

Canadian Chiropractic Research Bulletin #5

CCA Research Committee Membership

Dr. Grayden Bridge	- Chair, CCA Research Committee/ CCA Board of Governors
Dr. Chris Beaudry	- CCA Board of Governors
Dr. Ron Carter	- Field Practitioner/ Chair, CFSR Fund Raising Committee
Dr. Guy Beauchamp	- President, Fondation Chiropratique du Québec
Dr. Allan Gotlib	- JCCA Editor/ CCA Research Programs Co-ordinator
Dr. Chris Martin	- CCA Board of Governors
Dr. Benno Nigg	- Public Representative, Secretary, CFSR
Mr. Costa Papadopoulos	- Manager, CCA Professional Affairs & Health Policy
Dr. David Peterson	- President, Chiropractic Foundation for Spinal Research
Dr. Howard Vernon	- Chair, Consortium of Canadian Chiropractic Research Centers (CCCRC)



Dr. Grayden Bridge, DC

Without chiropractic research we will not continue to evolve as a profession and all Canadians will not come to enjoy the full benefits of chiropractic care.

Canadian chiropractors need to have answers to why the profession is not interacting with 85% of the Canadian population.

MEETING UPDATE

The Canadian Chiropractic Association (CCA) Research Committee met on October 21, 2000 in Toronto in conjunction with a meeting held by the Canadian Chiropractic Research Foundation (CCRF/formerly the CFSR) and during the 2^d Chiropractic Research Symposium which was sponsored by the CCA. On behalf of the Association and the profession I would like to acknowledge the commitment that members of both groups have made in furthering the mission of the CCA and the CCRF. These are the individuals that are putting the mechanisms in place that will provide the answers to our questions.

A special thank you is also due from all of us to Dr. Allan Gotlib who has been the catalyst behind these successful research endeavours.

As always, I would like to invite your input as a member of the profession in terms of how the CCA Research Committee may further address the needs of the membership at large.

ACCOMPLISHMENTS

The Committee reflected on its past strategies and I am pleased to set out for you its successfully completed work to date:

1) The CCA's research activities have significantly raised the profile of chiropractic research in Canada.

How!

The CCA sponsored two highly successful "world class" scientific research symposia. The first was at the University of Calgary in 1998 and the second was in Toronto in 2000. A third symposium is planned for 2002 in Montreal.

The CCA has facilitated the creation and sustainability of the Consortium of Canadian Chiropractic Research Centers. It now has eleven members and is growing. It is this network that will provide the collaborative basis for integrating chiropractic into the new funding model at the Canadian Institutes of Health Research and accessing \$500 million federal dollars currently available for health research.

2) CCA's targeted research initiatives have included building intellectual capacity.

How!

The CCA entered into an historic partnership with the MRC/CIHR (formerly the Medical Research Council of Canada). By partnering with the CIHR, CCA has provided opportunities in excess of \$750,000 in support of training awards, salary awards and operating grants. All of these are for *chiropractic research* initiatives. The CCA is building a sustainable cadre of chiropractic researchers dedicated to conducting chiropractic research.

3) CCA has initiated the process of making our research sustainable and enduring.

How!

The CCA facilitated the creation of Canada's first Chiropractic Research Chair in a university setting, as part of its partnership with the CIHR. This has funded Dr. Greg Kawchuk DC, PhD in a faculty appointment, at the McCaig Center for Joint Injury and Arthritis at the University of Calgary for a five year period. He will undertake chiropractic research funded by federal dollars.

4) CCA has built stronger relationships with the health care system in an effort to more fully integrate with all professions and the Canadian health system.

How!

The CCA has adopted a new mission statement in order to better address the health needs of Canadians and the health system. The revised mission is focussed on patients and chiropractic research.

The CCA has facilitated a collaborative international multidisciplinary workshop

to establish a Canadian chiropractic research agenda which would be in harmony with Health Canada and the health care needs of Canadians. This strategy will provide access to significant funding pools and enhance the role that the profession will play in driving the health system in Canada.

5) CCA has established opportunities for an evolving and highly visible research image to develop by supporting the transition of the CFSR to a Foundation which has a long term commitment dedicated to creating new chiropractic knowledge and integrating that new knowledge into the health system in the best interests of Canadians.

How !

Following the 1995 landmark Report of the Task Force on Chiropractic Research in Canada, The CCA has supported the restructuring of the CFSR into a new Canadian Chiropractic Research Foundation (CCRF) whose mission statement includes improving both the health and the quality of life for Canadians. Strategies have included comprehensive resource development, endowment fund creation, targeted intellectual capacity and infrastructure development.

Building a Canadian chiropractic research culture is not a simple task. As Chair of the CCA Research Committee, I believe we must make opportunistic matches between what is good for Canadians, what is good for our health system and what is good for chiropractic. We must provide capacity to effectively translate our research

findings into strategies for improved health and health care for Canadians.

NEW CCA MISSION STATEMENT

The mission of The Canadian Chiropractic Association is to help Canadians live healthier lives by:

- 1) informing the public about the benefits of chiropractic care
- 2) promoting the integration of chiropractic into the health care system
- 3) facilitating chiropractic research.

The new statement was approved June 2000 and is now in fuller harmony with the vision of Health Canada and what Canadians have come to expect and anticipate from the Canadian Chiropractic Association. As a result, chiropractors can expect to more fully participate and integrate in our health system. It is obvious that The CCA considers research to be a major initiative and Canadians will welcome this approach.

CCA RESEARCH AGENDA

In facilitating a workshop immediately prior to the 2nd Scientific Symposium, The CCA provided the basis for a structured collaborative dialogue amongst thirty leading chiropractic researchers. The outcome of this major undertaking will chart the course of a substantial chiropractic research agenda, *resonant with* Canada's health care system. You will be hearing more about this in the coming months because I am committed to consulting broadly with all stakeholders who have vested interests in chiropractic research that are

consistent with the Canadian Chiropractic Association research agenda. The *members* of the Canadian Chiropractic Association will have an opportunity to further input and drive this process which will set our path for the next ten year period.

CIHR /CCA PARTNERSHIP TRAINING AND SALARY AWARDS

Our initial research strategy included the realistic targeting of research capacity and we have to date reaped the benefits of our success. The CCA Research Committee has developed a fruitful partnership with Canada's lead federal research agency, the CIHR.

To date, the CCA has partnered very successfully with the CIHR in three separate agreements to support a doctoral award, three fellowship awards and a scholarship/Research Chair award which included a faculty appointment. All of these chiropractic researchers have successfully hurdled the stringent CIHR peer review process and this speaks volumes for the caliber of our researchers.

The CCA/CIHR joint partnership program provides in excess of \$750,000 in support of these 4 training awards, a salary award, and an operating grant, all designed to sustain dedicated chiropractic research in Canada with federally supported (CIHR) dollars.

In addition to this, the Fondation Chiropratique du Québec, with the assistance of the CCRF, has also established a partnership in support of a training award and will provide research capacity in the neurophysiology area within Quebec's university system.

CONSORTIUM OF CANADIAN CHIROPRACTIC RESEARCH CENTERS (CCCRC)

Symposium

Symposium 2000 took place October 21-22, 2000 in Toronto. This was the second Canadian Chiropractic Scientific Symposium and Dr. Howard Vernon DC, the program director exceeded everyone's expectations. With over 200 attendees, Dr. Vernon convened a resoundingly successful conference. Over 35 research abstracts were presented as well as keynote sessions and poster presentations from over 40 senior researchers. Proceedings are available from Dr. Vernon, Associate Dean, Research at CMCC and Chair of the Consortium of Canadian Chiropractic Research Centers (CCCRC). Contact Dr. Vernon at hvernon@cmcc.ca.

Once again, Dr. Mark Bisby PhD, Director of Programs at the Canadian Institutes of Health Research (CIHR) addressed the attendees at the 2ND Symposium on the most recent changes at the CIHR. He continues to emphasize how the new federal funding model at the CIHR is being driven by the health needs of Canadians rather than the funding interests of researchers. He explained that the new process of health research must better integrate new knowledge creation with the health care system. The CCA's new mission statement will accelerate the role of chiropractic. In addition, Dr. Bisby explained that the **funding eligibility criteria** have changed and this presents

new and exciting opportunities for chiropractic researchers.

The CCA will facilitate the 3rd symposium by sponsoring the event in concert with the Consortium that will once again be host. The **Call for Abstracts** will be issued shortly. Contact Dr. Jean Boucher PhD at boucher.jean_p@uqam.ca for early information regarding the abstract submission protocol for the next symposium tentatively scheduled for May 2002 in Montreal.

Consortium membership

The CCCRC has recently added three new members which will foster interdisciplinary collaboration amongst chiropractic researchers. The new members are Dr. Jim Dickey PhD Department of Human Biology and Nutritional Sciences at the University of Guelph, Dr. James Hu PhD, Oral Physiology Laboratory at the University of Toronto, and the College of Chiropractic Sciences (Canada) represented by Dr. Francois Hains DC. *Cross-fertilization of research interests will facilitate new knowledge creation and this fits nicely with the mandate of CIHR which in part is "to promote the creation and translation of new knowledge into better health, health care and economic development"*.

The CCA's ongoing sponsorship role is clear evidence that demonstrates the longstanding and continuing commitment The CCA makes to supporting and facilitating chiropractic research in Canada and fostering an integrated health research agenda across disciplines.

The Board of Governors of The CCA are to be congratulated for this commitment.

RESEARCH CHAIRS

The CCA Research Committee together with the Canadian Chiropractic Research Foundation are continually examining all possible strategies as part of their long term goals of establishing chiropractic research chairs in several universities in across Canada. While endowment funds bring about permanency, they require substantial dedicated sums of money. As a initial measure, the first Research Chair (for the purposes of The CCA) has been created at the University of Calgary as a part of the CCA/CIHR Joint Partnership Program. Dr. Greg Kawchuk DC, PhD will take up his role in March. Congratulations Dr. Kawchuk.

CANADIAN INSTITUTES OF HEALTH RESEARCH (CIHR)

The CCA played a collaborative role in determining the exact Slate of Institutes which have been created. The recently named thirteen Canadian Institutes of Health Research (CIHR), "will be inclusive of the *full range* of health research", and will include provisions for those disciplines like chiropractic which have been historically under-represented.

The 13 Institutes with annual funding ranging from \$20 - \$80 million dollars, will each support 200-500 researchers. Chiropractic researchers will find a home in at least three of these Institutes namely: Institute of Health Services and Policy Research, Institute of Healthy Aging, and Institute of Musculoskeletal Health and Arthritis, but others are possible in any collaborative proposals .

Symposium 2000 provided the Consortium of Canadian Chiropractic Research Centers with the platform to develop a chiropractic research agenda for the profession which falls within the CIHR themes and therefore allows us to effectively compete for future CIHR funding. In light of the changes in eligibility for funding, the timing seems right to realize substantial opportunities.

In mid December, CIHR appointed each of the Scientific Directors (13 of 130 candidates) and in February 2001 named the 13-15 Advisory Board members (out of 1300 nominees) to each of the Institutes. Dr. Cy Franks, an orthopedic surgeon at the University of Calgary was named Scientific Director of the Institute of Musculoskeletal Health and Arthritis. For further information about all of the Institutes and the newly appointed Scientific Directors and Advisory Board members, see their website at www.cihr.ca

CCRF (CFSR) UPDATE

With the transition plan completed, the Board of Directors of the Canadian Chiropractic Research Foundation (CCRF), formerly the Chiropractic Foundation for Spinal Research (CFSR), continues to benefit from the leadership experiences of the following Directors recently *re-appointed* by The CCA for a further two year term:

Dr. David Peterson (Alberta) President, Dr. Ron Carter (Alberta) Chair, Fund Raising Committee (FRC), Dr. Martin Gurvey (Manitoba) Chair Fund Allocating Committee (FAC), Dr. Benno Nigg (Alberta) Secretary, Dr. Rob

Allaby (New Brunswick) Treasurer.
Congratulations!!

Dr. Martin Gurvey (Manitoba), Dr. Jeff Balon (Ontario), Dr. Carlo Ammendolia (Ontario), Dr. Reg Nicholson (Ontario), and Dr. Grayden Bridge (Alberta) serve on the Fund Allocating Committee, while Dr. Ron Carter (Alberta) and Dr. Rob Allaby (New Brunswick) serve the Fund Raising Committee. The CCRF has undertaken an aggressive fundraising campaign with the assistance of Carte-McRae Associates and is committed to raising funds in support of six Centers of Excellence across Canada with the University of Calgary under the direction of Dr. Walter Herzog designated as the first supported Center.

You will be hearing more about their membership drive shortly.

LA FONDATION CHIROPATIQUE DU QUÉBEC

The Quebec Chiropractic Foundation with the help of its 200 members and the financial contribution of its corporate donors was able again this year to support the research team of Dr. Jean Boucher PhD of UQAM presently working on phase II of his research “the effect of the chiropractic adjustment at the level of the central nervous system”.

Dr. Christian Linar of UQTR who worked on the effect of the chiropractic adjustment upon the molecular marker in the gastro-intestinal tract, presented a resumé of its findings at the Foundation and it was very uplifting to see the results obtained. We are waiting for his final report. We also supported over the years twenty-six (26) student grants and are currently investigating the possibility

of sponsoring a student to work in one of our researcher's lab.

The Foundation will continue to promote and support chiropractic research initiatives, which are oriented mainly in neuro-physiology. It has successfully partnered with the CIHR in support of a three (3) year post-doctoral fellowship training award. For further information and donation please contact Dr. Guy Beauchamp via email: fcq@fcq.qc.ca or by telephone at 1-514-352-0270.

HEALTH CANADA SECTOR STUDY

Following the completion of the study *Complementary and Alternative Health Practices and Therapies: A Canadian Overview* by York University, Health Canada has begun taking some initiatives to further study and address this emerging and vastly expanding field of non-medical health care.

As an example, Health Canada convened an invitational seminar on information and informed choice in the use of complementary and alternative health care with respect to practitioners, users and the health care system. The seminar brought together representatives of selected national 'complementary health' and 'mainstream' professional associations as well as selected organizations providing information on complementary health care to the public, as well as senior staff from the Health Systems Division of Health Canada. It is the first time such an 'invitational' seminar of such scope has occurred, and follow-up initiatives are developing. The chiropractic profession is certainly on the radar map at the federal health level like never before. A copy of the

report of this seminar is available at the CCA office.

In March, Health Canada will again be convening an 'invitational meeting' in order to assess the feasibility of undertaking a sector study with complementary and alternative health care practitioners. The idea of considering a sector study is to analyze broad human resource issues in this sector. Health Canada has been working very closely with Human Resource Development Canada on several sector studies in the health arena, such as nursing and home care, and this has become a natural extension to the scope of their work. The chiropractic profession will be sending 3 representatives to this meeting, one from the CCA, and one each from the two chiropractic schools in Canada. We will keep you posted on this very important initiative.

INTEGRATIVE MEDICINE AND HEALTH NETWORK (IMHN)

This network currently links 35 researchers, practitioners, educators and administrators who share common interests related to integrating complementary and alternative health approaches with traditional medicine. Promoting CAM practices through research, capacity building, integration and knowledge transfer are common goals and objectives. Chiropractic is represented by Costa Papadopoulos MHA, Allan Gotlib DC, Sil Mior DC, Francois Hains DC, and Jeff Balon DC, MD.

The CCA has partially funded a submission made by the network to the CIHR calling for an *Office* of Complementary and Alternative Health Care to be established. Please contact Dr. Allan Gotlib at the CCA.

TORONTO CAM RESEARCH NETWORK

The Toronto CAM Research Network was established to support and facilitate cross-discipline research in CAM related therapies and recently held its Second Annual Symposium. Dr. Heather Boon PhD at the University of Toronto in the Department of Health Administration, Faculty of Medicine, is the Chair of the Network. The symposium included research themes focusing on health delivery systems and integration, population health, neuromusculoskeletal disease and pain management. The Canadian Chiropractic Research Foundation has partially funded the Network with a grant. For further information contact Dr. Boon (heather.boon@utoronto.ca). Dr. Sil Mior DC, Dean at CMCC is on the Network steering committee.

CCA YOUNG INVESTIGATORS AWARD

The 2000 CCA Young Investigators Award was formally presented Dr. Jason Busse at the President's Reception in Toronto held in November 2000.

This award recognizes young researchers working in the field of chiropractic and is given for a paper submitted for the competition that has not yet been published, or for a *recently* published paper. The investigator has not had his/her degree longer than two years

before submitting the work. The award acknowledges scientific achievement.

Dr. Busse graduated from the University of Toronto in 1993 with an honours Bachelor of Science degree and in 1996 received his Master of Science degree also at the University of Toronto in molecular and medical genetics.

In 1999 he graduated from the Canadian Memorial Chiropractic College and has gone on to take postgraduate studies as a Clinical Sciences Resident at CMCC.

His paper, co-authored with Dr. Kulkarni (Department of Surgery, Hospital for Sick Children), Dr. Campbell (Department of Medical Genetics, U of T) and Dr. Injeyan (Division of Biological Sciences, CMCC) is titled:

“Attitudes on Vaccination: A Survey of Canadian Chiropractic Students”. Congratulations!!

ADVANCING RESEARCHERS

Dr. Howard Vernon DC, FCCS(C) is now a PhD candidate at the University of Glamorgan, School of Applied Sciences, Cardiff, Wales, United Kingdom. The thesis is Headache and manual therapy: an exploration of etiology, mechanisms, diagnosis and treatment.

Dr. Carlo Ammendolia DC, MSc is now a PhD candidate at the University of Toronto. He is at the Institute of Medical Sciences and his field of study is Clinical Evaluative Sciences/ Health Outcomes.

Dr. Jeff Quon DC, MSc, Clinical Assistant Professor in the Department of Health Care and Epidemiology, Faculty of Medicine at the University of British Columbia, is now a PhD candidate at UBC in epidemiology.

Congratulations to these clinicians who continue to make extraordinary commitments to our profession.

NATIONAL RESEARCH FUND

I want to thank all of the provinces and in particular, Alberta, British Columbia, Saskatchewan and New Brunswick, for their continued support of The CCA and substantial contributions to the program. The CCA in concert with the CCRF, uses these funds and those of other stakeholders, to leverage significant opportunities. Our goal of building research capacity through strategic relationships such as the historic partnerships with the MRC/CIHR will better position chiropractic research and researchers and ensure long term growth and professional survival.

CHARITY.CA

Charity.ca was founded in early 2000 with the purpose of bringing the charitable sector together with charities through the internet. The site connects donors to charities and Canadians to causes. The CCRF has entered into an agreement with Charity.ca as have hundreds of other charities in Canada. Check out their website for further information. Lets mobilize Canadians and Canadian corporations to contribute to chiropractic causes. Your patients can make direct donations to chiropractic research over the internet and receive

electronic tax deductible receipts. They can earmark their contributions for specific projects if they wish. Check it out!

WORKS IN PROGRESS

MAJOR STUDIES UNDERWAY

1. Neck Pain

A new Task Force is underway on the treatment of neck pain. Over the next 5 year period the WHO Collaborating Center Task Force on Neck Pain and Its Associated Disorders - a \$3 million project - will complete a systematic search and critical review of the scientific literature, complete original research on the risks associated with treatment of neck pain with NSAIDS and manipulation of the cervical spine, complete original research using decision analysis to examine cost-effectiveness and patient preference, and produce a Best Evidence Synthesis which addresses risk and prevention, diagnosis, prognosis and treatment risk and benefits, based on best available scientific evidence.

Administrative Committee members include Haldeman (President), Nygren, Schubert and Cassidy. Scientific Secretariat members include Cassidy (Secretary), Haldeman, Nygren, Carroll, Côté, Peloso, Hurwitz and Nordin. Advisory Board members include Bombardier, Morgenstern, Maetzel Salmi, Dvorak, Bogduk and Hogg-Johnson.

Contact Dr. David Cassidy DC, PhD at the University of Alberta for further information (dcassidy@ualberta.ca) .

2. Headache

Dr. Howard Vernon DC at the Canadian Memorial Chiropractic College in Toronto is the Principal Investigator in a \$1 million research grant from the Ontario Ministry of Health and Long-Term Care to undertake a 3 year randomized clinical trial comparing chiropractic and medical treatments for tension headache. This is a randomized, double-blind, controlled clinical trial with a sample size of 350 patients. Co-investigators include Dr. Gwen Jansz (St. Michael's Hospital), Dr. Cam McDermaid (CMCC) and Dr. Charles Goldsmith (McMaster University).

Contact Dr. Vernon for further information (hvern@cmcc.ca) .

3. Low back pain

In this pilot study, G. McMorland, M. Verhoef, E. Suter, J. Hurlbert, and S. Duplessis will assess feasibility and test the methodology of a randomized, controlled, double-blinded study which will investigate whether chiropractic care for patients suffering low back pain and leg pain secondary to lumbar herniated disc will improve patient outcome and reduce treatment costs compared to back surgery. Patients in two neurosurgeon's practices (JH, SD) who are candidates for spinal decompression surgery will receive either four to six weeks chiropractic treatment or undergo back surgery. The primary outcomes in this study are low back disability, pain, direct health care costs and health care utilization. With the increasing emphasis on integration of complementary therapies in the health care system, it is important to determine what chiropractic treatment (which is the leading complementary approach in Canada) can add to medical treatment.

If supplementation with chiropractic treatment leads to faster recovery and decreases health care utilization, important savings can be made, as chiropractic treatment is relatively inexpensive, compared to medical treatment.

For further information contact Dr. Gord McMorland at gmcmorland@aol.com

4. Healthy Back Study

Dr. Pierre Côté in collaboration with Professor William Johnson, Health Economist, Arizona State University; Dr. Margie Baldwin, Health Economist at East Carolina University and Dr. John Frank, physician/epidemiologist at the University of Toronto and the Institute for Work and Health are currently conducting the Arizona State University (ASU) Healthy Back Study. The specific purpose of the study is to compare the relative cost-effectiveness of chiropractic vs. physician care for the treatment of occupational back pain. The cohort study combines longitudinal data collected from telephone interviews of injured workers that will be linked with claims data from employers', workers' compensation data, and health care billing records from claims administrators. Five large American employers, with an employee base of 195,000 workers, are participating in the study. The results are expected in 2003.

Contact: Dr. Pierre Côté, Institute for Work & Health Toronto, Ontario M4W 1E6.

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web site: www.iwh.on.ca

NEXT 6 MONTHS

The CCA Research Committee will continue to monitor the CIHR. We are excited about the opportunities with the new Institutes, Scientific Directors and Institute Advisory Board Members. It is obvious that the CCA has a significant role to play in the development of Canada's outstanding world class chiropractic researchers. The CCA will continue to facilitate programs and capacity to encourage more clinicians to undertake a full-time chiropractic research career. Chiropractic research is historically underrepresented in Canada's health research agenda. Interdisciplinary opportunities must be created which support research excellence particularly in underdeveloped fields such as chiropractic. Collaborative and integrative research must however be consistent with the goals of CIHR and linked with Canadian health policy or else we will continue to be underrepresented. Chiropractic research must be seen to adhere to the principles of scientific rigour and excellence. By strengthening our scientific basis, we strengthen our integration and

eventually improve the health of Canadians.

All of these projects and programs have grown from The CCA vision of improving the health and quality of life for Canadians through chiropractic research.

The Committee now wants to hear from the CCA membership at large. Please send us your thoughts. I welcome your input in our decision making process, after all, it is your association.

For further information contact Dr. Allan Gotlib, CCA Research Programs Co-ordinator at tel: 416-781-5656, fax: 416-781-0923, email: algotlib@ccachiro.org

This Bulletin is distributed to the Canadian chiropractic research community. (15/03/01)

3rd CANADIAN CHIROPRACTIC SCIENTIFIC SYMPOSIUM

Hosted by the Consortium of Canadian Chiropractic Research Centres

University of Waterloo, University of Alberta, University of Calgary, Université du Québec à Trois-Rivières (UQTR), Université du Québec à Montréal (UQAM), Institute for Work and Health (Toronto), Canadian Memorial Chiropractic College (CMCC), University of Toronto, University of Guelph, and the College of Chiropractic Sciences.

Date: May 2002
Place: Montreal, Quebec, Canada

Program Director: Dr. Jean Boucher PhD

CALL FOR ABSTRACTS WILL BE SENT OUT IN THE COMING MONTHS

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Sponsored by the Canadian Chiropractic Association

Consortium of Canadian Chiropractic Research Centers(CCCRC)

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HELP

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FOUNDATION

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