

## **CPD Course Proposal**

European Academy of Chiropractic (EAC) Accreditation Submission

### **Course Title:**

Evidence-Based Mechanical Spinal Decompression in Chiropractic Practice: Clinical Integration and Patient Outcome , Advanced Clinical Spine Integration

A 12-Hour Continuing Professional Development Programme

Provider: Dr Graeme Massey DC

**Date: 26<sup>th</sup>-27<sup>th</sup> September 2026**

**Organiser: Dr Graeme Massey DC**  
**gonsteadacademy@gmail.com**

### **Location:**

Manchester Hall,  
36 Bridge Street.  
Manchester  
M3 3BT  
UNITED KINGDOM

**Seminar Fees: €995 –**  
Teas/ Coffees and Lunch included for both days

**Provider:** Pros17s – Dr Graeme Massey DC

**Intended Audience:** Chiropractors

**CPD Hours:** 12

**Delivery Method:** In-person seminar or modular taught programme

**Level:** Advanced / Post-graduate CPD

Continual Professional Development -12 hours

**Educational Focus:** Evidence-informed clinical reasoning, ethical patient management, outcome-based care

### Course Rationale

Chronic and complex spinal presentations frequently fail to respond to traditional single-plane spinal care alone. Current evidence highlights the role of multi-plane spinal biomechanics, neural compression, inflammatory processes, and patient education in both acute and chronic spinal disorders.

This programme has been developed to support chiropractors in enhancing clinical decision-making, improving patient outcomes, and integrating modern spinal decompression and education ethically and appropriately within chiropractic practice. Emphasis is placed on integration rather than replacement of manual chiropractic care, aligned with professional standards and patient-centred care.

### Overall Learning Outcomes

On completion of this programme, participants will be able to:

Demonstrate advanced understanding of multi-plane spinal biomechanics and distortion patterns

Explain the clinical impact of spinal nerve compression in acute and chronic presentations

Identify cases where traditional single-plane care may be insufficient

Apply evidence-informed spinal decompression protocols safely and appropriately

Integrate spinal decompression with chiropractic adjustment and rehabilitation

Communicate clinical findings ethically using structured Report of Findings systems

### Advanced Clinical Spine Integration

12-Hour CPD Course – Detailed Lesson Plan & Evidence Alignment

**Total CPD Contact Time:** 12 hours

**Non-CPD Time:** Breaks & lunch (clearly excluded)

**Level:** Advanced CPD

**Target Audience:** Chiropractors

**Delivery:** In-person or blended seminar format

### **CPD TIMETABLE (CONTACT TIME CLEARLY IDENTIFIED)**

Continual Professional Development -12 hours

## **DAY 1 – 6 CPD HOURS**

Time -09:00 – 16:30

09:00–10:30

Advanced Spinal Biomechanics I

1.5

10:30–10:45

Break

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10:45–12:15

Advanced Spinal Biomechanics II

1.5

12:15–13:00

Lunch

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13:00–14:30

Clinical Impact of Spinal Nerve Compression

1.5

14:30–14:45

Break

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14:45–16:30

Modern Spinal Decompression I

1.5

**Day 1 CPD Total: 6 hours**

## **DAY 2 – 6 CPD HOURS**

Time:-09:00 – 16:30

09:00–10:30

Modern Spinal Decompression II

1.5

10:30–10:45

Break

–

10:45–12:15

Progressive Spinal Education & Ethical Communication

1.5

Continual Professional Development -12 hours

12:15–13:00

Lunch

–

13:00–14:30

Supportive Nutritional & Inflammatory Protocols

1.5

14:30–14:45

Break

–

14:45–16:30

Clinical Integration & Case-Based Learning

1.5

**Day 2 CPD Total: 6 hours**

### **LEARNING OUTCOMES – MAPPED PER CPD HOUR**

Hours 1–2 (Biomechanics I – 1.5 hrs)

**Participants will be able to:**

Describe three-dimensional spinal biomechanics and coupled motion

Explain multi-plane spinal distortion and load distribution

Identify limitations of single-plane spinal analysis

Hours 3–4 (Biomechanics II – 1.5 hrs)

**Participants will be able to:**

Recognise chronic distortion patterns in spinal assessment

Differentiate structural distortion from functional restriction

Apply biomechanical reasoning to complex clinical presentations

Hours 5–6 (Spinal Nerve Compression – 1.5 hrs)

**Participants will be able to:**

Explain mechanisms of mechanical vs inflammatory nerve compression

Describe acute and chronic neurological presentations

Identify when nerve compromise influences prognosis and care planning

Hours 7–8 (Decompression I – 1.5 hrs)

Describe the biomechanical principles of spinal decompression

Identify indications and contraindications

Apply appropriate patient selection criteria

Hours 9–10 (Decompression II – 1.5 hrs)

Continual Professional Development -12 hours

**Participants will be able to:**

Design progressive decompression protocols  
Integrate decompression with chiropractic adjustment and rehabilitation  
Avoid over-reliance on adjunctive therapies  
Hours 11–12 (Education, Nutrition & Integration – 3 hrs total)

**Participants will be able to:**

Deliver ethical, structured Reports of Findings  
Interpret imaging findings within a functional clinical context  
Apply supportive nutritional and inflammatory strategies within scope  
Develop integrated care plans for acute and chronic spinal cases

**EVIDENCE & REFERENCE ALIGNMENT**

(Presented in ECU-appropriate language: evidence-informed, not technique-promotional)  
Spinal Biomechanics & Multi-Plane Distortion

**Aligned with literature on:**

Three-dimensional spinal motion and coupled mechanics  
Load sharing between discs, facets, ligaments and musculature  
Chronic biomechanical stress and degenerative adaptation

**Key Evidence Themes:**

Panjabi – spinal stability and neutral zone  
Bogduk – functional spinal anatomy  
McGill – spinal load tolerance and cumulative trauma  
Spinal Nerve Compression & Chronicity

**Aligned with research on:**

Mechanical compression vs chemical/inflammatory radiculopathy  
Neural sensitisation and chronic pain mechanisms  
Limitations of pain-based clinical decision-making

**Key Evidence Themes:**

Rydevik – nerve root compression physiology  
Butler & Moseley – pain neuroscience and sensitisation  
Bogduk – lumbar and cervical radicular pain  
Spinal Decompression

Continual Professional Development -12 hours

**Aligned with:**

Biomechanical models of intradiscal pressure reduction  
Patient selection and safety considerations  
Integration with conservative spinal care

**Evidence Positioning:**

Decompression presented as adjunctive, not standalone  
Emphasis on clinical reasoning, not device dependency  
Contraindications and ethical application clearly defined  
Imaging & Ethical Communication

**Aligned with:**

Evidence-based imaging guidelines  
Professional standards on informed consent  
Avoidance of fear-based or deterministic language

**Key Evidence Themes:**

ACP / NICE imaging guidelines  
Waddell – psychosocial considerations  
Patient-centred communication models  
Nutrition, Inflammation & Recovery

**Aligned with:**

Disc avascular nutrition models  
Inflammation as a biological process vs pathology  
Lifestyle factors affecting recovery

**Evidence Themes:**

Disc metabolism and diffusion-based nutrition  
Role of systemic inflammation in chronic pain  
Stress, sleep and tissue repair

**QUALITY & PROFESSIONAL STANDARDS STATEMENT**

**This programme:**

Supports evidence-informed chiropractic practice  
Promotes ethical communication and patient autonomy  
Encourages clinical reasoning over protocol-driven care  
Aligns with ECU expectations for CPD education

Continual Professional Development -12 hours

## **Interpret imaging findings within a functional and clinical context**

Apply supportive nutritional and inflammatory strategies within professional scope

### Programme Structure

#### **Module 1 – Advanced Spinal Biomechanics**

Duration: 3 CPD hours

#### Learning Objectives

Participants will be able to:

Describe multi-plane spinal biomechanics and coupled motion

Identify spinal distortion patterns involving rotation, shear and axial loading

Differentiate between structural distortion and functional restriction

Explain why single-plane analysis and intervention may fail in chronic cases

#### Content

Three-dimensional spinal movement and load distribution

Kinetic chain dysfunction and regional interdependence

Disc, facet and ligament contributions to spinal distortion

Acute versus chronic biomechanical stress patterns

Clinical implications for assessment and care planning

#### **Module 2 – Clinical Impact of Spinal Nerve Compression**

Duration: 2 CPD hours

#### Learning Objectives

Participants will be able to:

Distinguish mechanical compression from inflammatory neural irritation

Explain neurological, vascular and pain-processing implications of compression

Identify clinical presentations associated with radiculopathy and neurogenic pain

Apply appropriate clinical reasoning to acute and chronic nerve involvement

#### Content

Pathophysiology of nerve compression

Disc herniation, foraminal compromise and degenerative change

Acute nerve irritation versus chronic sensitisation

Limitations of pain as a sole clinical indicator

Clinical red flags and referral considerations

#### **Module 3 – Modern Spinal Decompression**

Duration: 3 CPD hours

#### Learning Objectives

Continual Professional Development -12 hours

Participants will be able to:

Describe the biomechanical principles of spinal decompression  
Identify indications and contraindications for decompression care  
Design safe and progressive decompression protocols  
Integrate decompression with chiropractic adjustment and rehabilitation

#### Content

Evidence-informed principles of mechanical spinal decompression  
Disc physiology and decompression effects  
Patient selection and safety considerations  
Protocol variables: force, angle, progression and tolerance  
Clinical sequencing: adjustment, decompression and recovery

#### Professional Emphasis:

Spinal decompression is presented as an adjunctive intervention, not a replacement for chiropractic adjustment or clinical judgement.

### **Module 4 – Progressive Spinal Education & Ethical Communication**

Duration: 2 CPD hours

#### Learning Objectives

Participants will be able to:

Deliver ethical, patient-centred explanations of spinal findings  
Use imaging appropriately and within professional guidelines  
Interpret imaging findings for clinical relevance  
Present structured Reports of Findings clearly and responsibly

#### Content

Ethical communication and informed consent  
Avoiding fear-based language and over-diagnosis  
Imaging indications, limitations and clinical application  
Functional interpretation of radiographic findings  
Structured Report of Findings systems  
Documentation and professional compliance

Continual Professional Development -12 hours

## Module 5 – Supportive Nutritional & Inflammatory Protocols

Duration: 2 CPD hours

### Learning Objectives

Participants will be able to:

- Explain disc and connective tissue nutritional requirements
- Differentiate between inflammatory processes and tissue healing
- Apply supportive nutritional strategies within professional scope
- Integrate lifestyle and recovery support into care plans

### Content

- Disc metabolism and connective tissue physiology
- Acute versus chronic inflammation
- Nutritional considerations for tissue repair
- Stress, sleep and recovery factors
- Scope-appropriate patient guidance and referral
- Teaching & Learning Methods
- Didactic lectures
- Case-based discussion
- Clinical reasoning exercises
- Evidence-informed practice review
- Assessment / CPD Verification
- Attendance verification
- Reflective learning summary or case reflection
- Certificate of completion (12 CPD hours)
- Alignment with Professional Standards

### **This programme supports:**

- Evidence-informed chiropractic practice
- Ethical patient communication
- Patient safety and appropriate case selection
- Integration of adjunctive therapies within chiropractic care

### **Summary Statement**

This 12-hour CPD programme provides chiropractors with advanced clinical education in spinal biomechanics, neural compression, decompression therapy, patient communication, and supportive care. The course promotes ethical, patient-centred, and evidence-informed integration of modern techniques within chiropractic practice.

Continual Professional Development -12 hours

## Advanced Clinical Spine Integration (12 CPD Hours)

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### 1. REFERENCE LIST (EVIDENCE-ALIGNED)

The following references support the evidence-informed content of this programme and are provided for CPD audit and educational transparency. References are indicative rather than exhaustive.

#### Spinal Biomechanics & Multi-Plane Motion

1. Panjabi MM. *The stabilizing system of the spine. Part I & II.* J Spinal Disord. 1992;5:383–397.
2. Bogduk N. *Clinical Anatomy of the Lumbar Spine and Sacrum.* 5th ed. Elsevier; 2012.
3. McGill SM. *Low Back Disorders: Evidence-Based Prevention and Rehabilitation.* Human Kinetics; 2015.
4. White AA, Panjabi MM. *Clinical Biomechanics of the Spine.* Lippincott Williams & Wilkins; 1990.

#### Nerve Compression & Pain Mechanisms

5. Rydevik B, et al. *Pathoanatomy and pathophysiology of nerve root compression.* Spine. 1984.
6. Bogduk N. *On the definitions and physiology of back pain.* Spine. 1980.
7. Butler DS, Moseley GL. *Explain Pain.* Noigroup Publications; 2013.
8. Woolf CJ. *Central sensitization: implications for the diagnosis and treatment of pain.* Pain. 2011.

#### Spinal Decompression & Conservative Care

9. Ramos G, Martin W. *Effects of vertebral axial decompression on intradiscal pressure.* J Neurosurg. 1994.
10. Shealy CN. *Spinal decompression treatment.* Clin Neurol Neurosurg. 2005.
11. Gay RE, et al.

## Participant Feedback Form

CPD Activity Evaluation – EAC Submission

Course Title - Evidence-Based Mechanical Spinal Decompression & Shockwave Therapy in Chiropractic Practice

Date: \_\_\_\_\_

Facilitator(s): \_\_\_\_\_

Participant Name (Optional): \_\_\_\_\_

### Section 1: Course Evaluation

Please rate the following (1 = Poor, 5 = Excellent):

ITEM	1	2	3	4	5
Overall quality of the CPD activity					
Relevance to chiropractic practice					
Quality of scientific evidence presented					
Practical applicability of skills					
Presenter expertise & delivery					
Balance of theory and hands-on learning					

### Section 2: Learning Outcomes

Please indicate your level of agreement:

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
The learning objectives were met					

<b>I can safely apply the techniques learned</b>					
<b>The course enhanced my clinical decision-making</b>					

Section 3: Open-Ended Questions

<b>What aspect of the course was most valuable to your practice?</b>	
<b>What could be improved in future deliveries of this CPD activity?</b>	
<b>How do you plan to apply this learning in your clinical practice?</b>	

Section 4: Additional Comments

Thank you for contributing to ongoing CPD quality improvement.

#### 4. Certificate of Completion (Template)

This certifies that:

\_\_\_\_\_

has successfully completed:

Mechanical Spinal Decompression Therapy – Clinical Integration & Patient Outcomes

Total CPD: 12 verifiable contact hours (excluding breaks and lunch).

Faculty:

Dr Mike Rozenblum DC

Dr Beau Warlick DC

Dr Graeme Massey D.C

Date: \_\_\_\_\_

We have an actual certificate which we will be giving out. The portal will only let me upload one document.

## Curriculum Vitae of Presenters

Dr Mike Rozenblum D.C.:

# MICHAEL ROZENBLUM, DC – EXECUTIVE SUMMARY

Ft. Lauderdale, Florida | 505-780-1923 | mikerozenblum01@gmail.com

## Executive Profile

Healthcare entrepreneur, chiropractic physician, educator, and executive consultant with over 30 years of experience founding, scaling, and operating multi-site clinical organizations in the United States and abroad. Proven leader in clinic development, business systems implementation, real estate development, and professional education. Extensive background in board leadership, organizational culture, and nonprofit governance.

## Professional Highlights

- Owner & Clinic Director, Genesis Physical Medicine & Chiropractic (2014–Present) – Founder and operator of a state-of-the-art physical medicine and chiropractic facility in South Florida.
- Managing Member/COO, Founder Chiropractic Clinics (1994–2019) – Established and managed multiple clinics across the U.S. and internationally; oversaw site selection, construction, design, and operations.
- Founder, Pro 17s Chiropractic Coaching Group (2023–Present) – National coaching organization serving chiropractors in clinical excellence, business systems, leadership, and culture.
- Professional Consultant & Advisor (2002–Present) – Consulting in clinic development, business systems, real estate projects, and organizational culture.
- Instructor & National Speaker (1994–Present) – University lecturer, conference presenter, National Chiropractic Board Review instructor (1994–2017), and Gonstead Chiropractic technique instructor.

## Board & Community Leadership

- Board of Directors, Calvary Chapel Fort Lauderdale & Calvary Christian Academy (2015–Present) – \$70M+ organization.
- Board of Directors / Secretary / Audit Committee Chair, Calvary Chapel Albuquerque (2005–Present).

Continual Professional Development -12 hours

- Board Member, Be Strong Global (2014–Present) – National nonprofit focused on youth empowerment and

suicide prevention.

### **Core Areas of Expertise**

Multi-Clinic Operations • Healthcare Business Development • Chiropractic Education & Training • Construction & Facility Development • Real Estate Development • Organizational Culture • Executive Consulting • Board Governance • Financial Oversight

Dr Beau Warlick D.C.:

## **Professional Profile – Dr. Beau Warlick, DC**

**Dr. Beau Warlick** is a chiropractor with extensive advanced training in the world-renowned **Gonstead System of Chiropractic**. He holds the distinction of **Gonstead Diplomate** and served as a **Gonstead Seminar Staff Instructor** from **2000 to 2005**, contributing to postgraduate clinical education and professional development within the discipline.

He is licensed to practice chiropractic in both **Tennessee and Idaho** and earned his **Doctor of Chiropractic degree from Life Chiropractic College in 1992**.

Dr. Warlick is the former owner of **Solutions Medical Centers, PLLC**, an integrative healthcare practice operating in **Tennessee from 2016 to 2023**, which implemented a multidisciplinary model focused on **regenerative medicine** and **chiropractic care**, emphasizing conservative, evidence-based, non-surgical treatment approaches.

With clinical experience in **non-surgical spinal decompression dating back to its origins in 1999**, Dr. Warlick has remained at the forefront of conservative spinal care, integrating advanced decompression technologies with precision Gonstead chiropractic protocols to optimize patient outcomes.

He currently practices in **Boise, Idaho**, where he serves as **Chief Operating Officer at Gonstead Spine & Wellness**, overseeing clinical operations while continuing to provide specialized chiropractic care. In addition, Dr. Warlick serves as a **Staff Instructor for Pro17s**, contributing to professional education and advanced clinical training.

Continual Professional Development -12 hours

Dr Graeme Massey D.C.

## Professional Profile -GRAEME MASSEY DC

GONSTEADUK@HOTMAIL.COM

07944 651 038

### OBJECTIVE

I have spent the last 24 years helping the general public with their health complaints and building a very successful chiropractic clinic, building solid, trusting relationships. Providing a service that relies on professionalism, expertise and value.

### SKILLS

Excellent interpersonal and communication skills.

Calm, professional manner, necessary for anxious or chronic pain patients.

Strong organizational and time- management abilities

Competent with clinical and digital record systems.

### EXPERIENCE

#### **CHIROPRACTOR GONSTEAD FAMILY CHIROPRACTIC CLINIC ST ANNS SQUARE, MANCHESTER**

2003 - Current

The Chiropractic profession is a regulated profession and therefore has provided me with the knowledge of working in a responsible role.

Since starting my own business in 2003, and building a very successful Chiropractic Clinic serving the local community and people further and beyond. I have dealt with all ages and a range of conditions. I have been involved in teaching, mentoring and litigation work for most subjects involved in health care and The Gonstead system of Chiropractic.

### EDUCATION

Bachelor of Science: Sports Science -1988 –University of Wales -Bangor Master of Science:  
Chiropractic-1999 – University of Surrey

Bachelor of Science: Chiropractic-2002- University of Portsmouth- Bournemouth

Master of Science: Chiropractic – 2003- University of Portsmouth – Bournemouth.

Continual Professional Development -12 hours

## PROFESSIONAL & PERSONAL PROFILE

Highly experienced and [patient focused Doctor of Chiropractic with over 23 years of experience in musculoskeletal assessment, diagnosis and evidence-based conservative care. Known for delivering safe, effective and personalised treatment plans for a wide range of spinal and joint conditions, with a strong emphasis on patient education, rehabilitation and long-term functional improvement. Committed to continuous professional development and multidisciplinary collaboration to optimize patient outcomes. Expertise in the Gonstead System of Chiropractic. Registered with The General Chiropractic Council, The Scottish Chiropractic Board. Apart from the qualifications and working as a Chiropractor, I have climbed 4 of the world's highest mountains. My biggest achievement so far is having a son, this has given me the drive and determination to provide stability for my family and to help with health issues to as many people as I can.