



## Chiropractic Research Organization Formed

The National Upper Cervical Chiropractic Research Association (NUCCRA) was incorporated in Michigan as a non-profit organization on the 6th day of October, 1971, in conformity with Act 327, P.A. of 1931, as amended. The incorporators are members of the Directive Board of the National Upper Cervical Chiropractic Association, Inc. (NUCCA).

The purposes for which NUCCRA was formed are to engage in a comprehensive research program designed to establish a scientific basis for the practice of chiropractic; to establish a body of acceptable knowledge that is testable, relevant to fact, and compatible with established and accepted scientific theories; to test existing chiropractic premises, beliefs and assertions; to establish an acceptable and scientific body of knowledge regarding the subluxation, its causes and its physiological and pathological effects on the human organism; to design and develop equipment for the measurement of physical phenomena that have been observed to exist concurrently with the vertebral subluxation, and to assist chiropractic colleges, organizations and practitioners.

NUCCRA is dedicated to researching the vertebral subluxation wherever in the spinal column it can be validly demonstrated to exist. It regards all chiropractic techniques simply as tools to utilize in research. NUCCRA is designated an upper cervical organization because, at the present time, subluxations of the upper cervical spine present more research promise, produce more detriment, and cause more wide-spread effects throughout the human organism than those of subjacent areas of the spinal column. In short, the effects of the Atlas Subluxation Complex on the central nervous system and on the spinal column are more verifiable, testable, objective, and measurable.

Additionally, the upper cervical area better fulfills the NUCCRA standards set forth for the investigation of any chiropractic technique. For any chiropractic technique to meet NUCCRA research standards, it must (1) present physical proof of the existence of the misalignment factors in a vertebral subluxation; (2) physical proof of the

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## The Upper Cervical Monograph

Since the discontinuance of the official voice of the National Upper Cervical Chiropractic Association, Inc., known as NUCCA NEWS, the organization has received many requests from chiropractors and college students for old copies of the now defunct paper; there have been many requests for the organization to again publish a paper. In response to these requests, the NUCCA Directive Board on November 4, 1972, authorized the publication of a new official voice. It will be entitled THE UPPER CERVICAL MONOGRAPH.

THE MONOGRAPH will be published at intervals consistent with the progress in research being conducted by the NATIONAL UPPER CERVICAL CHIROPRACTIC RESEARCH ASSOCIATION, INC. (NUCCRA). It will contain articles of a technical nature, reports on the progress of NUCCRA research; and, in general, it will be of a more scientific nature than its predecessor, NUCCA NEWS. However, articles of general interest to the profession will be included.

NUCCA members will receive THE MONOGRAPH without charge; non-members, who desire to receive THE MONOGRAPH regularly, will pay a nominal fee sufficient to cover printing, mailing and handling costs. Copies of the first issue will be sent without charge to selected chiropractors throughout the country, Canada and abroad.

Chiropractors who wish to receive THE MONOGRAPH, and who are not members of NUCCA, are invited to fill out the subscription notice on Page 2. This offer to subscribe applies also to students enrolled in a chiropractic college. Filling out the form in no way obligates the signer; it simply allows us to prepare for up-coming issues. Single issues should not exceed fifty cents.

## Donations to NUCCRA

The Officials and Directors of the National Upper Cervical Chiropractic Research Association, Inc. (NUCCRA) wish to publicly acknowledge and thank those chiropractic doctors who have contributed to the NUCCRA research program. Tax-deductible contributions from doctors have ranged from \$1,000 dollars to \$25 dollars and, in two instances, have well exceeded \$3,000 dollars. Several have been in amounts of \$100 dollars and a few for \$500 dollars.

In addition to donating personally to NUCCRA, several doctors have greatly assisted NUCCRA research by joining in the patient-donation program; many patients have contributed to the NUCCRA research program. As the doctor-patient-donation program gains momentum, the NUCCRA patient clinic, training, and research complex comes closer to realization. The goal of raising one million dollars to finance the complex looks more achievable today than it did just a few months ago.

Doctors who desire to participate in the patient-donation program are encouraged to write NUCCRA and secure copies of the NUCCRA BOOKLET, which explains NUCCRA objectives, and to obtain copies of the tract entitled WILL THERE BE A CHIROPRACTIC TOMORROW? The latter is for display in offices for patient consumption. Pledge cards are also available for both doctors and patients.

The rapid progress of this program is important to the patient. Many patients are becoming concerned over the lack of doctors trained in NUCCA-NUCCRA methods to whom relatives and friends can be referred. In some instances patients are being refused this service because doctors are over-loaded and can accommodate no more patients. Further, many patients must travel hundreds of miles to obtain service. Some doctors are nearing retirement with no hope of replacement. It is estimated that several hundred doctors trained in NUCCA-NUCCRA methods are needed now.

Address all inquiries to NUCCRA, 221 West Second Street, Monroe, Michigan 48161.



# Editorial

The revival of interest among chiropractors in upper cervical techniques of film analysis and adjusting is gratifying. Nor is this upswing of interest confined to the chiropractor; upper cervical techniques are receiving the enthusiastic attention of an increasing number of chiropractic college students. It is to be expected that interest will continue to grow regarding upper cervical as the evidence mounts showing clearly that the upper cervical subluxation causes more damage to the central nervous system than any subjacent spinal subluxation.

The research work done by the NUCCA-NUCCRA organizations has certainly aided in increasing interest in upper cervical. Further, the scientific approach that the NUCCA-NUCCRA organizations have taken to the subluxation has apparently caught the imagination of those practitioners and students who recognize, or have been exposed to, scientific procedures; and who know the necessity of obtaining precise measurements of the physical effects of the vertebral subluxation on the body and the soundness of demonstrating the reciprocal relationships between a subluxation-cause and a subluxation-effect. In brief, they want conclusive evidence, evidence that is based on the observable, the physical, the measurable, the demonstrable; that evidence that can be tested through the senses and is verifiable.

The insistence of the NUCCA-NUCCRA organizations on a scientific attitude, on measurement, demonstration, and verification, on testing the physical phenomena observable when a subluxation exists, has resulted in greater knowledge of what a subluxation is mechanically and neurologically, what it specifically does to the central nervous system, what its physical signs are as manifested in the body, and how these signs can be measured and related reciprocally to the subluxation. These things, in turn, have lead to a sound basis for the classification of the subluxation, to predominant factor studies, and the like.

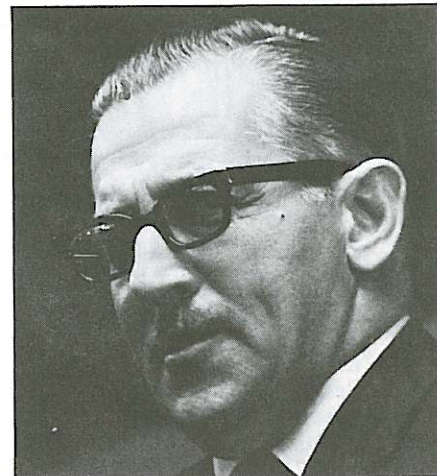
For example, in breaking down the subluxation into its component parts—an analysis into units study—and by testing the effect of each unit in any given occipital-atlanto-axial subluxation, it became clear that the detriment to the nervous system caused by this subluxa-

tion was that of tractionization, longitudinally and transversely, on the spinal cord and brain stem. Tractionization so affected the reticular formation of the central nervous system as to cause far-reaching and damaging effects throughout the entire nervous system, causing spastic contracture and an over-loading of the motor units of the spinal cord. Thus we established meaning to the nebulous term "nerve interference" and demonstrated that the subluxation is a causative factor in disturbing the neuromuscular system. Further, we placed the subluxation, as a damaging factor to the well-being of the human organism, on a basis that could not be successfully refuted by anyone, in view of the research work already done on tractionization and muscular spasticity.

It has been difficult for some of us to understand why upper cervical techniques have not progressed more rapidly in the past 40 years. Perhaps one reason is the discipline required in their practice, another may well be the lack of interest by college heads and chiropractic educators. There seems to be an apparent policy in effect that if upper cervical is ignored it will go away. This attitude seems strange when it has been repeatedly shown over the past 30 years that specific upper cervical adjusting corrects spinal subluxations, misalignments and distortions more dramatically than other systems of adjusting, as proved by post-X-rays. This fact alone should have engaged the interest of chiropractic educators who have chosen apparently to continue to teach adjusting techniques that utilize the skull as a lever in attempting correction of cervical vertebrae as well as other non-specific and mechanically inept methods.

Chiropractic adjusting techniques are numerous, yet a sound basis for justifying the use of any adjusting technique would seem to be proof of its efficacy in correcting the misalignments and distortions that are part of the vertebral subluxation. This is a traditional concept in chiropractic.

The chiropractic student entering college today has been more exposed to scientific techniques. He is inclined to be more interested in the backing evidence of a chiropractic technique than in the technique itself; more interested in the "why" than in the "how". This is a healthy situation and one to be recognized and encouraged. Doubtless it will increase as time goes on. The future of chiropractic will be considerably influenced for the better because of it. In the meantime, however, as long as the present situation exists in our chiropractic colleges, the student will be forced elsewhere to obtain training in techniques of chiropractic that have abundantly proved themselves.



Dr. Ralph R. Gregory received his degree in chiropractic from the Palmer College of Chiropractic in 1939. He has practiced continuously in Monroe, Michigan, for 33 years. He was elected president of the National Upper Cervical Chiropractic Association in 1972, and was elected president of the National Upper Cervical Chiropractic Research Association upon its formation in 1971.

Dr. Gregory is a member and Fellow of the International Chiropractors' Association, a past president of the Michigan Academy of Chiropractic; and served as chairman of the jurisprudence committee of the Michigan State Chiropractic Association.

For several years Dr. Gregory has conducted seminars on chiropractic practices and lectured extensively on research in chiropractic. He has conducted research activities and has written several articles relating to research in chiropractic.

## MONOGRAPH Subscription Blank

I, the undersigned, wish to receive the MONOGRAPH regularly. I understand that in filling out, signing, and returning this form to NUCCA, 221 West Second St., Monroe, Michigan 48161, I am in no way obligated.

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City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

I am actively engaged in practice ☐ yes ☐ no

I am a member of the following Chiropractic Organizations:

☐ ICA ☐ ACA ☐ NUCCA ☐ OTHER

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## NUCCA Direction — A Question of Survival

by Daniel C. Seemann

"If you know your enemy and yourself, you need not fear the results of a hundred wars.

If you know yourself, but not the enemy, for every victory gained, you will also suffer defeat.

If you know neither the enemy nor yourself, you will succumb in every battle."

*Old Chinese Proverb — 300 B.C.*

This proverb can be adapted to almost any type of situation. For an example, it can be rephrased for upper cervical chiropractors:

"If you know your patient and yourself, you need not fear the results of a hundred adjustments.

If you know yourself, but not the patient, for every satisfactory adjustment, you will also have an unsatisfactory adjustment.

If you know neither the patient nor yourself, you probably should not be a practitioner."

*Seemann — Monroe — 1973*

The essential point is that we should never be satisfied with the amount of knowledge that we think we know about ourselves or about the patient. This is especially true of upper cervical chiropractors. We are a new science and profession, therefore the knowledge that we think we know must be expanded continuously if we are to successfully treat patients.

Being a small group can be an advantage in acquiring knowledge. With small numbers, a strong communications network can be effected. The problem now is that a one way communications exists in NUCCA. There is a sender in Monroe and many receivers throughout the U.S. and Canada. To be a tight well functioning group there must be a two way communications. NUCCA cannot rely on a single source of expertise and hope to survive over the next 50 years. If the organization is to grow and to survive, more members are going to have to become involved. There has to be mutual responsibility from all the members.

The approval by the NUCCRA Board to start planning for a clinic, training, research complex is a positive step toward the future, and survival. It may seem like only a far-fetched dream at this point, but it is possible. Financial support from NUCCA members and patients has started to trickle in. **It is possible!**

A very positive step toward im-

proving our knowledge about the patient and ourselves is the leg-checking device or "the machine" (for a lack of a proper name). We are not sure of the "machines" full potential at this writing, but it has started us to ask questions which were not evident using other devices such as the supine leg check and neurocalograph. The following brief description and some of the possible values of "the machine" are enumerated.

### The Machine

After what seems like an endless period of time, the new measuring device will be ready for the NUCCA Convention in May. The design changes and modifications are now incorporated in the final prototype and we are ready to give "the machine" its shake-down cruise.

### Machine Benefits

We think "the machine" will do many things. Perhaps the most important is that the number of X-rays needed to successfully zero a patient can be reduced. At present, the chiropractor must rely on post X-rays to accurately determine the degree of reduction of his first adjustment. Repeated injuries to the patient make additional X-rays necessary. Besides the possible harm to the patient the laborious task of taking and processing X-rays can be minimized.

With the type of precision we think the machine will give, the tendency to overadjust should also be minimized. With immediate feedback as to the changes in the predominant factors, the adjustor should feel more confident in reducing the subluxation.

Measurement errors due to fatigue, the human factor, should be reduced. Visually measuring the short leg in the supine position is at best a subjective measurement. Reliability of measurement will increase considerably over the supine leg check and neurocalograph. "The machine" should bridge the gap between the above methods and the X-ray.

### The Machine Capability

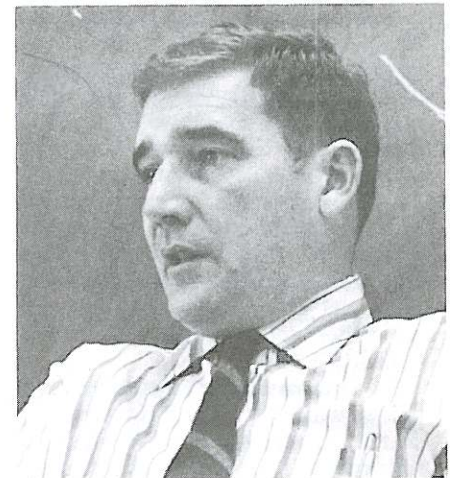
"The machine" will give us three measurements. It will measure the short leg in increments of  $1/16$ ". As we know from previous experience a difference of an  $1/8$ " can cause problems. Also available will be degree readings for both the frontal and transverse planes accurate to .5 degrees. What we hope to determine fairly quickly is with a change in either the frontal or transverse planes how does this increase or decrease the degree reading in the other plane?

We are also excited about the prospect of measuring patients in a standing position where the effects of gravity exert a different force on the body than when sitting or in a prone position. An early research project will be to determine the correlation between

the predominant factors as determined by measuring X-rays (in the sitting position) and the predominant factors as measured in the standing position of "the machine".

As the practitioner becomes more familiar and confident in the use of the machine he should discover that he will be able to serve the patient better in less time. If our predictions are correct the need for the neurocalograph and the supine leg check will be eliminated thus reducing the number of checks required per patient. Coupled with the prospect of less time developing X-rays the machine could become an important aid to the upper cervical chiropractor. An aid which will increase our knowledge.

Daniel C. Seemann  
March, 1973



NOTE: For the past two and one-half years, Professor Daniel C. Seemann has served the NATIONAL UPPER CERVICAL CHIROPRACTIC RESEARCH ASSOCIATION, INC. (NUCCRA) as its Research Advisor. Professor Seemann is an assistant professor at THE UNIVERSITY OF TOLEDO, and is Director of Student Activities. He and his charming wife, Rosemary, reside in Toledo, Ohio. They are the parents of three sons, Jeffery, Gregory, Mitchell, and a daughter, Ann.

## Analytical Instruments

Film analysing instruments are available to doctors using specific methods of upper cervical analysis. These are a grid-type instrument, designed in two colors, red and green, to facilitate analysis and to insure accuracy. The grid arrangement further aids in determining the axis body center relationship to the odontoid center in cases where abnormality exists, and in aligning the appropriate instruments more precisely to the atlas laterality, thereby making easier

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## Research Organization Formed

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reduction of the misalignment factors following an adjustment; (3) physical evidence of the existence of detriment to the neurological component of a vertebral subluxation; (4) proof of the reduction of, or removal of, detriment to the neurological component (as, for example, tractionization of nerve tracts or nerve roots caused by misalignments of vertebral segments); (5) measurable evidence of the detrimental effects of the subluxation on the body, and measurable evidence of the alleviation of the physical signs of the detrimental effects by the adjustment.

NUCCRA is listed as a scientific organization with the Internal Revenue Service, and enjoys an exempt status. Contributors to NUCCRA may deduct their donations from their federal income taxes. As provided by the Code, bequests, legacies, devises, transfers, or gifts to NUCCRA are deductible for federal estate and gift tax purposes. Donations received by NUCCRA from doctors and interested lay people are expended to develop acceptable research techniques, instruments, equipment, and improved systems of analysis and correction of vertebral subluxations. Trained research personnel are paid from donations, as are other specialized people working with NUCCRA.

Seminars are conducted by NUCCA during which NUCCRA research is presented, explained and demonstrated. Information regarding NUCCRA research is released to colleges, organizations, practitioners, and members of other professions upon request and subject to the approval of the NUCCRA Board of Directors.

### Analytical Instruments

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and more accurate all comparisons between various structures and establishing relationships between reference points.

These instruments have been utilized and tested by several competent film analysers. A complete set of instruments is being sold at the introductory price of \$45.00. The manufacturer's cost to NUCCRA is \$40.00, the additional \$5.00 is for handling, inspection, shipping, and insurance.

Sold separately, the cost of each instrument is as follows:

Cephalometer (skull divider)	\$20.00
Relatoscope (for determining atlas, odontoid, and spinous relationships)	\$20.00
Circumscale (measuring condyle and axis superior articulating surfaces)	\$15.00

## Seventh Annual NUCCA Convention

On May 7, 1973, the National Upper Cervical Chiropractic Association, Inc. (NUCCA) will begin its seventh annual convention. This convention will be the most carefully planned convention to date. NUCCA has always prided itself on the quality of its conventions, a pride that has been shared by those chiropractors who have consistently attended throughout the years. NUCCA has made every effort to make each convention successful in the sense of being practical to the doctor of chiropractic, filled with instruction he can take back to his office and translate into benefit for his patient as well as for himself. Comprehensive training in upper cervical techniques of film analysis and adjusting, discussion of problem cases and of doctor-patient relationships, determining the nature and existence of nerve involvement and detriment resulting from the subluxation, physical effects of the Atlas Subluxation Complex on the central nervous system and the neuro-muscular system, predominant factors of the subluxation, and the use of verifiable elements in judging patient response are some of the highlights of this year's convention.

Perhaps the greatest single distinguishing feature of a NUCCA convention is that it is research-oriented. All that is taught is based on and backed by testing, by measurement procedures, conducted months in advance of the convention. Preparation for NUCCA conventions goes on all year.

So that much material can be

covered in the four days of the convention, visual aids are employed, particularly video-tape. These are also prepared well in advance of the convention.

Naturally NUCCA is interested in attracting to its conventions as many doctors of chiropractic, and college students, as can be conveniently accommodated. However, NUCCA is particularly interested in those chiropractors, and students, who themselves are vitally concerned with establishing their chosen profession on a sound, physical, measurable, and scientific basis: those chiropractors who know that their profession's survival as an acceptable—universally acceptable—profession rests solely on proof of its basic premise—the vertebral subluxation—and its measurable effects on the nervous system and the human organism.

The 1973 NUCCA convention will be supervised by Professor Daniel C. Seemann of THE UNIVERSITY OF TOLEDO. It is approved by the MICHIGAN BOARD OF CHIROPRACTIC EXAMINERS for license renewal in all states requiring same. Those doctors from other states than Michigan who require certification of their attendance at the convention may receive such certification by notifying NUCCA in advance of the convention, and complying with the NUCCA certification system.

All income from the convention, above expenses, will be turned over to NUCCRA for research purposes.

## Highlights of 1973 Convention

### Monday, May 7, 1973

Precision X-ray Films  
X-ray Film Analysis  
Figuring the Notch-Transpose Resultant  
Determining Pelvic Imbalance  
Leg Checking in the Vertical Plane  
Leg Check Device Data

### Tuesday, May 8, 1973

Film Analysis  
NUCCA-NUCCRA Board Reports on Research Studies  
Adjusting Techniques  
Determining Pelvic Imbalance  
Leg Check Device Data  
Leg Check in Vertical Plane  
Verifiable Elements  
Predominant Factors

### Wednesday, May 9, 1973

X-ray Protective Mechanisms  
Mechanical Analysis of Films  
Office Procedure Problems  
Patient Placement  
Headpiece Placement on New Headpiece  
Leg Check Device

### Thursday, May 10, 1973

Film Analysis  
Adjusting Techniques  
Film Analysis Review  
Adjusting Technique Review  
Chiropractic's Future as a Science