



ACA Council on
Chiropractic Pediatrics
Helping chiropractors guide today's children toward a healthier tomorrow!
Volume 1, Issue 2

The Latest Happenings at the Pediatrics Council

A lot has happened at the Pediatrics Council since our last newsletter. To begin, I'm very happy to announce that we now have a full board of officers. Dr. Surah Hirsch has signed on as Treasurer and Dr. Amy Watson has taken over as Secretary. In addition, Dr. Arah McLaughlin has stepped up to be our Newsletter Editor. I'm very grateful to have their help and thrilled to be able to work with such wonderful and capable doctors! I hope you have the pleasure of meeting them all soon.

Speaking of getting together, plans for our Annual Symposium are well underway. For those who haven't yet heard, this year we're presenting our annual symposium in conjunction with both the ACA Sports Council and the Oregon Athletic Trainers Society. The 2007 Sports & Pediatrics Symposium will be in beautiful Portland, Oregon August 3rd-5th on the world-famous Nike Campus. We have an amazing line-up of speakers who are all experts

in their fields ready to bring you the latest developments in the treatment and management of children and young athletes. In addition, registration includes a luncheon for all pediatric track attendees, during which time we can all meet, network and plan what we'd like to see the Council accomplish in the coming year.

Speaking of accomplishments, our Council had a big one at the HOD meeting in Washington, DC in March. At that meeting, the ACA formally ratified our bylaws amendment recognizing the International College of Chiropractic Pediatrics (ICCP) as the sole certification board in chiropractic pediatrics for the ACA. So, for all of you who have been waiting to pursue an ACA-recognized diplomate in pediatrics, the time is now. For more information on obtaining such a diplomate degree, visit the ICCP's website at www.chiropedscollege.com.

Speaking of websites, we are proud to announce the launching of our new Council website at www.acapedscouncil.org. Our Secretary/Webmaster has been hard at work to make the site both beautiful and informative. Visit the website for more information about the Council, our upcoming Symposium (including full brochure and registration form), and more.

I hope you all can make plans to visit Portland this summer to attend our Symposium, where I look forward to meeting all of you in person. Until then, be well and keep helping those children!

Your President,
Elise G. Hewitt, DC, CST,
DICCP



Notes From the President

Council Officers:

President:

Elise Hewitt, DC, CST, DICCP
2031 E. Burnside Street
Portland, OR 97214
(503) 224-2100
drelise@portlandchiropracticgroup.com

Vice President

Elliot Grusky, DC
11400 N. Kendall Dr.
Miami, FL 33176
(305)598-2005
erniegt@aol.com

Secretary

Amy Watson, DC
5509 NE 30th Ave
Portland, OR 97211
(503) 282-1118
amy@mamababychiro.com

Treasurer

Surah Hirsch, DC
2625 SE Hawthorne Street
Portland, OR 97214
(503) 238-9788
drshirsch@aol.com

Member Profile—

J. Michael Flynn, D.C., SACA advisor

By Arah McLaughlin, DC

Dr. Flynn is no stranger to chiropractic; you could say it was in his destiny to become one of our leaders in the profession. His first adjustment, as a small child, was by Dr. B.J. Palmer himself while his father was a student at Palmer. Following in the footsteps of his father, he is a second generation DC with three partners, three associates and a staff of 17 in South Louisiana. His practice was established by his father 53 years ago and it was the inspiration of mentors like his father and his pioneer colleagues that made Dr. Flynn realize the importance of giving back to the community and profession. In an environment where DC's were not allowed to join the local chamber of commerce, prior to licensure, he became the president of his local chamber. With the ACA, he was the state delegate for 6 years and then was elected to the Board of Governors for six years, two as chairman of the board.

I was able to ask Dr. J. Michael Flynn a few questions.

What do you do as the SACA advisor and how long have you held this position?

MF: When my term was over in ACA leadership, I was asked to follow Dr. Keith Overland of Connecticut, who was elected to the BOG as SACA advisor. Keith did an excellent job in his six years as advisor getting SACA organized, functional, and active. This is the fourth year that I have served in this capacity. I also serve the ACA as one of three delegates to the World Federation of Chiropractic that represents 80 countries and as the representative from the ACA to the Foundation for Chiropractic Progress established by Kent Greenawalt.

Are you actively practicing as a chiropractor? Do you specialize in any particular field?

MF: I am now beginning my 33rd year in practice and I currently work three days a week (T, W, TH) and you might call it full spectrum from infants to our senior citizens. I have always had a pediatric practice and it is rewarding to see children who I cared for now bringing in their children.

Why did you take on the role of SACA advisor?

MF: The opportunity to mentor and interact with very engaging and talented student leaders from around the country is a special experience that keeps me sensitive to professional issues from a student viewpoint. SACA has over six thousand members and I share their challenges, their hope and aspirations.

What do you feel is the role of chiropractic pediatrics?

MF: Soon after graduation, and the father of three children, I felt compelled to sharpen my clinical skills in the care of my children and pediatric patients. In the late 70's, I heard that Dr. Larry Webster of Georgia was among the most knowledgeable in this specialty and invited him to Louisiana for a weekend. Fortunately, he accepted and with a couple of like-minded friends we picked his brains for two days and nights. I have taken several other excellent courses over the years in chiropractic pediatric care. Children, in all of their developmental stages, can benefit greatly from chiropractic care. There should be no argument that children in our society are over-medicated and too often malnourished and overweight. The postural problems associated with backpacks are real. I have witnessed this acceleration and it is disturbing. Teaching parents how vital the immune system is to their child's health and well-being, focusing on the relationship of structure to function with advice on exercise and nutrition makes a difference in lives for generations.

What would be your advice to members of the ACA and ACA Council on Chiropractic Pediatrics?

MF: The ACA and the leaders of the ACA Pediatrics Council are to be commended for finally getting this specialty firmly established and credentialed. Recognition of past ACA president Daryl Wills, ACA Minnesota delegate Howie Fidler and the first council officers Lisa Olszewski and Mike Perusich deserve mention. Among others, they had the vision to get this accomplished and I expect the ACA Pediatrics Council to be an overwhelming success.

"Children, in all of their developmental stages can benefit greatly from chiropractic care."

Dr. J. Michael Flynn

PEDIATRIC GAIT ABNORMALITIES: CONGENITAL OR FUNCTIONAL?

Randy L. Hewitt, DC

Certified Chiropractic Sports Physician

As children of various ages toddle or walk into your office, you may, with a discerning eye, see a hint of trouble. Was that an altered gait? Perhaps you saw some in-toeing or toe walking. By spending just a minute or two, you may be the best doctor in town to solve the puzzle of congenital or functional gait alteration.

Pediatric gait discrepancies should fall into one of three categories - a silly habit, a congenital anomaly, or a functional condition. Gait discrepancies or lower extremity postures can include in-toeing or out-toeing, pronation, genu valgum or varum, toe-walking and others. Some of these are silly habits (the younger, the sillier), but some indicate trouble.

Congenital anomalies are trouble of the worst kind because the child often has very few options for resolution. The child may have bending or torsion of the femur or tibia - resulting in genu valgum, in-toeing, or pronation syndrome that will exact a cost of some kind for his or her entire life. Similarly, the child may have a spastic triceps surae or talipes equinovarus that will require neurological or surgical intervention.

As a rule, congenital conditions are rigid, inflexible, and unchanging - they don't exacerbate or ameliorate over time. They simply don't palpate the way healthy structures palpate. As a DC, you only have a few options here: 1) educate the parents (and patient) about the condition, 2) treat the adjunctive areas of the body to help create harmony, and 3) refer for specialty consult and management.

Everyone is much happier, however, when you can look at an internally rotated hip or an out-toeing gait in a toddler or teen and offer a solution. Functional problems like restricted joints, tight muscles, and dyscoordinated movements can be simply overlooked or mistaken for congenital anomalies by other professionals who don't have your training or insight. With a little practice, you can learn to palpate the difference between healthfully functioning structures and those that are compromised.

As children come and go from your office, take a minute to notice how they stand and walk. You'll see aberrations; when you do, schedule time to really examine them. You'll find that most aberrations are functional - muscle and joint imbalances that you can treat. Upon doing so, you will have improved the child's quality of life. Occasionally you may be the one to discover a congenital problem, in which case you've done your part to guide your patient toward addressing it. Either way, it's a satisfying fulfillment of your chiropractic oath.

"For the things we have to learn before we can do them, we learn by doing."

Aristotle



The American Chiropractic Association's Council on Chiropractic Pediatrics (also known as the ACA Pediatrics Council) was established in 2005. Our goals are to support our members who take care of children in their chiropractic practices, and to promote the acceptance and advancement of pediatric chiropractic care. This newsletter is our way to keep you up-to-date on the latest happenings at the Council on Chiropractic Pediatrics. If you have any questions or would like to submit an article for the newsletter, just contact one of the officers or the editor of the newsletter.

Newsletter Editor

Arah McLaughlin, DC

13112 NE Halsey St

Portland, OR 97230

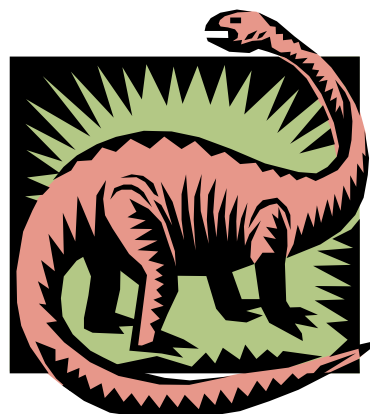
(503) 252-3952

drarah@coreelementschiropractic.com

Features to come.....

In the next issue, you can expect to see:

- Links and recent research articles regarding pediatrics and chiropractic.
- Information regarding up and coming events— **Don't forget the 2007 Sports and Pediatrics Symposium August 3-5th, at the Nike World Campus in Beaverton, Oregon.**
- Access to our newsletter on our new website:
www.acapedscouncil.org



*" Life is children and health is living life as a child"
Unknown author*