The Foundation is a cooperative of like-minded people, the Members, who have a common view of health and well-being and a shared vision for the future of chiropractic.
Spinal Research is creating more research faster so leaders across the chiropractic profession can use the evidence to raise chiropractic’s credibility, influence regulators and the broader health sector and increase the number of people seeing chiropractors.

Our members think differently about life and human potential. We believe that people deserve a healthy, happy, active life and that chiropractic helps them achieve it. Our vision is to demonstrate, through scientific evidence that having regular chiropractic care helps people live healthier, happier lives. That's why we focus on research that investigates the effects of the chiropractic adjustment on human function and global wellbeing. Our vision commits us unequivocally to this position and inspires all foundation activity.

Our Bona Fides

Australian Spinal Research Foundation is a company limited by guarantee under Australian Corporations Law. The Foundation is an approved Deductible Gift Recipient (DGR) under the Australian Income Tax Assessment Act 1997 (Section 30-15, Research Institute) and an Income Tax Exempt Charity (Section 50-5). The Foundation is registered as Charity No. 1193 under the Queensland Collections Act and is exempt from Stamp Duty under the Duties Act 2001.
Our mission is to facilitate research and disseminate knowledge that furthers the understanding, development and effectiveness of chiropractic care.
It is fair to say that within the chiropractic world, the Australian Spinal Research Foundation is unique.

“We are the research foundation which demonstrates that subluxation-based chiropractic care enhances quality of life and human performance. Our mission is to facilitate research and disseminate knowledge that further the understanding, development and effectiveness of chiropractic care.” (Australian Spinal Research Foundation, 2015)

No other research foundation raises funds AND disseminates knowledge like we do. What’s great is that we’ve been doing this for more than 37 years. Over those years we’ve been able to evolve and redefine what the Foundation is today; a world chiropractic research foundation based here in Australia.

As a testament to this maturation this financial year we secured a property that Spinal Research can permanently call home. This allows us stability and lessens our financial burden over time to allow us to focus on funding research. I recently visited our new offices and was thoroughly impressed with the quality of the building and the functionality it allows the Foundation as it continues to grow.

For us to expand and have a greater impact we have been looking internationally, particularly towards the United States of America. In 2012 there were 94,725 chiropractors registered worldwide. With 86% of our profession are in North America, Australia only accounts for 4.5%. (World Federation of Chiropractic, 2012)

Martin Harvey has done (and continues to do) a great job in letting our international brothers know of our existence. In January, Martin delivered a fantastic presentation at Parker Seminars Las Vegas highlighting the Foundation and the need for more research faster. His presence (as well as Roley’s) over the past few years have nourished strong relationships with people such as Brad Glowaki, Brandi and Don MacDonald, and Gilles LaMarche (to name but a few), who continue to represent and champion our cause. Gilles even represented the Foundation at the Subluxation Research Symposium in Chicago, allowing us to have a presence without the cost of getting a representative there from Australia. Paul Reed’s event ChiroFest in Seattle raised funds for Spinal Research and this relationship has continued and grown since. This type of fundraising is great, as it doesn’t slow the Foundation office down in organising it and yet we still receive the funds. In light of the further potential we have also applied to the U.S. Internal Revenue Service for tax exemptions for our prospective U.S. members. Still in the States we have had a presence at ACC-RAC, looking to both engage with researchers and let them know that funding exists for subluxation research.

Of course we have friends elsewhere around the world. In the UK the UCA shares similar values with us and continues to look at ways to continue to work together to make a difference.

Domestically we had Dynamic Growth Congress with this year’s single theme of “How” in Melbourne. Feedback from those who attended said that it was one of the best they had seen in some years. Introducing a science stream with Heidi Haavik and John Minardi proved very successful. Thank you to Carmen Atkinson and Travis West who were instrumental in this.

Membership surveys have been very helpful in engaging with the membership. One of the results of these is DGC (19th/20th Feb) in Brisbane, where you will find an updated format that will rock your socks off.

Further events such as the Dynamic Growth Experiences continued to perform under the watchful eye of Brad Atkinson- helping raise funds but also engage with you, our members.

Jumpstart at both DGIs and DGC continue to attract students and new graduates looking to bridge any perceived gap that exists between academia and the work force. It also gives us as a Foundation an insight as to what our future peers are both needing and would like to see eventuate.

A recent chiropractic student survey (involving 1247 students mainly North American) asked what should chiropractic researchers focus on primarily.

- 46.8% said “physiological mechanisms of chiropractic adjustments”
- 28% said focus on “outcomes/cost effectiveness of chiropractic care.”
- 19.2% said to focus on “outcomes/cost effectiveness of integrative care models.”
- 5.9% was missing (Gliedt, et al., 2015)

Given the themes of the two most popular responses this is very encouraging for the Foundation, as Spinal Research’s research aims address both the adjustment and the impact of chiropractic care on quality of life.

So it seems our future peers, (in the most populated chiropractic community in the world) would like to see more of what the Foundation already has been doing. They want to know what happens when they deliver an adjustment.

- We know it has a direct effect on the brain. (Haavik-Taylor & Murphy, 2007)
- In asymptomatic people with sub-clinical neck pain an adjustment can improve their joint position sense accuracy. (Haavik & Murphy, 2011)
- It even appears to be able to not only bring about changes in maximal voluntary contraction of muscle equivalent to doing 3 weeks of traditional strength training but also prevent fatigue developed during maximal contractions. (Niazi, Türker, Flavel, Kinget, Duehr, & Haavik, 2015)

All of these have been funded or at least influenced by Spinal Research!

Recently I presented these findings to a group of Australian Chiropractic students, many of whom had never heard of them but most were very surprised and excited that chiropractic had a larger physiological impact than just pain relief. It is my continued dream that students were to take these studies and discuss their impacts with their lecturers.

This year we facilitated Heidi Haavik’s “The Reality Check Part 1” in both Sydney and Perth. Perth was a conjunctional event with CAA(WA) and again raised around $4000 for the effort. We also facilitated the ever popular James Chestnut most recent seminars in Australia.

Our involvement with the CAA’s NDF Research Symposium again allowed us a venue to be able to disseminate some great research to the profession. This relationship is set to continue.
What does 2015/16 look like? It’s shaping up to look like a ripper but for that you’ll need to get to DGC 2016 in Brisbane to find out!

Bibliography


I would like to begin this report by acknowledging and thanking Dr Martin Harvey for the profound impact he has had on Australian Spinal Research Foundation. In November 2014, Martin stepped down after 4 years as president. Martin was instrumental in the continued growth of the Foundation and in particular its expansion and global recognition. Martin was succeeded by the very capable Dr Craig Foote who has already made a significant impact during his short period as President. I would like to wish Craig all the best during his time as President.

I would also like thank the entire team at Spinal Research headquarters. Without the tireless work of Roley and his team the output of the Foundation would be extremely diminished.

One of the Foundation’s key objectives is to create “more research, faster”. Both the Clinical Advisory Panel and the Research Committee (individual names listed on page 10) are foundational in us being able to achieve this result. I would like thank each of these groups for the time they so generously donate.

The Australian Spinal Research Foundation each year invites Expressions of Interest for grants to support research initiatives. The Foundation has established research priorities to support its vision to contribute and resource research that expands our knowledge base in health care delivery for the wellbeing of our community.

The theme for the annual report this year is transition. While one of the strengths of the Foundation is its grant application, unfortunately there continues to be a significant load placed on a few hard working individuals. The Research Committee in particular consists of only 7 members. In 2014 these individuals were charged with the daunting job of thoroughly assessing and giving recommendations on 8 full grant applications. In order for us to be able to continue to be leaders in the field of chiropractic research it is essential that we continue to foster, nurture and encourage new talent into both the Research Committee and the Clinical Advisory Panel. A culture needs to be created amongst the profession where there is a constant transition in and out of these voluntary positions, where individuals are able to donate their time for a short period and then pass the baton before becoming overwhelmed, overworked or dare I say resentful.

I would like to encourage our members to contact the staff at Spinal Research and find out what’s involved in being a part of the Research Committee or the Clinical Advisory Panel and to consider volunteering your time.

The 2015 grant round once again gives the chiropractic profession much to be excited about. The Foundation received more than 14 expressions of interest from all corners of the globe. Although the expressions of interest are not guaranteed funded projects we are excited about the potential and are eagerly awaiting the full submission assessments.

The high quality and large number of expressions of interest again raises the issue of funding. It is quite possible that many high quality projects will not be funded this year because of budgetary limitations. This is a further reminder for the Foundation and the chiropractic profession as the key stakeholder of the importance of continuing to support chiropractic research.

Here in Australia and around the globe we have seen a continual growth in the questioning of the validity of chiropractic care. Last year in my report I mentioned the growing voice of The Friends of Science Movement. Sadly this group and others like it continue to gain voice in the media.

Common to all attacks are questions around the evidence base behind chiropractic practice. Sadly these debates continue to be overshadowed with emotion, misinterpretation and sadly often misrepresentation.

Addressing skeptic groups requires a united front from the profession and pivotal to that will be the growing base of research that the Foundation is working so hard to create and disseminate.

I am certain that research will continue to be the critical tool that will open doors with government groups and healthcare influencers ultimately, allowing the chiropractic profession to greater assist the community.

### Funded Research Studies in 2014

<table>
<thead>
<tr>
<th>Chief Researcher</th>
<th>Institution</th>
<th>Short title of project</th>
<th>Grant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brian Budgell</td>
<td>Canadian Memorial Chiropractic College</td>
<td>Developing an animal model of the upper cervical subluxation</td>
<td>$23,068.00</td>
</tr>
<tr>
<td>Alice Cade</td>
<td>New Zealand College of Chiropractic</td>
<td>Chiropractic care and the control of eye movement in children with attention deficit hyperactivity disorder: A pilot study.</td>
<td>$19,600.00</td>
</tr>
<tr>
<td>Heidi Haavik</td>
<td>New Zealand College of Chiropractic</td>
<td>The effects of a single session of chiropractic care on brain source connectivity</td>
<td>$73,841.00</td>
</tr>
<tr>
<td>Liang Zhang</td>
<td>Palmer College of Chiropractic, Florida</td>
<td>Epigenetic regulation of neuronal differentiation by HVLA and LVVA forces</td>
<td>$40,000.00</td>
</tr>
</tbody>
</table>

### Student Awards

Macquarie University Student Research Award 2014 - Chiropractic student's perspective on feedback, Elizabeth Tran.
Spinal Research facilitates research that investigates the hypothesis that chiropractic care leads to better nervous system function, thereby enhancing health, quality of life and human performance. Our current focus is on funding research that investigates this hypothesis and funding will be directed to clinical and basic science research:

- Clinical research that investigates the impact of chiropractic care on human function, global well-being and quality of life.
- Basic science research that investigates the vertebral subluxation theory and/or the chiropractic adjustment.

These grants are across two major categories and are intended to both encourage and support new researchers and novel ideas as well as support larger projects with a more developed evidence base and researcher track record.

- Small Research Grants are intended to provide limited support for quality research projects relevant to the clinical practice and scientific basis of chiropractic. This includes clinical and practice-based studies, basic scientific research and health care management. Such projects could be pilot studies or preliminary research upon which a larger research project could be developed.
- Large Research Grants are intended to support larger research projects relevant to the clinical practice and scientific basis of chiropractic. They also include clinical and practice-based studies, basic scientific research and health care management.

To support new entrants to research, one Small Research Grants will be reserved in each round to support an application from an Early Career Researcher. For the purposes of this process an Early Career Researcher is defined as a researcher who is currently undertaking or is within 5 years of having completed a research higher degree, and who have not as yet been a recipient of competitive project funding. Funds for Early Career Researchers will be a maximum of $20,000 for one year.

### Clinical Advisory Panel

The Foundation's Clinical Advisory Panel (CAP) is one of the most critical aspects of our research process as it keeps our research relevant and focused on the chiropractic paradigm.

The panel is part of our process that creates the intersection of philosophy with science. The job of the CAP members is to review grant applications and assess them for their relevance to our priorities and make suggestions to improve their relevancy to chiropractic and practicing chiropractors.

Clinical Advisory Panel members provide their service in an honorary capacity.

- Dr Liz Anderson-Peacock
- Dr David Cahill
- Dr Gerry Clum
- Dr James Chestnut
- Dr Ari Diskin
- Dr Craig Foote
- Dr Michael Hall
- Dr Martin Harvey
- Dr Doug Herron
- Dr Rosemary Keating
- Dr Gilles LaMarche
- Dr Paul McCrossin
- Dr Mark Postles
- Dr Tony Rose
- Dr David Russell
- Dr Patrick Sim
- Dr Mark Uren
- Dr Taylor Vagg
- Dr Adrian Wenban
- Dr Wayne Whittingham

### Research Committee

The Research Committee covers the spectrum of health, chiropractic specific and medical research, including public health research initiatives. The Committee will recommend to the Board of Governors the awarding of grants on the basis of scientific quality and as judged by peer-review. The committee may provide research support through a variety of mechanisms and where it deems involvement to be essential for that project to achieve its objectives.

Research Committee members provide their service in an honorary capacity.

- Professor Elizabeth Dean
- Professor Ray Hayek
- Professor Bernadette Murphy
- Professor Charles Oxnard
- Professor Peter Drake AM
- Professor Michael Menke
- Associate Professor Sinan Ali

**Flowchart:**

1. Expressions of interest submitted
2. Expressions of Interest reviewed by Clinical Advisory Panel and Research Committee
3. Successful applicants invited to submit a full grant application
4. Full grant applications reviewed by Clinical Advisory Panel and Research Committee
5. Full grant applications subject to peer review
6. Board approve grants for funding based on Clinical Advisory Panel and Research Committee recommendations
“We never know how far reaching something we may think, say, or do today, will affect the lives of millions tomorrow.”

B.J. PALMER
Corporate governance encompasses the mechanisms by which companies, and those in control, are held to account. It influences how the objectives of the company are set and achieved, how risk is monitored and assessed and how performance is optimised. Our governance is concerned with the structure, systems and processes that ensure the overall direction, effectiveness, supervision and accountability of the Foundation.

The primary functions of the Board of the Australian Spinal Research Foundation (Spinal Research) are to collectively ensure delivery against the purposes for which Spinal Research was established, to set its strategic direction, uphold its values and manage its “safe passage”. The Board is collectively responsible and accountable for ensuring and monitoring that Spinal Research is performing well, is solvent, with adequate financial and human resources and is complying with all its legal, financial and ethical obligations.

Our governance respects these responsibilities and is also concerned with the way our Board and individual Governors work with the Chief Executive Officer, staff and stakeholders to ensure Spinal Research is effective and delivers on our mission, which is “to facilitate research and disseminate knowledge that furthers the understanding, development and effectiveness of chiropractic care”.

Our Board recognises various essential governance principles detailed below.

**Role of the Board**

The Board is responsible for guiding and monitoring Spinal Research’s business affairs, including approval for all funding of research studies.

The Board confirms the strategic direction and the framework in which it operates. Multiple meetings are conducted either with the full Board or members of delegated portfolio responsibilities. Board members also provide specific advice from time to time and are actively involved in operational activities.

**Financial Management**

The Board ensures that:

- The Foundation does not carry on business for the purpose of profit or gain to its individual members
- Proper books and accounts are kept and maintained to ensure the relevant accounting and auditing requirements of the Corporations Act 2001 are complied with
- Annual audits are conducted by an independent qualified body
Membership
The Board is responsible for:
- Approving or refusing the application of any prospective or existing member
- Admitting new members in accordance with Spinal Research’s Constitution
- Holding an annual general meeting in accordance with the provisions of the Corporations Act 2001
- Making copies of the financial year profit and loss statements available to all members.

Board Composition and Appointment
There is a maximum of 11 Directors on the Board. A Director’s term of office runs for three years. A Director may be appointed at any time by the Board. A Director may resign at any time or be removed from office by a special resolution passed by the ordinary members at a general meeting convened for that purpose.

Renumeration
All members of the Board are volunteers who freely donate their time, energy and professional expertise.

Leadership
The Board should set and maintain Foundation direction, culture, ethics and policies, recognising its role in guardianship.

Systems and Procedures
The Board is responsible for policy, systems of financial control, audit and performance reporting.

Managing Risk
The Board must regularly review the risks to which the Foundation is subject and take action to mitigate risks identified.

Performance Review
The Board should ensure that there is a system for the regular review of the Chief Executive Officer. The Board should review its own effectiveness in meeting its responsibilities to stakeholders and to ensure individual governors add value.

2014/2015 Board Members
Dr Craig Foote BAppSc(ClinSc), BCSc
Chiropractor, President
Dr Angus Pyke, BAppSc (ClinSc), BAppSc (Chiro)
Chiropractor, Deputy President
Dr Nimrod Weiner, BSc(Med) MChiro
Chiropractor, Treasurer
Dr Martin Harvey, BSc, MChiro, MACC
Chiropractor, Secretary
Associate Professor Sinan Ali, BSc. PhD
Dr Carmen Atkinson, BAAppSc (ClinSc) BCSc
Chiropractor
Dr Jeffrey Chow (Billy), BSc, BAAppSc(Chiro), BClinicalSc
Chiropractor
Professor Elizabeth Deane, BSc (Hons 1), PhD
Dr David Russell, BSc(Psych.) BSc(Chiro.)
Chiropractor
Dr Mark Uren, DC, MChiro
Chiropractor

Ambassadors
We acknowledge our Ambassadors for their support in increasing awareness within the profession and wider community, and assisting the Foundation to deliver on its Mission.
Gilles LaMarche
Anthony Field

Honorary Consultants
We recognise the service of our Honorary Consultants for their generosity of time, wisdom and leadership.
Brian Kelly
James Chestnut
John Hinwood

Associate Governors
We thank our honorary Associate Governors for their dedicated service and valuable contribution to the Mission of the Foundation.
Liz Anderson-Peacock
Brad Atkinson
Jennifer Barham-Fioreani
Nicolette Byrne
Tony Croke
Brad Glowaki
Ray Hayek
Brandi MacDonald
Don MacDonald
Clinton McCauley
Ross McDonald
January Mierzejewski
John Minardi
Toni Oppenlander
Ali Postles
Melissa Sanford
Davina Sheldrick
Travis West
Alia William

Fundraising results from the team at Seaman Chiropractic
We are the research foundation which demonstrates that chiropractic care enhances quality of life and human performance.
MEMBERS & SIGNIFICANT DONORS

These wonderful Foundation contributors are part of a cooperative of like-minded people who have a common view of health and well-being and a shared vision for the future of chiropractic. They help the Foundation to run our cutting-edge research program and to communicate chiropractic research information & messages to a range of audiences.

A.O.Hart Kennedy  Anthony Coxon  Catherine Reynolds  Dhamon Kalamaras  Gray Moritz
Aaron Hennessy  Anthony Golle  Charles Brian Johnson  Dina Tsonis  Greer Watson
Aaron McPherson  April Traynor  Chelsea Dickins  Don MacDonald  Greg Kendall
Aaron Roughan  Ari Diskin  Cherie Johnson  Dorte Bladt  Gregory Parker
Aaron Scott  Asha Burkett  Cherine Weiland  Doug Herron  Gregory Taylor
Adam McKenzie  Beau Woods  Cheryl Weymouth-Ardill  Douglas Hart  Gustav Gunther
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Tracy Kennedy-Shanks  
Travis West  
Troy Miles  
United Chiropractic Association  
Ursula Maher Valley

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Vanessa Swanson  
Veronica Hughson  
Vicki Patterson

Victoria Bartram  
Whitney Ohlund  
William Ellis  
William Kwok  
William Pyrke  
Yadira Magana

Yvette McPherson  
Zoe Love

COMMERCIAL MEMBERS

Commercial membership, aimed at suppliers to the profession, continues to offer very real benefits to members whilst at the same time supporting Spinal Research. We acknowledge and thank our 2014/2015 Commercial Members.

Metagenics  
Select-O-Pedic  
Therapeutic Pillow International

Flexi pillow  
SLUMBERCARE BEDDING (AUS) PTY LTD  
Synaptic Design Pty Ltd

POWERFUL PRACTICES INTERNATIONAL  
Avante
“The world needs dreamers and the world needs doers. But above all, the world needs dreamers who do.”

SARAH BAN BREATHNACH
Volunteering is the ‘backbone’ of everything Spinal Research does. Every year, so many volunteers contribute to a wide range of activities, including: our Board of Governors; Research Committee; Clinical Advisory Panel; Journalist Team; Event Logistics Teams; Administration; and other special projects. That’s a lot of volunteers doing invaluable work for the Foundation! The time and expertise that the volunteers bring to Spinal Research allows us to reduce expenses, raise funds, and function at the highest level. In 2016, we aim to grow our volunteer base, by attracting more committed people who will add their physical, intellectual or leadership skills to our already amazing team.
Every association, organisation and membership is comprised of a group of people who share some commonality. It is an alliance, made up of people who agree on why they are there and what they would like the organisation to achieve. The more aligned the company’s work toward that singular goal, the more effective it is in its output.

The Treasurer’s responsibility may be summarised best as being to monitor that the value of the Foundation is increasing. That value is to our stakeholders, to our constituency and to our members. And so, the Treasurer’s report can be read as a summary of the Foundation’s output, as a reflection of how well we worked toward our vision.

Our vision is a worthy one: it is to not only substantiate that chiropractic is effective, but to grow your effectiveness in practice. In essence, we are here to move you from stress, survival and a broad sense of belonging, to a great level of self-respect and self-value, self-confidence and mastery. That is our ultimate output, our ultimate measure of success. And the more we can do that, and the more chiropractors and chiropractic practices we can do that with, across the World, the more that we can raise the value of the Foundation to you, and to the profession.

We achieve this through our people – through you – as a cooperative of like-minded people sharing a worthy goal. We work together, unified by the idea that people deserve a healthy, happy life and that chiropractic helps them achieve it.

Typically, the company’s value that a treasurer monitors is its financial one – its monetary worth. And, more than reflecting on that, perhaps it could be useful to consider what else value may reflect: the importance, worth or usefulness of something that the Foundation generates.

We do generate funds for research, but we also generate relationships to facilitate more research, faster. And we generate relationships that further interconnect you – our tribe within the chiropractic profession – to grow your level of effectiveness. We achieve this through our events as well as other modes of information and education.

It is vital for us that we help you, listen to you, take your feedback and inspire you to do more. Our capacity as an organisation – our ability to fulfil on our Mission – is proportional to the size, motivation and persistence of people exactly like you – our tribe.

This year, we took large steps toward leveraging our funds. A highlight of the year was the Board’s decision to diversify the investment funds by securing a property to house the Foundation’s office. With rental costs continuing to escalate whilst commercial property prices remained static and interest costs were low, the Board took the decision to move out of the rental cycle and purchase a commercial property.

The full Financial Statements are available for members. The Foundation engages an independent professional firm of external auditors and maintains best practice in governance standards. An Audit Committee has oversight of matters pertaining to business performance, investments, risk and regulatory requirements. As a member of the Audit Committee with direct interface with the auditors I am delighted that their report highlights the outstanding administrative management of the Foundation.

A Member’s Survey was conducted during the year under review. The survey delivered important information about the direction, financial investment and operational activities of the Foundation.

Key feedback included
  - the need to continue our role in facilitating chiropractic research
  - the importance of the Foundation’s delivery of chiropractic research, sponsorship of research symposia and outreach to assist students to migrate successfully to practice
  - a mandate to continue to increase support internationally

These survey results were reassuring to the Board of Governors which continues to drive an aggressive agenda in these areas for its members. Over the past year the foundation has been engaged in:

- facilitating 3 new research studies (details in Research Report)
- administering 11 active research studies
- representing at international research symposia and major seminars
- hosting seminars including:
  - Dynamic Growth Congress with dedicated research streams featuring Drs Heidi Haavik and John Minardi
  - Dynamic Growth Experiences across Australia and New Zealand
  - CAA NDF research symposia
  - James Chestnut’s Science and Art of Evidence-Based Assessment, Reporting, and Intervention in Melbourne and Sydney
  - The Reality Check Series (Pt 1) in Sydney and Perth in conjunction with CAA WA.

In this past year we have invested heavily in meeting the wishes of the members however our present level of activity cannot be sustained with the present level of memberships, donations and volunteer support. Of course as a Board member and Treasurer I am acutely aware of the tension between what can be done and what can be afforded. Here is the bitter sweet conundrum; we challenge ourselves to push forward, to do more for the profession and to do it faster whilst constrained by the size of our cooperative and the money it generates to achieve our objectives. The office does all that it can but the ability to continue our current activity level and to actually do more depends on our capacity.

We – The Spinal Research Foundation – are more than just a research foundation. We are a cooperative of like-minded people who have a common view of health and wellbeing, and are willing to stand up for it.

As a member is there something more you can do to grow the cooperative and its capacity?

Thank you, greatly, for your support toward enhancing our wonderful profession.