

Dr. Heidi Haavik Available Course:

Friday, October 5th – 2:30 p.m. – 6:30 p.m., Saturday, October 6th – 8:00 a.m. – 12:00 p.m. & 2:00 p.m. – 6:00 p.m.:
The Neuroplasticity Model of Chiropractic Adjustments (12 hour program)

Dr. Haavik will cover, in a fun and entertaining way, the latest scientific understanding about the function of the spine and its impact on brain function. It is aimed at chiropractors, chiropractic assistants and students that would like to be able to confidently communicate about chiropractic in a manner that is congruent with the latest scientific evidence. Recent scientific studies are revealing a new understanding about how spinal adjustments work. Heidi Haavik, a chiropractor and PhD trained neurophysiologist has spent the past 16 years studying the changes that occur in the brain when chiropractors adjust chiropractic subluxations. The original theories were based on the idea that dysfunctional spinal segments were 'out of place', or misaligned, and that this put pressure on the nerves exiting the spine. We now know that this theory is not really the best way to describe what a chiropractic subluxation is. The original theories were based on the idea that an adjustment relieved pressure off the squashed nerves. We now also know this is not the best way to describe the neurophysiological effects of an adjustment. Today, over a hundred years on from that 'first' chiropractic adjustment, we know much more about how the brain and the rest of the central nervous system functions. And it is becoming clear – finally - just how the chiropractic adjustment really work. We have now come to understand is that we don't really put bones back in place when we adjust the spine. A chiropractic subluxation is not so much the condition of a bone being out of place; it is more that a bone is functioning or moving in a less than ideal way – in a manner that is not 'normal' for the body. The spine itself has three basic functions; 1) sometimes to move to dissipate forces for example during running, 2) sometimes to stiffen up – also to protect us for example during heavy lifting, and 3) sometimes to reflexively respond to maintain balance and prevent falls. Thus from a neurophysiological perspective, if vertebral motion segments are not doing one of these three things when it should then we have a Central Segmental Motor Control problem – and from a neurophysiological perspective this is what a chiropractic subluxation is. What is really interesting is how spinal dysfunction impacts our brain's function and how this likely translates into clinical symptomatology (or not). Dr Heidi Haavik will share with you a summary of where we are at with the neurophysiological understanding of the impact of spinal function on brain function, work through the key neurophysiological concepts that are essential for all chiropractors to know and will discuss what future implications this has for us as a profession.



Dr. Heidi Haavik

Doctor of Chiropractic

Dr. Heidi Haavik is a chiropractor who also has gained a PhD in human neurophysiology. Dr. Haavik graduated from the New Zealand College of Chiropractic in 1999, and has practiced for over 15 years. She was awarded her PhD degree by the University of Auckland in 2008. She is the Director of Research at the New Zealand College of Chiropractic where she is the Director of the Centre for Chiropractic Research. She is the author of the book 'The Reality Check: A quest to Understand Chiropractic from the inside out' (www.heidihaavik.com). This book describes in easy to understand language what happens in the brain when a chiropractor adjusts dysfunctional segments in the spine.

Dr. Haavik has used her neurophysiology expertise to study the effects of adjusting subluxations on the function of the central nervous system. Dr. Haavik is the director of Haavik Research Ltd, a company that enlightens the world about the science of chiropractic (www.therealitycheck.com). Dr. Haavik is also an Adjunct Professor at the University of Ontario, Institute of Technology in Oshawa, Canada and is a member of the World Federation of Chiropractic's Research Council. Dr. Haavik has received numerous research awards and has published a number of papers in chiropractic and neurophysiology journals. She has presented her work to both chiropractic and neuroscience communities around Australasia, Africa, North America and Europe. She is on the Editorial Board of the Journal of Manipulative and Physiological Therapeutics and Journal of Chiropractic Education and is a Review Editor in Movement Science and Sport Psychology for Frontiers in Psychology and Sports Science. She was named Chiropractor of the year in 2007 by both the New Zealand Chiropractic Association and the New Zealand College of Chiropractic Alumni Association.