

Curriculum Vitae

Wayne Whittingham

A.E.C.C from 1985 to 1989

R.M.I.T from 1990 to 1995

During my time at R.M.I.T I lectured on upper cervical neurology and taught toggle recoil technique. I was also conducting a clinical research trial involving over 100 patients as part of my doctorate qualification. For my research project I obtained grants from Australian Spinal Research Foundation Fellowship grant, Chiropractic Centennial Foundation research grant, Faculty Research and Higher Degrees Committee grant and R.M.I.T Alumni Council research grant.

1992 – Award for clinical excellence from the international college of chiropractic.

Publications:

- Whittingham W, Ellis WB, Molyneux TP. The Effect of Manipulation(Toggle Recoil) for headaches with upper Upper Cervical Joint Dysfunction. Journal of Manipulative Physiological Therapeutics 1994; 17:369-375.
- Whittingham W, Molyneux TP. Thyroid Carcinoma Detected in a Chronic Headache Sufferer: A Case Report. Chiro J Aust 1994; 24: 23-27.
- Whittingham W, Nilsson N, Active Range of Motion in the Cervical Spine Increases after Spinal Manipulation (Toggle Recoil) JMPT Nov 2001, Vol 24, Issue 9 Pg: 552-555.

Conference Presentations: Career Highlights:

- May 1992. CAAPIT Homecoming seminar. Sheraton Towers.
- December 1993. Titled “Headaches Aren’t Forever: Update of the Headache Study, A Controlled Clinical Study Investigating Cervical Manipulation for the treatment of Chronic Headache Sufferers.” To the faculty of Biomedical and Health Science and Faculty Research and Higher Degrees Committee.
- May 1993. CAAPIT Homecoming Seminar. Radisson President.
- May 1994. CAPPIT Homecoming Seminar. Radisson President.
- August 1994. D.G. Workshop. Park Royal Hotel.
- June 7th 1995. COMSIG.
- October 1996. ICSM Conference ‘National History Museum’ London. UK.

Media Releases:

- Drug-free cure for Headaches: Daily Mail. UK. March 1992.
- Soothing that pain in the neck: Openline. August 1993.
- One Big Headache: The Melbourne Weekly. September 1993.
- No Drug Hope On Headaches: Herald Sun. March 1995.
- Chiropractic study shows that there is help for headaches: Openline. April 1995.

Radio Interviews:

- 3LO, (ABC Melbourne) Ranold McDonald morning show, 1991.
- 3LO, (ABC Melbourne) Elaine Canty program, March 1995.
- AAA, (Adelaide) Jeremy Cordeaux program, March 1995.
- MMM, (Melbourne) news reports, March 1995.
- MMM, (Sydney) news reports, March 1995.
- JJJ, (National) news reports, March 1995.
- ABC (Brisbane) Zara Horner, April 1995.
- ABC (Canberra) 2CM Kerry Phillips, April 1995.
- ABC (Western Australia) Graham Abury, November 1996.
- GOLD 104.5, news, ABC National (Sydney).

Television Interviews:

- SBS National, Evening World News Report, March 1995.

Previously:

- Member Public Education Committee CAA(Vic)
- Member of Under-graduate Chiropractic Examination Committee (RMIT)

Miscellaneous:

- USA Chiropractic Board Examinations (1988)
- In 2002 I was selected for inclusion in the 4th edition of “Who’s Who in Medicine and Healthcare”
- I am a fellow of the College of Chiropractors (2002)

I have been in private practice in Plymouth since 1996. Three associates also work in the clinic. The clinic was awarded the Patient Partnership Quality Mark (PPQM) from the College of Chiropractors in 2006. We regularly have chiropractic students visiting our clinic to observe any one of our chiropractors. Each year we also take on 2 or 3 work experience students from local schools.

I have been a PRTS trainer (Post-graduate training) for the College of Chiropractors since 2002, for the South West Tamar Faculty. I hold 5-6 meetings a year with a group of approximately 10 first year chiropractic graduates. The meetings are held at our clinic. I have always had very good feedback from the graduates and I give them all of my full support for their PRT year. The meetings include a range of topics one of which is dealing with difficult circumstances in clinic. I have also been a PRT tutor since 2000 and usually tutor one graduate a year.

- April 2009 – A presentation to Glamorgan University students on Toggle Recoil as a treatment for headaches.
- May 2009 – A talk to AECC students on the PRTS programme for new graduates, recommended by the College of Chiropractors.
- Sept 2009 – A presentation at the Back Show 2009 in Earls Court, on the findings from my PhD trial on Cervicogenic Headaches.
- 2010- Co-Authored ‘Abundant Health’ with international best seller Cyndi O’Meara.

