

# The Audible Release

## We Appreciate You....

By Addison Ozakyol, D.C. ATC. CSCS



Hello to all our members. We at the PCCS are grateful for the great participation and turn-outs we have had at our events that have been happening recently and wanted to extend a thank you to you, our members, who help to make everything possible. Thank you to everyone who joined the

off-site trial dinner at the Pinellas Park Chamber of Commerce, a potential venue change from our regular Marriott upstairs. We had a warm welcome from the chamber and delicious food but ultimately the board decided to remain at our original venue; apologies for any confusion this may have caused and look forward to seeing you at our regular dinner meetings at Feathersound's Marriott upstairs as listed on our website and newsletter calendars. Additionally, we appreciate our members and sponsors ongoing support.

Speaking of off-site dinners... we have our upcoming July Summer Social at Indian Rocks Beach at Jimmy Guana's in place of our regular monthly dinner meeting; check out page 2 and 6 for address and times. If you plan to attend, please reply to the invite to help us obtain appropriate head counts for ordering food and appetizers, and 2 drink tickets will be provided as well. In support of the FCA and Orlando's National Convention, no dinner meeting in August.

On a different note, as president of the PCCS, representing a branch of the FCA, I would like to take a moment to highlight one of the organizations that provides benefit to chiropractors in our local area. I have been heavily involved with the re-launched of the FCA Sports Council almost a year ago and have continued to be involved with its growth since. This group offers FREE membership which includes access to the numerous sporting events providing first aid and medical oversight as well as recruitment opportunities to help find assistance and coverage for local events across the state of Florida.

If you are interested in working with athletes or a local sports group or are in need of coverage or help for a large event, please reach out to the FCASC and see how they can help you! If you have any questions on how the FCASC may benefit you or are curious how to break into the sports chiropractic realm, please do not hesitate to reach out; check out page 8 for additional information.



VISIT US ONLINE AT [PCCSCHIRO.ORG](http://PCCSCHIRO.ORG)

**DINNER VENUE RETURNING TO THE MARRIOTT UPSTAIRS starting back in May; see pg-6 for address Summer Social at Jimmy Guana's on Tuesday July 25th; see pg-6 for details & address**

**Are you a current member interested in joining the board of directors? Open applications June-July; see pg-7**

Thank you Mark of Safety Concepts 911 for another great CPR recert class!!!

Are you ok, are you ok”

Check for breathing; listen for 5 seconds and look for any chest movement.

Nothing.

“If they’re not breathing, breath for them, and do compressions; 2 breathes and 30 compressions.”

Repeat.

If you’re alone, after 3 sets for infants and children, stop and call 911 for help. For adults, it’s recommended to call 911 for help first, then start breathes and compressions.

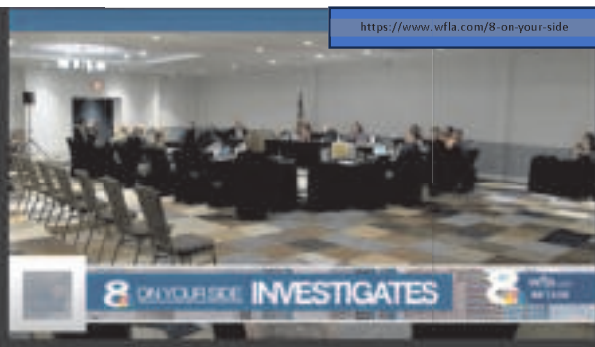
Infants need to lie flat during both breathes and compressions, with breathes over their nose and mouth; do not tilt the head. For children and adults, tilt the head, plug the nose, and breathe only into the mouth, until you feel resistance, or to your max.



8 ON YOUR SIDE

## Specialized chiropractic treatment blamed for causing pain instead of relieving back problem

by: Walt Buteau  
Posted: Jun 9, 2023 / 05:33 PM EDT  
Updated: Jun 10, 2023 / 06:25 AM EDT



There is an important message to DCs following the June 8th FL Board of Chiropractic Medicine meeting held in Tampa which addressed a chiropractor accused of causing injury to a patient using a “specialized” technique; 8 on your side describes, “According to the Department of Health Administrative Complaint, there was probable cause Naldo allegedly failed to “practice chiropractic medicine at a level of care, skill and treatment” in Welch’s case.” The board rejected a state settlement for Dr. Naldo including fines and continuing education, as well as discussed grounds for license suspension

or revocation. Dr. Naldo’s attorney, D’Lugo, rejected their one year’s monitoring proposed disciplinary action; Dr. Naldo’s case is now awaiting an administrative hearing.

Chiropractic colleagues, it has been demonstrated the take home message from the FL Board of Medicine and recent action against a DC, be careful if you practice non-mainstream chiropractic and if you choose to do so make sure you are prepared to defend the type of treatments you are utilizing when it’s outside of the usual and customary care.



**July 25th Summer Social**  
**Jimmy Guana’s Waterfront**  
**6:30 pm – 9 pm**  
**Cocktails & Appetizers**  
**401 2nd St,**  
**Indian Rocks Beach, FL 33785**

# THE RADIOLOGIST'S VIEW



## INDIRECT SIGNS OF CERVICAL SPINE INJURY

The most important duty that the radiologist has when evaluating the post-traumatic cervical spine x-ray, is to rule out fracture. Sometimes the injury is obvious, such as a moderate or severe compression fracture of the vertebral body. In other cases, the injury is not quite overt, and this requires the ability to recognize indirect signs of cervical spine trauma. The following are a few of these signs:

**An increase in the Atlantodens Interval (ADI)** – This is the space between the posterior side of the anterior tubercle of the atlas and the anterior portion of the dens. This is held in place by the transverse band of the cruciform ligament. The ADI should not exceed 3.5 mm in the adult or 5.0 mm in the child. Although there are several causes of an abnormal ADI, this finding suggests tear of the transverse ligament in the post-traumatic patient.

**Widened retropharyngeal or retrotracheal space** – The upper limits of these spaces are 7.0 mm at the C2 level and 22.0 mm at C6 respectively. When abnormal, these tend to increase significantly above their upper limits. For example, 12.0 mm for the retropharyngeal space and 30.0 mm for the retrotracheal space. When due to trauma, an increase is usually indicative of swelling or hemorrhage secondary to soft tissue injury and/or fracture.

**Displaced prevertebral fat stripe** – Often overlooked, this thin radiolucent band of fat normally resides just anterior to the vertebral bodies. In some cases, it may be difficult to see, but in others, the band can be displaced anteriorly at one or several levels and indicate injury to osseous or soft tissue.

**Deviation of the tracheal air shadow** – The normal tracheal air shadow is midline in location, if there are no structural abnormalities or neck rotation. A slight shift of the shadow to the right is not unusual at the level of the aortic arch but elsewhere, deviation laterally or anteriorly is often a sign of soft tissue mass or blood. In non-traumatic cases the deviation may be due to an enlarged thyroid.

**Acute kyphotic angulation** – Lack of a cervical lordosis is often associated with muscle spasm. However, a cervical kyphosis in the post-trauma case not only indicates muscle spasm but may be secondary to ligamentous or other soft tissue injury. The

same is true when there is an acute, post-traumatic torticollis.

**Widened interspinous space** – There is no specific measurement for the space between the spinous processes, but when one level is noticeably increased in relation to the levels above and below, the possibility of fracture or dislocation is high. Soft tissue injury is likely, especially involving the joint capsules. Look for association flexion deformity at the same level and evaluate for facet dislocation.

**Rotated vertebral body** – Patients can have rotation of the vertebrae when associated with lateral curvatures. These are usually seen at multiple contiguous levels. When an isolated segment is rotated (i.e. the segments above and below are in a normal position) the probability of a unilateral facet dislocation and/or soft tissue injury, is high.

**Altered disc spaces** – Disc space narrowing is not unusual as a sign of degenerative disc disease, but post-injury thinning may indicate a traumatic Schmorl's node or osseous compaction. Although few disease processes or normal variations increase disc space, this finding may indicate soft tissue injury, fracture or dislocation especially if it is asymmetrical.

**Widened apophyseal joint space** – Similar to the altered disc space finding noted above, a wide facet joint space, especially when associated with anterolisthesis suggests the possibility of facet joint injury or displacement.

**Discontinuity of the longitudinal spinal lines** – A break in the smooth appearance of a line drawn along the anterior portion of the vertebral bodies, the posterior vertebral bodies or the spinolamina junctions is generally not normal (especially in the adult) and may be indicative of soft tissue injury and ligament laxity.

It is important to look for these signs in the evaluation of the post-traumatic cervical spine. By themselves, a positive finding is certainly not pathognomonic of injury but may be strongly suggestive of one. This probability is multiplied when more than one finding is observed. The radiograph often gives us clues that something is wrong even when the significant lesion is not seen.

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*The Audible Release*  
is published 10 times per year  
and unlimited downloads available online.

Editors:  
Dr. Jen Gantzer  
Dr. Autumn Burns

The Audible Release provides news and information that is both educational and informative to the chiropractors and their associates in the Pinellas County area.

Society news, staff changes, personal announcements, photos and success stories are welcome. Articles about chiropractic procedures and issues concerning the practice of chiropractic should be submitted to the editor. Advertising inquires should be made to the publisher or visit us online at [www.pccschiro.org](http://www.pccschiro.org)

The deadline for ads and articles is the 7th of every month.

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## Executive Director

Jennifer Comey

P.O. Box 7515, Seminole, FL, 33775-7515

email: [ed@pccschiro.org](mailto:ed@pccschiro.org)

# Calendar of Events

## Monthly Dinner Meetings

### Join us In-Person

Last Tuesday of the Month

[www.pccschiro.org/annual-calendar](http://www.pccschiro.org/annual-calendar)

### Returning to The Marriott

Marriott Upstairs

12600 Roosevelt Blvd. N  
St. Petersburg, FL 33716

6:30-8:30 pm

*Dinner/Speaker at 7 pm*

*Please RSVP to Evite for dinner attendance*

#### July

25th - SUMMER SOCIAL

Jimmy Guana's

401 2nd St

Indian Rocks Beach, FL 333785

July open application for current members  
interested in joining the board of directors  
see pg 7

#### August

NO GENERAL MEETING

See you in Orlando for the  
FCA National Convention

#### September

26th-General Meeting

Location: Marriott Upstairs

12600 Roosevelt Blvd N., St Petersburg, FL 33716

Speaker: TBD

Topic: TBD

July Board meeting 11th 12:30pm

Zoom only

August Board meeting 8th 12:30pm

Zoom only

## PCCS PAID MEMBERS 2023

"Thank you to the chiropractors below that  
are supporting the PCCS and PAC in 2023"  
See page 14 for the 2023 Membership Application

Names listed in BOLD have donated to the PAC  
*Political Action Committee*

And are additionally recognized on the  
member directory with a "PAC Star"

**Woody Brown, D.C.**

Autumn Burns, D.C.

**Charles Crandall D.C.**

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**Mark Wieland D.C.**

Karen Wolstein, D.C.

**Steven Wyckoff, D.C.**

### **Welcome 2023 New Members**

**Richard Frost, D.C.**

**Chris Slininger, D.C.**

**Eric Springer, D.C.**

Jade Woodruff, D.C.

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\* Denotes New Sponsor



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Thomas Boland, MD, DMD.....	10

## June-July nominations for joining the BOD

Members in good standing with continuous membership for at least one year who are interested in becoming a PCCS board member are invited to submit a request to the Executive Director's email, [ed@pccschiro.org](mailto:ed@pccschiro.org) indicating your interest to join the BOD. In July, there will also be an open floor nominations during the meeting.

Membership vote occurs in August and election the following month in September. Any new officers will attend the October board retreat to begin their term.

Board Meetings are the 2nd Tuesday of the month,  
from 12:30-1:30 pm

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The goal of the PCCS is to preserve, promote, protect, and advance the Chiropractic Physician profession.

*We sincerely appreciate your chiropractic financial support which helps us to preserve, promote, and protect you!*

*Join Now:* <https://pccschiro.org/join-now>

## OUR MEETINGS

We host 8 monthly member educational dinner meetings, an off-site social mixer, a holiday party, and 3 annual PAC events.

The 8 general meetings are held the last Tuesday of the month at the Marriot restaurant The Crafted Plate which begin at 7:00 pm with pre-meeting networking at 6:30 pm as members and sponsors begin to arrive. Dinner is served during a featured speaker on a Chiropractic related topic with the meetings concluding around 8:30 pm. We are continuing the monthly dinner meetings in-person and virtual for 2022; please RSVP to the evite for dinner or connect via Zoom to join us.

## PROVIDING VALUE TO YOUR MEMBERSHIP

- FREE dinner at monthly meeting (\$30 for non-members; guests/staff/spouse)
- FREE dinner & drink at our annual social and holiday parties (for members & one guest)
- FREE training class for CPR recertification (every other year; next CPR recert class will be 2023)
- FREE Classified ads & listings in our "Audible Release" newsletter (also digital archive on the website)
- FREE round-trip transportation via bus to Tallahassee for Chiropractic Day with the FCA (anticipated for 2022)
- FREE unique URL member page to advertise and market yourself and your practice (click your name in the directory)





**PCCS 2023 Membership Application & Invoice**  
January 1 through December 31

**The following will be displayed in the website member directory**

Name: \_\_\_\_\_

Credentials and Post-doctorate certifications:

*Circle all that apply:* DC MS DABCI DACBN DACNB DACBSP DACBR DICCP

Select One: New Member / Renewal / New Member 1<sup>st</sup> Year DC

*Renewals Only: complete below IF YOUR CONTACT INFO has changed*

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\*Membership is for the chiropractor listed above only & is non-transferable.

**New Members & Renewals:** PAC contribution; website 'PAC star' & newsletter 'bold'

- Annual Dues with a \$50 voluntary contribution to the PAC = \$225.00**
- Annual Dues = \$175.00

**1<sup>st</sup> Year DC:** Graduated in 2022

- 1<sup>st</sup> Year Licensed D.C. Annual Dues +\$50 contribution to the PAC = \$149.00**
- 1<sup>st</sup> Year Licensed D.C. Annual Dues = \$99.00

**ONLINE APPLICATION & RENEWALS\* AVAILABLE**

<https://pccschiro.org/join-now/>  
<https://pccschiro.org/paynow/>

Or you may still Join or Renew\* by Mail:

**Enclose Completed Application Invoice Check Payable to:**

PCCS, P.O. Box 7515 Seminole, FL 33775-7515

\*Paper & Online renewal form only needs to be completed if contact info has changed.



PCCS Pay Now

**General Monthly free Educational Dinner Meetings are the "last Tuesday of the month" at the Marriott from 6:30-8:30 pm.**  
Marriott Crafted Plate, 12600 Roosevelt Blvd N, St. Petersburg  
**Know someone interested in joining as a DC/Sponsor/Advertiser; [www.pccschiro.org](http://www.pccschiro.org) click "Join Now or Get Involved"**

Email Jennifer Comey, Executive Director at ED@PCCSChiro.org with any questions.

\*Contributions to the PCCS-PAC are not deductible as charitable contributions for federal income tax purposes.



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