



Episode 1 - Show Notes

Hosts: Stephen Perle and Dave Newell

Stephen M. Perle



Professor of Clinical Sciences, Chiropractic, College of Chiropractic

- Fellow Royal College of Chiropractors, 2015
- ICCSP (Internationally Certified Chiropractic Sports Practitioner), Fédération Internationale de Chiropratique du Sport, 2013
- Fellow International College of Chiropractors, 2007
- M.S., Southern Connecticut State University, 2002
- B.S., Regents College, The University of the State of New York (now known as Excelsior College), 1990
- CCSP (Certified Chiropractic Sports Physician), American Chiropractic Board of Sports Physicians, 1987
- D.C., Texas Chiropractic College, Pasadena, TX, 1983

Dr Perle joined the inaugural faculty of the College of Chiropractic in 1991. Since that time he has taught a wide range of courses, as well as undergraduate and graduate courses for other degree programs and in China for the University of Bridgeport. He holds an adjunct appointment to the faculty in the School of Health Professions, Murdoch University, Australia.

After graduation from Texas Chiropractic College in 1983, he practised in New York City until 1991. In 1986 he qualified as a Certified Chiropractic Sports Physician from the American Chiropractic Board of Sports Physicians (ACBSP), which he was a member of from 1990-94. Dr Perle has been the medical director of various athletic events, culminating with the 1991 U.S. Outdoor Track and Field Championships, making him the first chiropractor in the U.S. to be the medical director for a major Olympic sport's national championships. He currently serves as the North American Representative on the Executive Council and as the Research Commission chair for the Fédération Internationale de Chiropratique du Sport.

Dr Perle has published more than half dozen textbook chapters and over 30 peer-reviewed publications. His major research interest is on the biomechanics and biomechanical effects of manipulation and on the quality of chiropractic care. He has been an associate editor of *Chiropractic & Manual Therapies* (Chiropractic & Osteopathy) since 2008 and has been on the editorial board since 2005. In 2004 he was honored as the American Chiropractic Association's Academic of the Year and has twice received an ACA Presidential Leadership Award. He is the chairperson of ACA's Research Advisory Board and in 2010 the Connecticut Chiropractic Association honored him with The Malcolm J Doyle Backbone Award. He is a founding board member of the Consortium of Evidence-Informed Practice Educators.

Dave Newell



Qualifications/Degrees

- BSc (Hons) Biological Sciences
- PGCert Computational Biology
- PhD Molecular Biology
- FRCC (Hon),
- FEAC

Director of Research and Reader at AECC University College, member of the Senior Management Group and chair of the Staff Development and Research Committee.

Biography

Dave Newell graduated from Plymouth University with a Degree in Biological Sciences and subsequently a PhD in molecular biology in 1986. The last 25 years have been spent teaching and researching in chiropractic institutions holding the position of Lecturer, Senior Lecturer and Research Director in multiple chiropractic programs in the UK and Australia. He has considerable expertise and experience in teaching the natural sciences, research methodology, critical thinking as well as curriculum design, validation and accreditation of chiropractic and other healthcare-related programs. He has successfully supervised at Masters and Doctorate level and has published extensively in areas related to the chiropractic profession and musculoskeletal research fields.

Current Activity

Dave Newell is currently Director of Research and Reader at the AECC University College, a member of the Senior Management Group, chair of the Staff Development and Research Committee and a Senior Research Fellow in the School of Primary Care and Population Sciences, Faculty of Medicine at the University of Southampton. He is responsible for creating and implementing the research strategy of the institution, managing the research budget and coordinating and facilitating research activity. This involves supporting and advising faculty research and publications, coordinating undergraduate final year dissertations and delivering all undergraduate research teaching. He is also involved in the supervision and management of multiple PhD and MSc students and multiple research projects in collaboration with a wide range of national and international universities.

Areas of Interest

Patient reported outcomes measures (PROMS), Outcomes psychometrics, Service provision research, contextual factors and effects in manual therapy and digital health.

Membership

- Fellow of the Royal College of Chiropractors (Hon)
- Fellow of the European Academy of Chiropractic
- Fellow of the British Chiropractic Association (Hon)

Research

- Reconceptualising PROMs as active components of complex interventions
- Safety Culture in the Chiropractic Profession.
- Development of smart phone platform for postural assessment and correlation of changes with clinical outcomes
- Factors associated with examination performance in chiropractic students
- Capacity building within the chiropractic profession
- Validity, reliability and responsiveness of the new MSK HQ in a chiropractic patient population:
- Language as a contextual factor influence treatment efficacy of low back pain
- A critical examination of the role of chiropractic in health behaviour change

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John Reggars OAM, DC, MChiroSc



Biography

Chiropractor in private clinical practice for 45 years. Life member of COCA and held various professional appointments including President, Vice President and CEO of COCA. Chair of COCA Research Fund. Past President of the Chiropractic Board of Victoria, Past Chair and Member of RMIT, Murdoch and Victoria University Course Advisory Committees. Consultant and Medical Examiner for WorkSafe Victoria and Member of Queensland and Victorian Administrative Tribunals.

Tim Raven BAppSc, MSc, PhD(stud)



Biography

Tim Raven is born and raised in Melbourne, Australia where he completed his chiropractic education in 1988. In 2003 he completed a postgraduate MSc in clinical chiropractic at the University of Portsmouth and Anglo-European College of Chiropractic. Since 2004 Tim has been part of a research group investigating the neurophysiological properties of motoneurons to back and neck muscles by use of fine-wire, intramuscular, single-fibre EMG. Tim's PhD project conducted at Oslo University Hospital utilises this technique to study firing characteristics of motoneurons to cervical multifidus muscles in subjects with and without neck pain. Beside his research work, Tim was a Board Member of the European Council on Chiropractic Education for 8 years, 4 of which as President of ECCE. Tim was the Norwegian representative to the European working group that produced the CEN Standard, "Healthcare provision by chiropractors" that describes the foundation for the provision of healthcare services delivered by chiropractors in Europe. He continues to work clinically with his wife in their practice in a private hospital facility on the South coast of Norway.

Chiropractic & Manual Therapies Articles

1. **Research priorities of the Canadian chiropractic profession: a consensus study using a modified Delphi technique**
Simon D. French, Peter J.H. Beliveau, Paul Bruno, Steven R. Passmore, Jill A Hayden, John Srbely and Greg N. Kawchuk
Chiropractic & Manual Therapies 2017 **25**:38
<https://chiromt.biomedcentral.com/articles/10.1186/s12998-017-0169-4>
2. **Effect of spinal manipulative treatment on cardiovascular autonomic control in patients with acute low back pain**
Mohamed Younes, Karine Nowakowski, Benoit Didier Laurent, Michel Gombert and François Cottin
Chiropractic & Manual Therapies 2017 **25**:33
<https://chiromt.biomedcentral.com/articles/10.1186/s12998-017-0167-6>
3. **ECU convention 2017 research presentations**
Limassol, Cyprus. 25-27 May 2017
<https://chiromt.biomedcentral.com/articles/10.1186/s12998-017-0166-7>
4. **What are the risks of manual treatment of the spine? A scoping review for clinicians**
Gabrielle Swait and Rob Finch
Chiropractic & Manual Therapies 2017 **25**:37
<https://chiromt.biomedcentral.com/articles/10.1186/s12998-017-0168-5>

Articles Mentioned in Podcast

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<http://doi.org/200202050-00010> [pii]

McGregor, M., Puhl, A. A., Reinhart, C., Injeyan, H. S., & Soave, D. (2014). Differentiating intraprofessional attitudes toward paradigms in health care delivery among chiropractic factions: Results from a randomly sampled survey. *BMC Complementary and Alternative Medicine*, 14(1), 51.
<https://doi.org/10.1186/1472-6882-14-51>

Blanchette, M. A., Rivard, M., Dionne, C. E., Hogg-Johnson, S., & Steenstra, I. (2017). Association Between the Type of First Healthcare Provider and the Duration of Financial Compensation for Occupational Back Pain. *Journal of Occupational Rehabilitation*, 27(3), 382–392.
<http://doi.org/10.1007/s10926-016-9667-9>

Rubinstein, S. M., Bolton, J., Webb, A. L., & Hartvigsen, J. (2014). The first research agenda for the chiropractic profession in Europe. *Chiropractic & Manual Therapies*, 22(1), 9.
<http://doi.org/10.1186/2045-709X-22-9>

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<http://www.pnas.org/content/early/2018/01/03/1715035115.abstract>

Kaptchuk TJ, Friedlander E, Kelley JM, Sanchez MN, Kokkotou E, Singer JP, Kowalczykowski M, Miller FG, Kirsch I, Lembo AJ. Placebos without deception: a randomized controlled trial in irritable bowel syndrome
PLoS One. 2010 Dec 22;5(12):e15591. doi: 10.1371/journal.pone.0015591.
<https://www.ncbi.nlm.nih.gov/pubmed/21203519>

Locher, C., Nascimento, A. F., Kirsch, I., Kossowsky, J., Meyer, A., & Gaab, J. (2017). Is the rationale more important than deception? A randomized controlled trial of openlabel placebo analgesia. *PAIN*, 158(12), 1. <http://doi.org/10.1097/j.pain.0000000000001012>

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Manipulative Physiol Ther. 2016 Jun;39(5):369-80. doi: 10.1016/j.jmpt.2016.04.002. Epub 2016 May 9.
Effect of Spinal Manipulation of Upper Cervical Vertebrae on Blood Pressure: Results of a Pilot Sham-Controlled Trial.

[Cooperstein R](#), [Perle SM](#), [Gatterman MI](#), [Lantz C](#), [Schneider MJ](#).
J Manipulative Physiol Ther. 2001 Jul-Aug;24(6):407-24.
Chiropractic technique procedures for specific low back conditions: characterizing the literature.

Music composed and performed by: Max Yassky: <https://soundcloud.com/max-yassky>