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ON THE AGENDA • SEPTEMBER 2026



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WELCOME NEW MEMBERS

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

Dr. Raniella Anzar
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PRESIDENT'S MESSAGE

Dear NYSCA Members, Colleagues, and Friends,

When the 2026 legislative session came to a close, many chiropractors across New York were understandably disappointed that legislation to modernize New York's chiropractic scope of practice did not make it across the finish line.

We shared that disappointment.

But as we reflected on the session and began looking toward the work ahead, one thing became clear: progress cannot be measured by the outcome of a single bill or a single legislative session.

Meaningful change takes time. It requires education, relationships, persistence, and a strong profession working together toward common goals.

So, what happens now?

We keep building.

Building on Our Advocacy

[Scope modernization](#) remains a priority for NYSCA. The progress made this year gave us valuable insight into where support exists, where challenges remain, and where additional education and relationship-building are needed.

That work does not begin and end with the legislative calendar. Between sessions, we continue evaluating our strategy, strengthening relationships, engaging stakeholders, and preparing for the opportunities ahead.

But [advocacy](#) is only one way we build a stronger future for chiropractic in New York.

Building Around What Chiropractors Need

An effective professional association needs to understand the people and practices it represents.

That's one reason we have launched the [2026 New York Chiropractic Practice Survey](#), an initiative designed to give us a clearer picture of chiropractic practice across the state.

What challenges are chiropractors facing? How are practices changing? Where are the opportunities? What resources would make a meaningful difference?

We don't want to make assumptions about those answers. We want to hear them from you.

The information we gather will help inform future advocacy, education, resources, and strategic priorities.

Building Better Ways to Serve You

We're also continuing to invest in the systems, resources, and people behind NYSCA.

Over the past several years, that has included improvements to our website and member platform, new compliance resources, expanded educational opportunities, updated governance and operating systems, and technology that allows a small team to serve members more effectively.

Technology is only useful when it helps us serve people better.

When you call or email NYSCA, there are real people on the other end who want to help. And with a new member of our staff joining us this summer, we thought this was a good opportunity to introduce, and reintroduce, the team working behind the scenes on your behalf.



Christopher M. Piering DC
NYSCA President

You'll meet them in this issue.

Building What Comes Next

This fall will bring more opportunities to listen, learn, connect, and plan for the future.

We'll gather for continuing education and conversation at our [Fall Convention](#). Our leadership will begin looking more closely at the association's strategic priorities. We'll review what we learn from the Practice Survey. And our advocacy work will continue as we prepare for another legislative session.

None of these efforts stands alone.

Together, they are part of the ongoing work of building a stronger association and a stronger chiropractic profession in New York.

There will always be challenges. There will also always be more work to do.

And that's exactly what we intend to do.

We keep building.

Christopher M. Piering DC

President, New York State
Chiropractic Association

2026

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OCTOBER 10
OCTOBER 11



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SUN 8AM-12PM



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Register online: www.NYSCA.com/fall-convention

Questions: call 518-785-6346



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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!

STAFF SPOTLIGHT

Meet Jackie!

Get to know the newest member of the NYSCA team.

If you've called or emailed the NYSCA office recently, you may already have encountered a new name. We're happy to introduce Jacquelyn Earl, our new Administrative Assistant and Membership Coordinator.

Jackie comes to the NYSCA with a varied background that seems particularly well suited to association life. She has spent more than eight years in administrative and financial operations, but her experience doesn't stop there. She's also been a yoga instructor and has helped with wedding planning, combining an appreciation for wellness with a knack for keeping lots of moving pieces organized.

What Jackie enjoys most is helping people. She likes being the person who can make a process a little easier, answer a question, or simply make sure someone feels taken care of. That's something she hopes NYSCA members will experience when they reach out to the office.



When she's not working, Jackie enjoys spending time with her husband and two children and their household of furry family members: one cat and two dogs. She's also a devoted Dunkin' coffee fan, so there's a good chance a cup isn't too far from her desk.

Jackie is looking forward to getting to know NYSCA's members, not just by phone and email, but in person, too.

If you're joining us for the 2026 Fall Convention on Long Island, be sure to stop by, introduce yourself, and help us welcome Jackie to the NYSCA community!

SPONSOR SPOTLIGHT



FOOT LEVELERS

More than 70 years of innovation rooted in chiropractic.

Founded in 1952 by chiropractor Dr. Monte Greenawalt, Foot Levelers has spent more than seven decades developing custom-made orthotics and other therapeutic products designed to complement chiropractic care. Today, the company works with healthcare professionals around the world while remaining closely connected to its chiropractic roots.

That connection extends to NYSCA. Foot Levelers has been a longtime presence at our events, exhibiting alongside our educational programs and helping make it possible to bring nationally recognized speakers to New York chiropractors.

Be sure to stop by their exhibit on Long Island in October, meet their team, and learn more about what they have to offer your practice and patients.

!! 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>

Help Us Better Understand Your Practice

The 2026 New York Chiropractic Practice Survey is open through September 15.

What does chiropractic practice really look like across New York today?

We could make assumptions. We'd rather ask.

NYSCA has launched the **2026 New York Chiropractic Practice Survey**, a new annual initiative designed to give us a clearer picture of the profession across the state.

Whether you're newly licensed, have been in practice for decades, work independently or as part of a larger practice, your experience is part of that picture.

Why We're Asking

The chiropractic profession continues to evolve. Practices are changing, technology is changing, and the challenges facing doctors today may look very different depending on where, how, and how long they have been practicing.

The survey explores practice characteristics, workforce trends, technology adoption, professional challenges, and emerging opportunities.

Most importantly, the information we gather will help us make better decisions about where NYSCA should focus its efforts.

We want our priorities to reflect the realities of chiropractic practice across New York, not assumptions.

Survey findings will help inform NYSCA's upcoming strategic planning and guide future advocacy, educational programming, and member resources.

Your Responses Are Confidential

The survey takes approximately 10 minutes to complete and is open to all licensed New York chiropractors, regardless of NYSCA membership.

You'll be asked to provide your email address and New York chiropractic license number. This information is used to verify that responses come from licensed New York chiropractors and to prevent duplicate submissions.

Individual responses will remain confidential, and survey findings will be reported only in aggregate.

Add Your Voice

The more chiropractors who participate, the clearer the picture becomes.

If you haven't completed the survey yet, we encourage you to take a few minutes to share your experience **before September 15, 2026**.

Later this year, we'll share a summary of what we learned and how those findings are helping shape NYSCA's priorities.

Your practice. Your experience. Your voice.



2026 NEW YORK CHIROPRACTIC PRACTICE SURVEY

EVERY PRACTICE. EVERY PERSPECTIVE.
Every voice matters.

NEW GRADUATE
Your early-career experience helps shape what's ahead.

ESTABLISHED PRACTITIONER
Your experience and insight help guide meaningful change.

SOLO PRACTICE
Your unique challenges and opportunities matter.

GROUP PRACTICE
Your perspective helps us see the bigger picture.

No matter where you are in your career or how you practice, your input helps us **understand chiropractic practice across New York.**

TAKE THE SURVEY TODAY!
Your insights drive change.

ABOUT 10 MINUTES TO COMPLETE | RESPONSES ARE CONFIDENTIAL | STRONGER TOGETHER

OPEN THROUGH SEPTEMBER 15
Approximately 10 Minutes



**NEW YORK STATE
CHIROPRACTIC
ASSOCIATION**

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with Dr. Mary Balliett

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Helping New York chiropractors provide
comprehensive care for their patients.

MEET THE TEAM



The People Behind NYSCA

Meet the team working behind the scenes to support our members and advance the profession.

As NYSCA continues to grow and evolve, so has the team working behind the scenes to keep the association moving forward.

With a new member joining our staff this summer, we thought this was a good opportunity to introduce Jackie and reintroduce Liz and Mike, along with a little more about what each of us does and how we work together to serve our members.



Jackie: Administrative Assistant & Membership Coordinator

Jackie is the newest member of the NYSCA team and will often be one of your first points of contact with the association. Her primary focus is membership. Whether you have a question about your membership, need help updating your account, are looking for a member resource, or simply aren't sure where to start, Jackie is here to help. She also provides administrative support across the association and helps keep the many details of NYSCA's day-to-day member services moving.

Think Jackie when: You have a membership question or need help accessing NYSCA resources and benefits.



Liz: Executive Vice President of Operations

Liz oversees the day-to-day operations of NYSCA and coordinates the many moving pieces that keep the association running. Her responsibilities span association communications, website and technology operations, event management, committee coordination, member services, and the systems and processes that connect them. Much of her work happens behind the scenes, making sure NYSCA's programs, people, communications, and resources work together effectively.

Think Liz when: Your question involves NYSCA operations, events, communications, committees, or you're simply not sure where it belongs.



Mike: Executive Vice President of Professional Affairs

Mike serves as an important connection between NYSCA and the many organizations and individuals that affect chiropractic practice in New York. He works primarily with external stakeholders, including legislators, regulatory and professional partners, and chiropractic organizations at both the state and national levels. Through those relationships, Mike helps represent NYSCA and the interests of the chiropractic profession beyond the association itself.

Think Mike when: The issue involves professional affairs, advocacy, government relations, or NYSCA's relationships with external organizations.

One Team, One Place to Start

Although our responsibilities are different, our work frequently overlaps, and we communicate closely to make sure questions and issues reach the right person.

So you don't need to memorize who does what. If you need us, reach out. We'll take it from there.

Technology may help us work more efficiently, but personal service remains an important part of who we are. When you call, email, or contact NYSCA online, there are real people on the other end, ready to help.

More Than Malpractice

Because we made a promise

In 1946, we opened our doors specifically to offer malpractice insurance to doctors of chiropractic. It became the foundation of our business, our purpose.

But we had to do more. We'd promised to look after DCs. It soon became clear that malpractice insurance was just the beginning.

We forged ahead, and today a full range of insurance and financial products and services are available to our doctors. Whether you need equipment financing, term life insurance, a business owner's policy, or something else, we can help.

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Put Your Membership to Work

Four simple ways to make more of the resources and connections available through NYSCA.

Your NYSCA membership includes more than advocacy and continuing education. Throughout the year, members have access to information, tools, resources, and connections designed to make practicing in New York a little easier.

Here are five ways to make sure you're taking advantage of what's available.

1. STAY INFORMED

Healthcare regulations, insurance requirements, and policies affecting chiropractic practice can change quickly. NYSCA monitors developments affecting chiropractors in New York and shares important updates with members through email alerts, the website, newsletters, and member forums.

Make sure your contact information is current and keep an eye on NYSCA communications so important updates don't get lost in the shuffle.

YOUR NEXT STEP: Log into your [NYSCA profile](#) and confirm that your email and contact information are current.

2. GET FOUND

When someone is looking for a chiropractor, make it easy for them to find you.

NYSCA members are included in our public Find a Chiropractor directory. Your listing can help prospective patients and other professionals locate your practice and connect with you.

The directory is only as useful as the information in it, so take a moment to check yours.

YOUR NEXT STEP: Review your [Find a Chiropractor listing](#) and update your practice information if anything has changed.

3. WORK SMARTER

You don't have to create every form, policy, or process from scratch.

NYSCA members have access to practical resources including sample forms and templates, outcome assessment tools, compliance support through StatusFI by NYSCA, and member partnerships offering services and solutions for chiropractic practices.

You may already have access to something that can save you time or help solve a problem you're working through.

YOUR NEXT STEP: Visit the [Member Resources Hub](#) at [NYSCA.com](#) and see what's available.

4. GET HELP

Sometimes you don't need another resource. You need help figuring out what to do next.

NYSCA members can reach out with questions about practice, insurance, regulatory issues, member benefits, and other challenges that come up along the way. Our staff can help identify available resources, connect you with the appropriate committee or contact, or point you

toward the right place for additional guidance.

We may not always have the answer, but we'll help you figure out where to look.

YOUR NEXT STEP: Have a question? [Start with NYSCA](#). We'll help connect you with the right resource.

5. GET CONNECTED

Sometimes the most useful resource is another chiropractor who has already encountered the same challenge.

NYSCA gives members opportunities to connect through district activities, member forums, events, classified listings, committees, and other professional networks.

Looking to hire? Selling equipment? Have a question for colleagues? Want to become more involved in the profession? Your NYSCA network is a good place to start.

YOUR NEXT STEP: Log into the [member community](#), check in with your district, or explore ways to get involved.

NOT SURE WHERE TO START?

You don't need to know which committee, resource, or staff member handles your question before contacting us.

Reach out to the NYSCA Central Office and we'll help point you in the right direction.



Start Addressing the Elephant in the Practice

Statusfi **EMPOWERS** Doctors of Chiropractic to track, complete, and renew their practice compliance.

ARE YOU USING YOUR NEW COMPLIANCE SUPPORT BENEFIT?

Practice compliance can be complicated. Keeping track of it doesn't have to be.



Your NYSCA membership includes access to the
Statusfi Dashboard New York at no additional cost.



TRACK

Compliance tasks
across your practice



ORGANIZE

Requirements
and resources



REMEMBER

Renewals
and deadlines



REVIEW

Your practice's
progress



ACT

Identify items that
need attention

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WITH
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MEMBERSHIP**

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subscription.
No additional fee.



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ADA



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BUSINESS
REQUIREMENTS

+ MORE



NOT SURE WHERE TO START?

Log in. Review your dashboard. Pick one item.

You don't have to tackle everything at once. A few minutes today can help you identify what you've already completed and what may need your attention next.



Scan to log in!



**LOG IN TO YOUR
DASHBOARD**

newyork.statusfidashboard.com

PASS IT ON

The NYSCA Practice Mentor Program connects experience with the next generation of New York chiropractors.

Every chiropractor remembers what it was like to be new to practice.

There are things you learn in school, and then there are the things you learn only through experience: building professional relationships, navigating the realities of practice, finding your footing in the profession, and knowing where to turn when you have questions.

The [NYSCA Practice Mentor Program](#) helps connect chiropractors who are looking for guidance with experienced colleagues willing to share what they've learned along the way.

Looking for a Mentor?

Whether you're newly licensed, early in your career, or simply navigating a new stage of practice, having an experienced colleague to talk with can make a difference.

NYSCA can help connect you with a fellow chiropractor willing to serve as a professional resource and sounding board.

Have Experience to Share?

Mentorship also gives established chiropractors a meaningful way to give back.

You don't need to have every answer. Sometimes the most valuable thing you can offer is perspective, encouragement, and the benefit of lessons learned through years in practice.

By investing a little time in another chiropractor, you help strengthen the professional community we're all part of.

Interested in participating?

Learn more about the NYSCA Practice Mentor Program and let us know whether you'd like to find a mentor or become one.

MEMBER PRIVILEGES THAT DELIVER REAL VALUE



Exclusive savings, tools, and services
designed to support your practice and your life.

INCLUDED WITH
YOUR MEMBERSHIP



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Support your clinical excellence and professional reputation.



Evidence-based tools
for better patient care.



Positive press and credibility
for the profession.



2 PRACTICE OPERATIONS & BUSINESS TOOLS

Run your practice more efficiently and confidently.



Practice management
software support.



Credit card
processing solutions.



Legal services
consultation.



Digital marketing
tools and support.



3 FINANCIAL & COST SAVINGS

Reduce overhead and improve your financial health.



Member discounts
up to 75%.



Exclusive credit union
member benefits.



Student loan
consultation.



Vendor Savings
Center access.



4 LIFESTYLE & EVERYDAY SAVINGS

Extend your membership value beyond the office.



Special member rates
at thousands of hotels.



Save on car rentals
with Avis and Budget.



Exclusive savings on
entertainment and more.



5 EXCLUSIVE OFFERS & PARTNERSHIPS

Take advantage of member-only opportunities.



Special partner program with
savings for you and your patients.



NYSCA
MERCHANDISE
Exclusive member
discounts.



WHY IT MATTERS

These privileges are included with your membership
at no additional cost, delivering meaningful savings
and trusted resources you can use every day.



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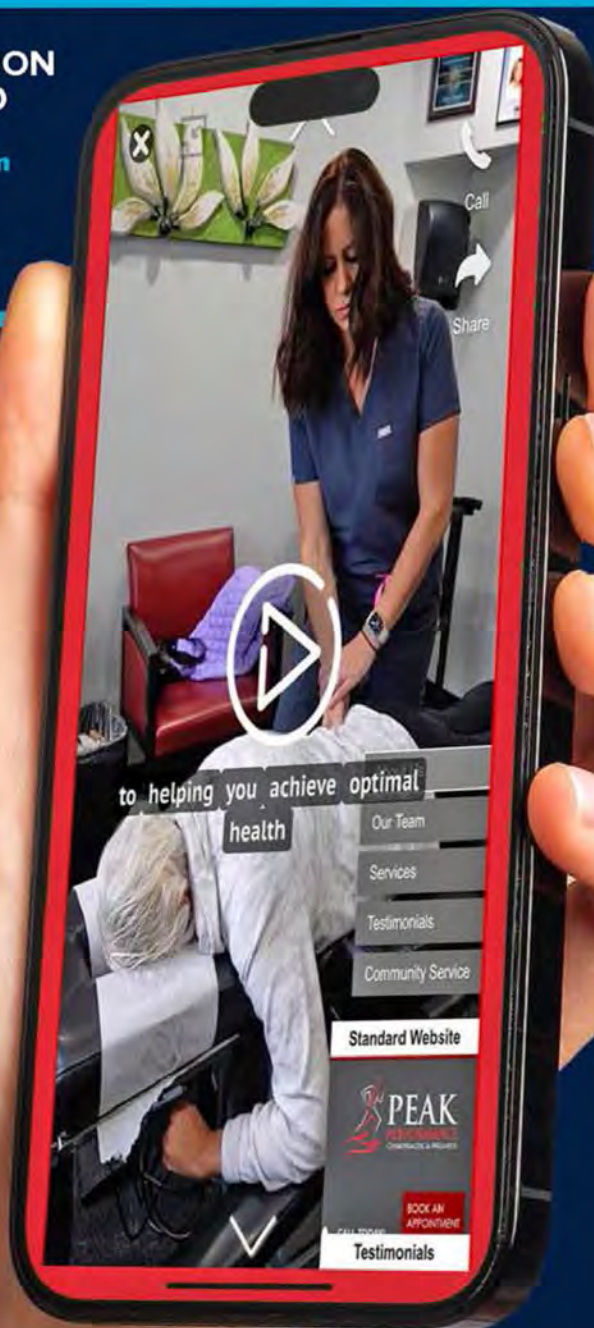
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Changing the Game



Why Pregnancy Care Should Think Like Sports Medicine

by Dr. Brandie Elizabeth Keates, DC, FICPA, Founder, The Bloom Philosophy® | drbrandie.com

Pregnancy isn't an injury. But good gravy, we ask a lot of the body.

I've been taking care of pregnant women for almost 25 years, and there's one thing I still don't understand.

An NFL player tweaks his knee and suddenly there's an entire team involved. Imaging. Rehab. Manual therapy. Taping. Bracing. Recovery. Probably somebody standing nearby making sure he has the correct flavor of electrolytes.

And he should have that.

But a pregnant woman comes in with pubic pain so bad she can barely roll over in bed, put on pants, walk up the stairs or get out of her car, and she hears:

"That's normal. You're pregnant."

Or my personal favorite:

"It'll go away after you have the baby."

Great. She's 24 weeks pregnant.

So the treatment plan is...hurt for another four months?

This is where I think pregnancy care could learn a lot from sports medicine.

Not because pregnancy is an injury. It isn't.

Pregnancy is a performance state.

Think about what her body is doing. Her center of gravity changes. Her load increases. Her hormones change. Her movement changes. Her sleep probably sucks. She may be working full time, exercising, chasing another kid around and trying to put on shoes she can no longer see.

And then we're surprised when something hurts?

In sports medicine, we don't only ask, Where does it hurt?

We ask what changed.

What isn't tolerating the load? How is the athlete moving? Where is she compensating? What can we modify? What can we strengthen? What can we treat? And what can she safely continue doing?

Why wouldn't we ask the same questions

(Continued on page 16)

Learn how the **Posture Check 3D™** can improve the way you communicate with your patients.



[Click here to Watch a Short Video](#)



(Continued from page 14)

during pregnancy?

I call it the **temporary normal**.

The woman standing in front of me at 32 weeks isn't supposed to move exactly like she did before she was pregnant. I'm not trying to "correct" the pregnancy out of her. I'm trying to understand what her body needs **right now**.

And that changes throughout pregnancy.

The woman at 14 weeks isn't carrying the same load she will at 34 weeks. Her care shouldn't look exactly the same either.

And then we get to the third trimester.

Game day is getting closer.

Birth. The only endurance event where your coach may be yelling "PUSH!" while your partner is sitting six feet away eating snacks.

Birth is physical. It requires mobility, endurance, adaptability, recovery and a whole lot of work from the human body.

Sounds a little like athletics to me.

Of course, applying sports medicine principles to pregnancy does not mean treating everything that walks through the door.

Pregnancy care also means knowing when to put your hands in your pockets.

Bleeding. Leaking fluid. Changes in fetal movement. A severe or unusual headache with visual changes. Rhythmic tightening. Unilateral leg swelling with calf pain. Or something that simply doesn't make sense as musculoskeletal.

Those patients need the appropriate medical evaluation.

Sometimes I treat. Sometimes I modify. Sometimes I co-manage with an OB, midwife or pelvic floor PT. And sometimes I send the patient right back to her medical provider.

After almost 25 years, knowing when **not** to treat someone is every bit as important as knowing how to treat them.

That's part of doing this safely.

And it's exactly why I think this conversation matters.

Over the years, I've had more than one marketing consultant tell me that sports medicine and pregnancy don't "match."

Every time I hear that, I think:

Why not?

Why does an athlete deserve a thoughtful plan for load, movement, recovery, pain and performance, but a pregnant woman doesn't?

Why do we surround athletes with people whose job is to keep their bodies functioning, then tell a woman in significant pregnancy pain to rest, suck it up or wait until the baby comes?

That double standard is exactly what I address in *Changing the Game*.

I don't buy it.

Pregnancy pain is common. **That doesn't mean women should simply have to live with it.**

Pregnancy isn't an injury, and I'm not suggesting we treat it like one.

But it is an enormous physical undertaking.

And women deserve the same thoughtful assessment, individualized care and attention to function that we give every other body doing something physically demanding.

Come hear more about how we can safely apply the principles of sports medicine to pregnancy care. How to assess differently. How to modify. How to treat. And, just as importantly, how to recognize when it's time to refer.

Maybe sports medicine and pregnancy were never the mismatch.

Maybe the mismatch was how little we expected pregnancy care to do for women.

Pregnancy isn't an injury. It's a performance state.

And birth?

That's game day.

Continue the Conversation

Join us October 9–11 at the NYSCA [2026 Fall Convention on Long Island](#), as Dr. Keates explores this topic further, along with practical insights you can bring back to your practice.

PRACTICE ALERT

NYS Updated Mandated Reporter Training

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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**.



The NYSCA Education and Events Committee has been coordinating with the Northeast College of Health Sciences Frank J. Nicchi School of Continuing Education in the development of a course that fulfills the new training requirements.



This half-hour course is available from Post-grad on **September 16, 2026** 12:30–1:00pm



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Presented by **Heather Frederick** MS LMHC



Additional dates will be scheduled in advance of the **November due date**.



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What Patients Need Us to Hear

Lessons from “More Than a Band-Aid”

by Susan Stamper; Content Marketing Manager, ChiroHealthUSA

Healthcare providers spend years learning how to evaluate symptoms, recognize patterns, and determine appropriate care. But there is another kind of expertise in every exam room: the patient's lived experience.

In *More Than a Band-Aid: Why Listening to the Whole Story Matters*, Susan Stamper of ChiroHealthUSA approaches whole-person care from the patient's perspective. Her message offers healthcare providers a worthwhile reminder that listening is not simply a matter of bedside manner. It can be an important part of clinical care.

Looking Beyond the Chief Complaint

Patients know what is normal for them. They recognize when something has changed, when a symptom keeps returning, or when improvement has not translated into getting back to the activities that matter to them. The article challenges providers to look beyond the immediate complaint and consider the larger picture, including function, sleep, stress, activity,

daily demands, and the patient's own goals.

For chiropractors, much of this may sound familiar. Chiropractic care has long emphasized taking a thorough history, considering the patient as a whole, and helping people improve function rather than simply chasing symptoms. But familiarity with these principles does not make them any less important to revisit.

Whole-person care also does not mean assuming that every problem can or should be addressed by one provider. Sometimes hearing the full story leads to a different treatment approach, further evaluation, or referral. Recognizing when another healthcare professional should be involved is itself part of patient-centered care.

There is also a practical lesson in the questions we ask. Pain may bring a patient through the door, but understanding what they can no longer do, what has changed, and what matters most to them can reveal far more than a pain scale alone. It also gives providers more mean-

ingful ways to measure progress.

Hearing Care From the Patient's Side

Listening builds trust. When patients feel heard, they may be more comfortable sharing concerns, asking questions, and participating in decisions about their care. Clear, thoughtful communication can also help patients better understand their condition and remain engaged in their own health.

Perhaps most valuable, however, is the opportunity to encounter these ideas in a patient's voice. What we intend patients to experience and what they actually experience are not always the same.

We encourage you to read ChiroHealthUSA's *More Than a Band-Aid: Why Listening to the Whole Story Matters* and consider a simple question: Do my patients feel that I have heard their whole story?

Read “**More Than a Band-Aid: Why Listening to the Whole Story Matters**”

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Nutrition, Inflammation, and Appetite Regulation

Practical Takeaways for You and Your patients.

by Mary Balliett, DC, MSACN; Professor Emeritus, Northeast College of Health Sciences; Adjunct Professor, Logan University
Co-Founder and Chief Science Officer Potential Power Nutrition

Nutrition is an important adjunct to chiropractic care, particularly for patients managing musculoskeletal pain, chronic inflammation, weight concerns, diabetes risk, or appetite dysregulation. Emerging clinical discussions increasingly connect inflammatory signaling, gut health, blood glucose regulation, and appetite hormones, offering chiropractors a practical framework for life-style-based patient education.

Inflammation and pain are influenced by biochemical mediators released after tissue injury, including prostaglandins, leukotrienes, cytokines, histamine, and bradykinin. Diet can affect this process by shaping fatty acid composition in cell membranes, antioxidant status, oxidative stress, and immune activity. A practical nutrition approach begins with reducing common pro-inflammatory exposures such as refined carbohydrates, sugary beverages, excess alcohol, artificial dyes, highly processed foods, and low-quality seed oils, while increasing foods that support tissue repair and inflammatory balance.

Appetite regulation is also clinically relevant. Ghrelin rises when the stomach is empty and promotes hunger, while cholecystokinin and glucagon-like peptide-1 (GLP-1) help support satiety. GLP-1 also enhances insulin secretion, slows gastric emptying, supports improved blood glucose control, and helps patients feel full longer. These pathways help explain patient interest in medications such as Ozempic®, Wegovy®, and Mounjaro®, while also reinforcing the importance of food-based strategies that support

the body's own GLP-1 production.

For clinicians, the central message is straightforward: whole-food nutrition can complement manual care by targeting modifiable contributors to inflammation, nociceptor sensitization, oxidative stress, gut-brain signaling, satiety, and metabolic health. Meals that combine adequate protein, healthy fats, colorful plants, soluble fiber, and fermented foods may help patients improve fullness, stabilize energy intake, and support inflammatory resolution by helping the L-cells in the gut naturally produce GLP-1.

Practical Patient Counseling Points

- Encourage balanced meals that include protein, healthy fats, vegetables, fruits, and soluble fiber.
- Emphasize GLP-1-supportive foods such as oats, barley, beans, flax seeds, chia seeds, yogurt, kefir, fermented vegetables, berries, apples, onions, green tea, and other polyphenol-rich foods.
- Discuss the potential impact of refined carbohydrates, sugary foods, alcohol, and low-protein or low-fiber meals on hunger and metabolic regulation since these elevate ghrelin and "trick" the body into thinking the stomach is empty.
- Support anti-inflammatory nutrition by prioritizing omega-3-rich foods, monounsaturated fats, adequate hydration, high-fiber grains, vegetables, fruits, and ap-

propriate protein intake.

- Consider patient-specific factors before discussing supplements. Supplements that are evidenced informed such as omega-3 fish oil, vitamin D, Boswellia or curcumin may be helpful to support a good diet.
- Make sure to account for medications, and comorbidities, which may require co-management with a medical professional, such as the need for a GLP-1 medication.

In practice, nutrition counseling does not need to be complicated. A simple "remove and add" framework can be effective: reduce dietary patterns that promote inflammation and excessive hunger signaling, then add foods that support satiety, antioxidant capacity, gut health, and inflammatory balance. For NYS chiropractic clinicians, this evidence-informed approach provides a clear, patient-centered way to connect nutrition with pain management, weight management, metabolic health, and overall wellness.

This summary is intended for educational newsletter use and should be adapted to each patient's clinical presentation, medication use, comorbidities, and applicable scope-of-practice considerations.

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RESEARCH CENTER

Staying current with emerging research is an important part of professional practice. The NYSCA Research Center highlights recent studies and publications relevant to chiropractic care, clinical practice, and the evolving role of the profession in healthcare.

- **Chiropractic Management of Adults with Cervicogenic or Tension-Type Headaches: Development of a Clinical Practice Guideline**
Trager RJ, Daniels CJ, Hawk C, et al. Journal of Integrative and Complementary Medicine. 2026;32(4):325344. doi: 10.1177/27683605251397769
- **Efficacy of spinal manipulative therapy in older adults with chronic spinal conditions: an updated systematic review.**
Schielke AL, Trager RJ, Stevans JM, Price MR, Wilcox RD, Walters SA, Daniels CJ. J Can Chiropr Assoc. 2026 Apr;70(1):27-54. Epub 2026 Apr 30. PMID: 42238484; PMCID: PMC13229143.
- **The Association of First Provider Seen With Time Loss From Work Among Workers With Back Injury: A Cohort Study**
Young M, Elmore A, Roseen EJ, Fulton-Kehoe D, Franklin G. Am J Ind Med. 2026 Aug;69(8):645656. doi: 10.1002/ajim.70097. Epub 2026 May 26.
- **Recruiting US veterans with chronic low back pain in a multisite randomized pragmatic trial**
Steward A, Salsbury SA, Vining RD, Twist E, McCarey J, Kedilaya S, Minkalis AL, Rudquist R, McDermott K, Shekelle PG, Abrams TE, Lurie JD, Wallace RB, Lisi AJ, Goertz CM, Long CR. Trials. 2026 Mar 19;27(1):326. doi: 10.1186/s1306302609637z.
- **Association Between Autoimmune Thyroiditis and Cervical Artery Dissection: A Retrospective Cohort Study**
Trager RJ, Makineni PS, Wright DS. Association Between Autoimmune Thyroiditis and Cervical Artery Dissection: A Retrospective Cohort Study. Health Sci Rep. 2026 Mar 22;9(3):e72161. doi: 10.1002/hsr2.72161.

- **Integrating Chiropractic Care into Federally Qualified Health Centers: Policy, Payment, and Pathways for Sustainable Spine and Musculoskeletal Care**
Benjamin L, Battaglia P, Young M, Bensel V. Journal of Integrative and Complementary Medicine. 2026;0(0). doi:10.1177/27683605261444627
- **Cost of chiropractic versus medical management of adults with spine-related musculoskeletal pain: a systematic review**
Farabaugh R, Hawk C, Taylor D, Daniels C, Noll C, Schneider M, McGowan J, Whalen W, Wilcox R, Sarnat R, Suiter L, Whedon J. Chiropr Man Therap. 2024 Mar 6;32(1):8. doi: 10.1186/s12998024005334.
- **4Ms for age-friendly chiropractic care: student perceptions following a brief educational intervention**
Salsbury SA, Killinger LZ, Bhatti JL, Twist E. Gerontol Geriatr Educ. 2026 AprJun;47(2):272286. doi: 10.1080/02701960.2025.2503948. Epub 2025 May 14.

Want to Explore More Research?

These studies and other chiropractic research resources are available through NYSCA's participation with the Clinical Compass Evidence Center.

As a NYSCA member, you receive complimentary access to the Evidence Center, where you can explore current research, clinical practice guidelines, best-practice documents, and other evidence-based resources. [Learn more](#)



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Cervical Manipulation and Vertebral Artery Dissection: What the Evidence Actually Shows

Reprinted with appreciation to Dr. Donald R. Murphy, DC, FRCC

There is longstanding controversy over the rare association between cervical manipulation and stroke related to vertebral artery dissection (VAD). In light of the evidence, there really should not be a controversy at all. This article walks through the research arc - from early case reports to population-based case-control studies, biomechanical testing, and a systematic review - and explains why the sound conclusion is reverse causation, not cause and effect.

It was once assumed that manipulation could, in rare cases, cause a dissection that led to stroke. At the time, that assumption was understandable, but the evidence accumulated over the past two decades tells a different and more coherent story. (A note on terminology: this article concerns VAD and the VAD-related stroke it can cause; the broader umbrella term used in some of the literature is "cervical artery dissection," or CAD.)

The Research Arc: From Assumption to Evidence

The belief that manipulation causes VAD-related stroke did not emerge from strong evidence. It emerged from a particular kind of weak evidence (case reports), and stronger study designs have since corrected the picture.

Step 1: Case Reports

The concern began with a series of case reports - individual accounts of patients who had cervical manipulation and then experienced a VAD-related stroke. Case reports are valuable for generating hypotheses, but they are the weakest form of clinical evidence. They describe a sequence of events; they cannot establish cause and effect. A patient who has a stroke shortly after any event - a hair wash at a salon, a visit to the dentist, a trip to a practitioner - will naturally assume that event was the cause. However, sequence is not necessarily causation.

Vertebral artery dissection (VAD)

A tear in the inner wall of a vertebral artery that allows blood to enter the artery wall. It commonly produces neck pain and headache first, and can lead to VAD-related stroke. In the broader literature it falls under the umbrella term "cervical artery dissection" (CAD).

Key takeaways

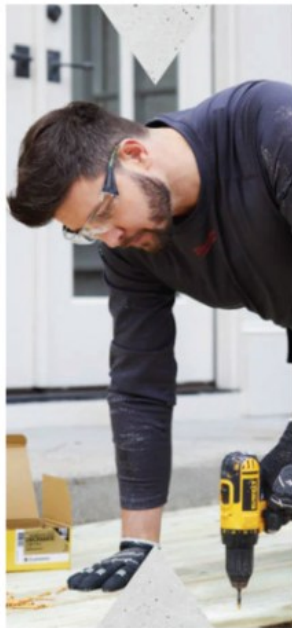
- Case-control studies find VAD-related stroke just as likely, or more likely, after a primary care visit as after a chiropractic visit.
- In roughly one-third to one-half of chiropractic stroke cases, no manipulation was documented at all.
- Biomechanical studies show manipulation strains the vertebral arteries less than ordinary daily movement, and well below the point of failure.
- A systematic review found no evidence for causation.
- Neck pain and headache are commonly the first symptom of a dissection already underway - the signature of reverse causation.

Step 2: Case-Control Studies

To move beyond anecdote, researchers turned to case-control studies, which examine large groups of people who had a VAD-related stroke alongside a control group who did not, and then compare exposures such as visits to a chiropractor versus visits to a primary care practitioner (GP).

The landmark study by Cassidy and colleagues examined a population-based dataset and found that VAD-related stroke was associated with primary care visits to the same or greater degree as with chiropractic visits. If manipulation were the cause, that

(Continued on page 26)



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pattern would make no sense - primary care practitioners do not perform cervical manipulation. The pattern only makes sense if patients were already developing a dissection, which produced the neck pain and headache that sent them to a practitioner in the first place.

Kosloff and colleagues studied roughly 39 million covered lives in U.S. commercial and Medicare Advantage populations and found no significant association between chiropractic care and VAD-related stroke, while there was a significant association with primary care visits. Critically, among individuals who had a VAD-related stroke after seeing a chiropractor, manipulation was not documented in roughly one-third to one-half of the cases. In other words, a substantial share of the patients who "saw a chiropractor and then had a stroke" never received the treatment that is often blamed.

Whedon and colleagues added further weight, following a cohort of 1,157,475 Medicare beneficiaries aged 66 to 99 with neck pain and concluding that manipulation is unlikely to be a cause of stroke in older adults.

Step 3: Biomechanical Studies

If manipulation caused dissection, we would expect it to place unusual strain on the vertebral arteries. Biomechanical studies show the opposite. Herzog and colleagues measured vertebral artery strains during high-velocity, low-amplitude cervical manipulation and found them to be far below the strains produced by normal range-of-

motion movements and diagnostic positioning, and far below the point at which the artery fails. Put plainly, the ordinary movements of daily life stress the vertebral arteries more than manipulation does.

The point is reinforced by Wynd and colleagues, who applied pre-existing vascular lesions to vertebral arteries and then performed cervical manipulation. The manipulation did not further injure the already-compromised arteries. Even a vulnerable artery was not damaged by the treatment.

Step 4: Systematic Review

Church and colleagues brought the body of evidence together in a systematic review and meta-analysis of chiropractic care and cervical artery dissection. They found only a small association (odds ratio of 1.74) - and, tellingly, one that mirrors the association seen with ordinary primary care visits. Their conclusion was that there is no convincing evidence that manipulation causes VAD. A small association that appears equally for a visit to a chiropractor and for a visit to a primary care practitioner is the signature of reverse causation - manipulation does not cause VAD, but development of VAD leads to a visit to a chiropractor or a primary care practitioner. And sometimes stroke occurs at some point after that.

What Actually Happens: Reverse Causation

Put the four lines of evidence together and a consistent explanation emerges. In patients who experience a VAD-related stroke following manipulation, it is not the treatment that causes the

dissection. Rather, the dissection is already underway.

Neck pain, with or without headache, is commonly the initial symptom of a vertebral artery dissection. A patient who develops this pain does the natural thing: seeks relief. Often that means seeing a spine practitioner, and it commonly also means seeing other professionals, such as a primary care practitioner. The stroke may or may not follow the visit, and when it does, it occurs independent of what the professional does or does not do.

This is what researchers mean by reverse causation - sometimes called protopathic bias. The neck pain is the first symptom of the dissection, not something caused by the treatment. The visit follows the developing dissection; it does not create it. It is the reason case-control studies find the same or greater "risk" attached to primary care visits, and the reason the association survives even when no manipulation was performed.

Continue Reading

This article has been excerpted and reprinted with permission. Read Dr. Murphy's complete article, "[Cervical Manipulation and Vertebral Artery Dissection: What the Evidence Actually Shows](#)," to learn more.

Take the Conversation Further

Join us October 9–11 at the NYSCA [2026 Fall Convention on Long Island](#), as Dr. Murphy explores the evaluation and management of lumbar spinal stenosis and cervical radiculopathy, with practical insights you can bring back to your practice.

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Chiropractic Pediatrics: Care for Children of All Ages

By Dr. Sherry McAllister | Reprinted with Appreciation to Foundation for Chiropractic Progress



When we are young, there is so much potential for a healthier future. Pediatrics chiropractic makes that potential a reality for many babies and children—alignment for Whole Being care starts at birth even when no symptoms or irregularities are present.

Chiropractic is a drug-free and noninvasive healthcare option. Pediatric chiropractic treatments are gentle and designed for the individual child's age and development. We examine the spine, ligaments, growth plates, and surrounding tissue.

Chiropractic education includes prenatal and pediatric care, and many chiropractors advance their education through diplomate programs. Chiropractic maternal and child healthcare includes prenatal care that facilitates faster, easier, and safer births.

Why Chiropractic Pediatrics Is Safe for Children

As parents and guardians sought alternatives to conventional pediatric care, many embraced chiropractic due to the research supporting its safety and effica-

cy. Safer Care Victoria is an Australian government healthcare agency. According to its 2019 independent review titled "[Chiropractic Spinal Manipulation of Children Under 12.](#)"

Here's what 21,824 parents and guardians told researchers:

- Children were "much improved" following treatment. (87%, or 19,052 respondents)
- They were "satisfied or very satisfied" with information about treatment risks. (99.1%, or 20,907 of respondents)

Parents and guardians expressed strong sentiments about their right to choose their child's healthcare, taking into account the child's overall health and well-being. These sentiments echo chiropractic's "Whole Being" approach, which trusts the body's capacity to heal without drugs and invasive treatments.

As with any form of healthcare, comprehensive clinical assessments are essential prior to treatment. These assessments should include family histories and the symptoms pre-

sent, particularly since conditions such as Ehlers-Danlos Syndrome (EDS) and hypermobile EDS (hEDS) are usually not apparent until later childhood.

However, chiropractic treatment of children is gentle throughout childhood to protect against underlying and undiagnosed conditions such as these.

Safe at Any Age

Chiropractic care is safe for children from birth all the way through adulthood. Treatments address various conditions and situations, that include:

1. Chiropractic Prenatal Care

Chiropractic can play an important role in prenatal care, including adjusting pregnant women's hips to shorten labor, help reposition babies—including those that are breech. It can also help ward off complications that might otherwise require C-sections.

2. Chiropractic Care of Infants

Chiropractic care can be beneficial for infants as young as a few

(Continued on page 30)

Did You Know?

New York State Chiropractic Association members are also group members with the Foundation for Chiropractic Progress!



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- 3 Return to the F4CP website and **LOGIN** on the top right with your email address and the temporary password.
- 4 Scroll down to **PASSWORD** – Click **CHANGE** and input temporary password and new password then click **SAVE**.
- 5 To update or edit your F4CP Find-A-Doctor Directory listing, Click **Update Profile**, make changes and click **SAVE**.
- 6 If your email address is not currently in our system, please opt in at www.f4cp.org/associations. Once we verify your state association membership, we will set up your account and send you a welcome email with login information.

For any questions, please contact Membership Director, Marta Cerdan ✉ marta@F4CP.com

(Continued from page 28)

weeks. Treatment is always extremely gentle and based on factors including:

- Age
- Gestational, physical, neurological, and anatomical development
- Joint anatomy
- Muscle tone

Other benefits include a better range of motion and pain relief from the stressors of labor and delivery.

3. Chiropractic Care in Toddlers, Children, and Adolescents

As children move beyond infancy, doctors of chiropractic (DCs) adjust their approach accordingly while continuing to treat and monitor any issues that present in infancy, including:

- **Toddlers** (Ages 1 to 5). DCs pay particular attention to balance, coordination, and posture. They examine muscles and bones, monitor developmental milestones such as walking, track growth, and check into injuries resulting from falls.
- **Elementary and Middle School** (Ages 6 to 11). These children begin experiencing more “adult-like” problems, including poor posture and neck, back, and shoulder pain. Causes include backpacks, sports injuries, and ergonomic problems such as poorly adjusted school desks and seats.
- **Adolescence** (ages 12 to 18). When children become teenagers, they experience growth spurts

and other hormonal issues. Pain from posture problems such as tech neck is more prevalent, and children are often heavily involved in sports.

Accidents ranging from a small bump to more serious events often go unreported, putting children at risk for chronic pain in later life. Also notable is that today’s schools are less likely to have a healthcare provider on staff. Regular chiropractic care acts as a benchmark for identifying and treating unreported injuries.

Treating Scoliosis

Scoliosis is a condition characterized by an S- or C-shaped curve in the spine and can develop at any age. Chiropractors generally start watching for it between ages 6 and 12, much earlier overall than conventional pediatric practitioners.

The chiropractic hallmarks of prevention and spinal alignment position chiropractors for earlier diagnosis and treatment of scoliosis.

Where to Learn More

The following are resources for those wishing to learn more about how chiropractors serve prenatal and pediatric patients:

- [International Chiropractic Pediatric Association](#)
- [ICA Council on Chiropractic Pediatrics](#) (affiliated with the American Chiropractic Association)
- [Academy Council of Chiropractic Pediatrics](#)

I also invite you to learn about my own rewarding experiences in [prenatal and pediatric chiropractic care](#).

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PRACTICE ALERTS



Stay Ahead of Practice & Compliance Requirements

Practical guidance for managing the business and regulatory side of your practice.

NYSCA members have access to timely Compliance & Practice Management articles covering regulatory requirements, office policies, cybersecurity, Medicare compliance, and other issues that affect day-to-day practice operations. New articles and important alerts are delivered directly to members by email as they are released, with an online library available anytime you need to refer back to them.

- **Medicare Fraud, Waste, and Abuse (FWA) Training**

Medicare providers, including chiropractors, must meet applicable Fraud, Waste, and Abuse training requirements. Review the requirements and get step-by-step guidance for keeping your practice compliant. [READ THE MEMBER ARTICLE](#)

- **Cybersecurity and Data Protection: Securing Your Chiropractic Practice**

Ransomware, phishing, data breaches, and other cybersecurity threats can put both patient information and practice operations at risk. Review practical steps for strengthening your practice's security and protecting sensitive information. [READ THE MEMBER ARTICLE](#)

- **CPT Code Updates and Documentation Review**

Coding changes can affect documentation, billing, and reimbursement. Review current updates and key action steps to help keep your coding and documentation practices current
..... [READ THE MEMBER ARTICLE](#)

- **Records Retention, Privacy Notices, and Compliance Logs: Strengthening Office Policies**

Good records-management systems support compliance and efficient practice operations. Review important considerations for retention policies, privacy notices, and compliance documentation.
..... [READ THE MEMBER ARTICLE](#)

- **Cultural Competency and Implicit Bias Training: Enhancing Quality of Patient Care**

Cultural competency and awareness of implicit bias can support effective communication and respectful, patient-centered care. Some insurance networks and healthcare organizations also require periodic training for participating providers and staff. Review considerations for incorporating cultural competency into your practice. [READ THE MEMBER ARTICLE](#)

Get More from NYSCA

These resources are available exclusively to NYSCA members. If you're not yet a member, join us and gain access to practical guidance, timely alerts, professional resources, and a network working to support chiropractic practice in New York. [LEARN MORE ABOUT NYSCA MEMBERSHIP](#)



MEMBER CLASSIFIEDS

Opportunities. Practices. Equipment. Careers.

Explore the latest professional listings from members across the profession.

**CAREERS**
Associate & Full-Time

**PRACTICES**
For Sale & Share

**EQUIPMENT**
Buy, Sell & Trade

**OFFICE SPACE**
Lease & Share

**CONTRACT OPPORTUNITIES**
Independent & Locum Tenens



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[VIEW CURRENT LISTINGS](#)

<https://nysca.ce21.com/classifiedads/>

NEW LISTINGS ADDED WEEKLY

Member classifieds are included with your membership.

INSURANCE UPDATES

News from the NIC

Timely insurance information affecting chiropractic practices.

When payer policies, billing requirements, or insurance issues arise, NYSCA's Insurance Committee (the NIC) works to keep members informed. Members receive timely NIC alerts by email as important developments occur and have access to the complete updates and guidance in the members-only section of NYSCA.com.

- **NYCE PPO Claim Payment Issue Update**

NYSCA's Insurance Committee reports progress on UMR and NYCE PPO claim payments and provides updates on outstanding claim and E/M denial issues.

[READ THE LATEST](#)

- **UHC Updates Radiology Reimbursement Policy**

UnitedHealthcare has updated its reimbursement policy for certain radiology services performed on or after April 1, 2026.

[SEE WHAT CHANGED](#)

- **Anthem BCBS Blue Access Eligibility Issues & ASH Taxonomy Requirements**

The NIC has issued updated information regarding Anthem BCBS Blue Access eligibility issues, ASHLink authorizations, and taxonomy requirements for ASH claims.

[REVIEW THE NIC ALERT](#)

MEMBERSHIP HAS ITS ADVANTAGES

Supporting your practice, your profession, and your future.



As a member of the **NYSCA**, you're part of the largest community of practicing Doctors of Chiropractic in New York State—connecting you with colleagues, resources, and opportunities that make a difference.



1 ADVOCACY & PROFESSIONAL STRENGTH



Representation through active legislative monitoring



Protection and advancement of chiropractic practice rights



Strength in a unified statewide professional voice



2 PRACTICE SUPPORT & EVERYDAY RESOURCES



Direct access to NYSCA administrative staff for guidance



Expert insight from committee chairpersons who are practicing doctors



Members-only online resources and content



Free classified ads for career opportunities



Update your listing in our Find-a-Chiropractor directory



3 PROFESSIONAL GROWTH & EDUCATION



Semi-annual continuing education events with exclusive member pricing



Monthly CE webinars with exclusive member discounts



Opportunities to stay current in a rapidly evolving healthcare environment



4 COMMUNITY & CONNECTION



Engage through local district forums



Attend events that bring the profession together



Participate in leadership opportunities and annual elections



Build meaningful relationships with colleagues across New York State



Be part of the largest network of practicing DCs in NY



5 EXCLUSIVE MEMBER OPPORTUNITIES



Access the Member Privileges Program, including group membership with F4CP



Participate in the mentorship program, as a mentor or mentee



Enhance your professional visibility and reach



WHY IT MATTERS

Membership is more than a list of benefits. It is a commitment to **strengthening your profession** and **supporting your livelihood** through collective effort.

New York's 2026 legislative session concluded on Friday, June 5th, with the Senate adjourning early in the morning and the Assembly adjourning that evening.

The legislative session in Albany is normally measured in two phases: budget time, which runs until sometime around the April 1 budget deadline, and post-budget, which runs from when the budget is done until the end of session. Traditionally, the post-budget phase lasts about eight weeks. That was upended this year because of the late State budget.

The budget was not finalized until May 27, making it the latest State budget since 2010. This meant that there was only one week of session left post-budget, making it challenging for the Legislature to address a myriad of policy priorities. In years past, when the budget was late, the Legislature extended its session. That did not happen this year as it is an election year with the Primary Elections happening on Tuesday, June 23.

During the end of the legislative session, we were focused on several key legislative items, primary among them, the **scope modernization bill** sponsored by Assemblymember Sarah Clark and Senator Andrew Goundardes (A4706-B/S5860-B).

We were successful in passing the bill through multiple Assembly Committees, including Higher Education, Codes and Ways and Means Committees and all unanimously. However, opposition from the Medical Society and their specialty groups in the last hours of session derailed our efforts in the Senate. Letters of opposition were presented by MSSNY, the orthopaedic society, the AMA, and the radiology association, which were filled with lies and misconceptions.

We prepared a response to the issues raised in the letters of opposition, but we ran out of time to get the issues fully addressed. We are already focused on the upcoming session and doing whatever is possible to get the bill passed through both houses next year. We have developed a strategic plan to approach this head on and will be working to implement that plan with the officers and the board.

In addition to scope, we continued to work on 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; and the **partnership bill** spon-

sored 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. In the end, neither of these bills saw movement, and we will continue to work with the coalition to figure out next best steps for both of these bills.

As noted above, **this is an election year in New York**. With the Primary Elections behind us, we now shift attention to the General Election on Tuesday, November 3, when all 213 seats of the State Legislature, the statewide offices for Governor, Lieutenant Governor, Attorney General and Comptroller, and all 26 New York seats in the U.S. House of Representatives will be on the ballot.

There were changes as a result of the Primary Elections, and we know that there will be further changes after the General Election. Further, since many legislators will not be returning to their current positions because of retirements or seeking other elected offices, there will be many new members in both houses for the next legislative session. In addition, many of those leaving are chairs of key committees or members of leadership, so we will see many new committee chairs next year.

While always important, given that this is an election year, we would like to remind you that NYSCA has a Political Action Committee (PAC). The **New York Chiropractic Political Action Committee (NYCPAC)** is supporting candidates that support the profession and issues of importance to our members. The NYCPAC would love to see as much member participation as possible, and we urge you to visit this [website](#) and make a donation today.

The next State Board of Chiropractic meeting will be held on Thursday, September 17, 2026 in New York City. We will share an update with the board, and all those in attendance at the meeting, about our legislative efforts and plans for the next legislative session.

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

SUPPORT YOUR PAC

Advocacy Doesn't End When the Legislative Session Does

Political relationships are built year-round, and NYCPAC helps ensure chiropractic has a seat at the table.

When the Legislature adjourns for the year, legislative activity slows. Relationship-building does not.

Between sessions, lawmakers return to their districts, campaigns take shape, priorities begin to emerge, and conversations continue about the issues that will come before Albany next year. This is an important part of the political process and an important time for chiropractic to remain engaged.

That is where the New York Chiropractic Political Action Committee (NYCPAC) plays a role.

NYCPAC allows chiropractors to collectively support candidates who understand the profession, recognize the value chiropractors provide to patients, and are willing to listen when issues affecting chiropractic care come before the Legislature.

Our legislative priorities, including modernization of New York's chiropractic scope of practice, require more than a good argument. They require education, relationships, persistence, and legislators who are willing to engage with us.

Consistent Support Makes a Difference

A strong PAC is built through participation from many members of the profession. Contributions do not need to be large to matter. Recurring monthly contributions, even at modest levels, provide NYCPAC with a more consistent foundation for political engagement throughout the year.

If advancing chiropractic in NY matters to you, please consider becoming a NYCPAC contributor.

MAKE A CONTRIBUTION —>

Every contribution strengthens our collective voice.

Dr. Chris W. Piering
NYCPAC Chair



FEDERAL ADVOCACY



Medicare Modernization

Advancing Medicare Reform

NYSCA is working with our national partners to support Medicare modernization.

Medicare reform continues to be an important issue for chiropractors in New York and across the country.

NYSCA continues to coordinate with the [American Chiropractic Association](#) and [ChiroCongress](#) in actively supporting the **Chiropractic Medicare Coverage Modernization Act**, federal legislation aimed at modernizing Medicare coverage of chiropractic services.

The legislation would expand Medicare coverage beyond the limited chiropractic benefit currently available, allowing chiropractors to provide additional covered services that are within their state-authorized scope of practice. Modernizing the benefit would give Medicare beneficiaries greater access to the full range of care their chiropractor is licensed to provide.

Federal advocacy is most effective when legislators hear not only from professional organizations, but **directly from the doctors and patients** affected by current policy. Chiropractors can help by learning about the legislation and contacting their members of Congress to express their support.

ChiroCongress has made bill information, talking points, and an easy-to-use advocacy tool available online using the link below:

ACT NOW: LEARN MORE & CONTACT YOUR MEMBERS OF CONGRESS



New York State Chiropractic Association

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



APPLICATION FOR MEMBERSHIP

Contact Information

Last Name:	First Name:	MI:	☐ M ☐ F ☐ 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 (optional)

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

Membership Categories

Dues

Regular Membership	Annual / Monthly
☐ Regular Full Time – practicing more than 20 hours per week	\$540 or \$50/month
☐ Regular Part Time – practicing 20 hours or fewer per week	\$300 or \$25/month
☐ Regular Associate – spouse/employee of a regular FT member	\$300 or \$25/month
☐ Regular Early Career	
☐ New Licentiate – up to 1 year from date of NY licensure	\$0 – No Dues
☐ Early Career 1 – up to 2 years from date of NY licensure	\$120 or \$10/month
☐ Early Career 2 – up to 3 years from date of NY licensure	\$240 or \$20/month
☐ Early Career 3 – up to 4 years from date of NY licensure	\$360 or \$30/month
☐ Early Career 4 – up to 5 years from date of NY licensure	\$480 or \$40/month
Affiliate Membership – must be licensed to practice chiropractic in New York	
☐ Out of State Affiliate – licensed in NYS but practicing/residing exclusively outside NYS <i>Note: out-of-state affiliate members may neither vote in NYSCA elections nor hold office</i>	\$60/year
☐ In State Affiliate – licensed and residing in NYS but not in active practice due to one of the following:	
☐ Permanently disabled and/or retired from practice	\$60/year
☐ Employed full-time as faculty of a NY-based chiropractic college or other accredited NY-based university, college, school, or institution	\$60/year
☐ Employed full-time as supplier/vendor of chiropractic products and services or other practice equipment	\$60/year

Payment Information

Select One: ☐ Annual ☐ ¹Monthly

Payment Method

☐ VISA	☐ MasterCard	☐ DISCOVER	☐ AMERICAN EXPRESS
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²Card Holder:

Card#:

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.

³Signature:

For Office Use Only	Date Received:
	District Assigned:

¹ I understand that monthly membership requires a 12-month minimum commitment and cannot be cancelled during that period. After 12 months, I may cancel at any time using an easy and accessible method, provided notice is received at least 30 days before renewal. Membership benefits will continue through the end of the paid period.

² By supplying my credit card information, I authorize the NYSCA to charge my payment method automatically. Membership will automatically renew on my membership anniversary date at the applicable membership category and dues rate, which may change based on eligibility.

³ By signing, I acknowledge that, if my application is accepted, I agree to abide by the Certificate of Incorporation, Bylaws, and Membership Policy of the New York State Chiropractic Association, as well as all rules and policies adopted by its Board of Directors. I understand that professional conduct standards are set and enforced by the New York State Board for Chiropractic and the New York State Education Department, and I agree to comply with all applicable New York State laws and regulations.