



# Chiropractic's tomorrow is as good as you make it today

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Phillip Ebrall

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**W**e have a strong sense of optimism for chiropractic. There are three things we will point to that show our profession is very healthy and growing strongly, yet we acknowledge there are some who take a less optimistic view, particularly over contentious issues like mandatory vaccination and the nature of our growing evidence-base.



## **The neural basis of chiropractic**

Since our previous editorial Heidi Haavik and team have launched a remarkable series of '*little education programs*' to help chiropractors build a deeper appreciation of the reasons why they achieve the clinical outcomes they do through thoughtful spinal correction. (1)

I say '*little*' in the kindest and most positive way, for by all accounts her offerings are easily digestible, fun to do, and very reasonably priced. Heidi calls her program the *ChirosAcademy* and it is well worth you taking a look, using the link below, (1) to see how you may benefit.

One of the team is Dr Kelly Holt, now President of the NZCC, and along with other PhD-level academics the program is strong but uncomplicated. The *Journal* recommends it highly, especially as it is '*science*' and thus evidence-based.

## **Fruits and nuts**

The respected Cyndi O'Meara continues to develop the *Nutrition Academy*, (2) a similar engagement for you as *ChirosAcademy* but one that takes you as deeply into the topic of clinical nutrition as you wish to delve. You may benefit from only doing the *Introduction to Nutrition* or you may wish to do more to build your skills base.

Again, just follow the link below. (2)

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1. Chirosacademy. Home. Accessed 18 November 2021. URL <https://chirosacademy.com>

2. The Nutrition Academy. Home. Accessed 18 November 2021. URL <https://thenutrition.academy>

These programs add so much to the specialised technique skills you are building through seminars such as those provided by the *Gonstead Chiropractic Society Australia*, (3) and *Activator Methods™* (4) along with many others.

Whatever your choice you will be receiving the highest quality of continuing professional education. The *Journal* hastens to add that it has no relationship with those mentioned here, in fact it will be a surprise for Heidi and Cyndi to find we recommend their work.

We believe that when we see outstanding work that advances chiropractic by leaps and bounds, then we must celebrate it with you.

### The Case Report project

*'The opinion of many is no match for the power of evidence within one well-written case report documenting a clinical observation'\**

The *Journal* is overwhelmed by the reception of the first Case Report (6) published through our association with the ASRF. The joyous news is that the January issue will carry a further eight {8} case reports and these broadly address the manifestation of 'immunity' in real-world practice. Many more will follow during 2022.

The January issue will also carry supporting papers as guides to what you, as a conventional chiropractor, can do without controversy and in an evidence-based manner to assist your patients in the Post-pandemic Era.

Even though some 30 chiropractors contributed to the ASRF Case Report Project this year we are aware that many more are realising '*I do this or that ...*' and would now like to contribute as well. To this end the *Journal* is working with the ASRF to seek more contributions over the coming year.

This is a most remarkable project by the ASRF in any sense of the word. Here we have a strong funding body leading our profession by judiciously raising funds through the *Spinal Hero Month* and then investing those generous monies into a professional writing team to turn real-world clinical observations into peer-reviewed, indexed papers which contribute to the scientific evidence-base of our profession.

In very rough terms, the ASRF has taken \$25K donated for the project and turned it into 25 or so specific publications. I think we must keep in mind this stunning '*index of productivity*' when we see others trumpet they have invested \$200,000 or so into that amorphous thing called 'research' and barely have 1 or 2 papers to show for it.

As a grumpy academic once responsible for justifying the spending of government monies I always look for the *Return on Investment* (ROI); I like seeing papers published in our literature and being freely available for all. For me, this is the best ROI we could possibly have.

Thank you to not only the ASRF and its generous donors for making this happen, but to all ASRF members for supporting the dream. Well done. [Membership is available here.](#)

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3. Gonstead Chiropractic Society Australia. Home. Accessed 20 November 2021. URL <https://www.gonstead.com.au>

4. Australian Spinal Research Foundation. Interactive Activator Methods Training. Accessed 20 November 2021. URL <https://spinalresearch.com.au/resources/activatortraining/>

\* A great quote but the name of the person who spoke it is mislaid.

6. Ullman E, Postlethwaite R, McIvor C. Chiropractic management of a 30-year-old male with Motor Neurone Disease: A case report. *Asia-Pac Chiropr J.* 2021;2:3. URL [www.apcj.net/papers-issue-2-3/#UllmanALS](http://www.apcj.net/papers-issue-2-3/#UllmanALS)

## What about 'philosophy'?

Once again we are well served by reputable events to showcase the battery that charges our engines and keeps us on-purpose. New Zealand excels in this area with this year's *Lyceum*, (7) billed as '*Big Ideas from some Giants in our profession*'. This enriching gift is curated by the *New Zealand College of Chiropractic*. [Follow this link](#).

There is also *The Philosophy Symposium* (8) which we have mentioned before and promoted on our landing page. Being based in Melbourne, Brad and his team took a beating during the savage lockdowns, and now the recorded assets are [online for you here](#). The *Journal* sincerely hopes this event returns with a vengeance in 2022.

Of course chiropractic philosophy is synonymous with the ASRF and they too held a virtual symposium, launched in late November this year. (9) Here, speakers include Dr Patrick Sim, *President of the ACC*, which itself ran a small symposium this year most notable for McDowall's presentation on his thesis about '*tone in chiropractic*'. (10)

We must remember that '*Chiropractic Philosophy*' is one side of the chiropractic coin, the other is '*the Philosophy of Chiropractic*'. The difference is that the former gives you a stronger belief in what you are doing as a chiropractor, while the latter actually talks about what you are doing and gives you the science-based evidence to support it. This significant difference has largely been hidden in chiropractic until now, and I am personally launching a new site to examine the *Philosophy of Chiropractic* using the tools of both Eastern and Western philosophy. I expect to launch the site by the end of December, independent of the *Journal*.

## Mea culpa

The launch email for the October issue of the *Journal* stated that we were publishing a paper by Dr Karen Feeley on the matter of her original investigation into the inter- and intra-examiner reliability of the *Heel Tension Test*. The Editorial Board considered this to be a paper of significance to clinicians across many aspects of the discipline of chiropractic however the final decision to publish was mine alone.

On its publication Dr Matthew McCoy, of McCoy Press, kindly pointed out to me that this work had previously been presented at a conference in the United States, a matter of which we were aware but did not properly acknowledge, and that his *Journal of Vertebral Subluxation Research* had actually published the paper in full in 2017, (11) a matter of which we were not aware.

Immediately on receiving Dr McCoy's advice the *Journal* withdrew the paper. We apologise unreservedly to Dr McCoy for failing to properly attribute the prior publication of the abstract and regret the embarrassment this caused, a small matter yet one publicised by McCoy on social media after informing us. We also express regret to Dr Feeley and while we still hold

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7. New Zealand College of Chiropractic. *Lyceum* 2021. Last accessed 21 November 2021. URL <http://lyceum.chiropractic.ac.nz/digital-bonus/>

8. The Philosophy Symposium. Subscription Plan. Accessed 22 November 2021. URL <https://www.thephilosophysymposium.com/subscription-plan/>

9. Australian Spinal Research Foundation. Virtual Symposium: Clinical applications of chiropractic philosophy. Accessed from promotional email, 22 November 2021. URL <https://www.chiropracticphilosophy.com.au/optin1630570784199>

10. McDowall D. Daniel David Palmer's heritage and his legacy of tone to chiropractic [Diss]. URL [https://researchportal.scu.edu.au/esploro/outputs/doctoral/Daniel-David-Palmers-heritage-and-his/991012924799802368?institution=61SCU\\_INST](https://researchportal.scu.edu.au/esploro/outputs/doctoral/Daniel-David-Palmers-heritage-and-his/991012924799802368?institution=61SCU_INST)

11. Feeley K. Inter-Examiner & Intra-Examiner Reliability Study of the Achilles Heel Tension Test: A Neurological Indicator for Adverse Mechanical Cord Tension. *Ann Vert Sub Res*. 2017;March 30:55-60. Paywall URL <https://www.vertebralesubluxationresearch.com/2017/03/30/inter-examiner-intra-examiner-reliability-study-of-the-achilles-heel-tension-test-a-neurological-indicator-for-adverse-mechanical-cord-tension/>

that her work has significance and deserves to be widely known, we rightly honour its prior publication and are happy to direct readers to her paper (11) which requires a paid subscription to read within *McCoy Press*.

We also note the few who jumped on McCoy's comments as a chance to attack all that this *Journal* stands for. I am sure Senzon in particular now feels quite silly in becoming a #metooer, and we await his proposed '*Letter to the Editor*'.

Our bottom line remains that the knowledge which advances our profession should be freely available to all. The *Journal* remains open access with no subscription or access fees and we do not charge a publication fee to authors who retain their intellectual property.

It is to be expected that the *Journal* will at times come into conflict with '*pay for service*' sites such as *McCoy Press* (12) and *The Institute Chiropractic*. (13) Also, with '*pay for publication*' journals such as *Chiropr Man Therap*, (14) which advises that there is '*an article-processing charge of GBP 1270 / USD 1860 / EUR 1510 for each article accepted for publication, plus VAT or local taxes where applicable*'.

We also allow all published papers to be reproduced freely for non-commercial purposes and accept that our *Journal's* values are old fashioned and may be out of sync in today's hyper-commercialised world.

Of course, the long-term exemplars of 'free' publication are the journals of our associations. The *Canadian Chiropractic Association* led the way with its *Journal* (15) published since 1957, followed by the *Australian Chiropractic Association* with the *Chiropractic Journal of Australia (CJA)*, a few years ahead of *JMPT*. (16)

The CJA is one of the chiropractic world's most respected mastheads. (17) We sincerely hope the ACA can find a way forward to retain this most valuable, respected publication in our profession as it really contributes to making our collective tomorrow just that much better.

Phillip Ebrall

Professor of Chiropractic

BAppSc(Chiropr), GC Tert Learn Teach, MPhotog, PhD, DC (Hon), FACCS, FICCS

Research Scientist: History and Philosophy - Chiropractic [Field 220299]

[pebrall@me.com](mailto:pebrall@me.com)

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12. McCoy Press. Home page. URL <https://vertebralsubluxationresearch.com>

13. The Institute Chiropractic. Home. URL <https://www.institutechiro.com>

14. Chiropractic and Manual Therapies. Submission Guidelines/Article processing fees. URL <https://chiromt.biomedcentral.com/submission-guidelines/fees-and-funding>

15. Canadian Chiropractic Association. Journal. About. Accessed 21 November 2021. URL <https://chiropractic.ca/jcca-online/about-jcca-2/>

16. Ebrall PS. One hundred issues over 25 continuous years: The editorship of Chance and Peters. *Chiropr J Aust* 2008; 38:123-30.

17. Ebrall PS. The Chiropractic Journal of Australia: A valuable repository of our profession's history. *Chiropr J Aust* 2009; 39:34-42.