



From the President's Desk...

“Our greatest natural resource is the minds of our children.” --Walt Disney. To that I would note a healthy body is intimately related to a healthy mind. That’s why your Pediatrics Council exists – to help children live to their fullest potential by supporting children’s access to chiropractic care and providing you with the resources needed to care for these young patients.

Our 3rd Annual Pediatrics Symposium in St. Louis offered training in many areas of chiropractic pediatrics. You can read about the specifics of the symposium in the article by our VP Dr. Katie Pohlman, who was instrumental in organizing the event. In all, 12 hours of continuing education in pediatrics was offered. Our symposium was part of a larger event put on by the ACA with several other councils. As a result, attendees

could take not only pediatrics courses, but those in sports, occupational health and wellness as well. We all also had the opportunity to hear Brigadier General Becky Halstead, a strong chiropractic advocate and an inspiring speaker. Details for our 2010 Pediatrics Symposium will be released shortly. We hope you can join us this Fall!

Officer election results were announced at our annual general membership meeting held during our symposium. Re-elected to the positions of President and Vice President were Drs. Elise Hewitt and Katie Pohlman, respectively. Newly elected to the Secretary position was Dr. Julie Hartman, former national chair of SACA and currently enrolled in the DICCP program. Newly elected to the Treasurer

position was Dr. Monisa Brown, a diplomate in chiropractic pediatrics and faculty member at Palmer College. Dr. Hartman has also volunteered to assume the responsibilities of newsletter editor.

The pediatric consensus project, which included many Pediatrics Council members, was documented in an article published in the October 2009 issue of JMPT. The official citation is as follows: Hawk C, Schneider M, et al. Best practices recommendations for chiropractic care for infants, children and adolescents: results of a consensus process.

Jour Manip Physio Ther 32(8): 639-647. The entire October issue was devoted to pediatrics. As an ACA member, you can access all JMPT issues online. Here’s the link for the *Continued on page 3*

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Council Officers

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Dr. Elise Hewitt
- Vice President
Dr. Katherine Pohlman
- Secretary
Dr. Julie Hartman
- Treasurer
Dr. Monisa Holton-Brown

Spooky Good Time at 2009 Pediatric Symposium



To order a video recording of the 2009 ACA Pediatric Council Symposium please see the form on our website www.acapedscouncil.org

The third annual ACA Council on Chiropractic Pediatrics Symposium, over the Halloween 2009 weekend, was (in our modest opinion) a success. Five leading professionals on pediatric nutrition, post-partum chiropractic care, pediatric radiology, research, and pediatric adjusting together for two days of lively and provocative conversation. The participating doctors, students, and guest all came away with new contacts, new energy, and new ideas about the past, present, and future for pediatric chiropractics.

We started our Friday session with Dr. Matthew Baral, a naturpathic physician, discussing nutritional therapies and other natural treatments for common pediatric conditions to a packed

classroom. Followed by chiropractic physician, Dr. Amy Watson, who gave her experience with the rarely discussed, but highly common condition: post-partum pain syndrome. Dr. Beverly Harger, a diplomate in radiology, finished up the day with an education on pediatric radiology.

Saturday was started with scientist, Dr. Cheryl Hawk, informing the audience about the state of pediatric research. This was followed by diplomate in chiropractic pediatrics and president of our council, Dr. Elise Hewitt, demonstrating pediatric adjusting. The event was concluded with a roundtable discussion with all speakers available to answer the audience's questions.

Feedback about the symposium has been very positive. People praised the mix of speakers-both the diverse disciplines and topics. St. Louis was easy to travel to with after-hour entertainment that was easily accessible. The relatively small size of the symposium also seems ideal for maximum interaction and participation. If you are interested in obtaining a video recording of the entire 2009 symposium or certain speakers, please see the attached form. Also, look for the save the date e-mail about our 2010 symposium planned for the fall of this year.

*Vice President
Katherine Pohlman,
DC, DICCP*

Pediatric Council Bylaws Update

A change was made to the Pediatrics Council bylaws during the 2010 HOD meeting February 24th through 27th in Washington D. C.

For the purposes of improving continuity from one term to the next, officers for the

council will now serve two year terms of office instead of one.

Elections for President and Secretary will happen on even years, and elections for Vice President and Treasurer will happen on odd years.

The officers feel that this will give them the opportunity to better serve the members of the council by reducing transition times during terms and ensuring the presence of an experienced officer on the board at all times.

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pediatrics issue:
[http://www.jmptonline.org/issues/contents?issue_key=S0161-4754\(09\)X0009-6](http://www.jmptonline.org/issues/contents?issue_key=S0161-4754(09)X0009-6)

Thank you to all who have referred a colleague to our council. Let's continue to grow our council this year to give a stronger voice to the topic of pediatrics in our profession. If you know of a colleague who would like to join, membership applications

can be found on our website at www.acapedscouncil.org.

I hope you enjoy this issue of the newsletter. You can meet our new Treasurer in the Member Profile and learn how to address adolescent wrist injuries in the Sports Corner. If you have topic suggestions for future issues, please forward

your ideas to Dr. Hartman.

Congratulations for your interest in chiropractic pediatrics and for giving children a healthier start in life!

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



Sports Corner—Wrist Matters

A few days ago I started to care for an 18 year-old female gymnast new patient who recently had wrist surgery. I'm sure I'll be able to help her, but in general her story isn't so great because this young woman is going to have a lifetime of wrist trouble. As chiropractors, we need to work to change the scenario so this story doesn't keep repeating.

This national caliber gymnast pushes her body to its limits. On one hand, she's friendly, articulate, focused, muscularly chiseled, and talented; on the other hand, she's had ankle, knee, and wrist surgeries and came to me with a removable cast on her recently sprained ankle.

Her presenting complaint was painfully limited wrist extension.

Her significant examination findings included marked extensor carpi, extensor digitorum, and flexor carpi radialis muscular tension, moderately reduced wrist extension and ulnar deviation, and moderately restricted segmental mobility among essentially all of the intercarpal articulations. Additionally, radiographs revealed moderate radio-scaphoid arthritic degeneration. In plain English, her wrist is a mess.

What did I do for her? Adjusted her elbow and wrist, did pin-and-stretch massage to the above listed muscles,

and used a Vibracussor on her wrist to begin breaking up fibrosis. Soon I'll teach her some PNF routines for coordination. Three weeks from now she'll be much better and enjoy continued gymnastics – although I'm afraid the arthritis will ultimately end her career.

Your challenge, as a pediatric chiropractor is to help keep this condition from happening in your young patients. Your challenge is to learn/re-learn the palpations and actions of the antebrachium muscles and joints. Your challenge is to become adept at adjusting these joints and prescribing the course of action to help the patient recover.

When you meet these challenges, your reward is helping girls and boys like this avoid pain, surgery, and the premature ending of athletic endeavors.

Our challenge as a profession is to master the comprehensive chiropractic care of children and educate the public about the benefits we can provide. If we all do diligent work and start before too much wear-and-tear has occurred, our patients will live healthier, more fulfilling lives.

*Randy L. Hewitt,
DC, CCSP*

Clinical Spotlight

The Clinical Spotlight is a new feature we want to add to our newsletter as a way to encourage members to share the experiences they have had in their practices working with prenatal and pediatric patients. Please email your clinical spotlight to council Secretary, Dr. Julie Hartman at juliehartmandc@gmail.com. We ask that articles be no more than 500 words in length and have happened in your office within the past 12 months.

Visit our website at
www.acapedscouncil.org

Helping chiropractors guide today's children toward a healthier tomorrow!

DICCP Programs Started in Chicago and Montreal

Another group of dedicated chiropractors began the three year journey of completing the Diplomate in Clinical Chiropractic Pediatrics program in Chicago, IL last October.

The DICCP program consists of three years of classroom instruction with a written exam at the end of the first year

and a practical exam at the end of the third year. Additionally, each doctor will present a research paper on a topic of their choice.

The DICCP is the pediatric graduate training program utilized by both the ACA and the ICA. Currently the program is being offered in

Chicago and will soon begin in Montreal.

Anyone who is interested in learning more about pediatric and prenatal chiropractic is encouraged to apply...currently there are only around 200 DICCP's in the world and the demand for this specialty will continue to grow!

Member Profile—Dr. Monisa Holton-Brown, Treasurer

Elected as Treasurer at the 2009 Pediatric Symposium, Dr. Monisa Holton-Brown is the newest officer for the council.

Dr. Brown graduated from Palmer College of Chiropractic in 2001 and received her DICCP in 2008.

Currently, Dr. Brown is a faculty member at Palmer College of Chiropractic and teaches classes in addition to being a

clinician in both Davenport, IA and Moline, IL. She focuses on family care primarily, but also works with wellness patients and pediatric patients.

Dr. Brown's main responsibility as Treasurer for the Pediatric Council is managing the financial aspects of the council, including coordinating membership dues information with the ACA.

Dr. Brown's greatest accomplishment is her family. She and her husband, Louis, have been blessed with three wonderful children Olivia 5, Zachary 3, and Caleb 11 months. Dr. Brown is excited to be an officer for the Pediatric Council and looks forward to working with the rest of the council to serve the community and the rest of the profession in the best way possible.