

Chiropractic and Health Sciences

YOUR COMPLETE GUIDE TO THE CHIROPRACTIC PROFESSION

The Health Care Education Series | Cleveland University-Kansas City | ©2017, Cleveland University-Kansas City

When Health Care is in Your Career Future, Chiropractic Takes You Where You Want to Be.

Exploring career options can feel like taking a step into total darkness. You may have more questions than you can answer, and what answers you have many just leave you wondering. But there are some things you do know about yourself:

- The health care and medical field interests you.
- You know how fast health care is expanding...and yet there's an increasing need for patient access to care.
- You love to work one-on-one with people, and you like contributing to the well-being of those around you.
- You've proven yourself in the classroom, and subjects like biology, chemistry, anatomy, and physiology are challenges you welcome.
- You understand the benefits of hard work, and whatever you commit to, you're in it 100 percent.
- The idea of having your own business and putting your career in your own hands is exciting.

These are attributes common to all successful doctors of chiropractic.

This guide provides the information and resources you need to begin your journey toward becoming a chiropractor. Soon you could be joining the more than 100,000 chiropractors worldwide who are improving lives each day as part of the third-largest, physician-level independent health profession in the world.

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Salary Outlook for Chiropractors	
Medical Doctor\$196,621DoctorofDentalSurgery\$147,922Doctor of Chiropractic\$143,695Doctor of Optometry\$117,824Nurse Practitioner\$102,621Staff Nurse (R.N.)\$71,682	
Median compensation, Salary.com (Dec. 2017)	



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SECTION I: THE PROFESSION



What is a chiropractor?

Doctors of chiropractic are health care professionals who diagnose, treat, and prevent disorders of the spine as well as other parts of the human body's intricate system of muscles, ligaments, and skeleton.

These disorders affect 44.6 million Americans yearly, with an annual estimated cost to society of \$267.2 billion, according to a study by the American Academy of Orthopedic Surgeons. Such disorders are increasingly the result of sports-related injuries, workplace injuries, car accidents or simply sedentary lifestyles.

The profession emphasizes a hands-on, drugfree approach to health care that includes patient examination, diagnosis, and treatment. In addition to diagnostic skills and patient care, chiropractors are well-rounded in health and wellness options. In addition to special care their treatment plan may include therapeutic and rehabilitative exercises, management of sports injuries, nutritional and dietary assistance, and lifestyle counseling.





To determine a patient's condition and best steps forward, a chiropractor uses

- health history
- clinical examination
- functional assessment of spine and extremities
- laboratory testing and diagnostic imaging when indicated .

What a chiropractor does is part of a growing acceptance of non-invasive approaches to healing and away from medications. Chiropractors provide relief from headaches, back and neck pain, and improve flexibility, stability, balance, and coordination. To do this, chiropractors routinely

- establish a diagnosis
- determine indications for providing chiropractic care
- treat as indicated
- and consult with or refer to other health care practitioners when appropriate.

Chiropractic patient management includes:

- spinal and extremity joint adjustment
- rehabilitation exercises
- patient education in lifestyle and nutritional modification
- and the use of physical therapy, orthotics, and other supports.

All 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands have statutes recognizing the practice of chiropractic as an independent "portal of entry health provider." That term may be unfamiliar, but it means patients may have direct access to see a doctor of chiropractic for care.



 It never feels like work. My tools are my hands, my heart and the patient's incredible innate ability to heal.
 Every day, one patient at a time, I get to help make the world a happier and healthier place.

> –Dr. Devin Vrana Chiropractor Wichia, Kansas





An Accepted Choice

As the health care climate continues to change, it's important to know doctors of chiropractic serve a fundamental role in helping people of all ages.

- The U.S. Department of Labor, the Office of Workers' Compensation Programs, and the Division of Federal Employees' Compensation, recognizes chiropractors as physicians who provide manual adjustments of the spine.
- Chiropractic services are part of the standard medical benefits package available to all enrolled veterans through the U.S. Department of Veterans Affairs.
- Doctors of chiropractic treat active-duty military personnel in interdisciplinary military treatment facilities worldwide.
- *The Journal of the American Medical Association* (JAMA) has suggested that patients seek chiropractic and other conservative back-pain treatment before taking more invasive measures.
- The American Chiropractic Association reports 90% of health insurance plans include chiropractic care.

+821%

+693%



Increase in the number of visits for chiropractic care, 2004-2015 Trends in the Use and Characteristics of Chiropractic Services in the Dept. of Veteran's Affairs, 2016



Increase in number of adults seeking chiropractic care in the U.S., 2000-2003, Davis Sirovich (2010)

A Healing Touch for a Healthier World

Today, more than 100 years after its birth, chiropractic is recognized and practiced throughout the world and the profession has earned broad acceptance from the public and in national health care systems.

The relationship between structure and function of the spine and musculoskeletal system – and the association with the nervous system – is central to the chiropractic approach to patient care, health, and well-being.

The chiropractic perspective represents a holistic approach to optimizing health through good nutrition, exercise, stress management, and a focus on the importance of good posture, as well as proper spinal and extremity joint function.

While no one doubts the contribution of medication and surgery to health care, it's equally easy to see that non-invasive and nonpharmacological treatments are worth implementing.





I had the honor of traveling to Rio de Janeiro for the 2016 Olympic Games to work with wrestler Jordan Burroughs in his quest for a second Olympic gold medal. I worked with some of the best sports medicine minds in the world, and I was in awe seeing how much athletes at the pinnacle of their sports placed their trust in chiropractic.

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– Dr. Derek Scholl Chiropractor Lincoln, Neb.



Overdoses from opioids, both legal and illegal, claim more than 19,000 lives in the United States yearly, according to the American Society of Addiction Medicine. Another study, supported by an earlier American Medical Association (AMA) survey, estimates more than 128,000 Americans die each year from taking prescription medications.

Increasingly, research studies demonstrate that services provided by doctors of chiropractic are clinically effective, safe, and cost efficient. Evidence that supports conservative, drug-free approaches include:

- The American College of Physicians in 2017 published guidelines emphasizing conservative, noninvasive treatments like heat, massage, and spinal-adjustments for acute, subacute, and chronic low back pain.
- In the May 2017 issue of FDA Education Blueprint for Health Care Providers published by the U.S. Food and Drug Administration, a report concluded primary care providers should be knowledgeable about the range of available pain-reduction therapies, and when they should be used as part of a multidisciplinary approach to pain management. The guidelines include chiropractic and other options that help patients avoid prescription opioids.
- 2017 guidelines from the Canadian Medical Association recommend that for non-cancer pain, non-pharmacologic therapy, including chiropractic care, should be used before considering opioid-based therapy.

Explore this topic in more detail by reading this indepth manuscript published in August 2017 by the *Foundation for Chiropractic Progress: Chiropractic: A Safe and Cost Effective Approach to Health* by Carl S. Cleveland III, D. C., president of Cleveland University-Kansas City.



CARL S. CLEVELAND III, D.C



The Chiropractic Profession and Integrated Care

Patients deserve the best care they can get for their situation, which is why integration of care is so important today.

The move to interdisciplinary, integrated health care practices is common among chiropractors today. In the goal of effective patient care, chiropractors work as partners with medical doctors, physical therapists, acupuncturists, and other medical specialists.

The collaborative, whole person-centered approach of chiropractic matches the evolution of health care delivery. Health care costs for a family of four rose 180 percent between 2002 and 2016, according to *The Wall Street Journal.*

The public overwhelmingly accepts the value of chiropractic treatment: 95 percent of past-year patients rate treatment as effective. The increasing body of research shows chiropractic's effectiveness offers a bright future for the profession. Examples:

- Results of a 2013 study, reported by *Spine Journal*, concluded that therapy by a doctor of chiropractic combined with standard medical care offered "a significant advantage for decreasing pain and improving physical functioning" when compared with standard care by itself."
- *The Journal of Manipulative and Physiological Therapeutics* reported the results of a study of 85,000 Blue Cross and Blue Shield cases in Tennessee. The report noted the state could save \$2.3 million per year by members first choosing chiropractic care rather than a medical provider.





(citation goes here)

Chiropractic and Sports Performance

Recovery from sports injuries and improvement in athletic performance have also been areas where doctors of chiropractic have seen growth and success. Professional, collegiate, high school and "weekend warrior" athletes are known to use chiropractic care.

- All 32 teams in the National Football League offer chiropractic physician services as part of preventing injuries and recovering from them.
- Since 2008, the Professional Baseball Chiropractic Society has listed chiropractors affiliated with all 30 teams in Major League Baseball.
- So many Olympic athletes use chiropractic care that the managing director of the United States Olympic Committee (USOC) Sports Medicine Team is a doctor of chiropractic. Most Olympic athletes use chiropractic care regularly – from sprinter Usain Bolt to swimmer Michael Phelps.

Research findings, patient satisfaction, and the non-invasive nature of chiropractic care is ensuring the profession will play an increasingly larger role in comprehensive medical health care.

It's a good time to consider the options for a chiropractic education.





SECTION II: EDUCATION OPTIONS



How to Choose the Right Chiropractic School and Program

A strong and balanced chiropractic education is the foundation for a successful, enduring, and fulfilling career as a doctor of chiropractic.

No two schools of chiropractic are the same, just as your personal and professional goals are different than others with the same drive for a health care career. Knowing what chiropractic program and school best fits your needs is essential. The journey begins by gathering the right information.

Here are seven areas to consider when exploring your options:

- Reputation
- Resources
- Academic experience
- Program flexibility
- Financial cost and assistance
- Location
- Student support
- Investment





Reputation

Chiropractic universities like CUKC are devoted to academic excellence and community connectivity. They have a professional network of alumni, health professionals and supporters, locally, regionally, and nationally.

Financial stability, years established and commitment to student success are all good indicators of a strong chiropractic reputation. New research findings and high patient-satisfaction rates for chiropractic have only enhanced the reputation of chiropractic in the more than 100 years since the profession was founded.

There are differences among chiropractic colleges, so here are some questions you can ask to help you focus in on the right chiropractic school for you.

- Do you see evidence of expanded programming?
- Are improvements in equipment, technology and campus facilities happening regularly?
- Is there an effort to provide scholarships and financial help?
- Are research efforts being conducted to advance the profession?
- Do community leaders speak well of the institution?

There's no better barometer of instructional quality than the pass rates for the National Board of Chiropractic Examiners (NBCE) exam. Students usually take the Part I, Part II, Part III and Part IV exams, and a physiotherapy exam, before graduation. Candidates must pass all five parts of the NBCE exams to be eligible for a doctor of chiropractic license. A summary of the university's exam scores is published for access by licensing authorities in the U.S. and internationally and is listed on the university's website.

How reputation is measured



Contributions to the chiropractic profession



Resources

Each chiropractic program and school has a unique set of resources that are worth exploring. Depending on your individual needs and interests, some resources will appeal to you more than others. Comparing diverse program and school resources is easier when you group them into consideration categories.

Chiropractic educational resources include:



Where your classes and education take place is a big part of your learning experience. Find out what facilities are on the campuses you're exploring, but don't stop there. Inquire about facilities specifically available to the students in the chiropractic program and how often those facilities are available.

It's not enough for the institution to offer the resources; you need to be able to access them, too. For example, if the college offers robust online library tools, can you log in to use those tools from home as well as campus? These types of questions are worth asking as you narrow your selection.

Strong commitment to the resources in a chiropractic program and school will influence the styles, quantities, and condition of the equipment used for learning. Find out what recent additions and upgrades the program has received. Inquire about the school's ongoing plan to replace outdated technology and its schedule for future additions and enhancements as future needs dictate.

A chiropractic program is nothing without knowledgeable and approachable faculty. Of course, you should take the opportunity to meet with program instructors before you select a school. Faculty members will be your guide in a large part of your experience in the program. That's why knowing first-hand how faculty relate to students is a good indication of a "student-first" point of view. Look for an accepting attitude towards questions and office hours that are not overly restrictive.

While faculty offer a wealth of knowledge and instruction, they are not the only people who provide academic support. Academic services must also be part of the mix and can take the form of providing test-taking strategies, study-habit seminars, and tutoring services.

Knowing the types of academic services offered and how to access them before you need them can help you feel confident, calm, and prepared as you navigate your educational experience.

A robust educational experience also depends on community partners in the programs you're considering. Partnerships can open doors to enhanced clinical experiences, as well as provide for a wealth of community speakers, vendor connections, professional affiliations, training, and networking opportunities.





56 The most important responsibility of individual faculty members is to enhance the student learning experience.

-Education Advisory Board The Evolvng Role of Faculty in Student Success Dec. 2016



Academic Experience

Time spent in class and labs connecting with other students and your instructors encompasses a vast amount of your learning experience in the Doctor of Chiropractic program. Finding the right academic experience for you involves matching your learning style and personality with the program that will best fit your needs. Consider it a bonus if the school finds ways for prospective students to visit or shadow a chiropractor as part of their search for a right career fit.

Here are some factors that can influence your academic progress:

- Class size
- Student/teacher ratio
- Faculty/staff relationships
- Teaching methods
- Learning and practice opportunities.

The harder the coursework, the more important it is to be in smaller classes. The pace of learning in a professional degree program like the doctor of chiropractic will be faster than you've experienced so far in college, and the amount of material covered also will be greater. Large, auditorium-style classes may seem exciting, but it's easy to lose focus in such environments. Constructive, on-topic discussions also occur less frequently in large classes.

To reinforce learning, seek out a chiropractic university that can show you an emphasis on smaller classes. This is especially true in lab and other "hands-on" environments, because you can observe more closely, hear instructions more clearly, and get one-on-one help when you need it.

Class Sizes

a problem. According to the National Center for Education Statistics, the national average for college student-to-faculty ratios is 18:1. College admissions expert Alan Grove says to look for a student-to-faculty ratio between 10:1 and 20:1. All colleges and universities calculate this ratio, so it is available simply by asking for it.

Chiropractic institutions that believe this is important to student

success will be upfront about their student to faculty ratio. While there is no secret formula to effectiveness, high ratios signal

Quality of instruction is another crucial measurement. You should expect most coursework to be taught by instructors with at the doctorare level or those who have specialized certifications and credentials.

Faculty/Student Interaction

Assessing the relationships faculty and staff have with students is also important. One way to gauge this is by asking about services and programs that contribute to student success beyond the classroom. College is an intensive, comprehensive experience; you will spend a great amount of time in class and preparing for class, and the focus required can take a personal toll.

You also need to know the university you choose for your Doctor of Chiropractic degree cares about your entire "you." Your best indication of a caring university is a department or division set up to provide an array student services - not just those needed now, but in anticipation of future demand.





In your examination of a prospective chiropractic institution, ask the following questions:

- How many "student clubs" and organizations are available? Is participation in them encouraged?
- Is there a chiropractic health center?
- Is there a fitness center with up-to-date equipment? Does it offer programs to meet the widest exercise options?
- What food service options are there?
- What programs are there for students encountering stress, anxiety, or other emotional issues?
- If you're struggling with a particular course, are free tutors available?
- Are there programs to enhance study skills and improve test-taking results?
- As graduation time gets closer, what career counseling and business skill development services are available... and are they tied to the realities of the workplace?

Learning Style and Experiences

You've also no doubt discovered that not everyone learns the same way. By now you likely know if your learning style is visual, auditory, or kinesthetic – experiencing and doing. Many people are a little of all three, and learning-focused instructors know a combination of all three is a smart way to ensure mastery of any subject. A university shouldn't depend on one style of teaching or have faculty who can only deliver instruction one way.

No education is complete without guidance in applying the knowledge gained. With that in mind, seek out a chiropractic college that integrates internships or externships into the educational experience. Is there a department or liaison on campus who will serve as a resource for fitting you into such an important activity? You don't want to be doing this on your own, and you don't want to be without this workplace experience, either.

Contributing as part of a team, demonstrating accountability and meeting deadlines offer great proof of competence. The closer these experiences are to emulating situations encountered in practice.











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Program Flexibility

You will want a chiropractic education that is comprehensive, but has a curriculum that prepares you for the realities of chiropractic practice and patients. Some schools use a traditional two-semester, per-year format, which requires you to plan on a four-year schedule for your chiropractic degree. When being efficient with your time and finances is an important priority, that option may not be the best one.

There are chiropractic colleges that believe that the learning for chiropractic is conducive to a round year format. By organizing into a trimester yearly plan, a chiropractic degree can be achieved in 3.3 years.

Getting prepared for chiropractic school is of great importance – you don't want to end up playing academic catch-up from day one. Most new chiropractic students will have earned a bachelor's degree, typically in the sciences, or through a pre-health type track. The admission standard is 90 credit hours earned with a minimum 3.0 cumulative grade-point average on a 4.0 scale.

Admissions reviewers will expect at least 24 semester hours in life and physical sciences. At least half of these courses to include a laboratory component, is to be included within th 90 hours, along with well-rounded general education courses in humanities and social sciences. You'll want to make sure coursework has covered anatomy, human biology, physiology, chemistry, and organic chemistry.

Of course, GPA by itself isn't always an indicator of potential, and sometimes the right courses aren't available. You can ask about an alternative admissions plan, in which advisors would structure a personalized educational plan for success.

Combining Degree Options

Another D.C. program possibility is getting dual degrees on the way to becoming a doctor of chiropractic. This is known as a concurrent degree program, and it has the obvious advantage of reaching graduation earlier and saving on tuition costs.

If you have a record of academic success and are disciplined in your approach, it might make sense to earn a bachelor's degree in the sciences while simultaneously earning the doctor of chiropractic degree. Doing this takes coordination of classes, so make sure your chiropractic university has an advising staff that will work closely with you.

Sometimes it might be best to ease into a Doctor of Chiropractic program because of certain life considerations. A lock-step program is not always best, so ask if your school has flexibility in its program.

For example, instead of taking the full semester hours, a split schedule lets you cover half the coursework in one semester and half in the next semester. Be aware: this type of plan also increases time spent in school.



Location

Where your school is located isn't always top of mind when evaluating a school, but location can be a fantastic benefit or burden.

An urban location may not require a car or other private transportation, but it may come with a high cost of living and concerns about safety. A suburban location may offer relative safety but not have solid access to major road routes or public transportation.

With that in mind, look for a chiropractic school location that has the best of both worlds: a suburban area that is part of a near-by metro area. You want a place featuring:

- Access routes to and from all directions
- A mix of residential and business areas
- Shopping and recreational options
- A network for health care facilities
- Solid infrastructure and upkeep.

The best way to judge these factors is to do a personal visit. Expect that the school you're considering will feel as good a fit to your needs as the academic quality is to your career expectations.

If you don't get an invitation to visit or a school wants you to enroll sight unseen, there just might be a reason why.





Student Life

Chiropractic school will be fast-paced and intensive – there's much to learn about the profession and how to achieve success once you're out in practice providing patient care. No matter how strong your drive for success is, though, you'll benefit from a school choice that has a supportive community environment.

How to judge this? You'll want to get an overall view of student life and student options. Common ways to measure this "sense of community" will be the perspectives of students already there, the availability of student clubs and activities, the school's support for housing options, the number and range of student services, and recognition of student achievement on the way to graduation.

Look for Options that Fit You

For clubs and activities, you'll want to see if there are ones that not only fit you now but can help you be a more rounded person. Find out if new clubs or organizations are welcome, how easy they are to start, and if so how much administrative or faculty support there is.

Check on the diversity of options and how much of the student population gets involved. Schools that believe in community will bring speakers to campus, provide on-campus common areas that encourage students to have fun or study together, and have campus traditions and events to mark special occasions and student milestones.

Another contributor to the enjoyment of campus life is to have plentiful housing options. Ideally, the school itself is in a safe area that has a pleasant mix of green space and amenities. The housing possibilities can range from newer apartments of various sizes to rental homes, and there should be good access to places for entertainment and recreation.





Financial Considerations

The journey towards earning a Doctor of Chiropractic degree is a big decision, and there are financial costs that must be addressed before you start. The good news is that financial aid is available, the school you choose will have people and programs to guide you, and the profession you've chosen will reward you for the time and money you've invested in it.

Financial aid for chiropractic school is set-up in the same way as undergraduate school, though the names of the various programs may be different. For most students, there will be a mix of programs for you to explore with the financial aid team:

- Federal direct loans and private loans
- Scholarships (from outside organizations and through the university)
- Grants
- Federal work-study program
- Veteran's Benefits (Various programs through GI Bill)
- Tutoring positions within your school.

After you've narrowed your choice of chiropractic universities, dive into their financial aid knowledge. You'll want advisers and staff who will give you detailed guidance in navigating financial assistance.

The more knowledgeable the department and its staff are, the smarter you'll be about the financial aid process and choices that fit your specific situation.





SECTION III: THE JOURNEY STARTS HERE





The CUKC Story

Cleveland University-Kansas City (CUKC) has the career answers you want.

When you have a sincere desire to help people live a healthy life, recover more quickly from injury or chronic pain, and do it all with noninvasive treatments and methods, a chiropractic career is a smart career choice. You can live out that dream at CUKC.

For nearly 100 years, Cleveland University-Kansas City (CUKC) has been the place to learn the science, philosophy, and art of chiropractic. More than one in every 10 chiropractors practicing in North America is a Cleveland graduate.

Cleveland University-Kansas City is made up of people who all want the same thing – to make a real difference in health care and the lives of others. CUKC cultivates a community of students, faculty, staff, and alumni who are tightly bonded by a shared passion for wellness and a desire to help each other succeed.

Our story began in 1922, when Dr. C.S. Cleveland Sr., Dr. Ruth R. Cleveland and Dr. Perl B. Griffin opened Central Chiropractic College, which became Cleveland Chiropractic College just a few years later.

Over the years, Cleveland continued its quest to be at the forefront of health care degree options and best practices. By 2012, the expansion of graduate and undergrad degree programs and online courses dictated a logical name change to Cleveland University-Kansas City.

CUKC is the only chiropractic college in the world continuing under the leadership of a founding family member. Dr. Carl S. Cleveland III, president is a fourth-generation chiropractor who shares more than a casual connection with Cleveland's mission – he carries in his DNA the pioneering spirit of his grandmother and grandfather.

Points of Distinction

- The CUKC campus is in suburban Overland Park, Kan., a city of 190,000 within the greater Kansas City metro area. The campus buildings are known for their chiropractic-centered facilities, abundant green space, convenient parking, and easy access to residential areas and interstate highways.
- Overland Park is an award-winning city: In 2017, WalletHub named Overland Park its Best Place to Raise a Family in the U.S. and it also ranked among the 20 Best Cities in the U.S. to Find a Job in 2017, Healthiest Cities in the U.S., Happiest Places to Live in 2017, and Least-Stressed Cities in America. Overland Park made the Niche list of its 2017 Safest Cities in America.
- The CUKC campus is set up for excellence in chiropractic education: special classrooms and laboratories, library, cafeteria and dining, an activity center, faculty and administrative offices, multiple student lounges and computer stations, and an open-to-the public health center that accommodates more than 30,000 patient visits per year.
- Classes in the Doctor of Chiropractic program start three times each year: January, May and September. The four year academic degree can be earned in 3.3 years.
- Hands-on patient assessment begins during the first trimester.
- Traditional clinical competencies are developed through an introduction to multiple spinal and extremity adjusting techniques in the first year of study.
- A portion of the curriculum is devoted to direct clinical experience where students are introduced to the clinical environment midway through the CUKC program.
- At CUKC, licensed clinicians supervise and guide interns during the final academic year, enhancing the clinical portion of the chiropractic program. Qualified interns may elect to participate in nationwide preceptor and extended preceptorship programs.
- CUKC has partnerships with the Veterans Administration hospitals in Kansas City and Topeka and the Kansas City Care Clinic, one of the largest community health clinics in the country.



Recognizing the Needs of Students

Cleveland University-Kansas City is a healthfocused university that works to integrate a healthy approach to all aspects of life at CUKC. Yes, we'll challenge your mind and prepare you for the world, but we believe in giving you the tools to make it happen.

Student services at CUKC are fully developed and fully supported. From free tutoring to the finest lab facilities to a full-service café, we offer everything our students need to succeed.

In fact, we're so dedicated to helping students be and do their best, CUKC has implemented a elective comprehensive program that's called "Success Strategies." It's a proven program that gives our students the business skills and services for their practice.





Success Strategies

Unique to CUKC is a Success Strategies program in conjunction with our business curriculum that provides students and graduates the skills and services they need to succeed.

"Success Strategies" are provided in the following areas:

- Career counseling (mentorships, goal setting, resumé and curriculum vitae writing, interviewing techniques, etc.)
- Demographic studies
- Business and marketing plans
- Business success skills
- New doctor seminars
- Information exchange with recent graduates
- Identifying practice opportunities (associateships, partnerships, practices for sale, space for rent, equipment for sale)
- Networking opportunities with alumni and other field
 practitioners
- Gaining state licensure
- Training in areas such as patient education, health presentations to the public and spinal screenings.

Cleveland University-Kansas City is committed to enhancing opportunities for professional success after graduation.



– Dr. Carl S. Cleveland III President, CUKC



Fitness Center

In line with our commitment to wellness and health promotion, the Cleveland Fitness Center is available for use by students and employees. The fitness center includes free weights, weight machines, treadmills, ellipticals, other cardio-related machines., and video-assisted exercise options.

Award-winning Library

Our library houses research tools for conducting online literature searches and retrieving full-text articles. Library staff provides training in using PubMed and other databases and instructs users on constructing search strategies and evaluating search results.

Through the library's ebook collection, students have online access to core chiropractic textbooks. Topics range from imaging to chiropractic technique to spine-related content.

The Library also has access to Gale Interactive: Human Anatomy, which provides 3D digital anatomy models and learning tools.

The library recently received the "Excellence in Library Technology Innovation" award from the Health Sciences Library Network of Kansas City.

Hands-on Education

Student interns gain clinical experience in an actual clinic environment, which is crucial to the development of our students both personally and professionally.

The Cleveland University-Kansas City Chiropractic Health Center is not only a resource for better care of your body while in school, but is a public resource for the community. The center is an affordable place and thousands of area residents take advantage of services offered every year.



Early Childhood Learning

We understand that finding the right childcare for each of our students' unique situation can make a significant difference for our students and their families while at CUKC. The Family Conservancy, a local nonprofit, offers parenting and childcare resources in Kansas and Missouri to help you find the right program and childcare option to fit your needs. Visit www. thefamilyconservancy.org/ to find out more about their free childcare resources and referrals.

At CUKC, our students with children have several childcare options available in Overland Park, Kansas and surrounding areas, including a childcare facility located on campus. Since 2008, CUKC has had a Special Beginnings Early Learning Center on site. The Special Beginnings programs cover infants, toddlers, pre-school, pre-kindergarten, and school-age children and emphasize a balance of play, socialization, and pre-academics to explore and learn skills through art, music, language, science, cooking, dramatic play, and independent play activities.

Café Cleveland

Dining on campus is part of the overall college experience. The Café Cleveland, a combination of full-service food operation and a mini-market, is open for students and staff serves up a healthy variety of snack and meal options. Students gather to eat in the dining and assembly hall or step outside to enjoy a meal at a table on the sunlit patio. Whether you want to grab a snack or sit-down to a meal while catching up with classmates, CUKC has got you covered.

The lunch menu changes weekly, with made-to-order options common during the week. Both chef-prepared and "on the go" items are included and are paid for via on-site cashless shopping for fast, convenient service anytime.



From Shadowing to Clinical Opportunities

CUKC's location within a major metro area also offers plentiful options for on the job experiences. Prospective students are encouraged to shadow a licensed practitioner to gain perspectives about chiropractic care, and we coordinate requests to get this valuable insight into the chiropractic life.

As you pick up skills and expertise, you may have the opportunity to care for patients in partner clinics and facilities, such as the Veteran's Administration hospitals in Kansas City, Mo., and Topeka, Kan., or the Kansas City CARE Clinic.

Following graduation, you can work side-by-side in the field with a doctor of chiropractic through the University's nationwide preceptorship program.

Programs for Healthy Living

Cleveland University-Kansas City is among the 109 Kansas City-area companies to receive a Gold Level or higher "Healthy KC Certified" designation in 2017. The designation recognizes organizations in the Kansas City area that have a strong health and wellness culture and encourage healthy workplace activities.

Other examples are various fitness and exercise stations set-up around the campus, wellness recognition programs and a CREW team (Clevelanders Reach for Exercise and Wellness) for health promotion and fitness. You need to shadow a doctor. Whether it's learning how to talk with patients or recognizing the common injuries you might treat most frequently, shadowing shines a light on what to expect.

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- Ryan G. Chiropractic student



Tested, High-quality Education

Our students receive a well-rounded education in excess of 4,200 hours. At CUKC, students focus on chiropractic adjusting technique and examination, diagnosis, orthopedics, physiologic therapeutics, and nutrition.

New doctors of chiropractic from CUKC will have two years of hands-on clinical experience. Overall, CUKC chiropractic graduates will have received more training than their medical school counterparts in anatomy, physiology, bacteriology, diagnosis, X-ray, and orthopedics.

Cleveland University-Kansas City retains highly qualified faculty with broad experience and credentials in their subject areas. And with an average of one instructor for every 11 students, you'll have the opportunity to get to know them well.

Competencies achieved at CUKC:

- Assessment and clinical patient diagnosis
- Establishing and managing appropriate treatment plans
- Promotions of health and wellness
- Communication with patients and other health professionals
- Critical thinking and decision-making skills
- Ethical conduct and legal responsibilities
- Intellectual and professional development.

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In addition to the adjustment, chiropractors often advise and instruct in posture, stretching exercise, rehabilitation, nutrition, hydration and stress



- Robert E Rosenbaum, M.D., FAANS FACS Dept. of Neurosurgery Walter Reed National Military Medical Center



A Belief in Career Preparation

CUKC stays in step with the tools, procedures, and methods that deliver excellence in chiropractic care to prepare doctor of chiropractic students for patient care.

In 2017, Cleveland University-Kansas City integrated Force Sensing Table Technology[™] into its curriculum. It's considered the latest achievement in an ongoing goal to deploy best teaching practices and new technology.

CUKC has full-function X-ray, microbiology, chemistry, cadaver, and histology labs, and training rooms in which students and practitioners can work together. Students also get up to speed in the use of electronic health records, a current health care standard used by most health care institutions and practitioners.













A Location to Live and Learn

A wise choice in where to go to school should also be a comfortable place to live. CUKC is in Overland Park, Kan., one of the largest and best-recognized suburbs in the metro Kansas City area.

The 15-county Kansas City metropolitan area not only is home to 2.3 million people, but has a strong health care industry that includes regional and national hospital systems and dozens of *Fortune 500* employers.

AllHealthcare.com ranks Kansas City among the top 20 cities to begin a health care career.

Athletic Performance and Chiropractic

(Blurb to come)





SECTION IV: THE PATH TO SUCCESS



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Ready When You Are

Selecting health care as your career path and a doctor of chiropractic degree as an expression of your passion for people and service to community requires careful thought and consideration. It is a career full of personal and professional rewards, but will also demand the very best of your talents and abilities. You're going to love what you do.

We encourage you to check out the resources below that will give you confidence in the choice of a Doctor of Chiropractic degree.

Discovery Day Open House: The perfect opportunity to explore a career as a doctor of chiropractic at CUKC. Enjoy a tour of our facilities, participate in a mock adjusting class, learn about financial aid and scholarships, and visit with alumni, faculty, and current students.

CUKC Campus Tours: If you can't wait to attend an Open House event, we welcome you to a private campus visit and tour.





Get Started on Your Chiropractic Degree Journey Now

No one can make a better decision on what's best for your career than you. The chiropractic profession may well be the right choice for you. If so, this is the place to start.



Contact an Advisor



Picturing the Chiropractic Life: Dr. Alicia Myers (CUKC '10)

Ask any chiropractor what guided them to the profession, and many will cite a specific health condition, event, or injury that ignited the fire in them.

But in some cases, they are already making a difference, when chiropractic chooses them. Such was the case for Dr. Alicia Myers (CUKC '10), whose career epiphany came in the most unlikely of places. While earning her undergraduate degree in biochemistry, Myers worked in the office of Wichita, Kan., chiropractors Dr. Earl Malone '95 and Dr. Tim Wilbeck.

She recalls observing Malone and learning the many ways that chiropractic could provide relief for those in pain. She watched and learned, but it was nothing that she saw as a part of her future. She finished her degree and began optometry school. But a friend with an ailment sparked her memories of helping others, and that spark soon ignited the chiropractic flame within her.

Acting on that response, Myers began to learn all she could about chiropractic. She realized chiropractic was her calling and applied to Cleveland University-Kansas City.

She now works for Arizona Pain Relief as a chiropractor and clinical director in its Scottsdale office. In the time since graduation, Myers has never ceased learning. She has soaked up the professional wisdom of those around her, including Dr. Alan Palmer, who she says has "influenced my career beyond what I had ever imagined."

He has been a guiding force since she began working for him when she arrived in Arizona after graduation.

"He challenged me – even when I didn't like it – and taught me how to be a manager," Myers said. "He also taught me how to run the business, work with professional athletes, document everything and



work with Medicare. Mostly, he reinforced in me the importance of patient care."

Now working alongside Dr. Justin Thompson at Arizona Pain Relief, Myers continues to learn more about management, accounting and investing, and she keeps focusing on the growth potential for their practice model. She envisions an expansion of that model over the next five years with additional facilities to offer a more encompassing health care experience.

"I will be helping my company educate patients on stem cell therapies for arthritic joints by doing seminars," Myers said. "I also plan to help run five integrative clinics, where patients can have access to medical, physical therapy and chiropractic all under one roof."

Myers remains focused on the good she can do for others. The satisfaction derived from her frequent interaction with those who need her care only feeds her passion for the profession. It bonds her to those she serves.

"I love that we see our patients monthly, or even weekly so you become a part of their lives," Myers said. "It's like going to work and being able to hang out with friends all day who praise you for making them feel better! It's the best job in the world."



Becoming a Chiropractor

http://www.thebestcolleges.org/how-to-prepare-for-a-career-as-a-chiropractor/

Career Outlook http://www.bls.gov/ooh/health care/chiropractors.html

Chiropractic Care for U. S. Veterans https://www.prosthetics.va.gov/chiro/locations.asp

Chiropractor Salary http://www1.salary.com/Chiropractor-Salary.html

Cost vs. Reward http://doctorly.org/cost-vs-reward-of-a-chiropractic-school-education/

Evidence for Spinal Manipulation

https://www.wfc.org/website/images/wfc/Latest_News_and_Features/Deyo_ article_050517.pdf

FDA Education Blueprint for Health Care Providers

https://www.fda.gov/downloads/Drugs/NewsEvents/UCM557071.pdf

Information about Chiropractic Treatment

https://www.sharecare.com/health/chiropractic-treatment

Introduction to Chiropractic

http://www.nbce.org/about/about_chiropractic/

Professional Sports and Chiropractic Care

https://www.thejoint.com/2015/09/10/professional-athletes-choose-chiropractic

Rising Rate of Health Care Costs

https://blogs.wsj.com/dailyshot/2017/04/04/wsjs-daily-shot-health-costs-soar-180-in-15-years/

Where Chiropractors Work https://www.bls.gov/oes/current/oes291011.htm#st



