

State Board of Chiropractic Examiners

To Whom It May Concern:

This letter is to state that as Director of Parker Professional Programs, I have reviewed the speakers below and determined that they are post-graduate level instructors, through a curriculum vitae or resume, and they have knowledge, training and expertise in the topics to be covered for “Chiropractic and the Immune System”. The documentation appears to fall within chiropractic guidelines of the various state boards.

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Continuing Education  
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Dallas, Texas 75229  
[www.parker.edu](http://www.parker.edu)

Michele Maiers, DC

Please contact me if further information is needed, my direct phone number is 214-902-3492, or via email at [pfrase@parker.edu](mailto:pfrase@parker.edu).

Sincerely,



Phyllis Frase-Charrette  
Director of Professional Programs

## **METHOD OF CERTIFYING IN ONLINE ACTIVITIES**

1. **Name of Course:** Chiropractic and the Immune System
2. **Organization Sponsoring the Course:** Parker University
3. **Course Objective:** To enhance the expertise of the Chiropractic Professional.
4. **Study Hours Required:** 1 Online
5. **Instructor(s):** Michele Maiers, DC
6. Educational background and experience of instructor(s) is on file in the University offices.
7. **Attendance Verification Method and Certifying Officer:** FL Licensees are required to provide a valid driver's license to be awarded CE. The Online presentation is delivered via web pages in which the participant must review anatomy images, read supporting text, listen to audio instruction, and answer test questions. The time the participant spends on each page is logged and tracked. In addition, the test questions must be passed, or the participant cannot continue on to the following pages. The computerized log files that track the participant's access time and usage will be utilized to validate the attendance and participation. The instructors will be available for questions via e-mail. Upon successful completion, Parker University Continuing Education Department will maintain and distribute attendance records.
8. **Textbooks and/or Equipment Required:** Internet
9. **Outline of Material Covered:** Attached
10. **Location(s):** Computer/Internet Based
11. **Date(s):** Based upon date of actual completion

## **Chiropractic and the Immune System: what do we know, and what are the right questions to ask?**

Claims that chiropractic adjustments influence immune system function have received newfound scrutiny in light of the COVID-19 epidemic. Politics and philosophy aside, what does the research actually tell us about the chiropractic adjustment and immunity? This course is a no-spin, no-nonsense look at what is known about this topic, and what questions we need to ask ourselves as a professional community to responsibly contribute to this conversation.

During this course, you will:

1. Critique historical anecdotal evidence about chiropractic's impact on immunity.
2. Examine the current state of the evidence regarding the impact of spinal manipulation on the immune system.
3. Examine gaps in knowledge relative to chiropractic and immunity, and future directions for a research agenda.
4. Discuss evidence based clinical recommendations chiropractors should make regarding immune system function.

0-15 min

- Draw distinctions between anecdotal, basic science, and clinical evidence.
- Review historical evidence from the professions of chiropractic and osteopathy relative to spinal manipulation and the 1918 influenza pandemic.
- Critique the voracity of anecdotal evidence, using a series of questions to screen for bias.

15-30 min

- Review the current literature exploring the relationship between chiropractic spinal manipulation and immunity.
- Evaluate the relevance, validity and clinical impact of this evidence.

30-45 min

- Summarize, based on the literature, our current state of knowledge is about spinal manipulation's effect on immunity.
- Explore opportunities to deepen our knowledge about what impact spinal manipulation may have on the immune system.
- Debate whether there is sufficient cause to commit resources to this research question.

45-60 min

- Review evidence based recommendations chiropractors can make, within their scope of practice, to enhance immunity.

# Michele J Maiers

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## OFFICE

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## ACADEMIC PREPARATION

- PhD Clinical Research and Biomechanics  
Institute of Sports Sciences and Clinical Biomechanics  
University of Southern Denmark, Odense, Denmark 2015  
Dissertation: *Chiropractic and Exercise for Elderly with Neck Pain: a mixed methods comparative effectiveness trial*
- MPH Public Health Administration  
Department of Health Services Research and Policy, University of Minnesota 2006  
Concentration: Research  
Master's Thesis: *The Prevention of Back Pain among the General Population*  
Graduate Minor, Complementary Therapies and Healing Practices  
University of Minnesota 2005
- DC Doctor of Chiropractic  
Northwestern College of Chiropractic 2000
- BS Human Biology  
Northwestern College of Chiropractic 2000

## ACADEMIC POSITIONS and HONORS

- 2017-present Professor, Northwestern Health Sciences University (NWHSU)
- 2015-present Executive Director of Research and Innovation, NWHSU
- 2010-present Principal, Center for Healthcare Innovation and Policy, NWHSU
- 2009-2017 Associate Professor, NWHSU
- 2007-2013 Associate Dean of Research and Knowledge Transfer, Wolfe-Harris Center for Clinical Studies, NWHSU
- 2005-2009 Assistant Professor and Clinical Research Scientist, Wolfe-Harris Center for Clinical Studies, NWHSU
- 2001-2004 National Research Service Award [NIH T32]
- 2001 Research Fellow, Foundation for Chiropractic Education and Research
- 2000-2004 Research Fellow/ Project Manager, Wolfe-Harris Center for Clinical Studies, NWHSU

## PROFESSIONAL AFFILIATIONS

- 2018-present Executive Council, World Federation of Chiropractic
- 2017-present Board Member, Integrative Healthcare Policy Consortium
- 2016-present Board of Governors, American Chiropractic Association (ACA)
- 2016-present Council Member, World Federation of Chiropractic
- 2015-present Fellow, International College of Chiropractors
- 2010-2016 Chiropractic Healthcare Section Councilor, American Public Health Association (APHA)
- 2008-2017 Minnesota Delegate, American Chiropractic Association (ACA)
- 2003-2008 Alternate Delegate, ACA

2000-present	Member in good standing, APHA
2000-present	Member in good standing, Minnesota Chiropractic Association
1997-present	Member in good standing, ACA

## RESEARCH EXPERIENCE

### CAM Research Education Partnership Project

Funding: National Institutes of Health National Center for Complementary & Alternative Medicine (1R25AT003582)

Role: Co-investigator

The broad, long-term objective of this project is to facilitate the practice of evidence-based health care among complementary and alternative medicine practitioners.

### Chiropractic and Exercise Management of Spinal Dysfunction in Seniors

Funding: Health Resources and Services Administration (1 R18 HP15127)

Role: Principal Investigator

The broad objective of this study is to determine whether a short-term treatment model or long-term management strategy of chiropractic spinal manipulation and exercise results in better clinical outcomes among seniors with chronic spine-related disability.

### Individualized Chiropractic and Integrative Care for Low Back Pain

Funding: Health Resources and Services Administration (1 R18 HP 07639)

Role: Co- Principal Investigator

The broad long term objective of this unique randomized clinical trial is to identify the most effective strategies for delivering individualized care for low back pain sufferers.

### Chiropractic and Self-care for Back-related Leg Pain

Funding: Health Resources and Services Administration (1 R18 HP 07638)

Role: Co-Investigator

The overall objective is for this randomized, observer-blinded randomized clinical trial is to identify effective, non-surgical treatments for back related leg pain (also known as sciatica).

### Chiropractic and Exercise for Seniors with Low Back Pain

Funding: Health Resources and Services Administration (5 R18 HP 01424)

Role: Co-investigator

The broad, long-term objective of this research is to identify effective therapies for low back pain and to discover the best methods for enhancing health and functional capacity in patients 65 years of age and older with low back pain of more than 6 weeks duration.

### Chiropractic and Exercise for Seniors with Neck Pain

Funding: Health Resources and Services Administration (5 R18 HP 01425)

Role: Co-investigator

The broad, long-term objective of this research is to identify effective therapies for neck pain and to discover the best methods for enhancing health and functional capacity in patients 65 years of age and older with neck pain of more than 12 weeks duration.

### Manipulation, Exercise and Self-care for Low Back Pain

Funding: Health Resources and Services Administration (4 R18 HP 10009)

Role: Project Manager

The major goal of this study is to examine the relative efficacy of three interventions in terms of patient-rated outcomes in the short and long term for non-acute low back pain.

### A Pilot Study of Massage and Self-Care Education for Tension-Type Headache

Funding: The Massage Therapy Foundation