

March 2019

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Do All Muscle Groups Respond The Same To Rehabilitation?

*By: David Borges, D.C., F.A.S.B.E.—Gonstead Fellow
South Lake Tahoe CA*

Abstract: Embryological evidence reveals the posterior spinal muscle groups—transversospinal muscles—multifidus intertransversari and interspinales are primary back extensors with bilateral contraction and rotators are unilateral contractors appear to function and rehabilitate differently than the trunk

flexor muscle groups. Regarding the rehabilitation of the vertebral subluxation complexes there is clinical evidence that strengthening appears to be maximize with sustained asymmetric isometric exercises. Rehabilitation efficiency also appears to increase with asymmetric isometric exercises strengthening the weakened side.

Clarence Gonstead, D.C. dedicated a large part of his life to treating patients and teaching chiropractic technique guidelines demonstrating how and what he did. His goal was to advance practicing chiropractic doctors' adjusting abilities to improve their clinical results. According to the Gonstead Seminars that I have attended, Doctor “G’s” basic teaching principles to reduce or eliminate the neurological ramifications of the vertebral subluxation were consultation/orthopedic/neurologic examinations that included visualization, motion and static palpation, instrumentation scoping and weight bearing x-rays. Gonstead seminars teach adjusting vertebral segments with the patient in a relaxed position in a minimal to no muscle tensioned (sweet spot) stabilization with specific contact on the high side of the rainbow, posterior to anterior in the plane line of the disc, and if needed torqueing to close the wedge. In the cervical spine an inferior to superior thrust may be necessary. Sustaining the post-adjustment contact helps the patient from guarding. Finally, re-checking with palpation and instrumentation scoping the adjusted segment to see if the body responded positively. (Cox 1982)

If the patient complied with treatment recommendations and if a post x-ray change is likely be observed that would impact case evaluation and management, post x-rays may be recommended for evaluation of change to the subluxation pattern. (Plaughner 1993) Those who have applied these protocols understand that the foundation of repeated clinical success is grounded in the basics.

“As a chiropractic doctor is there anything other than a “G” note that can be done for the patient to support the adjustment and increase clinical results? “ I am aware that Dr. Gonstead continually strived to further develop himself and his technique to better serve his patients. In that self-challenging spirit, I continue to look for increased clinical successes by recommending effective and efficient exercises to patients as an adjunct to the adjustment. In the past, Gonstead seminars supported cross crawl exercises and balance exercises and if used have shown increased clinical success.

(Do all muscle groups—Continued on page 2)

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Do All Muscle Groups Respond The Same To Rehabilitation?—cont'd

(Do all muscle groups—Continued from page 1)

Research will be cited for my clinical conclusions, however many other opinions are valuable and valid for increased chiropractic clinical success. My hope for this article is that it elicits thought provoking discussions for the betterment of Gonstead chiropractic doctors helping us to serve our patients better.

It makes sense to me that once vertebral motion unit is successfully restored by specific intersegmental adjustments, targeted patient exercise assignments may assist intersegmental flexibility and strength. Many patients in the labor trades, carpenters, plumbers, welders, etc. will tell you that they have strong muscles because of their rigorous daily physical activities. Their statement bears some truth, but what may be lacking, from a spinal biomechanical evaluation, is symmetry in a static position or dynamic motion. Body muscle mass and fascial adhesion asymmetry leads to recurring micro trauma, over time leading to macro spinal biomechanical complications. Through corrective adjustments and adjunctive rehabilitative maneuvers or exercises, the musculoskeletal system can respond positively and the brain and nervous system regains control and coordination of the body's innate healing properties.

To this point (MacDonald 2009) reported, "In summary, the current experiment presents evidence that even though patients are pain-free and thus between episodes of lower back pain, recurrent unilateral lower back pain patients do not control their back muscles in the same way as their healthy counterparts. These findings raise the possibility that this abnormal pattern of muscle control, in the absence of pain, may leave the spine vulnerable to (re)injury and hence predispose to recurrent episodes. Finally, this finding implies that pain and functional performance should not be the only outcome measures of interest after an acute episode of lower back pain."

How then do we begin to reach the goal of an exercise protocol for intersegmental spinal biomechanical symmetry in all axes of motion for under-performing vertebral segment or segments? Asymmetric isometric exercise is one option. The use of isometric exercises for changes in spinal biomechanics focusing on biomechanical symmetry is not new and was applied by Fredrick Alexander in the 1890's. He created the Alexander Technique which continues to be successfully taught

(Do all muscle groups—Continued on page 4)

"Heart Rate Variability and Advanced Case Management"

Announcing . . .

Gonstead Meeting of the Minds-XVI "Heart Rate Variability & Advanced Case Management" October 26-27, 2019

Seminar takes place at:

Life University 1269 Barclay Circle, Marietta, GA
8 hours Saturday & 4 hours Sunday

CE Credits

Attendance at MoM-XVI qualifies for up to 12 hours continuing education credits for re-licensing! Inform GCSS ASAP if you are wanting the CEU's so that application can be made to your state board.

Friday Night Free Student-Masters Workshop

The traditional and popular GCSS workshop typically begins at 5:00 pm on Friday. Doctors will share their years of expertise with students—the next generation—and local chiropractors honing their skills. Everyone is invited to attend this complementary workshop and Pizza Party that follows. Make your travel arrangements to include this worthwhile evening event.

Who Can Attend

The Meeting of the Minds is an opportunity to learn from many of the Gonstead system's longest practicing and accomplished Doctors. Because it is a participatory event, MoM is open to GCSS Fellows, Diplomates, Diplomat-candidates, and Gonstead chiropractors who have been in practice at least 20 years. However, if you have **between 10 and 19 years** in practice and are not yet a Gonstead Diplomat you may attend Meeting of the Minds **ONE** time. Attendance at future meetings requires a Diplomat Application. Membership with the GCSS is not a pre-requisite. For more information, contact GCSS.

Register for this great weekend at

<https://gonstead.com/gonstead-meeting-of-the-minds-registration/>

Or by E-mailing michele@gonstead.com, or by telephone. Domestic callers use the toll free 888-556-4277. International callers should call 831-476-1873.

More details on <https://gonstead.com/coming-events/>
Seminar hour by hour schedule will be available and posted soon. Looking forward to seeing you in October!

2019 GMI/GCSS Extravaganza!

**FIND US ON
FACEBOOK!**

April 27 & 28

@ THE Gonstead Clinic of Chiropractic
1505 Business Hwy. 18-151E Mt. Horeb, WI 53572

April 26 6:00 PM – 8:00 PM "Secrets to Gonstead's Success"
Presented By Dr. Tom Potisk

MAIN CLASS - KNEE CHEST

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With Special Topics throughout the weekend:

Cervical Chair Pelvic Bench Gonstead Research
Line Analysis X-Ray Review Case Management
Cord Pressure Prone Adjusting Masters Class
Advanced SI Adjusting Instrumentation Curing Paralysis
Table Selection Women's Panel Oral Facial Pathology

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Many, Many More!

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1 st Year Doctor	\$150	\$175
Student	\$75	\$100

Doctors, add \$50 for CEU's. Checks Payable to:
G.M.I. Please check our website to verify if your
states' eligible.

2019 Seminar Dates

Jan	26-27 Case Management	Parkview, IA
April	27-28 Extravaganza	Mt. Horeb, WI
July	20-21 Extremities	Mt. Horeb, WI
September	21-22 Cervical Chair	Mt. Horeb, WI
November	9-10 Pelvic Bench	Parkview, IA

Register online @

gonsteadmethodology.com

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to:**

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(Do all muscle groups—Continued from page 2)

throughout the world. In the 1970's Ron J Aragona, DC of Manchester, New Hampshire, via clinical experimentation developed a similar exercise application. Dr. Aragona's assessment of his patients for postural challenges included spinal biomechanical evaluation using motion endpoint x-rays for intersegmental motion analysis. Based on asymmetries discovered, a prescription of individualized asymmetric isometric exercises for optimizing potential abnormal biomechanical correction was given. His clinical research evolved into the program known as Applied Spinal Biomechanical Engineering (ASBE).

In essence, ASBE maneuvers apply specific asymmetric repetitions of isometric muscle contractions to primarily effect the transverse spinal muscle (deep posterior) groups with objective reproducible clinical success.

Regarding the muscular system, the axiom of, you lose what is damaged or that which you do not use and more specifically you lose what is not fully innervated because of neuronal compromise" i.e. a subluxated vertebrae, holds true. Functionally, muscle tissue is contractile in nature. Muscle requires frequent repetitious strength and stretching work throughout life owing to the rapid onset of non-use atrophy, prolific fascial and ligamentous adhesions after injury and natural shortening.

When there are so many options for muscular strengthening and stretching (like cross crawl and balance) why focus on isometric contractions for intrinsic spinal muscles for rehabilitation? For treatment considerations, "the intrinsic muscles of the back are defined by their embryological origin and innervation pattern." (Mekonen 2016) First, embryological considerations of the (posterior) epaxial spinal muscles in the clinical setting (transversospinalis muscles) give clues in prescribing efficient rehabilitative processes. "Movement and stability of the lumbosacral region is contingent on the balance of forces distributed through the myofascial planes associated with the thoracolumbar fascia (TLF). This structure is located at the common intersection of several extremity muscles (e.g. latissimus dorsi and gluteus maximus), as well as hypaxial (e.g. ventral trunk muscles) and epaxial (paraspinal) muscles. The mechanical properties of the fascial constituents establish the parameters guiding the dynamic interaction of muscle groups that stabilize the lumbosacral spine.

Understanding the construction of this complex myofascial junction is fundamental to biomechanical analysis and implementation of effective rehabilitation in individuals with low back and pelvic girdle pain." (MD Schuenke 2012) These postural muscles also contain slow twitch muscle fibers and should be held isometrically (10 seconds or more) for nerve firing and muscle strengthening. Individually these muscles do not provide large movements, instead they function as refining postural movements in addition to providing structural support. (Hides 1976)

"Research shows that the superficial multifidus muscle contributes to the control of spinal orientation and the deep multifidus has a role in controlling intersegmental motion. Patients with first-time episodes of lower back pain respond to medications and reassurance, though later demonstrate atrophy and fatty degeneration of the local multifidi. The symptoms resolved, but there were neurophysiological residuals that led to morphological compromises. This is why the societal problem is not the acute back pain episode, but the recurrences and resulting disability and absenteeism." (Morris, D.C. 2005) Earlier Hides noted, "Interestingly the multifidus muscle (expaxial) recovery is not automatic after resolution of acute, first-episode low back pain." (Hides 1996)

Clinical Picture – Upon motion palpation the patient may present with a somatic nociceptive response (pain from muscles, capsules and joints) and hypokinetic intersegmental mobility in the cervical, thoracic or lumbar segments. If there are positive orthopedic and neurological findings this clinical presentation surpasses the threshold of clinical necessity for upright weight bearing static and bilateral lateral flexion motion x-rays of the areas of pain. (Council on Chiropractic Practice Clinical Practice Guideline 2013) Upon analyzing the x-rays, the pattern of intersegmental vertebral motion may not follow the established researched clinical spinal biomechanical of hypokinetic or hyperkinetic intersegmental motion. (White and Panjabai 1990), (Wietz 1981) Spinal movement can be abnormal in quality (abnormal coupling patterns) or in quantity (abnormal increased motion). This instability can be symptomatic or asymptomatic, depending on the demands made on the motion segment. (Dupruis 1985) One causation may be due to loss of strength and elasticity of the transversospinal muscle group. Symmetry in vertebral body lateral flexion

(Do all muscle groups—Continued on page 6)

Will you Sponsor a Student?

The survival of Gonstead Chiropractic depends on the commitment of the next generation to learn this special system. There are very dedicated groups of students and teachers who are working hard to see that the Gonstead Technique continues to thrive. Here's an easy and convenient opportunity to help a future Gonstead doctor—"Sponsor a Student" for the **April 27-28, 2019** Gonstead Extravaganza by paying their tuition of only \$75! Even if you cannot attend the Extravaganza, it is a worthwhile investment into the future and a tax deduction.

Visit <http://www.gonsteadmethodology.com/> to use PayPal

*****There's also a NEW online feature allowing you to choose a student from a list of those requesting sponsorship. Students on the list include which school they are attending, trimester/quarter and in 11 words why they have chosen to study the Gonstead Method.***

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If you have questions about registration or sponsorship email gonsteadhmethodology@gmail.com or call 608-780-7928

Gonstead chiropractic students are most grateful for your help in getting them to this extraordinary event! So, please take a minute to send in your sponsorship.



Gonstead Research Fund Donation!

\$11,900.00

The amount of money donated to research from the 2018 **Gonstead Extravaganza!**

You make a **DIFFERENCE** When you attend the Extravaganza /Knee Chest Seminar.

Fifty percent of proceeds are donated to the GCSS Gonstead Research Fund
Thank you for your support!

Register for the April 27-28, 2019 seminar via www.gonsteadmethodology.com/

GMI and GCSS team up to bring you a full weekend of seminar and learning. More Docs! More Students! More Pit Classes! More Gonstead!

Seminar Schedule

Saturday, April 27, 2019 8:30 AM - 5:30 PM

Sunday, April 28, 2019 8:00 AM - 12:00 PM

at the Gonstead Clinic in Mt. Horeb, WI



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and spinous process rotation is the visual template measurement.

Objective and researched measures of multifidus (transversospinal muscle group) size (strength) include MRI, CT scan, Ultrasound, and Myotonometer®.

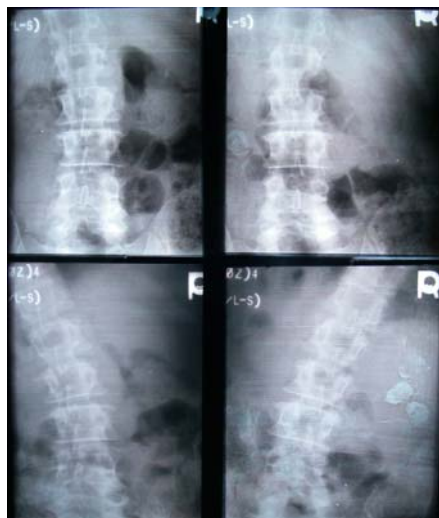


figure 1

Less objective though clinically significant are static palpation, motion palpation and muscle strength testing when used in conjunction with and compared to motion radiographic evaluation.

Research supports evidence that transversospinal muscles can be strengthened. *“The size of the multifidus muscle has been shown to be modifiable with supervised motor-control training programs.”* (Hides 2017)

- Recommendations for increasing patient mobility thorough chiropractic adjustments and strengthening of muscle tissue:
- Formulate treatment plan with re-examination(s) at specified intervals.
- Informed consent.
- Initiate protocols with extremely light contraction and patient tolerance.
- Monitor pain and neurological findings modifying protocol as necessary.
- Increase intensity to patient tolerance over time and response to chiropractic adjustments.
- Re-examination for continuation of or creation of new treatment plan or discharge.

Additional activities

—Balance training, Stimulation for proprioception with the eyes open and eyes closed, Single leg standing, Balance ball.

- Buoyant exercise: swimming, aquatic exercise
- Stretching with strength: Yoga, Pilates, Barre ballet.
- Targeted exercises, Intersegmental/regional ASBE maneuvers., McKenzie Exercises
- Gross strength exercises., Roman Chair exercises, Isometric exercises, Planking on floor or labile surfaces, Isotonic exercises, Back hyper-extension machine; weighted or non-weighted.
- Postural Programs: Alexander Technique, Egoscue Exercises., Tia Chi, Physical therapy, Dynamic Neuromuscular Stabilization, Go Posture-Electronic Posture Feedback Trainer.

X-rays are initially used to rule out pathological processes and would rule out a contraindication for a chiropractic adjustment. Additionally, x-rays are beneficial to biomechanical evaluation. If bilateral lateral flexion x-ray are taken, evaluate the views for loss of coupling of spinous process rotation, vertebral body lateral flexion or both. If found, treatment recommendation is to strengthen the weakened side at the exercise ratio 3:1 where 3 repetitions are done on the weakened side. If segmental rotation or vertebral body lateral flexion is toward the opposite of the anticipated direction, then strengthen the weak side by a ratio 5:1.

In figure 1, the initial x-ray is the top and the post x-ray is the bottom. Lateral flexion with the right lateral flexion at a ratio of 3 right to 1 left. The post x-ray is two months later. The patient did the adjustments as recommended and the exercises as prescribed.

“Most recently we have found changes in contracted lumbar multifidus thickness were associated with improved Lower Back Pain - related disability one week after Spinal Manipulative Therapy” (Kopenhagen et al., 2011).

The best way to fill your practice is from referrals of people you fixed. Dr. Gonstead proved this over and over and shared much of what he did. Keep in mind of the seminal paper of Alex Cox, D.C. (Cox 1982) regarding the timing of the adjustment as critical for achievement the fixing goal and do your best of keeping up to date with other treatment approaches that make sense to help hold the adjustment. Remember, if you are not experiencing treatment success it is not the Chiropractic principal of removing the primary subluxation that is the problem, it is the chiropractor’s ability to find, fix and leave alone.

(Do all muscle groups—Continued on page 9)

A Heart-Felt *"Thank You"* to our Research Fund Contributors

Thank you very much to the following people for contributing to Gonstead chiropractic research.

These visionary doctors, organizations, and lay people know the value of chiropractic research.

Chiropractic research is necessary to advance and document the benefits of chiropractic.

If you would like to join these future-thinking individuals, contact GCSS. 888-556-4277 or 831-476-1873

Research Mission Statement

To advance the knowledge
and clinical application
of the science, art, and
philosophy of chiropractic
based upon the
Gonstead System of Chiropractic.

GCSS Mission Statement

To perpetuate the teachings of
Dr. Clarence S. Gonstead, fund
chiropractic research, and encourage
cooperation and camaraderie
amongst all who practice the
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2019 Gonstead Seminars & Workshop Schedule

The following schedules are subject to change. Consult each organization to register and confirm dates.

(This schedule will be updated as new seminars are announced)

March 23, 2019	Dr. Richard Thornton Seminars Lower Spine & Extremities	Concord, CA
March 23-24, 2019	Pelvis Part 1 & 2, Cervicals Part 1-Dr. Currie	Kuala Lumpur Malaysia
March 30-31, 2019	Lumbers Part 1 and 2, Cervicals Part 1-Dr Currie	Hong Kong
April 5-7, 2019	Dr. Wood Seminars Davenport Series #5, Seminar 4	Davenport/Parkview, IA
April 12-14, 2019	Dr. Wood Seminars Boiling Springs Series #5, Seminar 2	Boiling Springs, SC
April 12-13, 2019	Gonstead Seminar, Inc.	Chicago, IL
April 26-28, 2019	Dr. Wood Seminars Kansas City Seminar #6	Overland Park, KS
April 27-28, 2019*	Gonstead Extravaganza/Knee Chest (GCSS & GMI)	Mt. Horeb, WI
May 3-5, 2019	Dr. Wood Seminars Port Orange Series #3, Seminar 4	Port Orange, FL
May 3-4, 2019	Gonstead Seminar, Inc.	Palm Springs, CA
May 10-12, 2019	Dr. Wood Seminars Hayward Series #8, Seminar 4	Hayward, CA
May 17-19, 2019	Dr. Wood Seminars Boiling Springs Series #5, Seminar 3	Boiling Springs, SC
May 18, 2019	Dr. Richard Thornton Seminars Thoracic Spine & Rib Adjusting	Rocklin, CA
May 25-26, 2019	Dr. Wood Seminars	Valencia, Spain
May 31-June 2, 2019	Dr. Wood Seminars Davenport Series #5, Seminar 5	Davenport/Parkview, IA
July 12-14, 2019	Dr. Wood Seminars Davenport Series #5, Seminar 6	Davenport/Parkview, IA
July 13, 2019	Dr. Richard Thornton Seminars Thoracic Spine & Rib Adjusting	Concord, CA
July 19-21, 2019	Dr. Wood Seminars Hayward Series #8, Seminar 5	Hayward, CA
July 20-21, 2019	GMI/Extremities	Mt. Horeb, WI
July 26-28, 2019	Dr. Wood Seminars Port Orange Series #3, Seminar 5	Port Orange, FL
August 2-4, 2019	Dr. Wood Seminars Hayward Series #8, Seminar 6	Hayward, CA
August 10-11, 2019	Gonstead Seminar, Inc.	Australia
August 23-25, 2019	Dr. Wood Seminars Boiling Springs Series #5, Seminar 4	Boiling Springs, SC
August 30-31, 2019	Gonstead Seminar, Inc.	Mt. Horeb, WI
September 20-22, 2019	Dr. Wood Seminars Port Orange Series #3, Seminar 6	Port Orange, FL
September 21, 2019	Dr. Richard Thornton Seminars Lower & Upper Cervical	Rocklin, CA
September 21-22, 2019	GMI/Cervical Chair	Mt. Horeb, WI
October 26-27, 2019**	Gonstead Meeting of the Minds-XVI	Marietta, GA
October 4-6, 2019	Dr. Wood Seminars Boiling Springs Series #5, Seminar 5	Boiling Springs, SC
October 19-20, 2019	Gonstead Seminar, Inc.	Barcelona, Spain
November 8-9, 2019	Gonstead Seminar, Inc.	Chicago, IL
November 9-10, 2019	GMI/Pelvic Bench	Parkview, IA
November 22-24, 2019	Dr. Wood Seminars Boiling Springs Series #5, Seminar 6	Boiling Springs, SC
December 7, 2019	Dr. Richard Thornton Seminars Lower & Upper Cervical	Concord, CA

*This annual event is co-hosted by the GCSS and the Gonstead Methodology Institute in conjunction with the GMI Knee-Chest Seminar. Register at <http://www.gonsteadmethodology.com/>

This annual event is sponsored by the GCSS and takes place in various cities in the US. The purpose of the Meeting of the Minds is to create a forum for a serious discussion of specific aspects of the Gonstead System. Each year the meeting has a different topic for discussion with guest presenters, speakers, panels, and research updates. This year's title is **"Heart Rate Variability and Advanced Case Management" and takes place at **Life University, Marietta GA**. Register at <https://gonstead.com/gonstead-meeting-of-the-minds-registration/>

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309-692-2170

Dr. Richard Thornton Seminars
drthornton1@yahoo.com
530-217-7606

(Do all muscle groups—Continued from page 6)

Conclusion: The primary goal of chiropractors is to give a specific chiropractic adjustment on a subluxated vertebrae. Subsequent to the adjustment are many clinical adjuncts for patients to support the healing of the subluxation. This article gives an overview of one therapeutic approach usable by patients for effective support the chiropractic adjustment.

References:

Cooper *Radiographic demonstration of paraspinal muscle wasting in patient with chronic low back pain Rheumatology*, Volume 31, Issue 6, 1 June 1992, Pages 389–394, <https://doi.org/10.1093/rheumatology/31.6.389>

Council on Chiropractic Practice *Clinical Practice Guideline* 2013 www.ccp-guidelines.org

Cox, WA *Timing is as important as technique, The Gonstead System The American Chiropractor* July August 1982 “As a chiropractor begins to master his ability to deliver the right adjustment the right place, he finds the most difficult concept to deal with the “Right Time.” Clinical experience has shown that thrusts in the human spine can be accepted, or rejected. Naturally, it is our objective is to have a high percentage of acceptance daily (1) the adjustment did lot of good for the patient, (2) the adjustment did very little good for the patient, or (3) the adjustment did nothing for the patient . A thorough study of the patient must be mead with each visit and that instrumentation a great part in timing of the next adjustment.”

Dupis *Radiologic Diagnosis of Degenerative Lumbar Spinal Instability Spine*: April 1985 - Volume 10 - Issue 3 - p 262–276

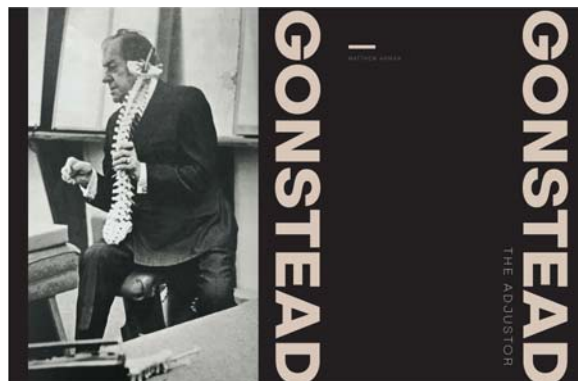
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Hides J *Multifidus size and symmetry among chronic LBP and healthy asymptomatic subjects. Man Ther.* 2008 Feb;13(1):43-9

(Do all muscle groups—Continued on page 11)

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Get Yours Today!

Gonstead Research Fund

Contribute to the future. Give to the GCSS Research Fund. This program funds Gonstead Technique research. GCSS research is a 40 year, on-going program which has published numerous articles in peer-reviewed journals and two textbooks. Email michele@gonstead.com or call 888-556-4277 for information. ♦

Remember to Link Your Website To GCSS

WANTED

Looking for a semi used Nervoscope. I am in need of a second Nervoscope in good condition, if you have one that needs a new home please let me know. Contact Dr. Justine Bellefeuille goodlandchiropractic@gmail.com 805-722-9719

FOR SALE

Surrey, British Columbia, Canada

2 Sets of Gonstead Equipment for sale:

Gonstead pelvic bench and Gonstead cervical chair in blue velvet plus Gonstead pelvic bench and Gonstead cervical chair in brown tweed. Both sets available for \$1,550 Contact: Dr. Mark Prii email: spchiro@shaw.ca

EMPLOYMENT

Denver, CO

Gonstead Chiropractic wanted for associate position with long term opportunities. Great opportunity excellent base pay plus incentives. Looking for someone inspired about chiropractic - willing to learn and grow. Contact Dr. Jon Wall or Coralyn at 303-940-7167 or admin@gonsteadfamilywellness.com <http://www.gonsteadfamilywellness.com>

Geneva, IL

Chiropractic Associate Opportunity in Greater Chicago Area! Immediate Opening for Licensed DC as an Associate With Option to Buy a Thriving Chiropractic Business! Gonstead experience or willingness to learn desired. Doctor has been practicing for 28 years and has taught multiple associates how to run a successful practice! Suburban Practice Located in Town of Geneva, IL (Less Than 1 hr. From Downtown Chicago) This is no dead-end Associate opportunity! The practice owner is looking for candidates who are interested in transitioning to a sale AND financing may be available for the right candidate. So, if you've been looking for a chance to work at an established, vibrant clinic that will lead to ownership rather than opening your business from scratch or being stuck in a dead-end job, this is it! Doctor willing to stay on and work as associate-NO Risk of Losing Patients for New Buyer Dr. Ginsberg has been practicing Gonstead for 28 years. Has taught, lectured and co-authored Chapter in Textbook of Clinical Chiropractic (The purple book). Send resume to daveg@kidchiro.com

Forest Lake, MN

Lakewoods Chiropractic (located just 30 miles north of the Twin Cities) has a full-time associate position

The Gonstead Extravaganza/Knee Chest Seminar

April 27-28, 2019

Gonstead Clinic, Mt Horeb, WI

Plan to arrive early and attend:



available in our thriving family-based wellness center. Qualifications: The ideal candidate leads a healthy lifestyle and is a very energetic, passionate, principle-based, outgoing, has excellent communication skills and exceptional clinical, diagnostic, adjusting skills. Compensation: The position provides a competitive base salary (commensurate with experience) with generous bonus plan; paid malpractice insurance, holidays and vacation. The possibility of a future partnership is also available for the right candidate. To apply for this position: Please submit your cover letter and resume to Cary Gerard carygerard@yahoo.com

Mesa, AZ

Independent Contractor and Associate Positions-Let us help you grow your practice. Learn from established doctors. Over 20 years of experience to share with you. No overhead. Just a fair percentage of what you collect. Cash Based, Subluxation Based, Gonstead Practice. Contact Dr. Aaron Shapiro @ 480-254-0536 or Denise @ 480-254-0520 Integrity Chiropractic Mesa, AZ 85206 drshapiro@integritychiropractic.com

Albuquerque/Rio Rancho, NM

Associate Position: We are currently looking for a Gonstead chiropractor to work in our 5,500sq foot facility. This is a group practice with 6 other Gonstead chiropractors. If you are tired of being a slave to your own practice or dealing with the headaches of owning a practice then this is the place for you! We are the team chiropractors for the University of New Mexico whole athletic department as well as the team chiropractors for the Colorado Rockies AAA organization (Albuquerque

(Classified—Continued on page 11)

(Classified—Continued from page 10)

Isotopes). We see patients from every demographic possible. Come learn how to run a very successful business from a multidisciplinary approach WITHOUT doing all the work on your own. The position provides a competitive base salary (commensurate with experience) with profit sharing put in place; paid malpractice insurance, holidays and vacation. For more information visit www.gonstead-nm.com and email Dr Anthony Del Angel at tony791@msn.com or call 505-917-8749

Denver, CO

Kambeitz Chiropractic is hiring a chiropractor to join our team of health and wellness providers. We are located in beautiful Denver Colorado. Must be eager to learn and grow in our profession. To learn more about our clinic visit our website at kambeitzchiropractic.com. Please send your resume to monica@kambeitzchiropractic.com.

Green Bay, WI

Associate Doctor or Intern Wanted. DeLorey Chiropractic seeks associate doctor or intern to join our wonderful team. Our well established clinic (started in 2001) is situated in an excellent area. We have an outstanding team, state of the art facility and excellent systems. We are looking for someone who does the Gonstead system. Dr. DeLorey is a Gonstead Diplomate. Starting pay of \$50K/year. Benefits include paid vacation, paid holidays, malpractice insurance and \$250/year allowance for continuing education. Send resume to ndelorey@deloreychiropractic.com. ♦

Gonstead Chiropractic

Making the world a better place one spine at a time through the Gonstead community of doctors and those patients seeking the best chiropractic care in the world! The GCSS Executive Office receives telephone calls from the general public looking for Gonstead doctors all over the world. If you are a member we can help make the connection between Gonstead Doctor and patient. All too often we receive calls from patients looking for Gonstead doctors in areas where we have no referrals. If you know a Gonstead doctor who is NOT a member, please encourage them to check-out gonstead.com and become one. We know there are more Gonstead doctors out there but *we don't know who and where they are.* Thank you for your support! ♦

(Do all muscle groups—Continued from page 9)

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2018 Gonstead Extravaganza. The late Dr. Gary Pfaff (upper left) observing Dr. Aki Oshita in extremity class. *Forever with us in spirit Dr. Gary!*