirement: Guidance for New York State Chiropractors

Retirement is an exciting milestone in any chiropractor's career. Whether you're considering slowing down or stepping away entirely, it's important to take a few key steps to ensure a smooth and stress-free transition. This guide will help New York State chiropractors navigate licensing, insurance, and best practices for retirement.

Check Your License Status and Continuing Education

Even if retirement is on the horizon, it's important to stay aware of New York State's chiropractic licensing requirements. Doctors of Chiropractic are required to complete 36 hours of continuing education (CE) every three years, with a minimum of 12 hours being in topics like ethics, recordkeeping, and risk management.

If you plan to retire fully, you might consider placing your license on inactive status. This involves notifying the New York State Education Department (NYSED) and submitting a request for inactivation. [Contact the NYSED's State Board for Chiropractic](#) for guidance to ensure all steps are completed correctly.

Plan for Malpractice Insurance Coverage

Even after you retire, malpractice coverage remains important. Many insurers, including [NCMIC](#), offer "tail coverage" to protect you for claims that arise after you've stopped practicing, covering incidents that occurred while you were active. If you have a different insurer, check what options they provide for tail coverage. Maintaining this coverage can prevent unexpected liability down the line.

Notify Insurance Networks of Your Retirement

As a practicing chiropractor, you may be enrolled in multiple insurance provider networks. Upon retirement, it's critical to notify all networks in which you participate to:

- Update your provider status as retired or inactive.



Image by Volodymyr from Pixabay

- Prevent claims from being submitted under your name after you stop practicing.
- Ensure patients are properly directed to active providers.
- Avoid potential contractual or legal issues with networks for unreported status changes.

Common steps include contacting each insurance network's provider relations department and confirming the effective date of retirement. Doing this proactively helps protect both your professional reputation and the patients you have served.

Understand Your Legal Responsibilities

Retirement doesn't remove legal obligations. Doctors of Chiropractic must ensure compliance with all applicable laws and insurance regulations, including recordkeeping, patient notifications, and professional scope of practice. Consulting a healthcare attorney can help review contracts, outstanding obligations, and any other legal matters before stepping away from practice.

Consider Financial Planning

A smooth retirement also means preparing financially. Consulting a financial advisor experienced with healthcare professionals, such as [Barnum Financial Group](#), can help you plan for Social Security, pensions, retirement savings, and other financial matters. A solid plan helps ensure you can enjoy retirement comfortably.

(Continued on page 18)

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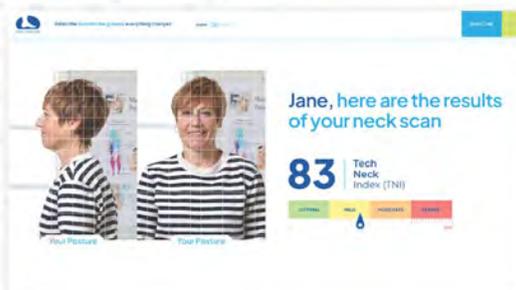
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Stay Connected Post-Retirement

Many chiropractors find joy in staying engaged with the profession after retirement. Mentoring new practitioners, guest lecturing, or participating in organizations like the New York State Chiropractic Association (NYSCA) are great ways to share your knowledge and continue contributing to the field. Please contact your state association about any special membership rates for retired Doctors of Chiropractic.

Final Thoughts

Retirement is a significant career milestone, but careful planning can make it smooth and rewarding. Addressing licensing, malpractice coverage, insurance network notifications, legal responsibilities, and financial planning ahead of time ensures peace of mind and allows you to enjoy this new chapter with confidence.

Additional Resources

- [NCMIC: Retirement succession planning webinar](#)
- [NCMIC: Sample Letters When Closing or Transferring a Practice](#)
- [NCMIC: Enlisting the Services of a Financial Advisor](#)

Disclaimer

This article was drafted with the assistance of AI technology and is intended for informational purposes only. It is not a substitute for professional legal, financial, or insurance advice. Healthcare providers planning for retirement should verify all licensing, insurance, and legal requirements with official sources or qualified professionals.

Retirement Checklist for New York State Chiropractors

1. License & Continuing Education

- Complete all required CE hours for your license cycle.
- Decide if you want to place your license inactive.
- Notify NYSED Chiropractic Unit if applying for inactive status.

2. Malpractice Insurance

- Contact your insurer about tail coverage for post-retirement claims.
- Ensure continuous coverage for incidents that occurred while practicing.

3. Insurance Network Notifications

- Identify all insurance networks where you participate.
- Notify each network of your retirement or inactive status.
- Confirm effective dates to prevent future claims submissions.
- Review provider agreements for any specific notification requirements.

4. Legal & Regulatory Compliance

- Maintain proper patient records for required retention period.
- Review contracts, leases, and employee agreements for outstanding obligations.
- Consult a healthcare attorney for guidance.

5. Financial Planning

- Meet with a financial advisor experienced with healthcare professionals.
- Review retirement savings, Social Security, pensions, and other income streams.
- Plan for taxes, healthcare, and potential post-retirement work.

6. Communication & Closure

- Notify staff, colleagues, and patients of your retirement.
- Set up patient referrals to ensure continuity of care.
- Consider professional announcements via associations or networks.

7. Post-Retirement Engagement (Optional)

- Mentor new chiropractors or students.
- Participate in professional associations, like the NYSCA.
- Guest lecture or contribute to community wellness initiatives.

Tip:

Completing these steps in advance helps ensure a smooth transition, protects your professional legacy, and provides peace of mind in retirement.

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M C H U G H N E U R O S U R G E R Y . C O M

Free Care to Employee is Monkey on Doctor's Back

DCs must treat all patients, paying and nonpaying, equally—and fully investigate when indications of a potentially serious condition are present.

Read More: www.ncmic.com/resources/case-studies/free-care-to-employee-is-monkey-on-doctors-back/

Recognizing and Responding to Suicidal Tendencies

Health care providers are often the first point of contact for individuals struggling with mental health issues. Here's how you can intervene when a patient shows signs of suicidal ideation.

Read More: www.ncmic.com/resources/articles/recognizing-and-responding-to-suicidal-tendencies-in-your-practice/

Don't Let HIPAA Violations Haunt Your Practice

Learn the most common privacy pitfalls—and how to keep your patients' information (and your reputation) safe from compliance scares.

Read More: www.ncmic.com/resources/articles/dont-let-hipaa-violations-haunt-your-practice/

Infant Dies When Urgent Care Need is Ignored

When an infant with congenital heart defects exhibited concerning symptoms, his parents relied on their naturopathic physician instead of contacting their cardiologist promptly as recommended.

Read More: www.ncmic.com/industries/naturopath/nd-insights-newsletter/infant-dies-when-urgent-care-need-is-ignored/

How to Remove Inappropriate Social Media Reviews and Comments

Need to remove an inappropriate social comment about yourself or your practice? Here's how to handle removal on Google, Facebook, and Yelp.

Read More: www.ncmic.com/resources/articles/how-to-remove-inappropriate-social-media-reviews-and-comments/

Should You "Friend" Your Patients on Social Media?

While you might pride yourself on the relationships you have with your patients, make social media connections with caution.

Read More: www.ncmic.com/resources/articles/should-you-friend-your-patients/

Don't Get Ghosted with the Bill

It can be the stuff of nightmares for a chiropractor—unpaid bills for patient care. Whether you have one really bad experience or notice a trend in your practice, it's best to tackle it head-on.

Read More: www.ncmic.com/resources/articles/dont-get-ghosted-with-the-bill/





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More than Half of Americans Feel Physical Strain of Gaming

by Foundation for Chiropractic Progress

Nine in Ten Gamers Have Taken Proactive Steps to Reduce Discomfort, Including Changing Their Posture



Six in 10 Americans play games on a computer or console at least once a week, with the average American spending over 11 hours gaming per week, according to a new poll. The survey from [The Foundation for Chiropractic Progress \(F4CP\)](#) found that over half of American adults (54%) and 88% of gamers experience physical discomfort, including back pain, headaches, carpal tunnel and/or finger/wrist strain as a result of gaming.

The third annual F4CP poll, conducted online by the Harris Poll, surveying over 2,000 US adults, found that the average gamer spends just under three hours gaming per session, rising to three and a half hours for men aged 18-34. Gaming has already been associated with “tech neck” and often poor posture, so it is unsurprising that over half of gamers (57%) are very or somewhat concerned about the potential health impacts.

Thankfully, **gamers are already taking action**. 91% who experience pain when gaming try to treat the pain themselves, with a majority (66%) changing their posture (48%) or stretching (42%). Changes in posture and stretching are among the preventative measures that chiropractors advise alongside an adjustment. Despite gamers seeking the type of relief that chiropractors offer, just one in five (20%) gamers experiencing pain have seen a chiropractor.

“As gaming has become increasingly popular in recent years, it

is more important than ever to consider the health impact of gaming, especially when gaming for long periods at a time,” said Sherry McAllister, DC, president of F4CP and author of *Adjusted Reality: Supercharge Your Whole-Being for Optimal Living and Longevity*. “When gaming on a console or computer, we are in danger of losing focus on our posture, affecting not just how we look, but how our body functions. Taking the time to optimize your set-up in support of your body, as well as taking breaks in the middle of gaming sessions to correct your posture, are good ways to balance enjoyment and health. Remember, if you’re feeling discomfort from gaming, consider chiropractic care for a whole-body assessment and adjustment to improve your neck and spine alignment and overall posture.”

Gaming Generation at Risk

18-34 year olds are the age group with the most gamers (85%) followed by 35-44 year-olds (80%). These age groups spend the most time gaming, on average more than 10 hours a week, while an astonishing one in five 18-34 year olds spend 20 hours or more a week. Surprisingly, gaming is also cross-generational, with one third of 65+ respondents saying they play games at least once a week. In addition, 70% of men and 53% of women play games on a regular basis, with 94% of 18-34 year-old men and 77% of women that age.

“Esports gamers are quickly becoming new role models for younger generations, inviting many to follow in their path and spend hours gaming and streaming. Yet, these gamers are often professional with ergonomic set-ups and extensive strength training to prevent long-term injury,” added Steve Conway, DC. “For aspiring gamers looking to spend more time on their console, consider upgrading your set-up or purchasing ergonomic accessories just like the professionals.”

For current and aspiring gamers **here are five tips** to align your body, sharpen your mind and support your whole-being while gaming:

1. **Align for Clarity** – Sit tall with your spine supported; alignment boosts focus and mental clarity.
2. **Level Your Vision** – Keep your screen at eye level to reduce neck strain and protect long-term posture.
3. **Ground Your Foundation** – Place both feet flat on the floor; balance in your base supports balance in your body.
4. **Pause & Recharge** – Every 30–45 minutes, stand, stretch, and breathe—small resets supercharge stamina and mood.
5. **Strengthen from Within** – Engage in daily core and mobility exercises; a strong center fuels better reaction time and resilience.

Read more:

www.prnewswire.com/news-releases/more-than-half-of-...



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Employer Handbook: The Non-Competition Ban Strikes Back (Maybe)

In his latest Employer Handbook column, HSE partner [Benjamin E. Mudrick](#) breaks down the current status of the FTC's proposed non-compete ban, which was blocked by a federal court and is no longer being pursued. He also highlights a new bill under consideration in New York that could significantly restrict non-compete agreements, with limited exceptions. Employers should take this opportunity to review their agreements and prepare for potential changes.

[Click here](#) to read the article.

New Cyber Reporting Rules in New York

Effective July 26, 2025, all municipal corporations and public authorities in New York must report cybersecurity incidents and ransomware payments to the New York State Division of Homeland Security and Emergency Services (DHSES) within 72 hours of forming a reasonable belief that an incident occurred.

In a recent article published in the *New York Law Journal*, F. Paul Greene and Laura A. Higgins from the firm's Privacy and Data Security team, provide an overview of these new reporting requirements.

[Click here](#) to read the article.

Navigating the Impact of Artificial Intelligence on Human Resources and Employee Relations

Artificial Intelligence is rapidly transforming how we live and work, and the workplace is no exception. From recruiting and policy development to performance evaluations, AI tools offer employers exciting possibilities. But with opportunity comes risk. As AI adoption grows, employers must carefully consider its legal and ethical implications. Are your current practices compliant? Do you have the right guardrails in place to realize the benefits of AI while minimizing potential risks to your organization?

Join HSE's labor and employment attorneys Amy Hemenway and Anna McCarthy for a timely discussion on how AI is reshaping human resources and employee relations compliance, and what employers need to know to stay ahead. You'll gain practical insights on:

- How AI is being used in hiring, policy-making, and employee evaluations
- Legal risks and compliance considerations
- Best practices for implementing AI responsibly

Don't miss this essential conversation for HR professionals and employers alike.

Watch Part 1 Now:

<https://youtu.be/ReCDZHbodco>

Register for Part 2 (Dec 4):

<https://hselaw.com/your-morning-briefing-webinar-series/>



Amazon Cloud Outage Highlights Widespread Risk for Business

In a recent interview with Law.com HSE Partner and head of the Privacy and Data Security practice, F. Paul Greene provides insight into how businesses can better prepare for cloud service disruptions, emphasizing the importance of risk assessment, regulatory compliance, and realistic contractual expectations. His commentary underscores the growing need for organizations to evaluate their dependencies on cloud providers and ensure they have robust contingency plans in place. [Click here](#) to read the full article.

"Your Morning Briefing," is a recurring webinar series presented by Harter Secrest & Emery's [Labor and Employment practice](#). Kickstart your day with HSE attorneys Amy L. Hemenway and Anna S.M. McCarthy as they share and discuss the latest employment law updates in focused, 30-minute sessions. Designed to keep you informed and ahead of the curve, each session provides essential insights that will help you navigate the complexities of a workplace with confidence.

Grab your morning coffee and log on for a dose of timely employment law updates, ensuring you stay prepared and proactive in your professional endeavors.

Election Day was Tuesday, November 4. Since it is an odd-numbered year, most races on the ballot were for local elections. The most watched election was the New York City mayoral race, which drew national attention, after Assemblymember Zohran Mamdani resoundingly winning the Democratic primary in June making him the presumptive frontrunner for the General Election. As has been historically true in New York City the winner of the Primary Election was the winner of the General Election. Assemblymember Mamdani defeated former Governor Andrew Cuomo, running as an independent, and Republican Curtis Sliwa with over 50% of the vote.

The four major Upstate cities also had mayoral elections. Going from East to West, Democratic Albany City Auditor Dorcay Ap-plyrs defeated Republican candidate Rocco Pezzulo, after current mayor Kathy Sheehan, who was first elected in 2013, chose not to seek reelection. In Syracuse, Mayor Ben Walsh was term-limited, and his deputy mayor, Democrat Sharon Owens, defeated Republican Thomas Babilon, a former City Hall lawyer, and independents Timothy Rudd and Alfonso Davis. In Rochester, incumbent Democratic mayor Malik Evans won his second term against Louis Sabo, who ran on the Conservative Party line. Finally, in Buffalo, Democratic Senator Sean Ryan defeated Republican Erie County Assistant District Attorney James

Gardner and independent candidate Michael Gainer.

There was also a proposed amendment to the State Constitution on the ballot related to allowing for recreational activities on State-owned Adirondack Forest preserve land at the Mount Van Hoevenberg Olympic Sports Complex in Essex County. The vote was close but was approved and will retroactively legalize the expansion of the Olympic sports complex at Mount Van Hoevenberg. It will also require the State to acquire 2,500 acres of land to add to the Adirondack Forest preserve.

The end of this year's election means our attention turns to the 2026 elections, with the Primary Election happening on June 23, 2026 and the General Election happening on November 3, 2026. The 2026 elections will see all four statewide elected officials (the Governor, Lieutenant Governor, Attorney General, and Comptroller) up for election as well as all 213 members of the New York State Senate and Assembly, and all 26 seats in the U.S. House of Representatives will be on the ballot.

The end of the election's also mean that we turn in earnest to the next legislative session, which will begin on January 7, 2026, with the Governor's State of the State address. In advance of the next session, we have been hard at work on our legislative priorities. The **scope modernization bill** sponsored by Assemblymember Sarah Clark and

Senator Andrew Goundardes (A4706-B/S5860-B) remains our main legislative priority. We have continued to have conversations with the New York State Assembly and Senate to help to ensure that the bill will pass both houses in the next session. As a reminder, we passed the Senate this session. We have been talking with the Assembly on some minor technical issues they have raised. We're hoping that with a few more small changes; we can get this bill passed in both houses next session and sent to the Governor for her review.

Next session, we will also be working to support and advance two of our other legislative priorities. The first is the **look back audit bill** sponsored by Assemblymember Charles Lavine and Senator Jessica Scarcella-Spanton (A3365/S5209), which would limit the time period for lookback audits by insurance companies. The second is the **partnership bill** sponsored by Assemblymember Crystal Peoples-Stokes and Senator Jessica Scarcella-Spanton (A2588/S3350), which would allow healthcare providers to form business partnerships with each other and medical doctors. For both bills, we are working with a broad coalition of other healthcare providers in New York as both bills will benefit many licensed professionals in New York.

We had a fourth legislative prior-

(Continued on page 26)

(Continued from page 25)

ity that we worked on this year that we also worked with a coalition of providers on that we are hoping will be signed into law before year end. The **virtual credit card bill**, sponsored by Assemblymember Alex Bores and Senator Jeremy Cooney (A3986/S2105), which requires that any insurer that uses a credit card, virtual credit card, or electronic funds to pay a provider's claim for reimbursement to notify the provider in advance if there is a fee to process the payment and provide an alternative payment method that does not impose a fee passed both houses at the end of this legislative session.

We are waiting for the bill to be sent to the Governor for her review. The bill must be sent before the end of the year. We have drafted a letter of support and have relayed our support to the Governor's office. We are hopeful that she will sign the bill into law. We will keep you updated on the outcome.

The next State Board of Chiropractic meeting will be held on Thursday, January 15, 2026. We will share an update with the board, and all those in attendance at the meeting, about our legislative efforts and our progress on the scope modernization bill.

As always, if you have any questions, please feel free to reach out to any member of the Legislative Committee or NYSCA leadership.



The PAC Needs Your Support

The current New York Chiropractic enabling law (often referred to as our 'Scope of Practice') was crafted and signed into law in 1963. Up until that time, New York State chiropractors were being jailed for "practicing medicine."

For context, this is the same time period when:

- Martin Luther King Jr. delivered his "I Have a Dream" speech
- JFK was assassinated
- Touch tone phones were introduced by AT&T
- Smoking was still permitted in hospitals and doctors' offices
- US healthcare was still operating in a pre-Medicare and pre-Medicaid environment.
- MRI and CT had not yet even been invented

Over the past 60+ years, healthcare has dramatically changed.

For our scope to be updated, we must pass legislation, and we are close to accomplishing this goal. To help in this effort, we need to support legislators who understand this need. We do this through the New York Chiropractic Political Action Committee (NYCPAC), which supports candidates that are pro-chiropractic.

Organized medicine, managed care organizations, and other anti-chiropractic forces continue to spend hundreds of thousands of dollars each year to elect candidates that do not value the chiropractic profession.

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[Click here](#) or scan the QR code to donate via credit card, either by a one-time donation or on a recurring basis. Or [click here](#) to download the donor form to make a donation by check.



No contribution is too small or large

We must do all we can to help support the profession and the thousands of chiropractic patients we serve. I am asking you to seize this opportunity to advance our profession.

We ask that you support your profession by donating to the NYC PAC today!

Dr. Chris Piering, Jr
NYC PAC Chair



The chiropractic profession is evolving—and so is the NYSCA!

As part of our ongoing commitment to continuous improvement, NYSCA Leadership has completed a draft of revised bylaws designed to modernize our governance, streamline operations, and keep the NYSCA responsive to the needs of today's practitioners.

The draft is now posted in the Members Only section of our website. Members are invited to review them, submit questions and comments, and register for an upcoming webinar where we'll walk through the changes. A membership vote is tentatively scheduled the week of January 5, 2026.

Read More: www.nysca.com/bylaws2025revision

**As a benefit of membership, access to this article is limited to current members of the NYSCA*

2026 ICD-10-CM Updates for Chiropractic Practices

ICD10 diagnosis codes are updated every year. The 2026 release took effect on October 1, 2025 and applies to patient encounters occurring from October 1, 2025 through September 30, 2026.

Read More: www.nysca.com/nic-icd10

**As a benefit of membership, access to this article is limited to current members of the NYSCA*

Clarification on Medicare Advantage (Part C) Chiropractic Coverage

It has come to the attention of the NYSCA that some plan materials for certain 2026 Medicare Advantage (Part C) plans have included language that may appear confusing and contradictory. We want to assure members that chiropractic spinal manipulation to correct a subluxation (active treatment) remains a covered service under all Medicare Advantage plans, consistent with Medicare Part B coverage.

Read More: www.nysca.com/news

OIG Exclusion List Verification

All healthcare providers participating in federal programs (including Medicare) are encouraged to verify the OIG Exclusion List before hiring any staff—clinical or administrative—or engaging vendors whose services may be billed to Medicare, Medicaid, or other federal programs.

Read More: www.nysca.com/news

Updated Mandated Reporter Training - Due November 2026

As part of New York State's ongoing commitment to protecting vulnerable children, recent legislation has expanded training requirements for mandated reporters. This is a new requirement that applies even to those who previously completed the mandated reporter training required by April 1, 2025.

Read more: www.nysca.com/news

Member Access to Chiropractic Safety & Talking Points Related to VBA

Did you know? Valued members of the NYSCA have exclusive access to trusted resources designed to support informed conversations with your patients regarding the safety of chiropractic care—particularly as it relates to stroke and vertebralbasilar artery (VBA) concerns.

Read more: www.nysca.com/index.php?option=com_dailyplanetblog&tag=vba

Patient Satisfaction & Retention: Year-End Review for Your Practice

As the season of gratitude approaches, This is the perfect time to reflect on patient satisfaction and retention. In this blog post, the NYSCA outlines steps to gather feedback, analyze retention data, and implement improvements to enhance patient experience. [Read the full article](#) for step-by-step guidance.

Collaborative musculoskeletal care: The role for chiropractors

Read More: Schut SM, Benjamin LJ, Williamson TJ. *Cleve Clin J Med.* 2025 Sep 2;92(9):550-554. doi: 10.3949/ccjm.92a.25014. Erratum in: *Cleve Clin J Med.* 2025 Oct 1;92(10):593. PMID: 40897459.

Factors Associated With Rehabilitative Home Exercise Adherence Among Older Adults With Chronic Back Pain

Read More: Maiers MJ, Forte ML. *J Manipulative Physiol Ther.* 2025 Sep 25:S0161-4754(25)00009-0. doi: 10.1016/j.jmpt.2025.08.004. Epub ahead of print. PMID: 40996390.

Continuing education for the chiropractic profession

Read More: Schueren, S., Smith, D.L., Malaya, C.A. et al. *Chiropr Man Therap* 33, 34 (2025). doi.org/ 10.1186/s12998-025-00596-x

Ten myths of back pain in older adults that can lead to ineffective and harmful care

Read More: Ammendolia, C. *Chiropr Man Therap* 33, 45 (2025). <https://doi.org/10.1186/s12998-025-00609-9>

Association Between Migraine With and Without Aura and Cervical Artery Dissection

Read More: Trager R J, Cupler Z A, Williamson T J, et al. (July 14, 2025) *Cureus* 17(7): e87883. doi:10.7759/cureus.87883

Staying Safe: lessons from suicide prevention for chiropractors and osteopaths

Read More: Innes, S., Thérroux, J. & Hope, J. *Chiropr Man Therap* 33, 47 (2025). <https://doi.org/10.1186/s12998-025-00607-x>

The role of preexisting analgesic use and self-efficacy for continued use of analgesics among patients with persistent low back pain

Read More: Tabul, M.P., Kongsted, A., Hartvigsen, J. et al. *Chiropr Man Therap* 33, 51 (2025). doi.org/10.1186/s12998-025-00612-0

Neural tension patterns during cervical spine rotation: diagnostic implications from a cadaveric study

Read More: Alvarez, D., Silveis, R., Cuenca Zaldívar, J.N. et al. *Chiropr Man Therap* 33, 41 (2025). <https://doi.org/10.1186/s12998-025-00608-w>

VA Clinicians' Perspectives on Low-Value Health Service Use in the Veterans Health Administration: A Qualitative Study

Read More: Cupler ZA, Hruska KL, Beyer NM, Schleiden LJ, Rodriguez KL, Rose L, Pickering AN, Thorpe CT, Radomski TR. *J Gen Intern Med.* 2025 Sep 11. doi: 10.1007/s11606-025-09838-3. Epub ahead of print. PMID: 40936020.

Effect of Including Cervical Stability Training with Treatment Modalities for Patients with Forward Head Posture and Chronic Neck Pain

Read More: Ahmed SE, Shfei A, Rezkalla S, El-Azeim ASA. *J Manipulative Physiol Ther.* 2025 Nov 15:S0161-4754(25)00055-7. doi: 10.1016/j.jmpt.2025.10.025.

Association Between Spinal Manipulative Therapy for Low Back Pain With or Without Sciatica and Opioid Use Disorder: A Retrospective Cohort Study

Read More: Trager RJ, Cupler ZA, Gliedt JA, Fischer RA, Srinivasan R, Thorfinnson H. *Health Sci Rep.* 2025 Sep 19;8(9):e71267. doi: 10.1002/hsr.71267. PMID: 40978305; PMCID: PMC12447351.

(Continued on page 29)

(Continued from page 28)

Comfort during side posture lum-bopelvic manipulation in a low back pain population—effects of a typical versus modified flexed lumbopelvic position: a crossover randomized control trial

Read More: Wang, S., Frangakis, E.M., Funabashi, M. et al. *Chiropr Man Therap* (2025). <https://doi.org/10.1186/s12998-025-00621-z>

Recognition of Vertebral Artery Dissection in a High-Risk Postpartum Patient by a Chiropractic Physician

Read More: Demetrious J, Trager R J, Veigh S, et al. (August 18, 2025) *Cureus* 17(8): e90389. doi:10.7759/cureus.90389

A systematic review on the associations between LBP and frailty in community-dwelling older adults

Read More: Bayartai, ME., Lam, S.Y., Chan, K.Y. et al. *Chiropr Man Therap* 33, 40 (2025). <https://doi.org/10.1186/s12998-025-00601-3>

Observational Study of the Safety of Chiropractic vs Medical Care Among Older Adults With Neck Pain

Read More: Whedon JM, Anderson B, et al. *J Manipulative Physiol Ther.* 2025 Sep 9:S0161-4754(25)00002-8. doi: 10.1016/j.jmpt.2025.07.002. PMID: 40923947; PMCID: PMC12422707.

Experiences and Perspectives of the American Public Health Association Chiropractic Health Care Section Leaders: A Qualitative Analysis

Read More: Schielke, A. L. et al. (2025). *Science Direct*, Vol 33 (2025 December), pp.68-77. doi.org/10.1016/j.xxx.2025.00010 (Article S1556-3499(25)00010-5)

Nominations Now Open for the 2026 NYSCA Awards

We are excited to announce that nominations are now open for the 2026 NYSCA Awards! These honors will be presented at the Spring Convention in April 2026.

We encourage you to take part in recognizing the outstanding contributions of your colleagues. The nomination period is open through February 28, 2026. All members are invited to submit nominations for the various award categories.

If you have questions about award types, eligibility or qualifications, please contact the NYSCA Central Office. Our team will be glad to assist.

Thank you for helping us celebrate excellence within our profession. We look forward to receiving your nominations.

NYSCA Membership Meeting at the 2026 Spring Convention

We are proud to share details for the NYSCA Membership Meeting scheduled in conjunction with our 2026 Spring Convention at Mohegan Sun.

The meeting will take place on Saturday, April 18, 2026, at 1:15 p.m. in Classroom A1, immediately following the Saturday luncheon. This gathering is an important opportunity to engage with colleagues and stay informed about the on-going work of the Association.

You will hear from the NYSCA Officers and Directors as they provide updates on the state of the Association and the current environment of chiropractic in New York State.

Thank you for your continued dedication to NYSCA. We appreciate your engagement and hope you will join us in April.

IN CASE YOU MISSED IT...

Windows 10 End of Support and its Implications for HIPAA

Windows 10 reached its official end of support on October 14, 2025, after which Microsoft stopped providing technical support, feature updates, and security updates for the operating system. The end of Windows 10 and conversion to Windows 11 is significant for HIPAA purposes.

Read more: www.hhs.gov/hipaa/for-professionals/faq/2014/does-the-security-rule-mandate-minimum-operating-system-requirements/index.html

More Details: Windows 10 End-of-Life: What It Means for HIPAA Compliance and Patient Data Security hitconsultant.net/2025/08/05/windows-10-end-of-life-what-it-means-for-hipaa-compliance/

NYSCA Members Access to the Clinical Compass Evidence Center

We are pleased to announce a new member benefit designed to enhance clinical decision-making and support evidence-based chiropractic practice: Free Access to the Clinical Compass Evidence Center, available exclusively to members of our association through participation in the State Association Program.

Details: www.nysca.com/index.php?option=com_dailyplanetblog&category=nysca-news

Introducing Your DC Member Privilege with Saatva

What if you could help your patients sleep better—and enjoy exclusive perks for yourself?

NYSCA members now have access to exclusive savings and rewards through our new partnership with Saatva, the leader in luxury, eco-friendly sleep products.

Details: www.nysca.com/index.php?option=com_dailyplanetblog&category=nysca-news

Chiropractic Merch Store Now Live

We're excited to launch the official NYSCA merchandise store, designed with chiropractors in mind. Whether you're outfitting your team or looking for something clean and professional for daily wear, this is a great way to support chiropractic in New York.

Details: www.nysca.com/index.php?option=com_dailyplanetblog&category=nysca-news

Special Savings with Jane.App

Jane Practice Management Software offers helpful features like easy online booking, flexible scheduling, customizable documentation, a secure payment solution, and more. Jane even helps you get paid on time and in full with integrated insurance billing. Use the link below to access your exclusive coupon code for a 1-month grace period on your new account!

Details: www.nysca.com/index.php?option=com_dailyplanetblog&category=nysca-news

ACA Engage 2026 to Feature New Education, Social Opportunities

Doctors of chiropractic and students attending the American Chiropractic Association (ACA) annual conference, ACA Engage, in January 2026 will have expanded opportunities to enhance their clinical knowledge and enjoy social time while in the nation's capital. Read more: www.acatoday.org/news-publications/aca-engage...





Northeast
College of Health Sciences

Learning, Connection and College Spirit: Northeast Community Reunites for Alumni Weekend 2025

Northeast College of Health Sciences recently welcomed alumni, students, faculty and friends back to the Seneca Falls Campus for Alumni Weekend 2025, a three-day celebration of connection, education and College pride.

Read More: www.northeastcollege.edu/news/alumni-weekend-2025-overview

Northeast College Provides Free Chiropractic Care at 2025 IRONMAN in New York – Jones Beach

Students and faculty from Northeast College of Health Sciences once again brought free chiropractic care to athletes, this time at the third annual IRONMAN 70.3 New York – Jones Beach triathlon, held Saturday, Sept. 20, 2025.

Read More: www.northeastcollege.edu/news/northeast-provides-care-ironman-2025

Northeast College of Health Sciences Announces New Partnership with Fairleigh Dickinson University

Northeast College of Health Sciences has announced a new educational partnership with Fairleigh Dickinson University in New Jersey, creating streamlined 3+3 and 4+3 pathways for students majoring in biology.

Read More: www.northeastcollege.edu/news/northeast-fairleigh-dickinson-partnership

D'YOUVILLE UNIVERSITY

DYU SACA Golf Tournament

September 21, 2026—The D'Youville University Chapter of the Student American Chiropractic Association hosted a golf tournament fundraiser at Harvest Hill Golf Course, NY, bringing together students, faculty and community members. Our executive board members worked tirelessly together to make this event happen by ensuring sponsorships and generous donations.

The enjoyable event had a great turnout with 25 teams, alongside 50/50 raffles and prizes. It was a unique opportunity for students and faculty to network and share their experiences within the chiropractic field.



This fundraiser was planned to help chiropractic students advocate and lobby for the Chiropractic Medicare Modernization Act (H.R.539 / S.106) in the upcoming ACA Engage 2026 Conference. Although the day brought a little bit of rain, it ended with a beautiful double rainbow, fitting the symbol of a once-in-a-lifetime experience!

CLASSIFIEDS

Office Coverage Needed

I need coverage for 12/15, 12/17, 12/22, 12/24 (1/2 day) 12/29 and 12/31/2025 (half day). Must have WCB certification. Hours 10 until 6 PM pay is negotiable for doctors with experience. Leander table with drops, impulse and manual adjustments. NP exams, no adjunctive therapies, no x-ray. pay range from \$400-\$550 per day. Prefer someone that can cover all shifts, some spanish is helpful! Contact dr.ulmann@gmail.com

Office Coverage Available

Very experienced retired DC well versed in many adjusting techniques and modalities. Have been covering for last 2 years in NY and NJ. For more information please contact 201-906-8791.

Practice for Sale

Rural Upstate NY- 40-50 patients per week diversified practice. Plenty of growth potential. (NYS Route 12 in North Norwich). Approximately 1000 sq feet of office. 10 car parking lot. The office is 1/2 the downstairs portion of our home(office entrance is totally separate). DC is looking to retire. You can rent the office or relocate the practice. Low overhead. drbob.wansor@gmail.com

Practice for Sale

Corning, NY - Doctor has been in practice for 43 years and seeking retirement. Looking for a DC to continue providing care in this great community. Priced to sell. For details, call: (607) 936-4954 or email: stormschiropactic@verizon.net

Practice for Sale

Red Hook NY - chiropractic and nutrition practice in Hudson Valley. Current income: \$370K per year with four weeks off every year for vacation. Low overhead, years of records, and consistent patient flow. rare turnkey opportunity. Contact (845) 546-6023, email drmarkgoldhirsch@gmail.com www.sellingapractice.com/gcn

Practice for Sale

Tampa/Temple Terrace FL- 2 clinic locations, building also available at one location. DC retiring. Close to Steinbrenner Field and USF. \$500k

collected per year, last 3 years. Low overhead. 813 597 3219 tampapracticeinfo@gmail.com

Associate Wanted

West Islip, NY – FT/PT. South Bay Movement & Wellness is seeking an enthusiastic Associate Chiropractor to join our dynamic, multi-disciplinary team. This is a high-end, low-to-medium volume clinic focused on high-quality, personalized care. Techniques: Diversified, ART, Graston, etc. Willing to train. (FT) Competitive base salary + bonus structure. Generous PTO (vacation + sick time) Malpractice ins covered. 401(k) with match, health insurance, employee discounts, CE stipend. Signing bonus. Contact kclarke@southbaymw.com

Associate Wanted

Rego Park, NY - Established Multi-disciplinary Practice · Mentorship in both clinical and business aspects of practice · Long-term ownership opportunity / buy-in option available for the right candidate Requirements: · DC licensed in NY · Commitment to evidence-based, patient-centered care Contact chiropracticapproach@gmail.com (516) 606-1067

Associate Wanted

Lewes, DE – Well-established coastal practice with Full Patient Load seeking a dedicated DC to join us! One of our DCs is retiring, and we're offering an opportunity to step into a fully booked patient schedule- no marketing required. Walking distance to the beach Flexible schedule and compensation structure (salary or percentage-based) Buy-in or full purchase potential for the right candidate. Please send your CV and a brief introduction to Holly Scaro DC, holly.scaro@gmail.com.

Associate Wanted

Rockville Center, NY - Well-Being Chiropractic, PC330 Sunrise Hwy. Compensation: W-2 \$450/day; Job type: M-Th. Primarily personal injury office. Skills: Experience in acute pain management techniques and trigger point therapy. Excellent patient care skills with a focus on empathy and effective communication. Ability to observe patients closely to assess their

condition and progress accurately. Contact zina1131@gmail.com

Associate Wanted

East Syracuse, NY - Cunningham Chiropractic is seeking an Associate DC who's eager to grow, learn, and make a difference. Techniques: Gonstead and Diversified • Digital X-rays • therapeutic exercises and physical therapy modalities (e.g., e-stim, ultrasound) • Wellness, exercise, and nutrition. • Competitive base salary plus a robust commission plan PTO and sick leave • CEU and licensing fees covered • Malpractice and health insurance • 401(k) retirement plan • Pathway to partnership for the right candidate. Contact office@cunninghamchiropractic.com

Associate Wanted

Rochester, NY - Established family practice seeking an associate DC. Diverse population, offering care that blends chiropractic adjustments with soft tissue techniques, rehab, and wellness-focused education. 6-figure potential with flexible base plus commission or commission-only options, paid malpractice insurance, a health insurance stipend, continuing education support, and a bonus structure built into compensation. Proficiency with diversified techniques and soft tissue work a must. Contact DrKelsey@luntchiropractic.com

Associate Wanted

Bronx, NY - PT associate wanted MWF. Hours are 10-7pm MW and 10-5pm F. Contact 917-225-5184 or flexchiro8@gmail.com for more information.

Associate Wanted

Walden, NY - Small town evidence-based practice seeking an associate DC interested in a PT position in a well-established practice that is first geared for education. Only a 90-min drive to Manhattan, currently building a brand-new office nearby. Office notes are generated through AI and are supported by office staff. The new employee will initially assume two weekday shifts, and will alternate Saturday mornings with the existing doctor; days/times. DC must be skilled in Diversified Technique and prepared to learn about and utilize

(Continued on page 33)

CLASSIFIEDS

(Continued from page 32)

modalities including: EMS, US, Shockwave, Decompression/ Traction, F & D, Soft Tissue techniques, taping, orthotic casting, and more. Initial pay will be a straight \$50 per hour. Malpractice covered in full or partially based upon other coverage scenarios. CE partly funded on a prorated basis. Contact doctorraucci@yahoo.com

Associate Wanted

Shirley NY (Long Island) - DC/PT practice is seeking a FT and PT NYS licensed DC to join our expanding organization. We provide high quality integrated Chiropractic, Physical Therapy and Rehab care in a multi-disciplinary environment. Competitive compensation and benefits, in-

cluding retirement plan and malpractice. New grads as well as experienced DCs are encouraged to apply. Contact gms1515@gmail.com or 516 241-3522

Associate Wanted

Albany, NY - Fast-paced chiropractic office seeking a motivated and reliable DC to join our team! FT or PT positions available, salary negotiable based on skill level. Please submit your resume along with a 3-5 minute video introduction explaining why you are a great fit for this position. Contact drkeithnussbaum@gmail.com

Associate Wanted

Towson MD - 40 plus year Family practice seeking upbeat DC. Techniques are diversified and instrumentation, spinal decompression,

cold laser therapy and soft wave therapy. 2 Year commitment requested. No weekends. Fully staffed with 2 chiropractic assistants plus front desk, insurance and nurse. Clinic is 1 hour from Washington DC, 3 hours from New York City. Ideal candidate would be interested in becoming a partner or new owner. Contact drjmarvenko@gmail.com

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NYSCA Sponsors are trusted business partners whose valuable contributions help NYSCA achieve its goals in advocating for you and your patients. For all they do, we owe it to them to first take a look at their products and services before going elsewhere and to support those who are supporting us. Remember — when doing business with NYSCA Sponsors, you are supporting your professional organization!

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Contact: 585-427-0200
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Contact: 800-553-4860
footlevelers.com

★ **Foundation for Chiropractic Progress**
Contact: 866-901-F4CP
f4cp.org

★ **Lewin & Baglio**
Contact: 516-307-1777
lewinbaglio.com

★ **McHugh Neurosurgery**
Contact: 631-780-4470
mchughneurosurgery.com

★ **NCMIC**
Contact: 800-769-2000x3555
ncmic.com

★ **Northeast College of Health Sciences**
Contact: 800-234-6922
northeastcollege.edu

★ **NutriWest NY**
Contact: 888-227-5469
nutri-westny.com

★ **Saatva**
Contact: 929.720.2842
saatvamattress.com

★ **Student Loan Tutor**
Contact: 385-444-2115
studentloantutor.com

EARN FREE MEMBERSHIP

... each time you refer a new member to the NYSCA!

Current NYSCA members who recruit a new regular member (not student, affiliate, associate, or retired/disabled) to join the NYSCA for a full year will in turn receive a 'thank you' from the NYSCA in the form of **two additional months** added to the end of their current membership term. Or, if the new member signs up for just a half year, the recruiting doctor receives one additional month of NYSCA membership. We have even sweetened the pot: there are **no limits** to how many times you can benefit from this incentive. To receive your referral month (s), the new member must make a semi-annual or annual payment and list you on their application form as their referring NYSCA member. (You may want to give a partially filled out application form to colleagues you are recruiting.)

If you are interested in promoting this offer to your friends and colleagues who may have been

considering joining NYSCA and are just waiting for someone to encourage them, and would like a list of non-members in your district, please contact your local district president or liz@nysca.com.

Membership Has Privileges

...and one of them is the self-respect a doctor feels, knowing that they are a part of something bigger than themselves, supporting their livelihood with collective energy and pooled resources.

What is the NYSCA?

The New York State Chiropractic Association is your statewide professional chiropractic organization, comprised entirely of your peers and colleagues. We have joined together in the promotion, advancement, and defense of Chiropractic. In conjunction with our full time lobbyist, the NYSCA monitors all legislation that affects our profession while working to protect and expand practice rights.

For questions regarding this membership program, please call the NYSCA at (518) 785-6346.

* New members are defined as DCs who have not been NYSCA members within the preceding 12 month period. The recruiting member's information must be included on the new member application. Only one member can receive the credit for recruiting a new member. Recruiting incentive is not valid for students, retired/disabled, affiliate, part time, or associate applications. Eligibility subject to verification; Subsequent year's dues payable at usual rate. New member discount offer is not valid for retired/disabled, affiliate, or associate members and may not be combined with other membership discounts.

TAKE FULL ADVANTAGE OF YOUR NYSCA MEMBER BENEFITS

Membership with the NYSCA makes you a part of the largest community of practicing Doctors of Chiropractic in New York State. This affords you an unparalleled opportunity for camaraderie with colleagues in your local area, to share with them in the trials and triumphs of day to day practice.

There are many ways for you to increase your benefit of being a NYSCA member:

- Benefit from the [Member Privileges Program](#), including group membership with F4CP
- Join your local NYSCA [Facebook Group](#)
- Attend local NYSCA [events](#)
- Attend semi-annual NYSCA [continuing education events](#)
- Enroll in [Monthly CE Webinars](#)
- Access [members-only content](#) online
- Participate in the [members-only forums](#)
- Update your [listing](#) in our website's find-a-chiropractor search
- Apply to be paired with or to become a [practice mentor](#)
- Submit complementary (FREE) [classified ads](#) (resource for career opportunities!)
- Participate in the annual NYSCA [elections](#)
- Receive [assistance](#) from the NYSCA's full-time administrative staff with routine questions - or for more detailed assistance, contact NYSCA committee chairpersons, who are practicing doctors of chiropractic with expertise in the area of their committee

LEARN MORE

If you are not yet a member, **join today** and start taking advantage of these special programs!

JOIN TODAY!

NYSCA MEMBER PRIVILEGES

Membership with the NYSCA makes you eligible for members-only savings from a variety of businesses through the NYSCA Member Privileges Program. Have you taken advantage of the privileges NYSCA membership offers? Here are some of the opportunities open to you:



Complimentary access to the Evidence Center

GET YOUR CODE



NYSCA members, their employees and immediate family members are eligible for membership

JOIN TODAY



Complimentary consultation with a respected legal firm regarding NF, WC, and Commercial Collections, and general law and general contract questions.

LEARN MORE



Complimentary group membership

JOIN NOW



Save 20% in Our New Merch Store using an exclusive coupon code

GET YOUR CODE



Significant savings in time and money with premier suppliers.

SAVE TODAY



Complimentary evaluation of your loan repayment strategy

SCHEDULE TODAY



Complimentary audit of your business's online presence

SCHEDULE TODAY



1-month grace period on your new account

GET YOUR CODE



Join Saatva's Chiropractic Partner Program to get discounts for your patients, 10% back on every referral, AND exclusive savings just for you!

LEARN MORE



DID YOU KNOW YOU'RE A MEMBER OF F4CP?



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As a member of your State Association, you're part of the Foundation for Chiropractic Progress! (F4CP)

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- Infographics
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If you need assistance setting up your account or utilizing the marketing materials, please contact Membership Director Marta Cerdan, marta@f4cp.com



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With NYSCA, you have access to exclusive everyday low pricing on HP ink and toner with discounts up to 40% off at Office Depot. Hundreds of items to choose from, with unbeatable quality and pricing. Count on HP to deliver peak performance.

Have you registered for Office Depot discounts yet?

NYSCA members have access to exclusive savings on office essentials, cleaning/breakroom products, copy & print services, technology items, and more!

Not signed up yet? It's easy: [Click Here](#)



New York State Chiropractic Association

PO Box 557, Chester NY 10918 | 518-785-6346 | 518-785-6352 FAX

info@nysca.com | www.nysca.com



APPLICATION FOR MEMBERSHIP

Contact Information

Last Name:	First Name:	MI:	<input type="checkbox"/> M <input type="checkbox"/> F <input type="checkbox"/> NB
Business Address:		County:	
City:	State:	Zip:	
Office Phone:	Office Fax:	Email:	
Referred to NYSCA by:		All fields required unless otherwise specified.	

License Information

NY Chiropractic License Number:	Date of Issuance: (MM/DD/YYYY):
Other State Chiropractic License(s):	

Education Information

Chiropractic College:	Degree(s):
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Personal Information

Date of Birth:	Home Phone (opt):	Mobile Phone (opt):
Home Address:		County:
City:	State:	Zip:

Membership Categories

Dues

Membership Category	Dues
Regular Membership	Annual / Monthly*
<input type="checkbox"/> 1 st Year Licentiate – up to 2 years from date of NY licensure	\$120 or \$10/month
<input type="checkbox"/> 2 nd Year Licentiate – up to 3 years from date of NY licensure	\$240 or \$20/month
<input type="checkbox"/> 3 rd Year Licentiate – up to 4 years from date of NY licensure	\$360 or \$30/month
<input type="checkbox"/> 4 th Year Licentiate – up to 5 years from date of NY licensure	\$480 or \$40/month
<input type="checkbox"/> 5 th Year Licentiate – Greater than 5 years from date of NY licensure	\$600 or \$50/month

★ New Members ★

One-time offer applicable to Regular Membership only when year is PAID IN FULL. Eligibility subject to verification. Subsequent year's dues payable at regular rate. Cannot be combined with other discounts. **25% off**

Part-time, practicing 20 hours or fewer per week

Discount applicable to Regular Membership only. Malpractice declarations page indicating part-time practice status must be included with membership application; Cannot be combined with other discounts. **50% off**

Associate Membership – Name of sponsoring NYSCA Member:

Discount applicable to Regular Membership only. Sponsoring employer or spouse must be a full-time active, regular member of the NYSCA; Cannot be combined with other discounts. **50% off**

Affiliate Membership[†] – must be licensed to practice chiropractic in New York

a full-time staff member in residence at a chiropractic or other accredited university, college, school, or institution; or
 a full-time employee of any recognized governmental agency; or
 a member of the Armed Forces of the United States on active duty; or
 is not in active chiropractic practice AND is employed full-time as supplier/vendor of chiropractic products and services, or other practice equipment, in service to members of the chiropractic professional field; or
 practicing exclusively in a state or jurisdiction other than New York State

\$60

[†]out-of-state affiliate members may neither vote in NYSCA elections nor hold office

* Auto-Renewal (Monthly debit from credit card)

Cardholder understands and agrees that by opting into automatic billing his/her card will be charged on a monthly basis and will automatically renew on membership anniversary date. Renewal will be at current membership type associated with account. Monthly membership is not eligible for cancellation for the first 12 months of membership.

Payment Information

Select One: Annual Monthly*

Payment Method



Card Holder: _____

Card #: _____

Expiration Date: _____

Security Code: _____

Billing Address: _____

Check Enclosed; Please make checks payable to:
 New York State Chiropractic Association
 PO Box 557, Chester NY 10918

Check here if you do **NOT** want 7% of your dues monies earmarked for NYCPAC. Refusal to contribute will not affect your membership rights.

I fully understand and agree that upon acceptance of my application, I shall abide by the certificate of incorporation of the NYSCA, its Bylaws, Canon of Ethics, all rules and regulations adopted by the Board of Directors and House of Delegates, and the laws of the State of New York, the Board of Regents, and the State Education Department. I further understand that the NYSCA regularly communicates with its members by electronic means and therefore permit NYSCA to send me communications and advertisements (regarding upcoming events, etc.) via fax/email.

Signature: _____

For Office Use Only

Date Received: _____

District Assigned: _____