

# EXPRESSION

## LIVING CHIROPRACTIC

By Dr Ken Parker

### INSIDE THIS ISSUE:

<b>PRESIDENT'S REPORT</b>	<b>2</b>
<b>FROM YOUR EDITOR</b>	<b>2</b>
<b>LIVING CHIROPRACTIC</b>	<b>3</b>
<b>SOT IN NEW ZEALAND</b>	<b>3</b>
<b>MACQUARIE UNI SOT CLUB</b>	<b>4</b>
<b>WHY CHOOSE BLOCKS</b>	<b>5</b>
<b>CLASSIFIED ADVERTISING</b>	<b>6</b>

### EDITOR:

**Helen Sexton**  
**27 View Street**  
**Bendigo VIC 3550**

**bendigo@ozchiropractic.com**

**Fax (03) 5442 5790**

### ADVERTISING INFORMATION

Qtr Page \$165.00  
 Half page \$275.00  
 1 Page \$495.00  
 A4 tri-fold insert  
 \$165.00

Free Classified advertising

*There are so many delights in chiropractic!*

It makes it so easy to get out of bed in the morning knowing that today will bring something extraordinary. Every day does.

After twenty years aspiring to the philosophy of chiropractic, being in awe of the emerging science of chiropractic, and practicing the art of chiropractic, I can only boast that my practice is merely a work in progress.

There has always been so much to learn and discover and apply, and thankfully, there has been so very much reward in the results along the way.

My introduction to chiropractic occurred in 1975 when SOT was new to Australia. As a country-boy naïve, 15 years of age, I had no idea that my chiropractic care was being delivered by an emerging local master; Bill MacPherson. I was rude enough to be amused at the arm fossa test and failed to disguise a broad smirk. A couple of years of care and emerging health and I was recruited to the ranks of the profession with a casual "Why don't you become a chiropractor?"

There was never any question in my mind as to what I would practice upon graduation. The dream education ensued with input from so many greats. Bill MacPherson, Trevor Creed, Keith Bastian, Scott Parker, Mark and Jackie Postles, Dave and Jan Lovett, Laurence Power, Ken Leyonhjelm, Graeme Piera, Steve Lowe, Grant Thompson, Gavin James, all played significant roles in my life within the profession. The international contingent includes Marc Pick, Gerald Smith, Jonathan Howat, Curtis Budding, Ray Zindler, Bob Walker.

Certain things keep me going, keep me inspired, and keep me optimistic:

-Those that I care for as clients in my office.

-Those that are also chiropractors; whom I hold in esteem and who contribute so much to what I can now offer; the friends, colleagues, educators who said or did something that got me thinking, got me doing things differently.

-The memories that trickle back into awareness; the clients from other past practices, other past days in the office, encounters that will not stay archived and that continue to commit the wisdom of some past event to the endeavours of the present.

*I am indeed fortunate in chiropractic!*

I have a license, self bestowed I may add, to pursue a course in practice in which I answer to only one person; the client. And so, in my view, it should be.

Rarely is my shoulder glanced over in my pursuit of that which produces results for my client's health.

Peer bodies, administrative agents, regulatory groups, government, legislation and the tax man all exist in a nearby universe and need not interact in mine thank-you!

Make no mistakes, do no harm and have something approaching autonomy in this day and age!

I have a license to wander, experiment, be enthralled by life's wonders, to please, delight, be appreciated and rewarded, all disguised as a chiropractic practice; a simple, innocuous small business.

All at my fingertips each day!

What is your dream?



Continued on Page 3

**PRESIDENT'S REPORT.....DR BRETT HOULDEN**



Well, here we are into June already, and I hope you are on track with your goals for the year. Our organisation is on target, and continues to head in the right direction. Our numbers at seminars continue to show that there are many people who want to learn more about SOT. There are many first-timers, as well as return participants going to an even greater level of knowledge, expanding their SOT horizons. I think that the main reason SOT is so popular is because it is one of the most holistic approaches to Chiropractic ever developed. It covers most aspects in a easy-to-use framework. It is also very adaptable and can have other techniques added on a bit like advanced modules. My love affair with SOT began many years ago, and it continues to grow year by year.

I would like to thank the contributors to this newsletter, there are many from all over Australia and New Zealand. It is great to see SOT in New Zealand continue to grow. We will continue to support SOT over the Tasman, and keep running seminars over there.

Well done to all the recent Doctors who sat certification at the three different levels. I hope you get some of the direct rewards that I got when I sat my certification. I knew that I knew the techniques well, and was much more confident in practice because of that. I had a wider range of options to choose from when needed, more tricks to pull out of the bag, and they continue to be useful many days in the office. It also meant that I could sit in on any of the SOT basic seminars and help out as a Table Educator too. I could help others learn this wonderful approach to health that had helped me and I love so much in my practice.

Next opportunity you have, I would suggest if you have not already, put yourself to the test and make sure you know how to accurately do what you are already doing, and learn some new tricks along the way. Our certification levels are accepted world-wide, and the final exam, the Craniopath is standard around the globe now, so you can take your knowledge and confidently apply it anywhere in the world, one common standard.

When asked at the University recently

by students, "How long will it take me to learn SOT?" I replied "A lifetime and beyond! The basics you can get a good grip on in a few short years, the finer details take many years and many repetitions to sink in, for me anyway! Perhaps you might be a bit quicker mentally than me, and you may get there faster, but I still learn some new pearls and a different way of thinking about the body every time I do a SOT seminar, repetition is the answer for me."

My suggestion to that student is the same as it is to a field Chiropractor. Keep learning and refining your technique, your energy and your ideas about health, by exposing yourself to new ideas and by repeating those ideas that set you upon this magnificent journey that we are all on. For me, every day brings new learnings and renewed enthusiasm for healing and for the process of attaining true health. This applies for and for my clients too.

Yours enthusiastically,  
Brett Houlden

**“Make sure your knowledge is up with your peers, sit the certification exam this October.”**

**FROM YOUR EDITOR.....DR HELEN SEXTON**

Welcome to the Winter Newsletter!

I think you'll enjoy the contribution from Ken Parker to the winter newsletter. Ken has shared some beautiful thoughts about what keeps his passion for chiropractic alive.

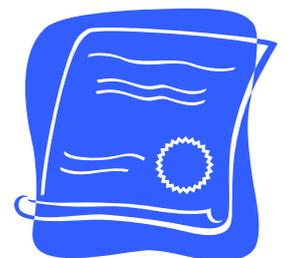
I had a rude awakening recently when I realised another five years had passed and one of our former clients was quickly morphing from chiro student to doctor. Ken's story had me thinking about my own chiropractic epiphany and I was left wondering at what point this soon to be new grad had experienced his own

revelation that chiropractic was for him. If indeed it was revelation at all, maybe chiropractic had picked him way before he had picked chiropractic! It's customary now, in our office to ask our clients half jokingly, but really very seriously who is going to be the chiropractor(s) in the family. Sometimes the "I am!" retort from the four year old on the adjusting table has more certainty than I would dare to question. It seems many offices have developed their own pre-chiropractic curriculum under the guise of CA employment – a rigorous program of exposure to miracles, families, paradigm-

shifting experiences and ideas that result in more than a few applications and acceptances into chiropractic colleges.

The thing is, I think we need to be bold enough to expect that some of the people we encounter every day in our offices are the very future of our profession. The beautiful culture of 'seed-planting' isn't just the responsibility of the wonderful and charismatic mentors within our SOT community, it's up to all of us. Have fun in practice!

Helen Sexton



**Certification levels are accepted from Australia worldwide!!**

## **LIVING CHIROPRACTIC (CONT FROM PAGE 1)**

*And what of SOT?*

Where on this earth did someone (DeJarnette) come up with an approach so thorough, so comprehensive, so encompassing, so integrated, and so effective as a mode of realizing human potential?

Yes, SOT is my passion! Does it show? Does my practice need anything else?

And is such a magical technique unique in chiropractic?

I suspect not.

According to my favourite pirate;

A ship is not a hull, a keel, a mast and sails.

That is what a ship needs.

A ship is freedom!

To paraphrase:

Chiropractic is not a profession, a technique, a philosophy, a science or an art.

That is what chiropractic needs.

Desperately so!

**Chiropractic is freedom.**

The freedom to practice as you see fit to pursue your client's health, and the client, their freedom, in potential realized!

There are indeed, many delights in chiropractic.

*Thanks for this submission by Dr Ken Parker, Launceston, Tasmania*



**“A ship is not a hull, a keel, a mast and sails. That is what a ship needs. A ship is freedom!”**

## **SOT IS ALIVE AND GOING STRONG IN NEW ZEALAND!!!**

SOT is steadily building momentum here in New Zealand, with a very successful lecture series, being well attended. The amount of doctors practising SOT exclusively has tripled in the last year, and if the students were able to practice it in clinic this year, the increase would be greater still.

We have started running workshops for the third/fourth years to keep them thinking. I am very proud to announce that Chiropractic, and specifically SOT, received some very valuable praise and publicity when the New Zealand sportsman of the year, Ben Fouhy, openly stated at the Halberg awards that without the help of his chiropractor (me), he would not have got so far. Ben is the current world champion in the K1 over 1000 metres and part of the New Zealand Olympic Kayaking squad. The New Zealand Olympic Kayaking squad has been under SOT care for the last 18 months and have I have been invited to go to Europe in May to help in the build up to the European Championships and again in August for the Olympics.



Upon talking to colleagues at some recent events, I noted a strong desire to learn more about SOT, but most chiropractors seemed to lack any real idea as to where to get info about it, therefore this year's other main drive is to take that enthusiasm and get New Zealand chiropractors to seminars.

By Dr Scott Wustenberg

## MACQUARIE UNIVERSITY SOT CLUB

Mac Uni moving forward with SOT

This year the Macquarie University SOT club (MqSOT) will be running a series of nine events. In 2004 SOT will be taught to final year master students and so we will aim not to teach SOT technique but to refine skills already learnt and to adapt these skills in a practical setting. Interest in these sessions and the seminar series is already strong and thanks to the help of SAM (students at Macquarie) and SOTOA we will this year be able to part sponsor ten students to the amount of \$250 to attend the seminar series.

The club this year will aim to have 30 committed members and will especially be attempting to lure more members from the earlier years of the course who will keep the club functioning into the future. Any practitioners in the Sydney area who would be willing to be involved in the club and help out with presentations would be more than welcome and can email [mqsot@hotmail.com](mailto:mqsot@hotmail.com) or can contact the club president Lachlan Taylor on 0412 224 079.

From Brett Hill and Lachlan Taylor



**“We will this  
year be able  
to part  
sponsor 10  
students”**

---

**SOT Certified LOCUM *Available...***

***Queensland & Victoria***

**Dr. Belinda Owen**

Call **0404 654 786** or email

## **REASONS TO CHOOSE BLOCKING OVER MANUAL ADJUSTMENTS**

*Submitted by Dr Lisa Lovett*

Dr Gerry Zusman wrote a very interesting article in 1989 on the "Biomechanical Advantages of DeJarnette Blocking". In it he listed a number of advantages of blocking over manual adjustment. All too often we lose sight of the enormous wealth of information and expertise DeJarnette left us (or for that matter the amazing insight D.D and B.J had – but I digress). In a quick fix world we, (or maybe more accurately our patients) believe that a quick yank on a cricked neck or antalgic back is going to be the Panadol they need. Even me who has been raised by a chiropractor and who has been practicing SOT for 21 years (and teaching it for 16 years) will capitulate to a patient's request of "it just feels like it needs to be cracked and I'll be straight" – I think I have done that about 3 times in my career (much to my chagrin – they must have caught me on a bad day). I've performed a side posture twice in my life – I had to, Palmer (the college, not the man) wanted a demonstration of proficiency. I failed. The first time was on a 6'2" basketballer and the second patient I chose was a guy that had to have weighed 200lbs. Both times I fell on the floor with them landing on top of me – not a pretty sight.

Education is definitely the key to the demands of a quick fix world or perceived notions of a quick fix remedy. To that end for this 'Technical Report' I have decided to reiterate the advantages of blocking.

1. Blocks perform the very important function of adjusting BOTH innominates at once, i.e. the lesion side and the compensatory side.
2. Blocks simultaneously adjust the anterior and posterior as well as the internal and external misalignment factors
3. Blocks are non-traumatic to the patient. They can be used on the very young or very old or on very acute sacro-iliac sprain/strains.
4. Blocks are non-traumatic to the doctor as opposed to leaning over treatment tables to perform side posture adjustments, which is appreciated when one considers that many doctors see 30 to 100 (or more) patients a day. Thus, strength or endurance on the part of the doctor is not necessary. (Especially when you are only 46 kilos and 5 Foot 2 inches tall – okay so that is not the norm for most chiros.)
5. Blocks are used in the recumbent positions, which are the positions of relaxation. Patients are not in a defensive or tensed posture, as they might be on their side, anticipating a manual thrust. Hence the patient is better suited for adaptive readjustment.
6. Blocks can be used regardless of the size, shape or frailty of the patient.
7. There are virtually no contraindications to block corrections e.g. Paget's, osteoporosis, tumours etc.
8. Blocks appear to be the perfect adjustment – the perfect force to body weight. The perfect direction to vectored respiratory excursion.
9. In terms of biophysics blocks are much more powerful than a manual adjustment.  $FORCE = mass \times acceleration$ . The force of a manual adjustment for example - 100lbs (doctors hand-body thrust)  $\times \frac{1}{2}$  second = a force factor of 50. The force of a block adjustment for example – 100lbs (60% of patients body weight)  $\times 120$  seconds = a force factor of 12,000. Therefore, in terms of corrective force, block adjusting is 240 times more powerful than a manual adjustment.
10. The block adjustment is reproducible in every respect, every time.
11. Fluids are incompressible. Therefore, pain-producing oedematous fluid globules that have seeped into the sprained sacro-iliac joint might rebound to their aberrant position following a quick manual thrust. However, a block adjustment lasts for minutes, which allows the fluid to gradually seep out and be reabsorbed by the lymphatic system during respiratory motion.
12. Blocks allow ligaments to heal by gelation. Placing of the blocks induces an angular torque, so the ligaments that have been stretched abnormally are allowed to tighten and shorten. Conversely, the ligaments that have become compressed are allowed to stretch, which causes capillaries to release a hydrosol into the area, which then condenses to a hydrogel, permitting stabilization and a nutritive medium, thereby facilitating regrowth of the affected ligament.

Sustained adjustments on the blocks, correct pelvic torsion and side-bending rotation, thereby relieving adverse mechanical tension of the dural reciprocating membrane system. This can have an affect on spinal, cranial and facial problems.



**“Blocks perform the very important function of adjusting BOTH innominates at once”**

## SOTO AUSTRALASIA

SOTO CO-ORDINATOR &  
SOT SUPPLIES  
AVERIL CREBBIN  
PO BOX 276  
WOOMBYE QLD 4559  
Phone: (07) 5442 3322  
Fax: (07) 54423322  
Email: sotoa@bigpond.com

### Donors supporting SOT Research:

Thanks to

**Dr Sandy Clark &**

**Dr Alan Powell**

for recent donations.

**All donations are TAX DEDUCTIBLE and are only to be used 100% for research that supports SOT**

*For info contact Averil: 07) 5442 3322*

## CLASSIFIED ADVERTISEMENTS

### Associates Wanted

- Associate required for busy practice in Buderim on the Sunshine Coast. Knowledge of S.O.T. Essential. Contact Gabriella on 07 5476 6423 or 0409 637 737.
- Expressions of Interest Locum/Associateship Central Sydney Four month maternity Locum with continued associateship preferred. Starting late June '04, 60-100ppw. Knowledge of SOT essential. Please contact Rebecca Bowring or Darren Little on 02 9698 0007, or [chiro@centraltohealth.com.au](mailto:chiro@centraltohealth.com.au)
- An Associate position is available in a very busy Wellness-based clinic on the Sunshine Coast. The clinic is organised yet welcoming and friendly, the atmosphere caring and happy. You will be enthusiastic, dedicated Chiropractor with sound philosophy. You will have traditional chiropractic adjusting skills with the main paradigm being SOT. If you would like to be a part of our wonderful team of staff and patients please contact Daniela Carini on 0405 341 448.
- Adelaide practice, excellent working environment immediate income. Health orientated clinic using SOT Activator AK and some Diversified. Applicants should be familiar with or willing to learn these techniques possess good people skills and be able to communicate the benefits of chiropractic to patients. Ph 0411261746
- Position available at our busy family practice in Sale, Victoria. Open to qualified Chiropractors and 5<sup>th</sup> year students. Current associate finishing early 2005. McMillan Chiropractic Centre. Drs. Jason & Meaghan McMillan 0412 606 657. [mcmchiro@bigpond.net.au](mailto:mcmchiro@bigpond.net.au)

### Locums Available

- Dr. Christian Varney certified SOT practitioner available for locums, based in Victoria, prepared to travel interstate. 5 years experience as SOT associate/locum. Please contact 0413 337 208 or e-mail: [christianvarney@optushome.com.au](mailto:christianvarney@optushome.com.au)
- Felicity Maitland; RMIT graduate with 9 years locum experience. Phone 0409 719 875
- Dr Jeff Mathews Available to locum from February 2004. SOT Certification. 14 years experience in family practice. Please call 0413 903092 [cherine@myoffice.net.au](mailto:cherine@myoffice.net.au)
- Rowen D'Souza RMIT grad 95. Experienced Locum available. Primary technique : SOT. NET Certified also proficient in AK and Activator. Please email for available dates to [rowrow99@bigpond.com](mailto:rowrow99@bigpond.com) or phone 0402014869 or (03) 9842 9685.
- 12 years experience in SOT. PIT grad 1992. Available immediately. Long or short term. Contact Eric Conti: 0419997541 or [eric.conti@bigpond.com](mailto:eric.conti@bigpond.com)
- SOT Certified LOCUM Available... Queensland & Victoria. Dr. Belinda Owen. Call 0404 654 786 or email [belle\\_owen2002@yahoo.com](mailto:belle_owen2002@yahoo.com)

### Practices for Sale

- An established, part-time practice in sunny Brisbane, 7 km from the CBD. Predominantly SOT and Activator, but drop-piece, diversified also utilised. A practice with a lot of growth potential: suburban population 16,000, 4 primary schools, 1 high school, well-knit community. An ideal practice for a recent grad, or chiropractor wishing to work and live in a great family environment. Phone 07 3366 0434

**S O T ... An Essential Asset to Every  
Chiropractic Practice!**