

1
2024

香港脊醫 HONG KONG CHIROPRACTORS

*Official Publication of
Chiropractic Doctors Association of
Hong Kong*



CHAMPIONING HEALTHCARE FREEDOM

CHIROPRACTOR AT UNICEF CEREMONY

EMPOWERING EDUCATORS, NURTURING YOUTH

**THE WORLD IS CHANGED
BY YOUR EXAMPLE,
NOT YOUR OPINION.**



CHAIRMAN

ERIC CHUN PU CHU

朱君璞脊醫

VICE CHAIRMAN

RICK PAK WAI LAU

劉柏偉脊醫

HONORARY SECRETARY

KARY KA WAI LAM

林嘉慧脊醫

HONORARY TREASURER

VALERIE KOK YAN

CHU

ETHICS/EDUCATION

朱珏欣脊醫

CHAIR

KINGSLEY YEUNG

梁璟懿脊醫

PUBLIC RELATION

JACKY YEUNG

楊雋頌脊醫

FOUNDING CHAIRMAN

VINCENT W H CHAN

陳允灝脊醫

FOUNDING PRESIDENT

ALBERT C H LEUNG

梁濟康脊醫

至今獲得獎項 Awards Obtained

World Federation of Chiropractic World Spine Society

2022

Highly Commended

2021

Second Prize

2020

Second Prize

2018

Second Prize

2017

Second Prize

2015

First Prize

CDAHK IN 2002

THIRD YEAR ANNIVERSARY

A29

二〇〇二年十二月三日 星期三 2002.12.03

恭賀



香港執業脊醫協會三週年會慶及 香港特別行政區政府為全港脊醫註冊

香港執業脊醫協會成立於2000年1月，由在本港註冊的脊骨神經科醫生所組成，宗旨是專注推廣本地的脊骨神經科醫療服務。本會成立至今，發展迅速，成員倍增，遍佈港九新界各區。脊骨神經科醫療在美、加、澳非常盛行；同時，本地的脊醫服務亦逐漸受港人認識和接受。因此，我們須要倍加努力地介紹，這一門對骨科病患有關著療效的醫術。

香港執業脊醫協會除了積極與社會上不同的機構合作，在全港各區以展覽及講座方式，令市民認識到有關「肌肉 - 骨盤 - 神經」系統的法療，診斷和保健的常識外，更積極推廣脊骨神經科醫學的醫療特色。本會歡迎各界有心人士與我們聯絡，攜手推廣脊醫知識，造福在病痛中掙扎的病患者。

為了讓市民更了解一般人在日常生活上，對腰痛忽略之處，這幾年來本會都與「城市大學」應屆畢業學生，合力舉辦有關「健康姿勢」等學術性問卷調查，並隨即向公眾發放調查結果，協助市民增加護脊、改善護脊方法。

本會在實踐工作上的積極和熱誠，深獲各界及同業的愛戴，藉此週年歡慶佳日，特鳴謝各界支持，並以此自勉，盼望來年更進一步。

香港執業脊醫協會 (CDAHK)



Dr. Albert C.H. Leung, Chiropractor
梁澤源註冊脊醫



Dr. Alex L.C. Shiu, Chiropractor
廖力子註冊脊醫



Dr. Awarabe H.W. Ling, Chiropractor
林榮權註冊脊醫



Dr. Benny Y.T. Tong, Chiropractor
唐志天註冊脊醫



Dr. Chik K.Liu, Chiropractor
區樹權註冊脊醫



Dr. Dennis K.K. Yeung, Chiropractor
楊國強註冊脊醫



Dr. Felicity Reibahn, Chiropractor
賴麗潔註冊脊醫



Dr. Francis C.K. Shiu, Chiropractor
朱志誠註冊脊醫



Dr. Howard Tang, Chiropractor
鄧志強註冊脊醫



Dr. Law Pak Fai, Chiropractor
羅伯輝註冊脊醫



Dr. Paul H. Tong, Chiropractor
方旭註冊脊醫



Dr. Paul Tam, Chiropractor
譚志強註冊脊醫



Dr. Peter Hong, Chiropractor
龔志強註冊脊醫



Dr. Raymond Y.T. Pui, Chiropractor
區志強註冊脊醫



Dr. Raymond Y.T. Pui, Chiropractor
區志強註冊脊醫



Dr. Tony Y.W. Wong, Chiropractor
黃遠濤註冊脊醫



Dr. Vicky W.T. Chan, Chiropractor
陳美琪註冊脊醫



Dr. Vincent W.H. Chan, Chiropractor
陳永業註冊脊醫



Dr. Vincent King, Chiropractor
江漢成註冊脊醫



祝賀 香港執業脊醫協會

博施濟眾 惠澤社

立法會議員 (衛生服務界)

IMAGE OF 2002 CDAHK



護脊書包



Today, we take a step back from our daily headlines to celebrate a momentous occasion - the 3rd anniversary of the CDAHK. In this special edition, emblazoned across our front page, we honor the dedication and commitment of the 21 CDAHK members who have been with us since the beginning. Their unwavering service to the community, their relentless pursuit of excellence in the field of chiropractic - all are precious pieces of our shared history.

香港執業脊醫協會
熱線：8108

Championing Healthcare Freedom: An Exclusive Interview with Dr. Alexander Yuan

In the realm of healthcare, few voices ring as true and clear as that of Dr. Alexander Yuan. A naturopathic doctor and a vocal critic against the medical monopoly by the allopathic camp, Dr. Yuan has long championed the idea that individuals should take responsibility for their health freedom and that doctors should be fully accountable for the freedom of healthcare.

The Journey to Natural Medicine

Dr. Yuan's journey started in the late 60s and early 70s, studying in two progressive colleges in the United States. After completing his studies, he returned to Hong Kong, working in accounting and then in computer systems engineering at IBM for four years. However, his calling was in health, leading him to Canada to study natural medicine and various healing methods.

He qualified as a Doctor of Chiropractic in 1982, a Doctor of Naturopathic Medicine in 1986, and received a diploma in Homeopathy in 1987. Since then, he has been a listed Chinese medicine practitioner, a fellow of the Academy of Homeopathy, and an unwavering advocate of natural medicine.

Advocating for Freedom in Healthcare

Dr. Yuan's fundamental belief is that people should be responsible for their health and freedom, and that doctors are fully responsible for the freedom of healthcare. His critical views extend to laws that restrict patients from seeing doctors, and the code of practice for chiropractors, which he believes limits doctors' freedom to provide ethical healthcare.

"Limiting chiropractors in educating patients on healthcare information has been labeled as advertising, and providing a treatment plan has been labeled as a package system. These laws limit our freedom of healthcare choices, for both doctors and patients," Dr. Yuan explains.



"We must have freedom of healthcare choices for both patients and the practitioners;. People must be fully responsible for their own health. We must have a system that allow these two conditions to happen. People will soon find the healthcare most suitable to their needs."

DR. ALEXANDER YUAN

Making a Better Hong Kong

We are facing serious healthcare crisis with people getting sicker younger and bankrupting healthcare cost affecting many families and government budgets.

Many attempts to solve the problem have been tried without success because they fail to deal with the root causes. Solution must come from a different level from the level where problems seem to occur. Truthful solution must also be simple.

Dr. Alexander Yuan's career has been marked by an unwavering dedication to his belief in healthcare freedom. His tireless advocacy for natural medicine and healthcare freedom has made a significant impact, not just in Hong Kong, but around the world. His story serves as an inspiration for all who believe in the power of freedom and the right to choose one's healthcare.

The Controversy and Triumph

Dr. Yuan was the third chiropractor to be prosecuted for using the title 'doctor'. However, due to the victorious outcomes of the other two cases, his case was dismissed in 1996 for allegedly breaching the Medical Practitioners Ordinance by falsely using the title 'doctor'. This was a significant victory for Dr. Yuan and a testament to his relentless fight for healthcare freedom.

A Mission for a Healthy China

Dr. Yuan is deeply passionate about the mission for a healthier China and sees immense potential in natural medicine. He believes that the basic education of healthcare should start from a young age. "Chinese have always had the mission of a healthy China. There's a lot of proof for natural medicine. We should start from education," he asserts.



PEDIATRIC SEMINAR

Dr. Jessica Lee, former Public Relations Committee of CDAHK, took a significant step to inspire young minds about the importance of spinal health. She designed an engaging Kids Spinal Workshop, which soon became the talk of the town, enticing parents to enroll their children in this unique opportunity. On the day of the event, the venue buzzed with the excitement of eager children ready to dive into the world of spinal health.

Dr. Lee, with her captivating and friendly approach, introduced the children to the spine's crucial role in the body, the importance of maintaining proper posture, and the adverse effects of carrying heavy school bags. She also highlighted the need for regular spine checks. Not forgetting the parents, she emphasized their role as primary models for their children, encouraging them to display proper posture at all times. The workshop was a great success, resulting in a city-wide commitment to spinal health. Dr. Lee's efforts were met with immense appreciation, and her initiative has set numerous Hong Kong families on the path towards a healthier lifestyle.





YOUNG LEADER'S DINNER WITH THE SECRETARY OF HEALTH

Dr. Ronald Kwok, CDAHK member, has attended the 'Dinner with the Secretary of Health' by the Hong Kong Professionals and Senior Executives Association. It was an honor to be in the presence of **Prof. LO Chung Mau**, BBS, JP, the Secretary of Health in Hong Kong. His keynote speech offered invaluable insights into the key cross-border policy initiatives in the 2023 Policy Address.

Prof. Lo's talk was enlightening, focusing on 'Leveraging Hong Kong's Connectivity Advantage to Promote Medical Integration in the Bay Area and Establish an International Innovation Hub'. He provided a detailed account of the significant cross-border policies in the 2023 Policy Address, emphasizing the importance of cross-border collaboration, data interoperability, and medical innovation.

As a chiropractor, Kwok committed to contributing to the effort to address the healthcare 'pain points' of the people of Hong Kong. This event reinforced the importance of our work and the efforts of the Department of Health in actively tackling these issues and strengthening primary healthcare services.

Prof. Lo underscored the idea that Hong Kong could leverage its strengths in medical innovation to achieve major goals such as 'Good Medicine for Hong Kong, Research Benefiting the People' and 'Transformation of Innovation, Industrial Development'. His discussion on the quality of Hong Kong's healthcare and the clinical case abundance in the Bay Area highlighted the exciting opportunities for clinical research and cooperation with the Bay Area.



EMPOWERING EDUCATORS, NURTURING CHILDREN: A SPINAL HEALTH INITIATIVE BY DR. KINGSLEY LEUNG

**CHRIST OF CHURCH IN CHINA (C.C.C)
KEI FAAT PRIMARY SCHOOL YAU
TONG**



Spinal health is closely intertwined with overall health. Issues with the spine can lead to headaches and back pain, and can even impact children's development. Recognizing this crucial relationship, Dr. Kingsley Leung King Yi, the Education Committee of the Chiropractic Doctors' Association of Hong Kong (CDAHK), decided to take action to promote spinal health awareness.



Dr. Leung provided spinal health knowledge training to the teachers of the Chinese Christian Churches Basic Law Primary School in Yau Tong. In addition to educating the teachers about spinal health, he also conducted posture checks for the students. This initiative not only empowered the educators with valuable knowledge but also ensured the students' well-being, demonstrating the importance of spinal health in the holistic development of children.

DR. VALERIE CHU WAS SPOTLIGHT AT AECC

an esteemed alumna of AECC University College, whose dedication and contributions to the field of chiropractic care have garnered international attention.

ALUMNI EXCELLENCE

Dr. Valerie Chu's journey since her graduation in 2009 exemplifies the far-reaching impact AECC alumni can have. As a distinguished medical director at New York Medical Group and a pivotal member of EC Healthcare, she has been at the forefront of providing top-tier chiropractic services in Asia. Her remarkable work has been recognized with a listing on the Hong Kong stock exchange under HKEX.2138.

COMMITMENT TO PROFESSIONAL SERVICE

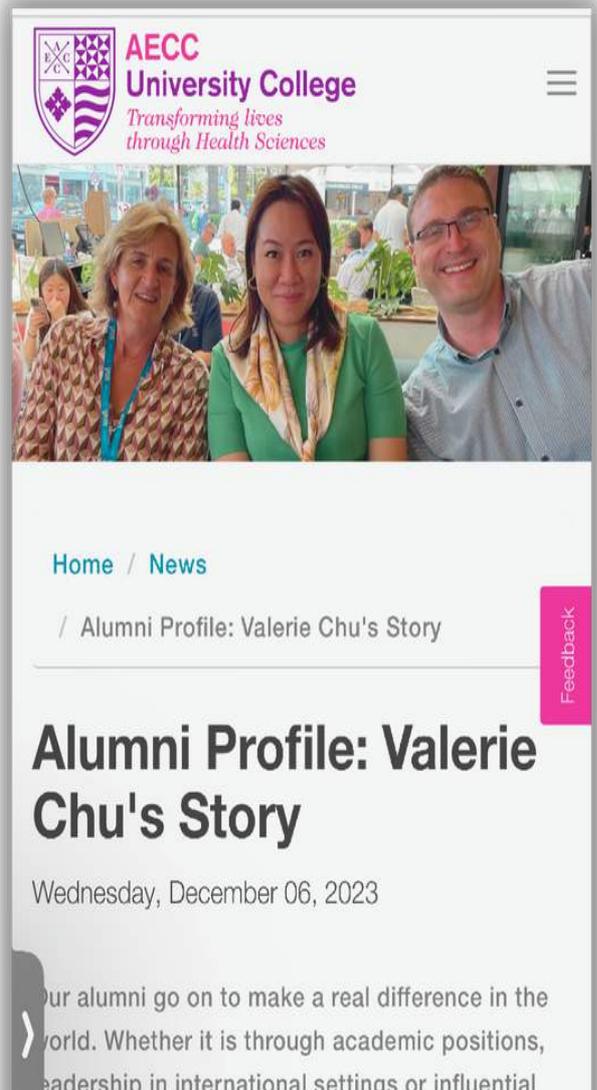
Dr. Chu's dedication to her profession extends beyond her clinical practice. She has been an active member of the executive committee of the Chiropractic Doctors' Association of Hong Kong (CDAHK) since 2013. Her leadership skills were further recognized in 2020 when she was elected as the Chair of the Hong Kong Chiropractors Council (HKCC), where she plays a vital role in regulating the practice of chiropractic in Hong Kong.

BRIDGING CHIROPRACTIC CARE AND GOVERNMENT

In a significant stride for chiropractic advocacy, Dr. Chu was invited to join the Medical & Health Committee of the Council of Guangdong-Hong Kong-Macau in 2023. Her efforts culminated in a landmark visit to the National Health Commission of the People's Republic of China, where she introduced the chiropractic profession to the Central Chinese Government, marking a momentous step for chiropractic in China.

A REWARDING JOURNEY

Dr. Chu cites her role in enhancing the public image of chiropractic and witnessing its growing acceptance as her most rewarding experience. She takes pride in fostering interdisciplinary respect and cooperation among diverse healthcare professionals in Asia.





CHIROPRACTOR SPEAK AT UNICEF CEREMONY



Chiropractors promote natural health and live by examples

This past week, **Chairman Eric Chu** was honored to address attendees at the United Nations Children's Fund (UNICEF) ceremony.

Speaking on the importance of natural health and breastfeeding promotion, Dr. Chu highlighted how chiropractors have actively championed the United Nation's Sustainable Development Goals in recent years. The Association is committed to collaborating with organizations like UNICEF that share their mission of empowering community wellness.



In his remarks, Dr. Chu commended UNICEF leaders for their selfless work assisting children worldwide. Through coordinated efforts small and large, meaningful change can be effected when groups unite around common goals of improving public health and development, particularly for vulnerable populations.

unicef 
for every child

MANDATORY REPORTING OF CHILD ABUSE BILL

legislative Council

Children are vulnerable to abuse and neglect, as they may not be able to seek help or provide accounts of what happened in these cases. If the abuse or neglect is inflicted by the child's parents or caregivers, such cases will less likely be reported by the families concerned. The harmful consequence of child abuse may negatively affect a child's physical and psychological development for a lifetime, or even fatal in some cases. There have been calls for introducing a mandatory reporting mechanism in Hong Kong to ensure early and effective detection and intervention. A court judgment handed down in April 2021 concerning the death of a five-year-old girl due to abuse by her parents revived the concern about underreporting of serious child abuse cases in Hong Kong, and the call for action...



As frontline providers addressing children's musculoskeletal issues, chiropractors also interact regularly with minors. We emphasized the need for chiropractors and chiropractic students to receive clear guidelines and educational materials to properly understand and diagnose serious abuse cases. We express support to the policy objectives of the Bill. Yet in formulating the legislative proposals to combat child abuses, there are issues which merit close attention from the Government.

Chiropractic is a vital part of Hong Kong's healthcare framework. But with privilege comes profound responsibility. We believe through open discussion and collaborative efforts and training across disciplines, we can work to protect children's well-being and safety whilst also supporting healthcare practitioners.



The CDAHK has studied the Bill and the legislative proposals, and have produced a submission in response. Drs Eric Chu and Valerie Chu are presenting at the Legislative Council and presented the feedbacks about the bill as chiropractors



UK MCTIMONEY CHIROPRACTIC COLLEGE STUDENT VISITS HONG KONG COUNTERPART FOR INTERNATIONAL CLINICAL OBSERVATIONS

classroom 1

ashr



As part of a unique international exchange opportunity, a second-year MChiro student from the UK McTimoney Chiropractic College recently visited the Hong Kong McTimoney Chiropractic College. The visit included a tour of the teaching facilities, interactions with new students, and participation in the first international clinical observation session.

The student's visit to Hong Kong is an exciting example of the global experiences now available to students due to the College's expansion to multiple campuses worldwide. The visit provided a chance to observe clinical practices in a different cultural context, broaden the student's understanding of chiropractic care, and foster international collaboration.

"Our graduates working in Hong Kong were thrilled to showcase their work and offer a truly global experience," a spokesperson for the College said. "This is just a glimpse of the possibilities our students have now that we have multiple campuses around the world."

The visit highlights the global reach of McTimoney Chiropractic College and its commitment to providing its students with a comprehensive, internationally-informed education. The College anticipates these international clinical observations will enhance the learning experience of its students and contribute to the development of future chiropractic professionals.



CARITAS FANLING CHAN CHUN HA SECONDARY SCHOOL

CHIRO CAREER



Caritas Fanling Chan Chun Ha Secondary School

Dr Emmanuel Wong
Mctimoney College of
Chiropractic

Dr. Emmanuel Wong shared his experience and development of the profession at Caritas Fanling Chan Chun Ha Secondary School.

Dr. Emmanuel Wong, a Mctimoney chiropractor, was invited as a guest speaker to share the experience and development of the chiropractic profession with the students of the Caritas Fanling Chan Chun Ha Secondary School on December 2 this year. The seminar aimed to give students a better understanding of the chiropractic profession and provide guidance for their future career planning.

Future Hong Kong

Dr. Wong, together with other guests, shared their experience in healthcare services and the development of the profession with about 140 Secondary 4 and 5 students. They hoped that through sharing their practical experience, they could arouse students' interest in the healthcare industry, especially the chiropractic profession, and help them to have a more comprehensive understanding of the work and prospects of the profession.

Awareness of Chiro

Through such activities, the Association hopes to raise public awareness of the chiropractic profession and encourage students to join the profession and contribute to the healthcare services in Hong Kong.



A CHIROPRACTOR'S TOUCHING JOURNEY OF SERVING CHILDREN WITH RARE DISEASES

In the heart of a bustling city, a chiropractor, Dr. Eric Chu, is making a profound difference in the lives of children affected by rare diseases. His tireless dedication and humanitarian efforts have offered relief, hope, and improved quality of life to countless young patients suffering from debilitating musculoskeletal complaints.

Dr. Chu's chiropractic treatments, combined with his compassionate approach, worked wonders for Lily. Not only did her pain subside significantly, but her mobility also improved. The joy on Lily's face as she took her first unassisted steps will forever remain etched in the hearts of her parents and Dr. Chu.

DR. CHU'S HUMANITARIAN WORK IS A TESTAMENT TO THE HEALING POWER OF CHIROPRACTIC CARE AND THE PROFOUND IMPACT IT CAN HAVE WHEN COMBINED WITH A GENUINE DESIRE TO SERVE.



Rare diseases often bring along a host of unique challenges, both for the patients and their families. When these diseases affect the musculoskeletal system, they can lead to severe pain, decreased mobility, and reduced quality of life. Traditional medical interventions can sometimes fall short in providing the much-needed relief.

Dr. Chu, with his chiropractic expertise, has stepped in to fill this gap. Using non-invasive chiropractic treatments, he has been able to address and alleviate many of these musculoskeletal complaints, offering children a chance to lead more comfortable and fulfilling lives.

One such example is a young girl named Lily, diagnosed with a rare genetic disorder that caused her great discomfort in her joints and limited her mobility. Lily's parents had tried numerous treatments without much success. Their despair turned into hope when they met Dr. Chu, who volunteered to help Lily as part of his community service.

But it's not just Lily. Dr. Chu has touched the lives of countless children through his voluntary chiropractic services. He regularly organizes community outreach programs, health education seminars, and free clinics to serve children with rare diseases and their families.

"Every child deserves to live without pain and to have the freedom to move," says Dr. Chu. "It's rewarding to see the positive impact chiropractic care can have on these young lives. It reinforces my belief in the importance of volunteer work and serving the community."





MOTION DEBATE ON POLICY ADDRESS 2023: HEALTHCARE

Covers new mechanism for drug registration, cross-boundary medical collaboration, further development of primary care, mental health services, digitalization of medical records, optimization of oral health, manpower resources for healthcare professionals, development of Chinese medicine

TWO Disappointments from Dr David Lam:



1. the five professions under the Recognized Medical Professions Registration Scheme (RMPRS): statutory registration is far from being achieved



2. ambiguous positioning of chiropractors, lack of training and development planning



Message from CDAHK member: sharing Hong Kong chiropractors are on the ACA's the Australian Chiropractor November 2023 Cover

We are excited to see the latest news from the Australia Chiropractors Association (ACA)'s November 2023 newsletter, The Australian Chiropractor. Our very own CDAHK executives graced the magazine's cover, holding the prestigious David Chapman-Smith Honor Award trophy. This proud moment for Hong Kong was shared extensively within our community, signifying our contributions and influence in the global chiropractic field.

The Australian Chiropractor's vivid account of the gala dinner paints a vibrant picture of the event. It was described as a glamorous, style-filled evening where delegates from across the world dressed to impress. The highlight of the night was when we were honored with the prestigious David Chapman-Smith Award. The night was filled with dancing, celebration, and emotional farewells, leaving an indelible mark on everyone present.

CDAHK SPOTLIGHTS SPORTS CHIROPRACTIC DEDICATION OF DR. KAZ ISA



The CDAHK recently interviewed Dr. Kaz Isa, an esteemed sports chiropractor visiting from Japan. Dr. Isa has long advocated for chiropractic in sports through the Federation of International Chiropractic Sports, and was in Hong Kong after returning from the Tokyo Paralympics.

Notably, Dr. Isa also volunteered at the polyclinic in Rio 2016, treating many athletes from various countries. When asked about career highlights, Dr. Isa cited getting to support Japan's wheelchair rugby team at their home Paralympics in Tokyo. He praised the dedication of sports chiropractors worldwide.

Going forward, Dr. Isa aims to train more sports chiropractors in Japan based on his experiences. He hopes this will expand chiropractic opportunities for disabled athletes within Asia. CDAHK thanks Dr. Isa for promoting the profession on sport's global stages through his selfless service.



A 2003 graduate of Cal State Northridge with an Athletic Training degree and 2005 Cleveland Chiropractic College alum, Dr. Isa's passion for preventing injury through non-invasive methods was sparked early on. At Tokyo 2020, he served as the main chiropractor for Japan's wheelchair rugby team, who won the bronze medal.



On behalf of the Hong Kong Baseball Association of China, Dr. William Wan, former Vice President of the CDAHK, graced the Youth Baseball Tournament in Guangzhou with his esteemed presence. The tournament, which brought together a multitude of young talents, was a testament to the growing popularity and potential of baseball in the region.

During his visit, Dr. Wan engaged in a fruitful dialogue with Mr. Fang Yidong, Deputy Director of the Guangzhou Sports Bureau. Their discussion centered on the future development of baseball in the Greater Bay Area, a region bustling with sporting potential and enthusiasm.

Both leaders acknowledged the importance of nurturing local talent and providing them with the necessary support and opportunities to thrive in the sport. They emphasized the need for enhanced training programs, skilled coaches, and quality infrastructure to bolster the development of baseball.

Dr. Wan and Mr. Fang also deliberated on the importance of collaboration between the various Baseball Associations and Sports Bureaus within the Greater Bay Area. They agreed that by working together, they could achieve common goals more effectively, such as increasing participation in baseball, elevating the level of competition, and potentially producing athletes who could compete on an international stage.

The meeting ended with a mutual commitment to promoting baseball in the Greater Bay Area and a shared vision of making the region a hotspot for baseball development in China. This dialogue marked the beginning of an exciting new chapter in the sport's history in the region, one that promises to inspire and cultivate the next generation of baseball talents.



CDAHK ON MEDIA

Notable media outlets contact CDAHK members for information about chiropractic and health care topics and to set up interviews. We keep a watchful eye on media portrayals of the chiropractic profession and has been responding to both positive and negative reports in an effort to build relationships.



RADIO STATION

Dr. B.J. Palmer even recognized the power of radio when he started "WOC" (World of Chiropractic) radio in Davenport, Iowa, in chiropractic's formative years.. CDAHK chiropractors are riding the wave of the information age by packaging information in a hard-hitting yet entertaining format, and delivering it on talk radio.

NEWSPAPER

Newspaper articles can provide a useful source of chiropractic information, serving as a primary source of information about current science of our profession. Major newspapers also contain CDAHK members' commentaries or retrospective articles about chiropractic knowledge, they can also serve as a secondary source.

TV

CDAHK Chiropractor has been interviewed by tvb for expert advice on various health topics related to spinal care.

SINOMAX



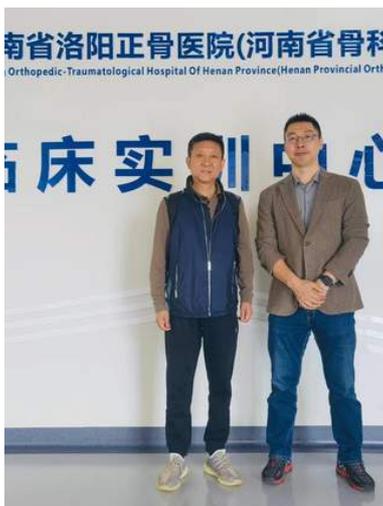
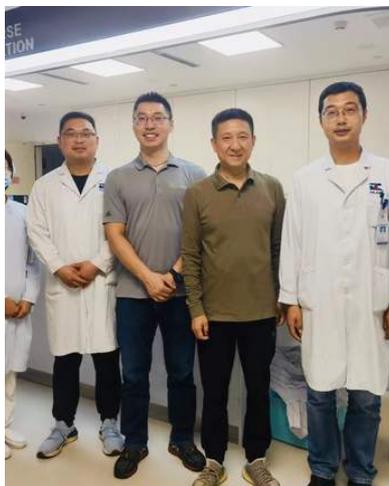
品牌代言人
陳豪

Visits China's Largest

TCM Ortho Hospital



Dr. Li Peng, Director of Life University China and member of the CDAHK, recently visited the largest Traditional Chinese Medicine (TCM) Orthopedic Hospital in China, renowned for its unique integration of TCM and Western medical practices. This visit marks an exciting opportunity to explore the confluence of chiropractic care, TCM, and orthopedic surgery.



Dr. Li expressed his delight about the visit, stating, "The integration of Eastern and Western medical practices at this hospital is incredibly close. It's a model that we can learn from and hope to develop further. The potential for a collaborative approach to Chinese and Western conservative treatment is immense and can lead to significant improvements in patient care."

Louyang Orthopedic Traumatological Hospital

This visit underscores Chiropractor's commitment to fostering collaboration and learning between different medical cultures and practices. Dr. Li's visit symbolizes a step forward in bridging the gap between chiropractic care and other healthcare approaches, fostering an environment of mutual learning and promotion.

Chiropractic Care on

China's Olympic Team



In a landmark collaboration, Dr. Li Peng, is leading a chiropractic team to support China's National Trampoline Team. This initiative aims to provide athletes with the benefits of chiropractic care in injury diagnosis, treatment, prevention, and enhancement of sports performance.



Dr. Li Peng stated, "Our goal is to ensure that more athletes can benefit from chiropractic care. We're not just treating injuries; we're helping to enhance overall performance and prevent future injuries. We also hope that this initiative will inspire more chiropractors to get involved in supporting athletic sports."

Gymnastics Team

Trampoline Team

Artistic
Gymnastics Team

The chiropractic team, under Dr. Li's leadership, is committed to providing top-notch barrier healthcare services. They will work hand in hand with the national athletes, aiming to contribute to the success of the upcoming Paris Olympics.

2023 CHINA HIGH-QUALITY DEVELOPMENT ENTREPRENEURS BOAO CONFERENCE



Dr Li Peng, Hainan, China
Nov 2023

Dr. Li Peng, shared his insights on healthcare management at the prestigious 2023 China High-quality Development Entrepreneurs Boao Conference held this November. Sharing the stage with Vice Governor of Hainan, Xie Jing, Dr. Li emphasized the significant role of quality healthcare in the broader healthcare landscape.

Dr. Li's presentation revolved around the importance of integrating chiropractic care into modern healthcare management systems. He highlighted the unique benefits of chiropractic approaches in addressing various health issues, emphasizing its role in enhancing patient well-being and improving overall health outcomes.



Dr. Li Peng's participation in the conference underscores Life University China's commitment to advancing chiropractic education and practice in China. This event marked another significant step towards promoting the recognition and integration of chiropractic care within the broader healthcare system in the country.

ADVANCED SKILLS TRAINING COURSE ON SPORTS REHABILITATION FOR MEDICAL PERSONNEL OF THE NATIONAL TEAM.



From November 28th to December 1st in Beijing, Dr. Li Peng was invited by the Institute of Sports Medicine of the General Administration of Sport of China to give a series of lectures for the 2023 National Team Medical Staff Advanced Sports Rehabilitation Training Course. The central theme of Dr. Li's presentation was the impact of cervical spine and eye movement on an athlete's brain function and performance, delving into the intricacies of testing and practical application of chiropractic neurosciences.



This lecture series provided a comprehensive showcase of the significant contributions chiropractic has made in the realm of sports medicine. The specialized knowledge of chiropractors not only assists athletes in alleviating musculoskeletal disorders and enhancing performance, but also provides a deeper understanding of how the cervical spine and eye movement can influence brain function. This understanding is invaluable in preventing sports injuries and furthering performance improvements.



主办单位: 国家体育总局运动医学研究所

2023国家队医务人员运动康复高级技能培训班

2023年11月28日-12月1日

中国 北京

《《专家授课》》

 王健全 北京大学第三医院	 詹红生 上海中医药大学	 杨克新 中国中医科学院望京医院	 贝国繁 北京市平台中医院
 张乐伟 国家体育总局运动医学研究所	 郭伟 空军特色医疗中心	 李鹏 美国生命大学	 汪黎明 安徽中医药大学

《《队医论坛》》

 宋为平 国家体育总局运动医学研究所	 刘长江 国家体育总局运动医学研究所	 刘舒 国家体育总局运动医学研究所	 李全意 国家体育总局运动医学研究所
 李建平 国家体育总局运动医学研究所	 丁杰 国家体育总局运动医学研究所	 沈坚 浙江省体育局运动技术学院体育医院 国家游泳队	 王瑛琦 国家体育总局运动医学研究所

《《培训日程》》



INCREASE SPINAL HEALTH AWARENESS



EMMAS澳美斯及香港執業脊醫協會合辦



世界脊骨日
護脊背多fun



幫袋鼠動作改名
贏走豐富禮物！



脊骨檢查



Made in Australia



唯一脊醫認可[#]
獨立袋裝彈簧床褥

#澳美斯擁有唯一獲香港執業脊醫協會認可的獨立袋裝彈簧床褥



10th Annual Conference of the Association of Chiropractic Malaysia

we had recently had the privilege of representing Hong Kong chiropractic at the 10th Annual Conference of the Association of Chiropractic Malaysia in Kuala Lumpur. In 2023, the ACM marks its tenth anniversary and continues to grow its network and partnerships with healthcare organizations and practitioners throughout the country. The ACM is committed to promoting the advancement of the Chiropractic profession in Malaysia through research, education, and advocacy. It also provides its members with professional resources, ongoing education, training, and networking opportunities.

The Future of Chiropractic

It was an honor to present our insights on "The Future of Chiropractic" to an engaging audience. We explored trends shaping our profession and emphasized growing talent. Productive discussions with leaders from the healthcare federation and International Medical University also provided deeper local perspectives.



Photos with ACM boards: Wong Yi Kai (PRESIDENT) on the left photo, Tan Soen Aik (VICE PRESIDENT) on the right photo



Meet the Local chiros!

Visiting three thriving private chiropractic practices highlighted the real-world impact of our hands-on philosophy. One specialized in pediatric while another leveraged manual techniques impressively. Throughout inspiring exchanges, enthusiasm for advancing Asian



Chiropractic in Malaysia

Chiropractic care in Malaysia has a rich history dating back to the 1920s, when Andrew Martin, a graduate of the Palmer College of Chiropractic, established a practice in Kuala Lumpur. Thiaga Krishnan, a local Chiropractor and graduate of the North Western College of Chiropractic, was among the first to establish a practice in Malaysia. Genevieve Dhamaraj, the first female Chiropractor in Malaysia, graduated from Macquarie University in Sydney and immigrated to Australia with her family in 1979, although she was born in Melaka.

Over time, both Malaysian and Australian Chiropractors have traveled abroad to pursue their education. The establishment of the first Chiropractic course in Southeast Asia at the International Medical University (IMU) Bukit Jalil Campus was welcomed by local Chiropractors, who recognized the need for Chiropractic care in Malaysia. In 2014, the first batch of Bachelor of Science (Hons) Chiropractic Graduates was produced by IMU, increasing the number of qualified Chiropractors in the country by more than 50%.

The Association of Chiropractic Malaysia (ACM) was established in 2013 and has played a significant role in the development and promotion of Chiropractic care in the country. The ACM has partnered with both government and non-government organizations to raise awareness about Chiropractic care in Malaysia.



Chiropractic Regulation in Malaysia

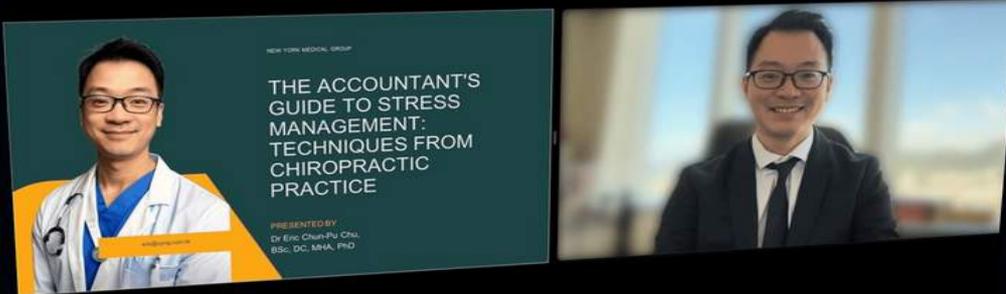
Chiropractic practice is recognized and regulated in Hong Kong, Philippines, Thailand, and Malaysia. Malaysia's Traditional and Complementary Medicine Act 2016, enforced on August 01, 2016, replaced Act 756. Chiropractic service is now included in the public hospital fee structure under the Fee Act 1951 [Act 209]

Drs Wuilin Chin and Esther Chin are both Hong Kong registered chiropractors and CDAHK members. They practice at W Spine Chiropractic & Physiotherapy, VO6-G-03A, Signature 2, Lingkaran SV, Sunway Velocity, 55100. Both Dr Chin are Registered Chiropractor in International Chiropractic Pediatric Association (ICPA) and Webster Certified.



Visiting local chiropractors: Drs Wuilin Chin, Esther Chin (Hong Kong registered and CDAHK members, W Spine Chiropractic & Physiotherapy), and Michael Lee (Optimum Chiropractic & Physiotherapy)

CPA AUSTRALIA



Stress Management Techniques: A Chiropractic Approach for Accountants

Dr. Eric Chu recently engaged members of CPA Australia in a Continuing Professional Development (CPD) lecture titled "The Accountant's Guide to Stress Management: Techniques from a Chiropractic Practice". The session, moderated by Olivier Chan, received overwhelmingly positive feedback from the attendees.

The lecture focused on the impact of stress on physical and mental well-being, the benefits of chiropractic care in stress reduction and overall wellness, and practical strategies for effectively managing stress. CPA members were introduced to a unique perspective on stress management drawn from the field of chiropractic, a perspective that could be particularly beneficial given the high-stress nature of the accounting profession.

The presentation was marked by Dr. Chu's insightful comments on how stress can detrimentally affect both physical and mental health. He emphasized that stress is not just a psychological issue, but also a physical one that can lead to chronic ailments such as headaches, back pain, and digestive issues.

Dr. Chu then introduced the concept of chiropractic care as a holistic approach to wellness, explaining how it can help alleviate physical symptoms of stress. He demonstrated how chiropractic adjustments could improve the body's nervous system function, thereby enhancing the body's natural ability to cope with stress.

One of the highlights of the session was when Dr. Chu shared practical stress management techniques. He offered a range of strategies that attendees could easily incorporate into their daily routines. These included simple exercises, mindfulness techniques, and lifestyle changes aimed at enhancing overall wellness.

The feedback from the CPA members was overwhelmingly positive. One attendee commented, "Thanks for the amazing session and sharing today!" while another appreciated the practical advice, saying, "Thank you for sharing the stress management tips with us!"

CPA
AUSTRALIA



WHO GUIDELINE EMBRACES EPIC CHIROPRACTIC PRINCIPLES FOR MANAGING CHRONIC LOW BACK PAIN

the World Health Organization (WHO) introduced its Guideline for Non-Surgical Management of Chronic Primary Low Back Pain in Adults in Primary and Community Care Settings.

The Guideline solidly backs the EPIC (evidence-based, people-centered, interprofessional, and collaborative) framework introduced by the WFC in 2017.

The release, led by Professor Andrew Briggs, who was a keynote speaker at the 17th WFC Biennial Congress in Australia, outlined the crucial aspects of the guideline's recommendations, highlighting the interventions that should be used and those that should be avoided.

Spinal manipulation, a physical therapy, is recommended for all patients, including older adults. Other suggested physical therapies include dry needling, a structured exercise program, and massage.

Structured and standardized education and advice were also emphasized in the management recommendations, along with cognitive behavioral therapy.

Techniques such as TENS, therapeutic ultrasound, traction, and lumbar braces/supports were deemed unhelpful, with advice against their use in the care of adults with chronic, primary low back pain.

The Guideline critically assessed most forms of commonly used pharmacological interventions, providing a conditional recommendation only for non-steroidal anti-inflammatory medication.

Opioids, benzodiazepines, antidepressants, anticonvulsants, muscle relaxants, cannabis-related preparations, and paracetamol (acetaminophen) were strongly advised against. Except for topical cayenne pepper (capsicum), no herbal remedies were recommended.



- RECOMMENDED THERAPIES**
 - Spinal manipulation
 - Dry needling
 - Structured exercise programs
 - Massage
- RECOMMENDED MANAGEMENT**
 - Structured education and advice
 - Cognitive behavioral therapy
- BIOPSYCHOSOCIAL APPROACH**
 - Multicomponent interventions endorsed
 - Considers physical, psychological and social factors
- SHARED DECISION-MAKING**
 - Collaboration between providers and patients
 - Considers individual preferences
- NOT RECOMMENDED THERAPIES**
 - TENS
 - Therapeutic ultrasound
 - Traction
 - Lumbar braces/supports

MEDICATION NOT RECOMMENDED

Opioids, benzodiazepines, antidepressants, anticonvulsants, muscle relaxants, cannabis-related preparations, and paracetamol are advised

NSAIDs conditionally recommended



Reference: WHO guideline for non-surgical management of chronic primary low back pain in adults in primary and community care settings

WHO GUIDELINE EMBRACES EPIC CHIROPRACTIC PRINCIPLES FOR MANAGING CHRONIC LOW BACK PAIN

The Guideline endorsed the use of multicomponent biopsychosocial interventions, a strategy often advocated by the WFC. The presenters at the launch underscored the importance of shared decision-making and acknowledging patient needs, preferences, and context.

Post-launch, WFC Secretary-General Richard Brown stated, "This significant WHO Guideline strongly supports the practices of many evidence-based chiropractors globally."

"As a non-state actor with official ties to the WHO, the WFC has long called for a dedicated low back pain guideline that applies to all adults, including the elderly."

"We're gratified to see a robust endorsement of a biopsychosocial approach to spinal pain and disability, the value of rehabilitation, and interventions that chiropractors are specifically trained for in this guideline."

"Chiropractors consistently achieve high patient satisfaction due to their effective communication, hands-on approach, exercise and lifestyle advice, and support for interprofessional and collaborative care models. These recommendations make a compelling case for Member States to consider incorporating chiropractic into their health systems, regardless of income level."

In 2007, CDAHK had participated in the Chinese version of WHO guidelines on basic training and safety in chiropractic. Drs Kary Lam, Rick Lau, Eric Chu participated in the WHO Guideline launch event in December 2023 was an enlightening and enriching experience. As we move forward, we are committed to integrating the principles of this Guideline into our professional practices and enhancing the standard of chiropractic care in Hong Kong. This event marks a significant milestone in our ongoing journey to advance the chiropractic profession in Hong Kong, and we look forward to the positive changes it will bring to our community.



Launch of the WHO guideline for non-surgical management of chronic primary low back pain in adults in primary and community care settings

7 December 12.15-13.15 CET

The poster features a photograph of Dr. Peter Tuchin speaking at a podium to a large audience. The CDAHK logo is in the top left corner. The text on the poster includes the year '2023', the title 'CDAHK CONTINUING PROFESSION DEVELOPMENT SEMINAR', the speaker's name 'DR PETER TUCHIN' with his credentials, his title 'Associate Professor, Researcher, Author, Workplace Health & Safety consultant', the topic 'TOPIC: HEADACHE DIAGNOSIS, TREATMENT OPTIONS AND EVIDENCE FOR THEIR EFFECTIVENESS', and event details: 'CPD Code: 03223082', 'Date: 9 Nov 2023(Wed) 6:00pm-7:30pm', and 'Venue: 50/F Langham Place Office Tower, Mong Kok'. Registration information is provided at the bottom right: 'REGISTRATION: Via Google Form: https://forms.gle/cWkhoitKvjQfLAQs8'.

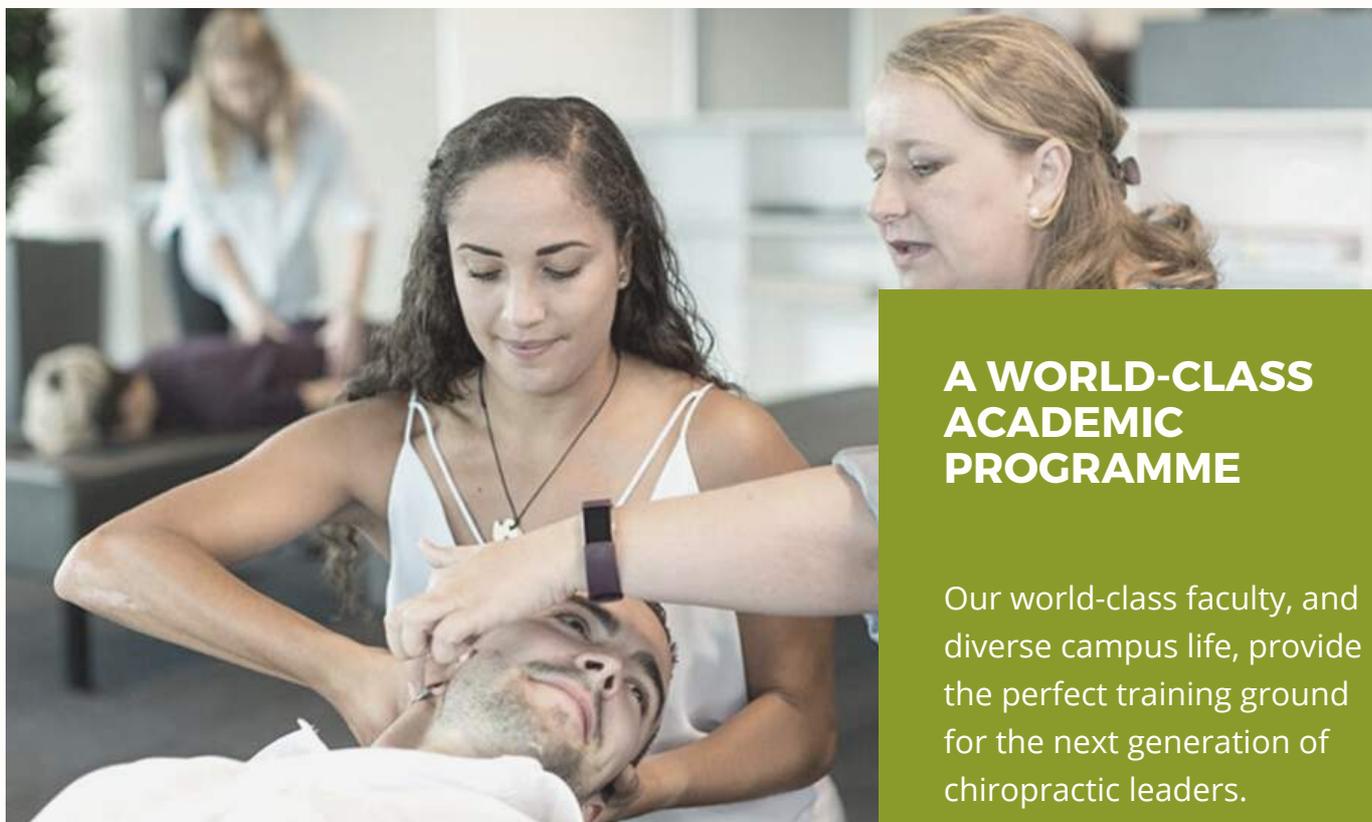
In a world where millions suffer from headaches and migraines, the need for comprehensive understanding of diagnosis and treatment options has never been greater. This December, medical professionals, students, and individuals interested in headache management in Taiwan, Singapore, and Hong Kong will have an extraordinary opportunity to learn from one of the world's leading experts, Associate Professor [Dr. Peter Tuchin](#).

With over 35 years of experience spanning academia, clinical practice, and research, Dr. Tuchin is a recognized authority in the field of migraine, headache, chronic pain, and vertebral artery dissection. His expertise, bolstered by over 60 publications in scientific journals and authorship of several influential books, is respected and sought after in the medical community.

The seminar promises to deliver invaluable insights into the intricate realm of headache diagnosis and treatment options. Attendees can expect a comprehensive exploration of the latest evidence supporting the efficacy of various treatments for headaches and migraines. Dr. Tuchin's engaging presentation style and deep understanding of the subject matter are set to make this seminar a must-attend event for those in the medical field and beyond.

STUDYING CHIROPRACTIC IN NEW ZEALAND

Gain a world-class education at the internationally recognised New Zealand College of Chiropractic.



A WORLD-CLASS ACADEMIC PROGRAMME

Our world-class faculty, and diverse campus life, provide the perfect training ground for the next generation of chiropractic leaders.

THE BACHELOR OF CHIROPRACTIC (BCHIRO)

Students at the New Zealand College of Chiropractic explore the principles of chiropractic with a particular focus on the synergistic relationship between its philosophy, science and art.

The College attracts students from all over the world who are looking for a balanced academic and practical programme in an innovative and supportive learning environment.

Our curriculum is informed by the same vitalistic understanding that chiropractic has of the body's ability to self-regulate, self-organise and self-heal.





林嘉慧 脊醫



林育賢 脊醫



**為社區
來**

2023年區議會一般選舉

2023 DISTRICT COUNCIL ORDINARY ELECTION

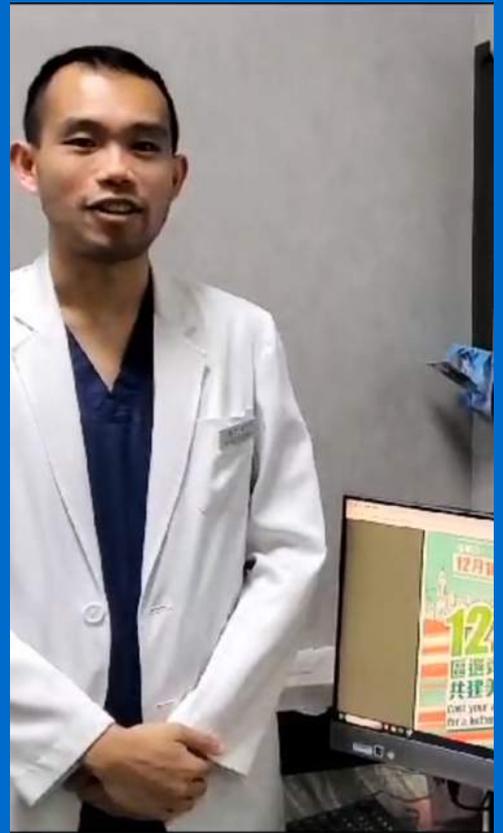
投票日 POLLING DAY

12月10日 10 Dec

**為社區
來**



阮臻雅 脊醫



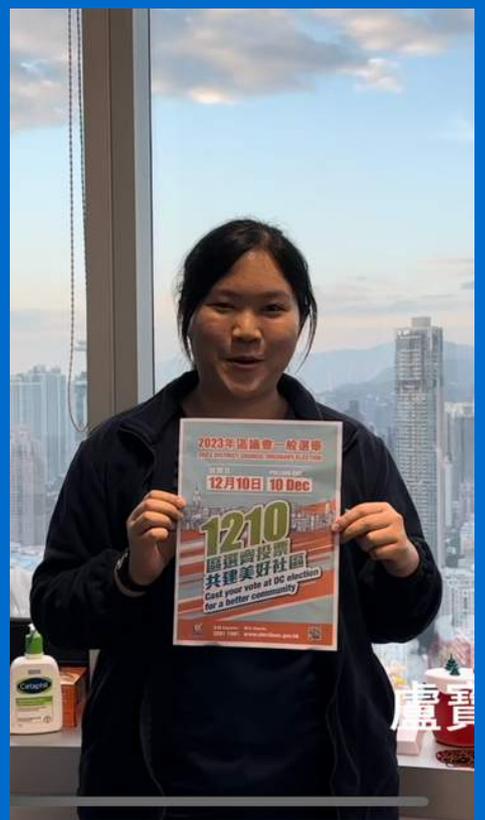
黎其琳 脊醫



吳肇楠 脊醫
張國民 脊醫



吳需慈 脊醫



THE WORLD IS
CHANGED BY YOUR
EXAMPLE, NOT
YOUR OPINION

Thank you for Supporting CDAHK

CDAHK is the peak body for the chiropractic profession in Hong Kong. Representing most registered chiropractors, the CDAHK has actively involved in all kinds of chiropractic activities and public health care events since its establishment. CDAHK is committed to advance chiropractic health care by raising awareness through public education, membership services, research, public engagement and governance.



OUR GROUNDBREAKING STUDY SHAKES TRIGEMINAL NEURALGIA DIAGNOSIS

Dr Robert Trager ([Duke University School of Medicine](#)) and Eric Chu ([New York Medical Group](#)) published in *Neurol Clin Neurosci* reveals those with Trigeminal Neuralgia have over a 12x greater chance of also having Degenerative Cervical Myelopathy compared to 70,000+ controls.

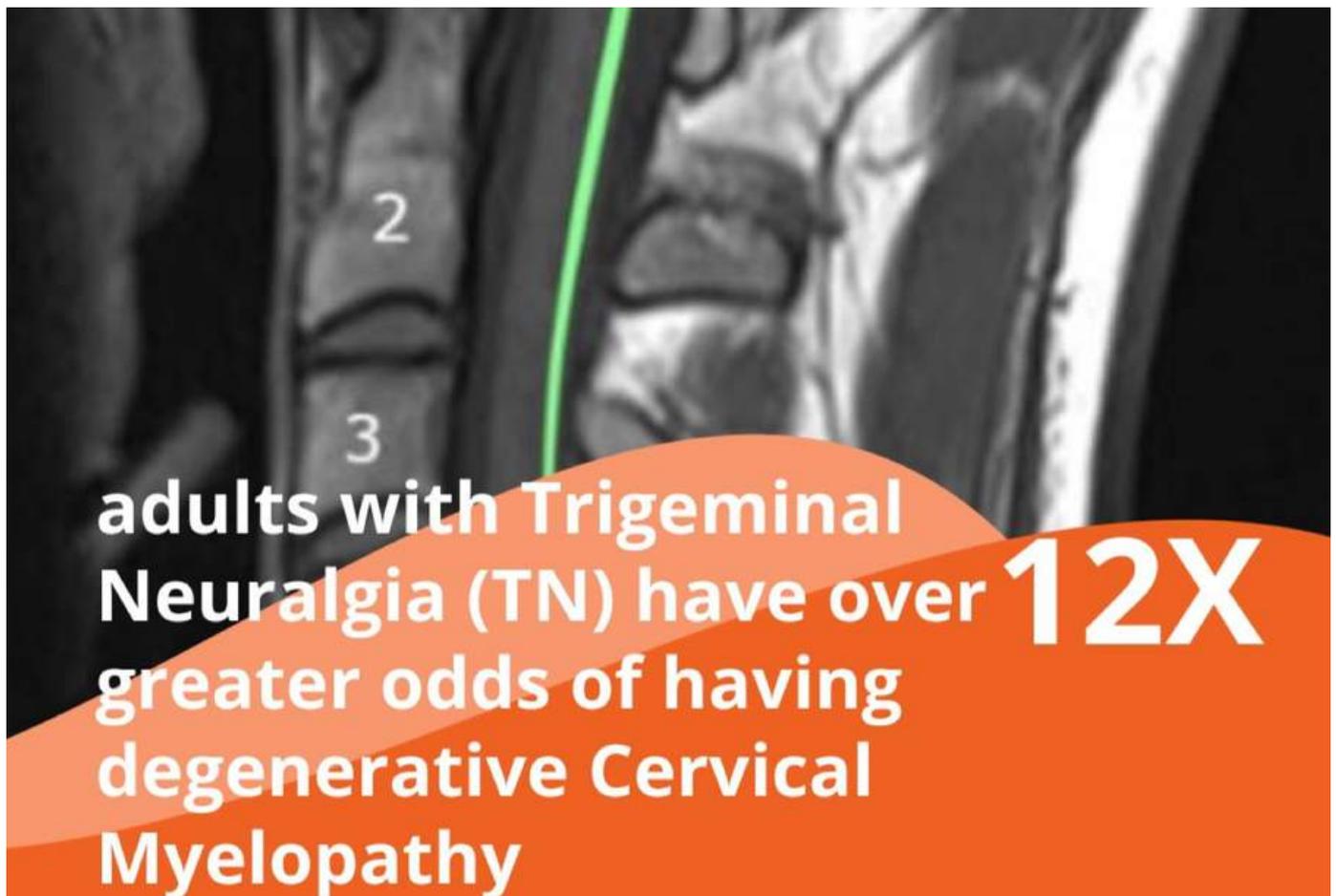
Analyzing a vast US healthcare dataset, we found a stark contrast in prevalence between groups - 0.55% for TN patients versus a mere 0.04% without TN. What's their connection?

DCM involves the neck spinal cord. Could its impact on nerve fibers traveling through also affect TN's trigeminal tract? Our cross-sectional study is the largest to probe this relationship.

More exploration could lead to earlier identification and improved care coordination for both conditions. Remaining questions merit further investigation.

Read our findings:
<https://lnkd.in/grfsVhqU>
Your thoughts on our research?
Lets discuss!

Read more:
[Trager, R. J., Theodorou, E. C. & Chu, E. C.-P. Association between trigeminal neuralgia and degenerative cervical myelopathy: A cross-sectional study using US data. *Neurol. Clin. Neurosci.*](#)



TAI CHI AS A BODY-MIND EXERCISE FOR PROMOTION OF HEALTHY AGING IN NURSING HOME RESIDENTS: APPROPRIATENESS, FEASIBILITY, AND EFFECTIVENESS

CDAHK is thrilled to share a recently published study by Prof Linda Lee (Hong Kong Metropolitan University) and Eric Chu (New York Medical Group) titled "Tai Chi as a Body-Mind Exercise for Promotion of Healthy Aging in Nursing Home Residents: Appropriateness, Feasibility, and Effectiveness."

The study addresses a crucial issue in the care of nursing home residents: the lack of activity, participation, and interaction, which often leads to increased dependency and dissatisfaction with care. The researchers propose that health-oriented, meaningful activities can promote healthy aging and contribute positively to the residents' quality of life, particularly as they reach advanced age.

Tai Chi, with its unique combination of physical movement and mental focus, is explored as a particularly suitable exercise to aid residents in this major lifestyle shift. It has been commonly referred by the chiropractors to the patients. The study analyzes the appropriateness, feasibility, and effectiveness of Tai Chi in promoting healthy aging for residents. The findings suggest that Tai Chi is not only appropriate and feasible but also beneficial in providing physiological and psychosocial health benefits to residents.

- Adopts philosophy of Chinese medicine in health maintenance and health promotion: Theory of Yin-Yang, Theory of the Five Elements

Given the rapidly aging population and the increasing demand for residential geriatric care in Hong Kong, this study's findings have significant implications. The recommendation of Tai Chi as a method to promote healthy aging highlights the potential for improving the quality of care in nursing homes globally.

The CDAHK highly recommend reading this insightful research for anyone involved in geriatric care, health promotion, or simply interested in the power of Tai Chi for healthy aging.
#HealthyAging #TaiChi
#GeriatricCare

Healthy Aging

Specific qualities of Tai Chi for promotion of healthy aging in nursing home residents

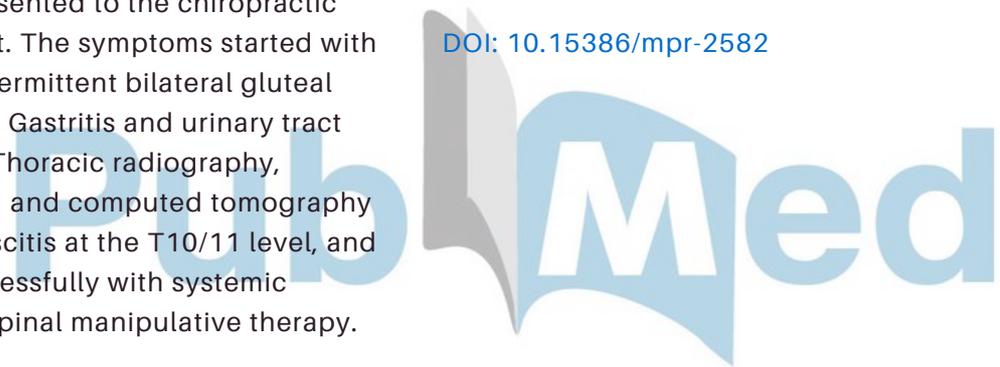
MULTIMODAL MANAGEMENT FOR LOW-BACK PAIN ASSOCIATED WITH SPONDYLODISCITIS

Spondylodiscitis is a rare and severe condition which can lead to progressive spinal deformities and poor functional outcomes. Clinical management of low-back pain associated with spondylodiscitis has not been reported, as low back pain often persists even after appropriate treatment of spondylodiscitis.

A 70-year-old woman with a 4-month history of nonspecific low-back pain and spondylodiscitis presented to the chiropractic clinic for conservative management. The symptoms started with abdominal discomfort, diarrhea, intermittent bilateral gluteal pain, and lower-extremity soreness. Gastritis and urinary tract infection were initially diagnosed. Thoracic radiography, magnetic resonance imaging (MRI), and computed tomography (CT) were indicative of spondylodiscitis at the T10/11 level, and her low-back pain was treated successfully with systemic antibiotics, scraping therapy, and spinal manipulative therapy.

As there are limited data to suggest treatment modalities and extend care of spondylodiscitis, we report a case of successful management of low-back pain associated with spondylodiscitis, with multimodal therapy in a faster recovery time.

DOI: [10.15386/mpr-2582](https://doi.org/10.15386/mpr-2582)



REMISSION OF CERVICOGENIC DYSPHAGIA ASSOCIATED WITH BIOMECHANICAL DYSFUNCTION FOLLOWING CHIROPRACTIC THERAPY

Cervicogenic dysphagia is a complex condition that can arise from biomechanical dysfunction in the cervical spine. Conventional treatment outcomes are not always guaranteed. Chiropractic treatment is considered an alternative treatment for dysphagia, yet there is a lack of evidence supporting its effectiveness. We present the case of a 48-year-old male who had difficulty swallowing for eight months. He had a feeling of food stuck in his throat when eating hard food but without any pain when swallowing, and eventually, he could not swallow any dry food. He was diagnosed with dysphagia associated with an anxiety disorder and was treated with medication, but there was no improvement in his condition. A full-spine radiograph revealed biomechanical dysfunction, including reduced cervical lordosis and levoscoliosis of the upper thoracic spine. After nine months of conventional physiotherapy, the patient completely recovered from his symptoms, with significantly improved biomechanical parameters.

This study highlights the potential mechanism of cervicogenic dysphagia and the effect of chiropractic treatment in managing it. Applying chiropractic treatment, including spinal manipulative therapy, instrument-assisted soft tissue manipulation, and mechanical traction, might bring a positive outcome for dysphagia patients with careful consideration.

Chu, Eric Chun-Pu. "Remission of cervicogenic dysphagia associated with biomechanical dysfunction following chiropractic therapy." *Journal of medicine and life* vol. 16,5 (2023): 794-798. doi:10.25122/jml-2023-0009



SPORADIC DESMOID TUMOR MIMICKING MYOFASCIAL PAIN SYNDROME IN A CHIROPRACTIC CLINIC

Chiropractors are primary healthcare providers who diagnose and manage various health conditions, including rare cases like desmoid tumors. Desmoid tumors are locally aggressive soft-tissue tumors originating from fibroblasts. This report presents the case of a 30-year-old woman who initially sought chiropractic care for persistent neck pain that was later discovered to be a symptom of a sporadic desmoid tumor. The patient presented with severe right upper neck pain, which was diagnosed as myofascial pain syndrome and yielded no significant improvement after various treatments. Physical examination by a chiropractor revealed a soft-tissue mass in the right upper trapezius and rhomboid region. In addition, magnetic resonance imaging revealed an intramuscular lesion measuring 8 × 4 cm in the right rhomboids, and subsequent biopsy confirmed the diagnosis of a sporadic desmoid tumor. The patient underwent successful surgical excision of the tumor. Postoperatively, the chiropractor initiated a comprehensive 12-week rehabilitation program that significantly improved the patient's range of motion and muscular strength and alleviated pain.

The remarkable aspect of this case was the location of the tumor in the right rhomboid muscle, a less common site for desmoid tumors. This case underscores the crucial role of chiropractors as primary healthcare providers in the early detection of oncological cases and management of post-surgical rehabilitation.

Chu, Eric Chun-Pu, and Edouard Sabourdy. "Sporadic Desmoid Tumor Mimicking Myofascial Pain Syndrome in a Chiropractic Clinic." *Cureus* vol. 15,9 e44653. 4 Sep. 2023, doi:10.7759/cureus.44653



SPONDYLODISCITIS IN A PATIENT UNDERGOING CHRONIC PERITONEAL DIALYSIS PRESENTING TO A CHIROPRACTOR: CASE REPORT AND A REVIEW OF THE LITERATURE

Spondylodiscitis is a rare but severe condition characterized by spinal and paraspinal infections that will present to healthcare providers, including chiropractors, because of neck pain. Patients who undergo peritoneal dialysis for end-stage renal disease or have a complex medical history may present with musculoskeletal complaints with complicated and uncommon underlying causes. This report reviews the possible relationship between spinal infection and dialysis, as well as the role of the chiropractor in identifying and managing critical conditions. A 66-year-old Asian man undergoing peritoneal dialysis presented to a chiropractic clinic with pain in the left arm. The patient did not present with a fever. Upon examination, the upper limb muscle strength and reflexes were diminished. Neck pain was also experienced during the range of motion examination, and movement was limited in all directions. Magnetic resonance imaging was ordered. The patient was diagnosed with acute spondylodiscitis.

Due to its nonspecific presentation, patients with severe and urgent cases, such as spondylodiscitis, may present to chiropractic offices to seek conservative treatment of pain symptoms. This report highlights the potential role of chiropractors in the early detection and management of complex conditions such as spondylodiscitis in patients on chronic dialysis.

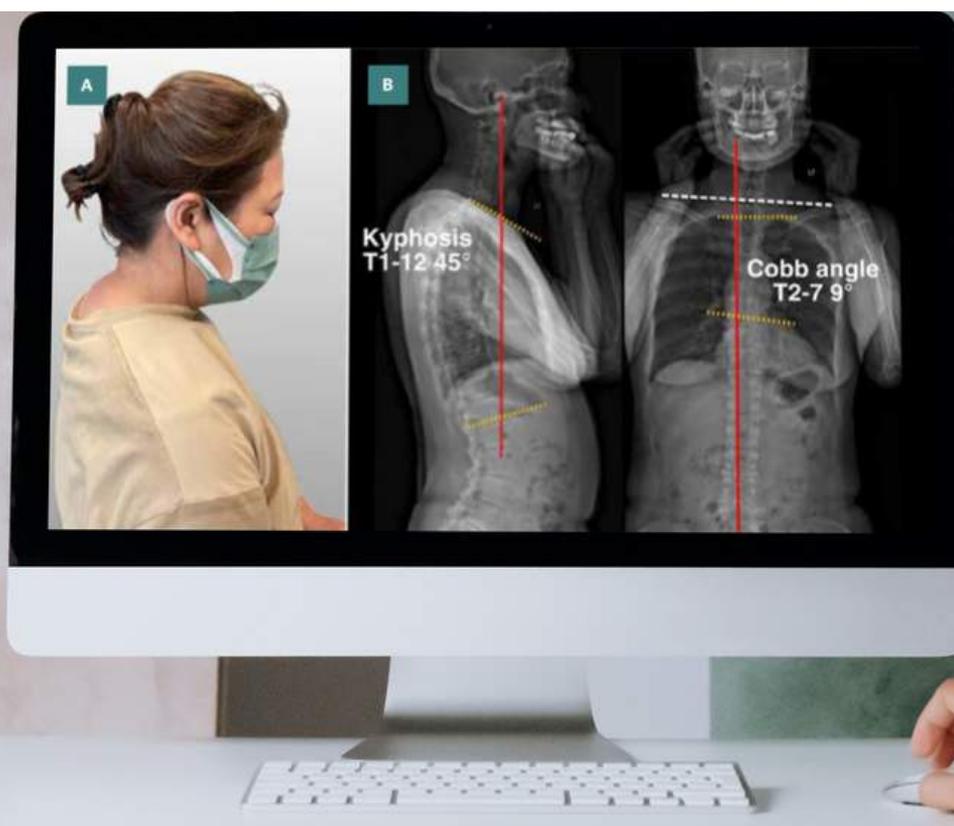
Chu, Eric Chun-Pu et al.
"Spondylodiscitis in a Patient Undergoing Chronic Peritoneal Dialysis Presenting to a Chiropractor: Case Report and a Review of the Literature." *Cureus* vol. 15,8 e44312. 29 Aug. 2023, doi:10.7759/cureus.44312



REMISSION OF DOWAGER'S HUMP BY MANIPULATIVE CORRECTION OF SPINAL ALIGNMENT: A CASE REPORT

Dowager's hump is described as excessive kyphotic curvature in the thoracic spine with a Cobb angle of more than 40 degrees. This case report presents a 61 years old female office clerk who experienced headaches and neck pain for 3 years that extended into her right shoulder and upper chest. She consulted her primary care physician two months before seeing the chiropractor when the neck pain worsened. A diagnosis of cervicgia related to osteoarthritis was made based on cervical and thoracic X-ray findings. The patient received non-steroid anti-inflammatory drugs (celecoxib and etoricoxib) and stretching exercises at home. At the onset of chiropractic care, radiographs showed loss of cervical lordosis, narrowing at the C4-5, C5-C6, and C6-7 intervertebral disc space with marginal osteophytes. Based on these findings, a working diagnosis of cervicogenic headache was established. After treatment for 9 months, the patient showed improvement in symptoms and function from cervical curve radiographic change and dextro-convexity of the thoracic spine. Avoiding forward head flexion and maintaining correct posture in daily activities will be key mechanisms to prevent the reoccurrence of Dowager's hump. The improvement of symptoms following chiropractic therapy has been shown to correlate with radiographic markers of spinal realignment.

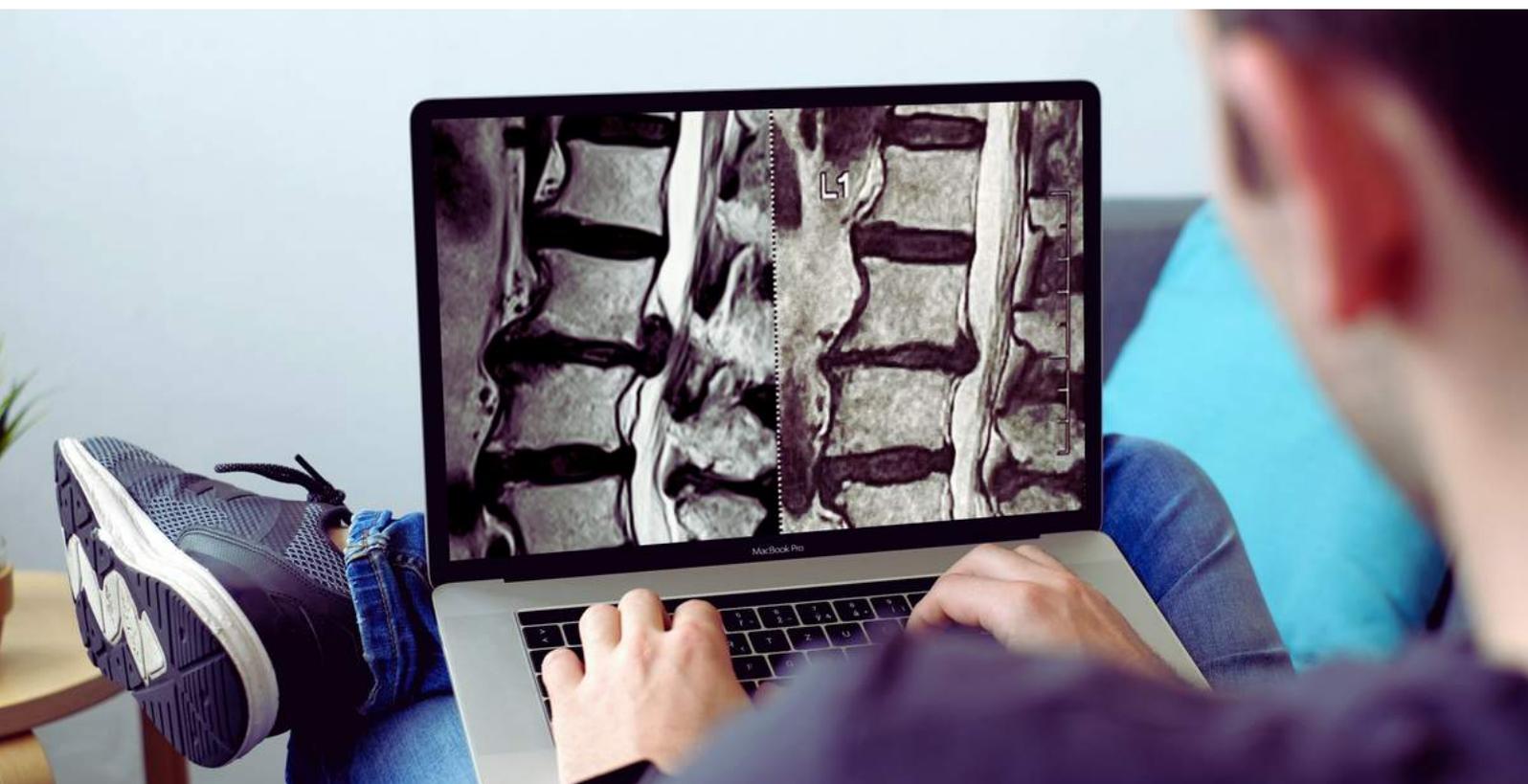
Chau, Cherie et al. "Remission of Dowager's hump by manipulative correction of spinal alignment: a case report." *Journal of medicine and life* vol. 16,6 (2023): 957-962. doi:10.25122/jml-2023-0026



AN L2/3 DISC HERNIATION-RELATED L5 RADICULOPATHY

The key factors contributing to radiculopathy caused by lumbar disc herniation include mechanical compression. It was commonly believed that the disc herniation causes the compression on the nerve root exiting under the pedicle of the vertebral body at the adjacent inferior level. However, a disc herniation might occasionally result in non-adjacent, isolated radicular symptoms. We report the case of a 74-year-old female who presented with a 2-years history of progressive low back pain associated with L5 radiculopathy and reduced quality of life. The patient had undergone a magnetic resonance image showing a large L2/3 disc herniation. Symptoms had progressively worsened and failed to respond to conservative treatments including pain medication, exercise rehabilitation, and acupuncture at the lower lumbar region. The patient was diagnosed with L5 radiculopathy caused by L2/3 disc herniation. Consequently, her symptoms improved with chiropractic rehabilitation which involved spinal manipulative therapy and intermittent motorized traction at the L2/3 level to reduce herniated disc. Therefore, an L2/3 Disc herniation-related L5 radiculopathy should be considered in the differential diagnosis of cases of inconsistency of level of disc herniation and nerve root pattern.

Chu, Eric Chun-Pu et al. "An L2/3 Disc Herniation-Related L5 Radiculopathy." *Current health sciences journal* vol. 49,1 (2023): 129-133.
doi:10.12865/CHSJ.49.01.129



THE WORLD IS
CHANGED BY YOUR
EXAMPLE, NOT
YOUR OPINION

**THANK YOU
FOR
SUPPORTING
CDAHK**

DEC 2023

CHAIRMAN

ERIC CHUN PU CHU

朱君璞脊醫

VICE CHAIRMAN

RICK PAK WAI LAU

劉柏偉脊醫

HONORARY SECRETARY

KARY KA WAI LAM

林嘉慧脊醫

HONORARY TREASURER

VALERIE KOK YAN CHU

朱珏欣脊醫

ETHICS/EDUCATION CHAIR

KINGSLEY LEUBNG

梁璟懿脊醫

PUBLIC RELATION

JACKY YEUNG

楊雋頌脊醫

FOUNDING CHAIRMAN

VINCENT W H CHAN

陳允灝脊醫

FOUNDING PRESIDENT

ALBERT C H LEUNG

梁濟康脊醫