

ON THE AGENDA

NYS CA

June 2024

New York State Chiropractic Association

PRESIDENT'S REPORT

Anthony Palumbo, D.C.



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2024 - 2025

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WELCOME NEW MEMBERS

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

NEW MEMBERS

Dr. Ashley Busse D10
Dr. Lawrence Bronstein
Affiliate Out of State, MA
Dr. Kaitlyn Clarke D7
Dr. Brian Heller
Affiliate Out of State
Dr. Frank Mandarino D5
Dr. Juliana Marciniak D17
Dr. Kim Miller D13
Dr. Lori Nuzzi
Affiliate Out of State
Dr. James Ritterbach D2
Dr. Patrick Szurek D10
Dr. Kieran Villnave D15

NEW LICENTIATES

Dr. Alexandra Aruck D15
Dr. Kimberly Beach D15
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Dr. Danish Narula D17
Dr. Zachary Spatol D15
Dr. Daniel Whyte D6

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Dr. Alan Belsky D6
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Dr. Christina Bukaty D17
Dr. Mark Delmonte D17
Dr. Jonathan Donner D15
Dr. Joshua Leuppie D17
Dr. George Resnick D6
Dr. Anthony Saladino D7
Dr. Taylor Sharman D17
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STUDENT MEMBERS

D'Youville Students

Linda Adnan
Maryam Al-Bayati
Ron Boshoer
Zoe Brook
Thomas Figliuzzi
Michael Fonovic
Lindsay Ford
Matthew Inglut
Jaehyeok Jeon
Julianna Kreiser
Nathan Maddigan
Ruth Martinez Guzman
Cole McGaeghan
Kalindi Mishra
Drew Nixon
Shane Nixon
Melanie Pitcher
Scott Prell
Kellie Reddick
Aidan Schutt
Michael Snowden
Arduino Vacca
Luke Zambron
Raechel Zielinski

Northeast College of Health Sciences

Angelo Corsaro-Magliocco
Japjit Dhaliwal
Amy Ferrell
Alexandra Kelly
Jonathan Powell
Jonathan Washington

PRESIDENT'S REPORT



Anthony M. Palumbo, D.C.

Dear NYSCA Members,

As we enter the warm embrace of summer, I am filled with hope for the future of our profession and our collective mission to enhance the health and well-being of our communities.

This summer, I urge each of you to take a moment to savor the simple pleasures of this season—whether it's participating in outdoor activities in the sunshine, spending a day at the beach or lake, or simply enjoying quality time with loved ones. Amidst the chaos of our daily lives, let us not forget to sustain our inner selves with the joys of summer.

Summer is a sort of downtime for our association, but it is also a time for renewal and to reaffirm our goals and commitment to working together. Progress is not the work of one individual, or one group or committee--it requires a collective effort of all members. This summer, while we take time to relax and recharge our batteries, let us reaffirm our commitment to working hand in hand, together. In collaboration and cooperation, we can tackle our most pressing issues and build bridges to access our goals.

Whether you're a seasoned member or new to our Association, there are many opportunities for you to get involved. From volunteering for committees and running for a leadership position to attending conventions and district events, there's something for everyone to contribute and gain from.

Together, we can leverage the power of our

collective knowledge and passion to make a meaningful impact in our profession and in our communities. Your involvement matters, and we invite you to join us in shaping the future of the NYSCA and our profession.

I am proud to announce that we are making significant progress in our efforts to advance chiropractic care and integrate it into the broader healthcare landscape. Through strategic partnerships and alliances with other healthcare professionals, we are breaking down barriers and expanding access to chiropractic treatments.

With our dedicated lobbying firm of Harter, Secrest, & Emery in the lead, we continue to work within a coalition of healthcare entities dedicated to advancing comprehensive care to our patients. By fostering cooperation and mutual respect among different specialties, we are seeing tangible progress in achieving our goals to update and modernize our scope and provide our patients with the holistic support they deserve.

Together, with other specialties we are forging a path toward a future where chiropractic care is recognized and valued as an essential component of healthcare delivery. As we continue to make strides in our field, let us remain steadfast in our commitment to excellence and innovation. With hope in our hearts and determination in our spirits, let us seize the opportunities that lie ahead and make this summer a season of revitalization for the growth and progress of our profession.

Your participation is essential to the success and vitality of our profession. As a member, you play a crucial role in shaping our initiatives, creating positive change, and driving us toward success in achieving our goals to pass legislation that will be significantly impactful in creating a better profession for our patients and the young doctors of chiropractic that will lead us into the future.

Lastly, I would be remiss if I didn't mention the departure of Karl and Antoinette Kranz. Upon their retirement, let us celebrate and honor their remarkable careers as they embark on this new chapter in their lives.

Karl and Antoinette have been an integral part of our Association for many years, Karl for 36 years and Antoniette for 23. Throughout their tenures, they have exemplified dedication, professionalism, and commitment.

Their hard work and contributions have significantly added to the success of our profession in NYS. They have not only been valuable employees, but also trusted friends and mentors to many of us. Their guidance, wisdom, and unwavering support have helped shape the paths of many endeavors within our organization.

As Karl and Antoinette transition into retirement, we reflect on the countless memories and experiences shared together. From the challenges we faced to the triumphs we celebrated, their unwavering commitment to our association and profession should be a source of inspiration to us all.

Their presence over so many years at our meetings, conventions, and answering our phones has brought a sense of family to the NYSCA, making every challenge seem surmountable. We wish them the best on their new journey and their departure leaves us with a bittersweet realization of the immense impact they had on our organizational dynamics.

While we will miss Karl and Antoinette dearly, we take some comfort in knowing that they leave behind a legacy that will endure for years to come. Their contributions will continue to impact the NYSCA long after their departure.

Karl and Antoinette, on behalf of all the Officers, Directors, Delegates, staff, and members of the NYSCA I want to express our deepest gratitude for your years of service, dedication, and unwavering commitment. You have left an indelible mark on our organization, and your presence will be greatly missed. As you embark on this new chapter of your life, we wish you nothing but happiness, health, and fulfillment in your retirement and in all your future endeavors.

Please join me in congratulating Karl and Antoinette on their retirement and wishing them all the best in the years to come.

Thank you for your ongoing support and commitment. I look forward to working together with you and witnessing the positive difference we can make together.

As always, I am humbled to be able to serve as our president.

Warm regards,

Anthony Palumbo

MEMBER SPOTLIGHT



There is a shift taking place among NYSCA's dedicated staff. After 36 years of service, Karl Kranz, DC, Esq., Executive Director of NYSCA, and Antoinette Kranz, NYSCA's Executive Assistant of almost 24 years, are retiring effective May 31, 2024, the end of NYSCA's current fiscal year. It is difficult to express in words the impact and significance these two individuals have had on the trajectory of chiropractic in New York.

Prior to their marriage in September 1977, Karl worked as a chemist, first in a colon cancer research project at the Naylor Dana Institute for Disease Prevention, in Valhalla, NY, then as a research chemist in Neutron Activation Analysis and Radiochemical Assay and Quality Control at the Union Carbide Nuclear Research Facility in Sterling Forest, NY and finally as a chemist for the Nepera Chemical Company, a subsidiary of Schering AG, West Berlin, a pharmaceutical manufacturer, in Harri-man. Fortuitously, unknown to the couple at the time, Antoinette set their wedding date as September 18, 1977 - Founder's Day for chiropractic. The irony - their wedding plans included a move to Iowa so Karl could attend Palmer College.

Upon graduation from Palmer in 1981, Karl was hired by the International Chiropractors Association (ICA) headquartered in Washington, D.C. He worked for the ICA from 1981-84; was hired by the American Chiropractic Association (ACA) and worked for the ACA from 1984-86, then Karl returned to ICA from 1986-88. During this time, Karl was licensed to practice chiropractic in New York, the District of Columbia, and in Virginia where he had a part-time practice. In 1988, following a presentation he made at the meeting of the Congress of Chiropractic State Association's (the "Congress"), Karl was recruited by NYSCA President, the late Jack S. Beige, DC, Esq., to fill the post of Executive Director of the NYSCA. Dr. Kranz was interviewed by the NYSCA House of Delegates in April 1988, hired, and a

month later was commuting between Fairfax, Virginia, Manhattan, and New Windsor, NY - the area where the Kranz's met and married - while they managed the relocation of their family from Virginia and the relocation of the NYSCA from Park Avenue to Albany to be near the State Legislature.

In 1997, while in the NYSCA's employ, Dr. Kranz started law school at the State University of New York, University at Buffalo. He earned his Juris Doctor degree cum laude in 2001 with a certificate in Health Care Law. He was licensed to practice law in New York, Massachusetts and the District of Columbia and in addition to his responsibilities as Executive Director, in 2007 he became the Association's general counsel.

On Oct 3, 2001, NYSCA became an early adopter of the virtual office concept as the NYSCA headquarters dispersed to the residences of the NYSCA's staff. On Oct. 14, 2001, Antoinette started her almost 24-year odyssey working as a part time office assistant, later embracing full time work from home as a valued member of the NYSCA staff.

This pilgrimage to New York began a 36-year tenure with NYSCA and the Kranz's life in New York's Capital Region where they raised two children; where Antoinette worked for the Niskayuna School District 18 years; were active members of their church community and Karl volunteered as an Emergency Medical Technician (EMT) with their local fire department. The Kranz family's dedication to NYSCA also included their son Christian who served as a NYSCA office assistant and as the Association's AV guru at NYSCA symposia and conventions. All who have worked with the Kranz's recognize and appreciate their sense of duty and care. A lesser-known service was creating summer smiles on the faces of upstate families when they visited Muffin's Ice Cream Shoppe - Antoinette's venture where all the family members pitched in. All who have

experienced Antoinette's care for member issues on the telephone or at NYSCA conventions can appreciate how she brought the same caring attention she gave to members that Muffin's customers received as she created summer's ice cream smiles.

While anyone who has called the NYSCA administrative office is familiar with Antoinette's cheery greeting, some fun things you may not know is that Karl is an amateur photographer and enjoys photographing nature scenes and is also an avid cyclist. Antoinette is passionate regarding her faith and attends services weekly where she is a Eucharistic Minister and Mass Coordinator and enjoys singing all the hymns which she is also passionate about, music. She is also a cat whisperer, and enjoys taking care of her four house cats (who were born in their garage), as well as several feral neighborhood cats.

Chiropractic in New York has undergone growth and change throughout their decades of service due in large part to the service the Kranz's provided. Past and present members of the NYSCA, including the Officers, Board, and House of Delegates, wish both Karl and Antoinette the best in their future endeavors and want them to know of the never-ending gratitude we have for the commitment and service of the Kranz family. On behalf our all NYSCA members, "Thank you, thank you, and thank you."



WEBINARS

Earn Continuing Education credits from the comfort of your office

In addition to CE available at our statewide conventions, the NYSCA now offers continuing education credit via webinar through Northeast College of Health Sciences Post-Grad. NYSCA Webinars are held monthly, usually on a Wednesday at 1pm EST.

Women in Weightlifting

Presented by: Sarah Tirimacco DC

[Register Online](#)

June 12, 2024 | 1pm-2pm (1CE)

Assessing and diagnosing women's health complaints in a chiropractic setting can often be challenging, especially when the pelvic floor is involved. Many female strength athletes experience pelvic floor complaints in addition to MSK complaints. These pelvic floor conditions are often the missing link associated with stubborn low back, pelvic or hip pain in a chiropractic setting. Learn the basics of pelvic floor dysfunction and urinary incontinence, in addition to discussing breathwork, bracing and RED-S. Management in a chiropractic office will also be reviewed.

Maximizing No-fault Bill Recoveries

Presented by: Joseph Sparacio, Attorney at Law

[Register Online](#)

Sept 4, 2024 | 1pm-2pm (1CE)

The presenter will walk participants through the no-fault process from the initial patient visit, and how to successfully defeat denials, including IME cut-offs etc. We will also discuss issues such as requests for additional verification, IME no-shows, EUO requests, easy proof of bill submission to prove timeliness.

Tuition Discount

Association Members are eligible to receive a discount on tuition for NYSCA-sponsored webinars via coupon code at registration check-out. Please be sure to check your email for the discount code, which is included for all NYSCA members. You must have your discount code BEFORE registering. Please note, once you register, the discount code cannot be applied retroactively. Contact the NYSCA Administrative Office at 518-785-6346 for more information.

Registration Deadline

Attendees MUST be registered and paid via credit card or check by 3:00 pm, one week before the course is to take place, to avoid additional fees. All unpaid/ late registrations and at door registrations are subject to the following non-refundable fees: add \$5 (1-hr webinars). Northeast College Continuing Education Policy

License Renewal

Continuing education credit (CE) is provided by Northeast College of Health Sciences. These seminars are valid for CE credits in "pre-approved" states, so long as they fall within the scope of practice as outlined by the corresponding state board. It remains attendees' responsibility to contact the state board(s) from which they seek continuing education credits for purposes of ensuring said board(s) approves both the delivery method and content as they relate to this event. Neither a speaker's or exhibitor's presence at said event, nor product mention or display, shall in any way constitute Northeast College endorsement. Northeast College's role is strictly limited to processing, submitting, and archiving program documents on behalf of course sponsors.

@theNYSCA

MEMBER REVIEW

Chris P.
I used the NYSCA Savings Center deal for Ace Hardware business to business and saved about \$50 in my last 2 trips to the hardware store.

★★★★★ 5/5

Start saving today:
nysca.savingcenter.net

@theNYSCA

MEMBER REVIEW

William L.
I did it again! I'm booking my car rental for our August vacation in Calgary, Canada. I checked prices on Expedia, and on members only discount sites like Costco and BJ's. The price for a 10-day rental of a "standard" car ranged from US\$865 to over US\$1200 US. Then I checked the NYSCA Member's Savings Center and got a standard size car for a total of US\$371—that's a \$500 savings over the best "Member's Only" price I got elsewhere.

★★★★★ 5/5

Start saving today:
nysca.savingcenter.net

INSURANCE UPDATES

EMBLEM FAX LINES BEING TURNED OFF ON MAY 1, 2024

There is an easier and faster way to share documentation with us — our provider portals!
Please make sure you and your staff can use the provider portal to submit your requests and supporting documentation.

[READ MORE](#)

QUICK REFERENCE GUIDE TO NORTHWELL DIRECT THIRD-PARTY ADMINISTRATORS (TPA'S)

As we welcome the new year, we also welcome HealthComp as the new Third-Party Administrator (TPA) for Northwell Health members, replacing Brighton Health Plan Solutions.

[READ MORE](#)

EMBLEM HEALTH PROVIDER NETWORK CHANGE

For dates of service beginning 1/1/24, the provision of physical therapy, occupational therapy and CHIROPRACTIC CARE for EmblemHealth members will transition from Palladian to EmblemHealth. Preauthorizations and referrals will NO longer be required. Claims for these services should be submitted to EmblemHealth or the managing entity as listed on the member's ID card. Claims contacts are also listed in the Directory chapter of the Provider Manual.
INFORMATION TAKEN FROM PALLADIAN HEALTH UM PORTAL

TAXONOMY CODES AND BILL SUBMISSIONS

Please be aware that taxonomy codes are now needed for submission to Federal Work Comp and Emblem Medicaid. On the 1500 form it would go in box 24j or 33b. All Chiropractors have the same taxonomy # 111N00000X.

UPDATE ON NORTHWELL HEALTH EMPLOYEE PLAN CLAIMS PAYMENT DELAYS

HERE ARE YOUR THREE NORTHWELL DIRECT PAYMENT OPTIONS:

1. Register with Zelis Payments to receive ACH Direct Deposits (2% fee)
2. If you do not sign up for the ACH Direct Deposits, then they will automatically send you payment through Ecard (credit card payment)
3. Providers also have the option to opt out of the Ecard payments and request a check mailed instead. No fees. If you choose this option then call 877-828-8770 to opt out.

[READ MORE](#)

CHANGES TO THE EMPIRE PLAN (NYSHIP) ENROLLEE BENEFITS WILL BECOME EFFECTIVE JULY 1, 2024.

[READ MORE](#)

Work Comp Corner

PROVIDER DELEGATE PAR SUBMISSION/ ESCALATION-NOW LIVE

[MORE INFO](#)

SPECIFIC HP1 DOCUMENTATION GUIDELINES

[MORE INFO](#)

NEW ENHANCED SECURITY FOR ACCESSING ONBOARD *NOW LIVE*

[MORE INFO](#)

ATTENTION NEW WORKERS COMPENSATION PROVIDERS-NEW HEALTH CARE PROVIDER RESOURCES NOW AVAILABLE

The Workers' Compensation Board (Board) is excited to announce a new, one-stop-shop for health care providers outlining what they need to know about navigating the New York State workers' compensation system.

The new What Providers Need to Know section of the Board's website walks health care providers through

[MORE INFO](#)

NYSCA

By: Amy Kellogg and Caiti Anderson

On Saturday, April 20, the State Legislature passed the final NYS budget, 20 days after its April 1 due date. Five budget extenders were passed to keep government running while the final budget bills were negotiated. While the Governor, Senate and Assembly were working to have an on-time budget, several high-profile proposals, including housing, extending mayoral control of New York City schools, and changes in health care spending took time to fully negotiate. In the end, the final spending level for the 2024 – 2025 budget is around \$237 billion, which is a \$4 billion increase from the Governor's initial budget proposal, and an \$8 billion increase over fiscal year 2023 – 2024's budget.

The final budget did not contain anything specifically related to chiropractors. However, the Governor's proposed budget contained several scope of practice proposal that would have expanded the scope of practice for dentists, dental hygienists, physician assistants, and certified nurse aides. Given our scope of practice priorities, we followed these proposals very closely. In the end, the final budget did not include any of the scope of practice proposals.

With the budget complete, the race is on for the end of session. The legislative session is scheduled to end on June 6, meaning it is a quick end of session with a lot of work to be accomplished between now and then. While there are a number of legislative priorities for the profession, we are focused on two specific bills of interest right now. The first is the lookback bill (S7076/A7590, Senator Scarcella-Spanton, Assemblymember Lavine). The lookback bill would limit the lookback period for insurance overpayment recovery from health care providers to three months. We are working with a number of other professional groups, including the Medical Society of the New York State, optometrists, podiatrists, physician assistants, and mental health professionals, to advocate for the passage of this bill. Other professions are still reviewing the bill and may join the coalition, as well. We have held positive meetings with the Senate and Assembly and will continue to push for this bill's passage.

The second top legislative priority is the chiropractic scope of practice bill, S6047-A/A4150-A (Senator Gounardes, Assemblymember O'Donnell). We are continuing to meet and have productive conversations with the physical therapists and orthopedic surgeons regarding this bill. We will be continuing our conversations with both groups and are hopeful that we can address their questions and concerns and remove their opposition from our legislation. Without strong opposition, our path to success would be significantly easier. As these conversations are happening, we are still advocating for this bill to be passed as soon as possible, as it has been far too long since the chiropractic scope of practice was modernized.

We are also working with a broad coalition of health care providers to oppose legislation that was just introduced A10009/S9214 (Assemblymember Stirpe, Senator Stavisky), which is called the health care professional transparency act. In essence, this bill is looking to limit who can use the title doctor, require all health care providers to inform patients that they are not medical doctors or doctors of osteopathy, limit the use of credentialing titles and the word resident and would call for a public awareness campaign to educate the public on the education requirements for the Title VIII health care professions. We are opposing this legislation for a variety of reasons, but most significantly because we believe that this legislation is wholly unnecessary.

As always, if you have any questions, please feel free to reach out.



NORTHEAST COLLEGE BOARD OF TRUSTEES HOLDS WINTER 2024 MEETING, WELCOMES NEW MEMBER



During the meeting, trustees welcomed a new member to the Board, Ms. Abigail Carag. Ms. Carag is a senior vice president at Ogilvy Health Public Relations and has more than 15 years experience leading strategic, integrated marketing and communications for federal government, nonprofit and corporate organizations. She has worked with the U.S. Department of Health and Human Services, the world's largest health care companies, digital health startups, and other health-focused organizations. Ms. Carag has a Master of Arts degree in health and digital communications from Johns Hopkins University and graduated from George Mason University with a Bachelor of Science degree in health science and a minor in business. This meeting marked her first meeting as a member of the Northeast College Board of Trustees.

[READ MORE](#)

NORTHEAST COLLEGE WINTER 2024 CEREMONIES ADVANCE 73 STUDENTS, HONOR PROFESSOR EMERITI



Northeast College of Health Sciences hosted its Winter 2024 Ceremony Week, holding three rites of passage to advance 73 chiropractic students and celebrate their achievements. The Commitment to Excellence Pledge event was held on March 27, Transitions Ceremony on March 28, and Winter Commencement on March 30, all on the College's Seneca Falls campus.

[READ MORE](#)

NORTHEAST COLLEGE FACULTY, STUDENT LEADERS REPRESENT AT NYSCA SPRING CONFERENCE

[READ MORE](#)

NORTHEAST COLLEGE OF HEALTH SCIENCES INTRODUCES NEW SCHOLARSHIPS IN MEMORY OF INDUSTRY, COMMUNITY LEADERS

[READ MORE](#)

FELLOWS IN THE FELLOWS OF AMERICAN COLLEGE OF CHIROPRACTORS



Dr Palumbo and Dr Stevens getting inducted into the prestigious group of chiropractors as Fellows in the Fellows of American college of chiropractors (FACC) at Northeast College of Health Sciences graduation 3-30-24.

Gerald Stevens DC, MS, MPH

Professor Northeast College of Chiropractic (formerly NYCC)
New York State Chiropractic Association (NYSCA) Treasurer
ChiroCongress (formerly COCSA) Treasurer
ChiroCongress Cares Secretary

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.

Margaret Mead

WALKING & YOUR PATIENTS

Stress Less, Smile More

Many of your patients may complain of back pain and other joint issues that prevent them from doing the outdoor activities that they love each season. They come to you for relief from pain, and they may also seek advice on how to proactively manage their overall health. In our modern world, sitting is the new smoking, and many people sit for long parts of their work day.¹ When you recommend a program of low-impact walking, you are advocating an exercise that doesn't come with the injury risk associated with high-impact exercise regimens, such as running and jogging. If your patient is moving briskly, they can burn up to about 100 calories per mile.

Patients of varying fitness levels can participate in a walking program. Walking is inexpensive, accessible, and does not require special equipment. Once patients have quality shoes that properly support the feet and custom flexible orthotics that stabilize all three arches of the foot, they're ready to go. In addition to the many health benefits, walking can be a great way to relieve stress and enjoy the great outdoors while spending time with family and loved ones.

Overall, walking improves cardiorespiratory conditioning, and walking in a group or with a buddy can help build relationships. Exercise reduces stress. There's evidence that walking can prevent dementia! Plus, walking has been associated with a reduced risk of breast, colon cancer, heart disease and diabetes. Best of all, exercise can help you live longer!

HELP PATIENTS PARTICIPATE IN FUNCTIONAL, LOW-IMPACT EXERCISE THAT IMPROVES QUALITY OF LIFE.

Walking Can Help:

- Relieve stress
- Improve mood
- Aid weight loss & weight maintenance
- Slow age-related osteoporosis
- Lower blood pressure
- Relieve arthritis and diabetes
- Improve blood cholesterol levels
- Improve self-image
- Counter anxiety and depression
- Tone up leg and thigh muscles

If you are already advising your patients to walk on a regular basis, here are some "helpful hints" which will enable them to get the most out of their activity:

- Make sure you warm up before and cool down after any exercise.
- Drink water every 15 to 30 minutes to avoid dehydration.
- Build your regimen gradually. For instance, start with 20 to 30 minutes of walking (about one or two miles) every other day, then build up to 30-45 minutes three to five times a week.

No matter whether your walking patients are classified as casual or fitness walkers, they can all benefit from a custom-made flexible orthotic that provides proper support, stability and comfort with each step. InMotion+™ custom orthotics were designed to enhance performance and are ideal for athletes and anyone who would like to be more active:

- Far Infrared Ray (FIR) top cover that directs energy back into the body to reduce fatigue and stimulate muscle recovery
- 47% more shock absorption and 130% more propulsion than our original InMotion® orthotic—the most of any custom orthotic we offer
- Moisture-wicking materials to keep feet comfortable and fight odors
- Proprietary, innovative fabric designed for durability

BENEFITS, PROBLEMS, & RECOMMENDATIONS

A Walking Profile

CATEGORY OF EXERCISER	Sedentary: No regular exercise	Casual: 20-30 minutes every other day	Fitness Walker: 30-45 minutes 3-5 times per week
BENEFITS	None	Leg muscles toned Heart strengthens	Legs, arms, heart strengthened Burns up approx. 100 calories per mile
PROBLEMS	Poor circulation Backache Overweight	Pain in legs or feet Knee pain	Knee, hip, back, neck pain or tension
POSSIBLE CAUSES	Lack of regular exercise	Not enough shock absorption in shoes Poor quality shoes	Overexertion Poor quality shoes Not enough shock absorption in shoes
RECOMMENDATIONS	Begin a walking program (1-2 miles every other day) Wear a flexible orthotic (like the InMotion+™)	Wear a flexible orthotic (like the InMotion+™) Replace shoes	Stop walking for a day or two, then slowly work back up to former pace Replace shoes Wear a flexible orthotic (like InMotion+™)

Millions of people have discovered the benefits and pleasure of walking. Encourage patients to get outside and enjoy the outdoors in optimal comfort with custom flexible orthotics! Staying physically active with regular, gentle exercise like walking aligns with proactive wellness for lifelong good health.

REFERENCES

1. Baddeley B, Sornalingam S, Cooper M. Sitting is the new smoking: where do we stand? Br J Gen Pract. 2016 May;66(646):258. doi: 10.3399/bjgp16X685009. PMID: 27127279; PMCID: PMC4838429.

NEW eBOOK!

How Chiropractic Supports Women's Health through the Stages of Life

The anatomy and physiology of women is multifaceted and complex. From infancy into girlhood, puberty into childbearing years and then mid-life into post-menopause, females engage in an ongoing continuum of changes in their bodies and with their hormones.

Doctors of chiropractic (DCs) have been supporting women's health for well over a century to help women naturally address the changes that happen in their bodies over a lifetime.



[DOWNLOAD WHITE PAPER](#)

SPECIAL ALERT

As a Foundation for Chiropractic Progress (F4CP) Member, we want you to know we are working for you every day to continue to promote the positive and combat the negative media as it may arise.

Historically, our team anticipates negative media in advance of May's National Stroke Awareness Month, which is why we want to arm you with the messaging and talking points to ensure you feel confident and have all of the information in one place to respond appropriately to your patients.

Talking Points for Reference:

- Cervical Artery Dissection (CAD) is **rare** with as few as 1 per 8.1 million chiropractic office visits.
- Arterial dissection of the cervical (neck) arteries is a very rare condition occurring in **2-3** persons per 100,000 population per year. As this **condition** often produces neck pain and headaches, many times individuals will consult with their health care providers for advice or treatment in response to the discomfort.
- Whether a person consults a medical doctor or doctor of chiropractic, stroke can follow at an **equal rate** regardless of the type of provider. Epidemiologic studies over many years with millions of patients do not reveal any greater association of stroke for persons under chiropractic care compared with persons under medical care.
- A team of neurosurgeons at the University of Pennsylvania Hershey Medical Center published **research** concluding, "There is no convincing evidence to support a causal link between chiropractic manipulation and cervical artery dissection (CAD)."
- Chiropractic manipulation has shown to be safe, effective treatment for neck, mid back and lower back pain. A comprehensive review of scientific **evidence** noted that there is as much evidence supporting chiropractic care as for other treatments such as prescription and non-prescription drugs and surgery.

F4CP is currently fielding inquiries and monitoring the news closely for opportunities for comment should the coverage not be balanced and accurate. If a media outlet approaches you, please refer the reporter to your State Association and/or F4CP.

For additional research, F4CP Members can access the white paper, "Chiropractic: A Safe and Cost-Effective Approach to Health."

[DOWNLOAD WHITE PAPER](#)

As a NYSCA member, you are already a member of F4CP through Group Membership. In order to access your F4CP benefits, you must first activate your online account. To do so, please follow the steps listed below:

1. Visit www.f4cp.org/opt-in to opt-in to F4CP Group Membership.
2. Select 'Join Now' under the State Association section.
3. Choose your state association and fill out the form with your clinic or practice information and hit SUBMIT.
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Can small businesses rise to the latest challenges? Experts weigh in.



In a recent article featured in the Rochester Business Journal Harter Secrest & Emery partner and corporate attorney Steven Solomon provides insightful commentary on the pressing challenges facing small businesses. Solomon emphasizes the significant impact of higher interest rates on small businesses, leading to increased costs for capital expenditures and difficulties in securing financing. Additionally, he discusses ongoing labor force issues, particularly regarding finding and retaining quality employees, as well as succession planning challenges.

Despite these obstacles, Solomon notes some optimism among his clients, who are adapting to challenges through innovative solutions and leveraging new technologies.

To view the article on Rochester Business Journal's website, [click here](#).



Defense Experts Support DC's Use of Decompression Therapy

Joe Lynch complained of neck stiffness and “unbearable, constant, sharp, stabbing and throbbing” posterior pain. Was decompression therapy the cause?

His pain began two days before his visit to urgent care, but Joe Lynch, 47, couldn't recall any precipitating event or injury. He was diagnosed with neck pain, given a prescription and referred for a cervical spine X-ray.

Joe returned to the medical practice on April 5 with complaints of “severe, constant, sharp and throbbing” neck pain that radiated to the upper back, intrascapular area, bilateral subscapular region, shoulders and arms with associated neck stiffness. His X-ray showed spondylosis at C5-6 with foraminal osteophyte production and bilateral narrowing.

Joe was again diagnosed with neck pain and prescribed a different prescription. Joe returned to the medical practice on April 7. Joe had undergone some physical therapy treatment but was unable to continue due to severe pain. As a result, the treating physician prescribed a stronger pain medication and ordered an MRI of Joe's cervical spine.

On April 9, Joe was seen again at the medical practice, this time by his primary care physician, Julia Rose, MD. He continued to report stabbing pain that radiated into his upper back, as well as neck stiffness.

Dr. Rose's musculoskeletal exam revealed decreased range of motion, pain and crepitus with rotation of the cervical spine, and tenderness, spasm and inflammation of the left trap and paraspinal muscle of the cervical spine. Because Joe recently had stents placed due to a cardiac condition, it was potentially contraindicated to proceed with the MRI. Instead, a CT scan was ordered, which revealed central disc herniation, osteophyte complex at C2-3, bilateral joint hypertrophy at C5-7, mild bilateral neural foraminal stenosis at C5-6 and reversal of the normal cervical curvature.

[READ MORE](#)



“Copy and Paste” Documentation Harms Defense

When Sarah Haack suffered a stroke and made a malpractice claim against her chiropractor, Dr. Peterson's records didn't match what he told the jury. What went wrong?

Dr. Joseph Peterson had an established patient, Sarah Haack, who frequently complained of right neck pain and headaches. Dr. Peterson elected to treat Sarah with cervical adjustments and also used the diversified lateral break technique. Dr. Peterson suggested that this was Sarah's baseline, and she did experience some relief after treatment. However, Dr. Peterson failed to document the history of headaches, only neck pain.

One week, Sarah was treated on a Monday, then returned two days later, reporting neck pain and headaches. She also reported experiencing nausea, vomiting, and dizziness the day prior. It was argued by her attorney that at this point, Dr. Peterson needed to make a referral to the emergency room, because even if neck pain and headaches were baseline and non-specific, the addition of nausea, vomiting, and dizziness were new symptoms more indicative of an ongoing vascular injury.

Instead of making a referral, Dr. Peterson testified that he modified his treatment plan for that day, foregoing the performance of a cervical neck manipulation and instead only providing massage and light manual therapy. The plaintiff testified this was not true; she had received the same treatment she always had, which included cervical manipulation.

In the month prior to these events, Dr. Peterson had transitioned from paper to electronic medical records. He was having issues with the technology, so his notes for the last 15 visits or so were all identical, appearing to just be copied and pasted every day. Due to this, on the day he testified that he did not adjust the patient's neck, his records stated that he did and that she responded well. Despite extensive preparations for testifying, Dr. Peterson was not able to articulate a believable explanation for these charting errors to the jury.

[READ MORE](#)



Cost of chiropractic versus medical management of adults with spine-related musculoskeletal pain: a systematic review

Ronald Farabaugh¹, Cheryl Hawk², Dave Taylor², Clinton Daniels³, Claire Noll², Mike Schneider⁴, John McGowan⁵, Wayne Whalen⁶, Ron Wilcox⁷, Richard Sarnat⁸, Leonard Suiter⁶ and James Whedon⁹

Abstract

Background The cost of spine-related pain in the United States is estimated at \$134.5 billion. Spinal pain patients have multiple options when choosing healthcare providers, resulting in variable costs. Escalation of costs occurs when downstream costs are added to episode costs of care. The purpose of this review was to compare costs of chiropractic and medical management of patients with spine-related pain.

Methods A Medline search was conducted from inception through October 31, 2022, for cost data on U.S. adults treated for spine-related pain. The search included economic studies, randomized controlled trials and observational studies. All studies were independently evaluated for quality and risk of bias by three investigators and data extraction was performed by three investigators.

Results The literature search found 2256 citations, of which 93 full-text articles were screened for eligibility. Forty-four studies were included in the review, including 26 cohort studies, 17 cost studies and one randomized controlled trial. All included studies were rated as high or acceptable quality. Spinal pain patients who consulted chiropractors as first providers needed fewer opioid prescriptions, surgeries, hospitalizations, emergency department visits, specialist referrals and injection procedures.

Conclusion Patients with spine-related musculoskeletal pain who consulted a chiropractor as their initial provider incurred substantially decreased downstream healthcare services and associated costs, resulting in lower overall healthcare costs compared with medical management. The included studies were limited to mostly retrospective cohorts of large databases. Given the consistency of outcomes reported, further investigation with higher-level designs is warranted.

Keywords Chiropractic, Conservative care, Healthcare costs, Healthcare utilization, Low back pain, Manipulation, Spinal, Opioids

[FULL ARTICLE](#)



Laser therapy for mitochondrial dysfunction

BY Robert Silverman, DC

The use of low-level laser therapy (LLLT) across three different wavelengths simultaneously is an exciting new development for treating mitochondrial dysfunction.

When the laser light contains wavelengths from the red-green-violet portions of the spectrum, all phases of the mitochondrial energy generation process are stimulated.

How mitochondria make energy

Every cell in the body — except red blood cells — contains many mitochondria. These tiny powerhouses generate cellular energy through adenosine triphosphate (ATP), which powers nearly all of the body's essential functions. Cells that need more energy, such as those in the heart, liver, muscles and brain, contain more mitochondria. Liver cells contain one to 2,000 mitochondria per cell; each heart cell contains about 5,000 mitochondria. In addition to the intracellular mitochondria, free-floating mitochondria circulate in the bloodstream.¹

[READ MORE](#)



How the FTC Proposed Rule Will Affect Your Chiropractic Noncompete for Practice Sales or Associateships

On April 23, 2024 the Federal Trade Commission (FTC) announced a new rule banning chiropractic noncompete agreements that will absolutely impact your chiropractic practice or your chiropractic associate job.

The quick summary is this:

- Any existing chiropractic noncompetes are unenforceable after the effective date.
- New chiropractors noncompete agreements are banned for most chiropractors, as of the effective date (see below for two major exceptions)
- The effective date will be 120 days after publication in the Federal Register.

NONCOMPETE RATIONALE

The FTC ban on noncompetes has been in the works for over a year now and the commissioners cited health care specifically among their reasons for supporting the ban. While the target is certainly not aimed exclusively at chiropractic noncompete agreements, our profession may be one of the branches of healthcare that will be most impacted by this ruling as it will have the fewer exceptions compared to other healthcare disciplines.

[READ MORE](#)



Physician Empathy and Chronic Pain Outcomes

John C. Licciardone, DO, MS, MBA; Yen Tran, BS; Khang Ngo, BSA; David Toledo, BA; Navya Peddireddy, BS; Subhash Aryal, PhD

Abstract

IMPORTANCE Empathy is an aspect of the patient-physician relationship that may be particularly important in patients with chronic pain.

OBJECTIVE To measure the association of physician empathy with pain, function, and health-related quality of life (HRQOL) among patients with chronic low back pain.

DESIGN, SETTING, AND PARTICIPANTS This cohort study included adult enrollees from the Pain Registry for Epidemiological, Clinical, and Interventional Studies and Innovation national pain research registry. Study dates were from April 1, 2016, to July 25, 2023, with up to 12 months of follow-up. **EXPOSURE** Physician empathy was assessed with the Consultation and Relational Empathy measure and dichotomized to yield very empathic physician and slightly empathic physician groups.

MAIN OUTCOMES AND MEASURES Main outcomes were patient-reported pain, function, and HRQOL measured with a numerical rating scale for low back pain intensity, the Roland-Morris Disability Questionnaire for back-related disability, and the Patient-Reported Outcomes Measurement Information System for HRQOL deficits pertaining to anxiety, depression, fatigue, sleep disturbance, and pain interference. Data were collected at 5 quarterly encounters from registry enrollment through 12 months and analyzed with generalized estimating equations, including multivariable models to measure temporal trends and to adjust for baseline and longitudinal covariates.

RESULTS Among the 1470 patients, the mean (SD) age was 53.1 (13.2) years, and 1093 (74.4%) were female. Patients completed 5943 encounters in which multivariable analyses demonstrated that greater physician empathy was inversely associated with pain intensity ($\beta = -0.014$; 95% CI, -0.022 to -0.006 ; $P < .001$), back-related disability ($\beta = -0.062$; 95% CI, -0.085 to -0.040 ; $P < .001$), and HRQOL deficits on each measure (eg, pain interference: $\beta = -0.080$; 95% CI, -0.111 to -0.049 ; $P < .001$). Correspondingly, compared with the slightly empathic physician group, the very empathic physician group reported lower mean pain intensity (6.3; 95% CI, 6.1-6.5 vs 6.7; 95% CI, 6.5-6.9; $P < .001$), less mean back-related disability (14.9; 95% CI, 14.2-15.6 vs 16.8; 95% CI, 16.0-17.6; $P < .001$), and fewer HRQOL deficits on each measure (eg, fatigue: 57.3; 95% CI, 56.1-58.5 vs 60.4; 95% CI, 59.0-61.7; $P < .001$). All physician empathy group differences were clinically relevant, with Cohen d statistics ranging from 0.21 for pain intensity to 0.30 for back-related disability, fatigue, and pain interference. Physician empathy was associated with more favorable outcomes than non-pharmacological treatments, opioid therapy, and lumbar spine surgery.

CONCLUSIONS AND RELEVANCE In this cohort study of adult patients with chronic pain, physician empathy was associated with better outcomes over 12 months. Greater efforts to cultivate and improve physician empathy appear warranted.

JAMA Network Open. 2024;7(4):e246026. doi:10.1001/jamanetworkopen.2024.6026

[FULL ARTICLE](#)



Diabetes/Weight Loss Med Linked to Repeat Spinal Surgery

CHICAGO — The diabetes/weight loss drug semaglutide is associated with a significantly greater risk for repeat operations in patients with diabetes who require lumbar surgery, a new study suggests.

The risk for additional surgeries was even higher among patients taking the popular weight loss and diabetes drug for longer periods of time.

Investigators say the study provides the first evidence on the impact of semaglutide on spine surgery.

“The expectation was that we would see patients doing better after surgery, less wound complications, and other things, and in our diabetic patients we did not see that and saw increased odds of needing additional surgeries,” investigator Syed I. Khalid, MD, neurosurgery resident at University of Illinois Chicago, told Medscape Medical News.

The findings were presented on May 3 rd at the American Association of Neurological Surgeons (AANS) 2024 Annual Meeting.

Additional Surgery at Year 1

The new study used the all-payer Mariner database to identify patients aged 18-74 years with type 2 diabetes who underwent elective one- to three-level transforaminal lumbar interbody fusions (TLIFs) between January 2018 and October 2022.

Patients were matched in a 3:1 ratio for age, sex, hypertension, obesity, smoking history, chronic kidney disease, osteoporosis, insulin use, and spinal fusion level, resulting in 447 patients with semaglutide use and 1334 with no semaglutide use. More than half (56%) were female, 62% used insulin, and 81% underwent single-level TLIF.

Total medical complications were higher in the semaglutide group, at 13.4%, compared with 7.7% in the no-semaglutide group (odds ratio OR, 1.85). This was driven by higher rates of urinary tract infection (6.7% vs 2.5%) and acute kidney injury (6.3% vs 3.9%), two complications observed with semaglutide in other studies, Khalid said.

Total surgical complications, however, were lower in patients taking semaglutide, at 3.8% vs 5.2% in those who did not (OR, 0.73).

Patients taking semaglutide vs those who were not using semaglutide had fewer wound healing complications (5 vs 31), hematoma (1 vs 9), surgical-site infections (12 vs 44), and cerebrospinal fluid leaks (2 vs 3).

Still, people taking semaglutide were nearly 12 times more likely to have an additional lumbar surgery at 1 year than did those who did not use the drug (27.3% vs 3.1%; OR, 11.79; 95% CI, 8.17-17.33).

Kaplan-Meier plots revealed a striking divergence of these populations when semaglutide exposure for more than or less than 9 months was examined (log-rank $P < .0001$).

Currently under review for publication, this study provides the first evidence on the impact of semaglutide on spine surgery, Khalid said. A second follow-up paper, also under review, looked only at patients with patients morbidly obesity without

[FULL ARTICLE](#)

NYSCA 2024 Board of Directors Elections Results

The New York State Chiropractic Association is proud to announce the results of our May 2024 elections.

NYSCA Elections afford our membership the opportunity to direct the future of the profession in New York State by nominating and electing representatives from across the state to the NYSCA Board of Directors.

The NYSCA is governed by a democratically elected Board of Directors and House of Delegates. All governing officials are licensed Chiropractors who volunteer their time and efforts and pay full membership dues. Many of these officials also serve on committees, often more than one, which are tasked with specific projects as needs arise.

Director positions in Region 2 (Long Island) and Region 4 (Western NY) were up for election in 2024.

This was an uncontested election in NYSCA Region 2.

This occurs when the number of open leadership positions equals or exceeds the number of campaigning candidates. In an uncontested election, the individuals running for office are elected by a single ballot cast by the current Secretary of the NYSCA.

This was a contested election in NYSCA Region 4.

This occurs when the number of campaigning candidates exceeds the number of open leadership positions. Individuals who were eligible to vote in this year's NYSCA Region 4 elections received an email with instructions on how to submit their vote in the election. The election period ran from 12:00pm May 1, 2024 to 11:59pm May 15, 2024.

The results are in, and the following individuals have been elected to serve on the Board of Directors:

- Joseph Merckling DC – Region 2
- Bruce Silber DC – Region 2
- Robin Stein DC – Region 2
- William Lauretti DC – Region 4
- Allison Fleming DC – Region 4
- Bethany Buryta DC – Region 4

These will be joining our current Board of Directors incumbents:

- Christine Antoldi DC – Region 1
- Joseph Campisi DC – Region 1
- Mariangela Penna DC – Region 1
- Robert DeSantis DC – Region 3
- Robert Martin DC – Region 3
- Michael O'Leary DC – Region 3

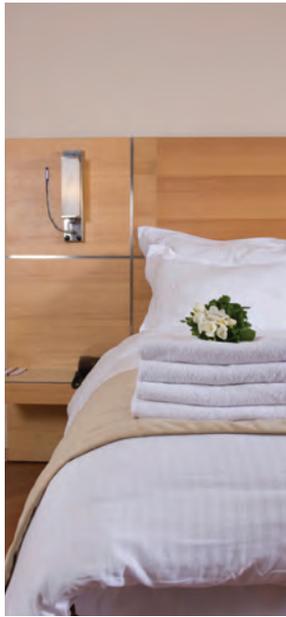
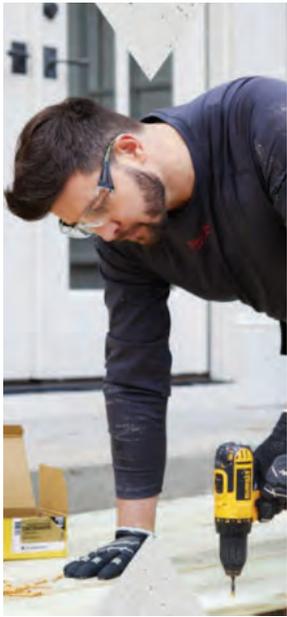
Additionally, James Walters DC will continue to serve as the ACA Affiliate to the Board of Directors.

The Board of Directors works along-side the NYSCA Officers, who are:

- Anthony Palumbo DC – President
- Chris Piering DC – Vice President
- Gerald Stevens DC – Treasurer
- Lloyd Kupferman DC – Recording Secretary
- Amorette Smith DC MS – Communications Secretary
- Jason Brown DC – Immediate Past President

The NYSCA thanks all the candidates that participated in this year's election and sends its congratulations to the nominees selected. The terms of office of the newly elected board members will take effect as of June 1, 2024 and each will serve a two-year term.

To learn more about the NYSCA Election process, visit www.nysca.com/elections.



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NEW YORK CHIROPRACTIC POLITICAL ACTION COMMITTEE

The New York Chiropractic Political Action Committee (NYCPAC) is designed to help elect state legislators who are supportive of Chiropractic issues and positions. Please take a minute to get involved and see what the NYCPAC is focused on accomplishing--Visit NYCPAC.net.

Organized medicine, managed care organizations, and other anti-Chiropractic forces continue to spend hundreds of thousands of dollars each year to elect candidates that do not understand or value the Chiropractic Profession and the research and truths about the efficacy of Chiropractic care.

In order to help fight and educate these outside forces, we need you to please become part of our grassroots advocacy team. All New York Chiropractors, united together, CAN position our Profession to continue to be a viable livelihood and promote the wellbeing of our patients. Please, become part of the solution! We have designed a process to make it easy to donate to the NYCPAC. Don't overlook ANY contribution to the PAC, but please support at the highest level you can. NYCPAC can accept "one time" donations from you or can conveniently set up an **automatic monthly contribution** from your credit or debit card.

We need your support to ensure that we can truly be effective. Stand behind your Profession and **CONTRIBUTE TODAY!**

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Please note: Voluntary contributions by individuals are subject to a contribution limit of \$150,000 during a calendar year to all sources and \$84,400 to a political action committee. The annual donation limit for a corporation is \$5,000 in a calendar year to all sources. Each affiliated or subsidiary corporation, if a separate legal entity, has its own contribution limit. For more information on contribution limits in New York, please visit the New York State Board of Elections website at <http://www.elections.ny.gov>.

Contributions to the NYCPAC are not tax deductible for state or federal tax purposes. The Federal Election Commission (FEC) prohibits contributions from individuals who are not citizens or permanent residents of the US. Contributions by one person in the name of another person are prohibited. PAC contributions are also not reimbursable by an employer or any other entity.

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acatoday.org

★ Foundation for Chiropractic Progress

Contact: 866-901-F4CP
f4cp.org

★ Northeast College of Health Sciences

Contact: 800-234-6922
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Membership Has Privileges

...and one of them is the self-respect a doctor feels, knowing that they are a part of something bigger than themselves, supporting their livelihood with collective energy and pooled resources.

* New members are defined as DCs who have not been NYSCA members within the preceding 12 month period. The recruiting member's information must be included on the new member application. Only one member can receive the credit for recruiting a new member. Recruiting incentive is not valid for students, retired/disabled, affiliate, or associate applications. Eligibility subject to verification; Subsequent year's dues payable at usual rate. New member discount offer is not valid for retired/disabled, affiliate, or associate members and may not be combined with other membership discounts.

What is the NYSCA?

The New York State Chiropractic Association is a statewide professional Chiropractic Association, comprised entirely of your peers and colleagues. We have joined together in the promotion, advancement, and defense of Chiropractic. In conjunction with our full time lobbyist, the NYSCA monitors all legislation that affects our profession while working to protect and expand practice rights.

Why Should All New York DCs Be NYSCA Members?

"NYSCA membership provides Chiropractors in New York State an unparalleled opportunity to advance their profession, by adding their voice of the unified defense of practice rights, scope of practice and a rightful place among mainstream Health Care."—Jack Beige, DC, Esq., NYSCA Past President

If YOU don't support your profession, who will?

For questions regarding this program, please contact the NYSCA Administrative Office at (518) 785-6346 or a member of the NYSCA Membership Committee.

Growth is never by mere chance; it is the result of forces working together

—James Cash Penney



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NYSCA Member Privileges

Membership with the NYSCA also makes you eligible for members-only savings from a variety of businesses through the NYSCA Member Privileges Program. Have you taken advantage of the privileges NYSCA membership offers? Here are some of the opportunities open to you:



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Take full advantage of your NYSCA Member Benefits

Membership with the NYSCA makes you a part of the largest community of practicing Doctors of Chiropractic in New York State. This affords you an unparalleled opportunity for camaraderie with colleagues in your local area, to share with them in the trials and triumphs of day to day practice.

There are many ways for you to increase your benefit of being a NYSCA member:

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- Participate in the annual NYSCA [elections](#)
- Receive [assistance](#) from NYSCA's full-time administrative staff with routine questions - or for more detailed assistance, contact NYSCA committee chairpersons, who are practicing doctors of chiropractic with expertise in the area of their committee

View all current NYSCA Member Benefits and Privileges

Be sure to keep your NYSCA membership and dues current so that you can continue to enjoy these Member Benefits and Privileges. As always, please feel free to continue to support your local vendors. If you are not yet a member, **join today** and start taking advantage of these special programs!

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New York State Chiropractic Association

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Last Name:	First Name:	MI:	<input type="checkbox"/> M <input type="checkbox"/> F <input type="checkbox"/> NB
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Office Phone:	Office Fax:	Email:	
Referred to NYSCA by:		All fields required unless otherwise specified.	

License Information

NY Chiropractic License Number:	Date of Issuance: (MM/DD/YYYY):
Other State Chiropractic License(s):	

Education Information

Chiropractic College:	Degree(s):
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Personal Information

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

Membership Categories

Dues

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<input type="checkbox"/> 2 nd Year Licentiate – up to 3 years from date of NY licensure	\$240 or \$20/month
<input type="checkbox"/> 3 rd Year Licentiate – up to 4 years from date of NY licensure	\$360 or \$30/month
<input type="checkbox"/> 4 th Year Licentiate – up to 5 years from date of NY licensure	\$480 or \$40/month
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Associate Membership – Name of sponsoring NYSCA Member: _____

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Affiliate Membership[†] – must be licensed to practice chiropractic in New York

<input type="checkbox"/> a full-time staff member in residence at a chiropractic or other accredited university, college, school, or institution; or <input type="checkbox"/> a full-time employee of any recognized governmental agency; or <input type="checkbox"/> a member of the Armed Forces of the United States on active duty; or <input type="checkbox"/> is not in active chiropractic practice AND is employed full-time as supplier/vendor of chiropractic products and services, or other practice equipment, in service to members of the chiropractic professional field; or <input type="checkbox"/> practicing exclusively in a state or jurisdiction other than New York State	\$60
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[†]out-of-state affiliate members may neither vote in NYSCA elections nor hold office

* Auto-Renewal (Monthly debit from credit card)

Cardholder understands and agrees that by opting into automatic billing his/her card will be charged on a monthly basis and will automatically renew on membership anniversary date. Renewal will be at current membership type associated with account. Monthly membership is not eligible for cancellation for the first 12 months of membership

Payment Information

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Check here if you do **NOT** want 7% of your dues monies earmarked for NYCPAC. Refusal to contribute will not affect your membership rights.

I fully understand and agree that upon acceptance of my application, I shall abide by the certificate of incorporation of the NYSCA, its Bylaws, Canon of Ethics, all rules and regulations adopted by the Board of Directors and House of Delegates, and the laws of the State of New York, the Board of Regents, and the State Education Department. I further understand that the NYSCA regularly communicates with its members by electronic means and therefore permit NYSCA to send me communications and advertisements (regarding upcoming events, etc.) via fax/email.

Signature:

For Office Use Only	Date Received:
	District Assigned:



New Practitioner Resources

**Congratulations! You've received your license to practice chiropractic!
What are you going to do next?**

To help you through the ins-and-outs of establishing your practice, the NYSCA has dedicated a specific area of our website to new chiropractic practitioners in New York State! This area provides assistance on setting up your own practice with helpful links, such as the informational brochure "Road to Practice," practice management forms, outcome assessment tools, a Practice Management Resource Booklet, and more!

[Visit the New Practitioners page on the NYSCA website](#)

New Practitioner Mentor Program

Aligning yourself with a professional association early in your career is a wise decision and we are honored that you have chosen the NYSCA. As a new practitioner, you are faced with new challenges and responsibilities. The NYSCA is here to help, and we encourage you to take full advantage of the benefits of being an Association member.

One of the benefits of being a member of the NYSCA for new practitioners is eligibility to apply for one-on-one assistance from a seasoned chiropractor near you through the **New Practitioner Mentor Program**. The Mentor program is offered to assist new members during their first three years of practice.

Through participation in this program, mentees will gain an enhanced understanding of chiropractic practice in the region of New York where they hope to practice to enhance their success. Mentors offer advice pertaining to but not limited to chiropractic office procedures, understanding the local business climate, interpersonal, patient management, and related issues inherent to successful practice.

The goal of this program is to give our members the opportunity to:

- Gain exposure to the business community
- Learn about and discuss specific practice paths
- Develop and cultivate a business network
- Understand the relevance of their continuing education
- See what tasks and issues doctors really face in New York
- Discuss attributes and experiences doctors are truly looking for in potential associates

Learn more about this program and apply to participate online using the following link:

[Submit your Mentee Application to be paired with a Mentor](#)

Would you instead like to BE a mentor to a newly licensed colleague? Use the link above to submit your Mentor Application.

Thank you for your continued support of NYSCA. If you have any questions, please feel free to send me an email.

Gerald L. Stevens DC, MS, MPH, NYSCA
Mentor Program Coordinator | gstevens@northeastcollege.edu



ChiroCode Reference Manuals

Exclusive Savings: NYSCA Members receive 20% off MSRP!



Complete & Easy HIPAA Compliance

Find-A-Code's Complete & Easy HIPAA Compliance - 4th Edition (updated 2017) is a simple and practical guide containing all you need to implement and maintain a compliance program for HIPAA, HITECH, and the Omnibus 2013 Final Rule components. This book is a must for every covered entity, business associate, or compliance officer.

ChiroCode DeskBook for 2024

The ChiroCode DeskBook is your comprehensive go-to chiropractic reimbursement manual for the support you need to get paid properly and keep it. This comprehensive resource includes chapters on Insurance Reimbursement and Claims, Medicare, Compliance, Documentation, Diagnosis Codes (ICD-10-CM), Procedure Codes (CPT®), and Supply Codes (HCPCS).



ICD-10 NOTE: Not all ICD-10-CM codes are included in this publication. The ICD-10-CM Coding for Chiropractic contains more about diagnostic coding and includes a more comprehensive list of applicable codes for the chiropractic office and the instructional notations and guidelines to use them properly.

ICD-10-CM Coding for Chiropractic for 2024

The ICD-10-CM Coding for Chiropractic is your comprehensive resource to understanding and using the ICD-10-CM codes you see on a day-to-day basis. In addition to a chiropractic specific Alphabetic Index and Tabular List, this book also includes:

- A selection of Provider Documentation Guides – an exclusive clinical documentation improvement tool for ensuring highest specificity code reporting
- Large, easy to read font and custom-shortened code descriptions
- Chiropractic specific overview – learn the structure of ICD-10-CM with specific examples
- Abridged official guidelines – just the information chiropractors need to know



Chiropractic Diagnosis & Documentation Cards for 2024

These cards will help you to quickly and easily view the top diagnosis codes and diagnostic tests, sample documentation, coding considerations, CPT crosswalks, and code-linked anatomic images.

These cards are full color, printed on PolyPrint durable material with helpful anatomic images.



Chiropractic ICD-10-CM Cheat Sheet for 2024

This clean and simple Cheat Sheet is designed for chiropractors to use in conjunction with the ICD-10-CM Coding for Chiropractic book.

It lists about 75 of the most common conditions chiropractors treat, but many of the codes are hyphenated because there are so many options.

Please note: Products for next year will become available on or about 09/30 of the current year. Orders for such products prior to 9/30 will be considered pre-orders. These items will be charged immediately, and the pre-ordered items will be shipped once they become available.

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#	Description	Member	Non-Member
	HIPAA Compliance 4th Edition	\$149.00*	\$169.00*
	ChiroCode DeskBook	\$139.00*	\$159.00*
	ICD-10 Coding for Chiropractic	\$ 119.00*	\$149.00*
	Diagnosis & Documentation Cards	\$ 99.00*	\$ 109.00*
	Chiro ICD-10-CM Cheat Sheet	\$ 39.00*	\$ 59.00*

*Includes shipping.

Non-Refundable Items - All sales for the Chiropractic ICD-10-CM Cheat Sheet and the Chiropractic Diagnosis & Documentation Cards are final. No refunds or returns are available on these products

Associate Wanted

Queens, NY - Part-Time or Full-Time, Monday to Saturday. You will work closely with our lead DC to perform adjustments and deliver tailored patient care during a monthlong trial period to ensure the right fit for both parties. The role requires strong adjustment skills and effective communication to deliver exceptional patient care in a dynamic setting. A minimum of 5 years of hands-on chiropractic experience in a fast-paced healthcare setting is required. See more details at nysca.com/classifieds. If you're a skilled chiropractor passionate about delivering top-notch care, we'd love to hear from you. Send your resume and a personalized cover letter to realignspineNYC@gmail.com

Associate Wanted

Albany, NY - Seeking an Associate DC to join our integrated team of chiropractors, massage therapists and physical therapist in Albany, NY. The ideal candidate will have a willingness to learn and grow as a DC. You must have strong communication skills and strong manual adjusting skills. Additional skills or certifications in CCSP, Rocktape, Cupping or Myofascial Release are a plus but not required. The teammate we are looking for should be passionate about quality patient care, have a positive attitude and be a team player. Possibility for long term practice partnership or ownership. Compensation and benefits based on prior experience and productivity. Email resume to doctorleis@aol.com

Associate Wanted

Lynbrook NY (Nassau County) - Full time associate wanted with D.C and Physical therapy licenses. Call dr. Luecken at 516 728-7720

Associate Wanted

Ithaca NY - Associate needed to eventually take over this great Activator practice just outside Ithaca, NY. Great hunting, fishing, boating, skiing, hiking. Close to Cornell University and Ithaca College. Dr needs to retire soon. Contact lcodc@aol.com

Associate Wanted

Brooklyn NY - Seeking a licensed D.C. to associate with our busy Brooklyn practice. Days are Monday, Wednesday and Friday with the possibility of additional days. There is also the possibility of establishing your own practice in addition to working with ours. This is a neighborhood practice that is completely diversified in the types of patients and cases we treat. There is a medical doctor and physical therapists on the premises that we work with which makes for great patient care. If you are energetic, have great diagnostic and communication skills we would like very much to speak with you. Please contact Dr. Gottlieb via text or call at 516-356-4396

Associate Wanted

Greater Richmond VA - Subluxation based Chiropractor to join our low pressure, steadily growing practice. Must have well rounded adjustment technique skills, including Full Spine Diversified, Activator, Drop, Myofascial work, Plus good hands and good instincts.

Easy going personality for a community based self-pay practice. Fair starting salary during initial ramp up period with potential for \$100K plus, Malpractice Ins, 50% of Health Insurance included. 5-day work week. Send CV to Chiroacumen@gmail.com

Office Space for Rent

Manhattan NY - Looking for the ideal location to expand your chiropractic or physical therapy practice? Look no further! This expansive office space, conveniently located just a stone's throw from Grand Central, is tailor-made for your professional needs. Situated among respected medical practices, this space offers the perfect environment for your practice to thrive. Fully equipped and tastefully decorated, it ensures a warm and inviting atmosphere for both practitioners and patients alike. Key Features: * Prime proximity to Grand Central and neighboring doctor offices * Fully equipped and tastefully decorated * Ideal for chiropractic and physical therapy services * Professional and inviting setting. Don't miss out on the opportunity to elevate your clinic in this prestigious location. Schedule a viewing today and see how this space can benefit your practice! Contact us now to arrange a visit: dr.casanova@iknowmychiro.com

Office Space for Rent

Manhattan NY - Space has opened up! Three treatment rooms plus waiting area, reception and private bathroom available full days Mondays and Thursdays in Midtown West next to Carnegie Hall and close to all transportation. Prewar building with doorman and separate entrance for doctor's offices, our space is a great place to practice and thrive! Rooms fully equipped with Leander tables, instrument adjusting and thermography scan. This space is great for new start up doctor or satellite office. Call or text 201-410-2582 for details and particulars.

Office Space for Rent

Manhattan NY - Large room with drop table, desk and chairs in the midtown south area of New York City. This is a quiet office with a street entrance one block from the #6 subway station. There is also shared therapy room with IR, US and estim. There is a comfortable waiting area and bathroom. Existing practitioner, after 40 years of practice is downsizing and no longer needs the extra space. Contact sbschram@gmail.com

Office Space for Rent

Bayside, NY, 3 treatment rooms, fully furnished, newly painted, ground floor, 2 parking spaces in front of our business. Acupuncture office for rent Tue/wed/Sun. Large reception area facing the street with lots of daylight. Great for chiropractor. \$1600.00 per month, utilities included. Must carry liability insurance. Long term lease possible. Email: Acupuncture212@gmail.com or Text: 718-683-2312

Office Space for Rent

Manhattan NY - Office space available in modern 1400 sq. ft. in luxury professional building east of Madison Ave. Convenient to N,

R,Q,4,5,@ 6 train. Office comes equipped with Digital X-Ray and Lloyd table, in office bathroom, spacious reception area with windows high up on the 17th floor. Fully attended lobby until 9:00 p.m. Daily and weekly, but only FULL days. The space is move in ready, fully decorated and carpeted. Contact drbland@drronaldbland.com

Practice for Sale

Berkshires, MA - Have you ever dreamed of having a low stress cash practice in a beautiful mountain town, being able to ski at not one, but two different ski slopes, or hear world class musicians play in a gorgeous outdoor venue just minutes from your home in The Berkshires (MA)? I am ready to retire and have over 30 years worth of files and good will, that could springboard you to the life you've always wanted. I am very open to a transition and mentoring period as needed. Call me and let's talk. Cell phone: 413-854-1228 Email: lbbrownstein@yahoo.com

Practice for Sale

Central Park West, NY, NY - Cash practice Established 40 years with original 212 business phone number. Located in Prime Central Park West Manhattan location. Steady office visits and new patient flow. 90% referrals. Varied techniques include Diversified, CMT, Fascial Manipulation, Graston, ART, Stretching, Therapeutic Exercises, Heat, Cryotherapy and Kinesio Taping. Local pediatrician (also cash practice) loves sending kids over for ear and sinus drainage work as well as musculoskeletal injuries. The parents and siblings often become patients as well. 1,000 Sq. Ft. office with street and paid garage parking. Gross receipts over \$ 165K/Yr. Motivated seller willing to negotiate sale price with qualified buyer. Contact greg@chiroequity.com, 908-419-7510.

Practice for Sale

Queens N.Y. - Located on heavily traveled boulevard, mass transit nearby. Dr. retiring after 35 years of practice, 25 years at current location, will stay on as needed for transition. I work 3 and 1/2 days per week with room for expansion. Patient list, adjusting tables, x-ray equipment, pt tables, pt equipment, office equipment including Eclipse billing software program. Needs energetic new practitioner. Approximately 70% insurance including (No-fault and Workers' compensation). Office assistant/manager with knowledge of collections available. Priced below market for turnkey practice. Doug S. Greenspan, D.C. Cell 516-263-7205 E-mail: drdouggreenspan@verizon.net

Practice for Sale

Buffalo NY - Own your office building and ESTABLISHED practice gross receipts: \$600k. Associates in place. Total 'turn key.' All management systems in place. Great location with high visibility. Four private treatments rooms, one semi private, large reception area, digital x-ray, spinal decompression table, staff office with multiple work stations. Handicap access with ample parking. See more details at nysca.com/classifieds. Contact via email: practiceforsaleBuffaloNY@gmail.com

Continued on page 25

CLASSIFIEDS CONT.

Practice for Sale

MELVILLE, NY - 37 year successful practice collecting \$397,768.00. Net cash flow [after add backs] \$223,109.00. 3,654 total visits. DC only works 3.5 days weekly. Equipped. All management systems in place - total 'turn-key'. Ideal location (street level signage - busy route 110) within central Long Island, accessible to the northern state parkway & the Long Island expressway. This is a low overhead - low stress - enjoyable practice!! DC retiring. DC & office manager (Spouse) will to stay to make transition smooth.~ perfect for the next DC to step in and 'grow practice with little effort!' Financial available OAC. Will sacrifice for 110k!! Contact dr.cancellieri@gmail.com

Practice for Sale

Ferndale, NY - Super successful 31 year practice located in Ferndale, NY a part of beautiful Sullivan County. Known for being a popular vacation spot, outdoor activities and the arts. Gross receipts exceed \$600K/yr and techniques include Diversified, SOT, Flexion/Distracton and ART. Steady base of existing patients and high new patient volume. Doctor ready to retire and transition practice to a vital, energetic and motivated buyer seeking immediate success. Contact greg@chiroequity.com, 908-419-7510

Practice for Sale

NYC - Midtown East - Amazing opportunity to take over a well established MD/PT/DC practice and OWN the property. This office and practice has enjoyed the reputation for providing quality, integrated health care services in this community for almost 45 years. Zoned for "Professional and Residential use, so property can be used as a 'pied a terre' "home /office opportunity. 1450 SQFT office with several multi-discipline treatment areas. Perfect functional layout, for multiple providers. Variety of new technologies and top-of-the-line equipment available, Walking distance from Grand Central and United Nations building, on a beautiful tree line block, between busy, corporate 3rd Ave, the upscale residential community of "Turtle Bay" which is an upscale, affluent, and presently booming, millennial scene! See more details at nysca.com/classifieds.

Practice for Sale

Cicero, NY. Looking for compassionate caring doctor to take over practice. Practice primed for huge growth if desired. Doctor currently seeing patients only 2-1/2 days per week. Collections ~ \$270K. Very low overhead. Techniques include Diversified and Activator. Three treatment rooms, a private office, and reception area with capacity for eight. Clinic enjoys easy access, plenty of windows, abundant parking spaces in a highly visible business complex in a thriving growing community. EHR already in place for ease of use. Dr. willing to stay on during transition if desired. Priced to sell at just \$245K. Open to owner financing. Contact cicerochiropractic@msn.com

Practice for Sale

Jamestown, NY area, PRACTICE FOR SALE. I'm relocating for family. Super low overhead, low stress, patient centered, open 4 days/

week. I took over in 2004, prior doc was here over 20 years. Great starter practice. Running ChiroFusion software. Priced to sell. Primary goal to get established base covered. Plan to help with transition and be available in consult thereafter as needed. About 70% insurance (no WC or NF in several years). Currently rent space from another DC (practices are separate). Please DM Scott San Angelo, DC at 716/969-6146 or email drsanangelo@gmail.com and we can set up a call.

Practice for Sale

Lansing, NY - 40 year old Activator practice for sale in the heart of the Finger lakes just outside Ithaca, NY home to Cornell University and Ithaca College and 40 minutes from NE College of Health Sciences. Great fishing, hunting, hiking, skiing. Dr needs to retire due to health reasons. Practice is ready to go. Just step in. Priced well below market. email lcodc@aol.com

Equipment for Sale

Accord NY - Titan 5E Manual Flexion Distraction Table with motorized lift \$2000, Chattanooga LV-110 Low Volt Galvanic stim unit \$200, Mettler 730 Ultrasound with large and small heads \$200. Must sell by 5/31/24. Please call or text Martin Lupowitz, DC, (845) 532-7312

Miscellaneous

Seeking Faculty Member- Clinical Sciences (Pinellas Park, FL) Qualifications: Required - *Appropriate Master's or doctorate degree for respective field of instruction, *Appropriate first professional degree or technical certificate for clinical classes and clinic, *Supervision, *Evidence of annual CEU credits being taken via annual submission of an updated CV. Preferred: *Experience in higher education teaching, *Evidence of a commitment to continuing education, *Three years of teaching or chiropractic practice experience, *Service to the community, *Participation in professional organizations. Learn more at nysca.com/classifieds. Application materials should include Curriculum Vitae, cover letter, license, unofficial transcripts, and three letters of recommendation to awozniak@nuhs.edu

[Submit your classified ad](#)

Additional out-of-state associate positions and practices for sale listed online at NYSCA.com

[View all current classified ads](#)

Would you like to contribute to our next statewide newsletter?

On The Agenda

September 2024 Edition



We're aiming for a publication date of September 6th and we are wondering if you have any recent articles or blogs that you might be willing to lend to this next newsletter. Of course, if you have more than one that you would like to submit, we can always consider them for use in subsequent publications.

We are interested in anything that advances knowledge in the profession. (Please, no advertorials.) Our members are hungry for information that they can use in day to day practice as well as anything that can enhance clinical skill and proficiency.

The deadline for article submissions is August 15th. Please also be sure to include any attribution information you wish us to include for your article.

Send articles to:
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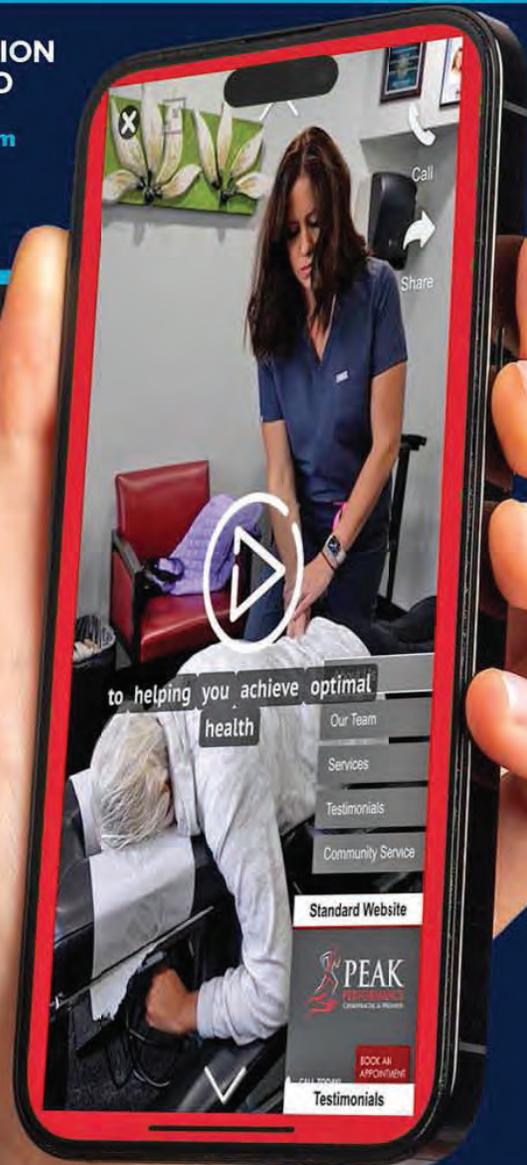
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Use of Online Tracking Technologies by HIPAA Covered Entities and Business Associates

On March 18, 2024, OCR updated this guidance to increase clarity for regulated entities and the public.

The Office for Civil Rights (OCR) at the U.S. Department of Health and Human Services (HHS) is issuing this Bulletin to highlight the obligations of Health Insurance Portability and Accountability Act of 1996 (HIPAA) covered entities¹ and business associates² ("regulated entities") under the HIPAA Privacy, Security, and Breach Notification Rules ("HIPAA Rules") when using online tracking technologies ("tracking technologies").³ OCR administers and enforces the HIPAA Rules, including by investigating breach reports and complaints about regulated entities' noncompliance with the HIPAA Rules. A regulated entity's failure to comply with the HIPAA Rules may result in a civil money penalty.⁴

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