Table of Contents

Our History and Mission
   Pg. 3

Impact
   Pg. 4

Fundraising and Supporters
   Pg. 5

Current Research
   Pg. 6

Publications
   Pg. 7-9

Board Members
   Pg. 10
Our History

In 1971 Dr. Ralph Gregory formed the National Upper Cervical Chiropractic Research Association (NUCCRA) which later became the Upper Cervical Research Foundation (UCRF).

Our Mission

The Upper Cervical Research Foundation is devoted to developing and facilitating comprehensive research to investigate the relationship between the biomechanical and neurological balance of the upper cervical spine, cranio-cervical junction and its profound effect on human health and well-being.
IMPACT

In the last 10 years UCRF has raised over $975,000 and has directly invested over $705,000 into research projects including the Calgary PCMRI Migraine Study, Supine Leg Check, Finite Element Modelling Study and the X-Ray Reliability Study.

Funds Raised by UCRF 2009-2019

<table>
<thead>
<tr>
<th></th>
<th>Gregory Circle Residual</th>
<th>Small Steps to Success</th>
<th>Corporate Donations</th>
<th>Misc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total*</td>
<td>$328,817</td>
<td>$254,615</td>
<td>$316,922</td>
<td>$75,024</td>
</tr>
</tbody>
</table>

Total Raised: $975,000

*Approximate numbers

Funds Invested by UCRF 2009-2019

- $375K Research Projects
- $400K Director of Research and Admin
- $200K Endowment
Fundraising and Supporters

- **Gregory Circle Residual**
  
  A portion of NUCCA membership dues that go towards research and have been an important source of funding for our research initiatives.

- **Small Steps to Success**
  
  Our annual fundraising campaign that takes place in offices across North America and raises awareness and resources to support our ongoing research.

- **Corporate & Private Donations**
  
  Over the years we have received generous donations from many corporate and private donors such as The Tao Foundation, The Hecht Foundation, T.C. Energy, Standard Process and Mr. Greg Buchanan.

- **Misc. and Other**
  
  A variety of independent events help raise funds such as the Beer Party at the NUCCA Conferences and student led school Running Events.
Current Research Projects

- X-Ray Reliability
- X-Ray Positioning
- Vertex Study
- Concussion Paper
- Short Condyle Study
- Correction, Stability and Quality of Life
- Blood and CSF Flow Study Data
- Posture Information Study
- NUCCA Standards
- Concussion Case Series
- Migraine and C1 and C2 influence
- Upright Posture Analysis Study
Publications

Indexed Publications:


Abstracts in Indexed Journals:

• Relationship between cranio-cervical orientation and centre of force of occlusion in adults. Topics in Integrative Health Care, an International Journal. 2015.
Non-Indexed Publications:

- Reduction in symptoms related to Parkinson’s Disease concomitant with subluxation reduction following upper cervical chiropractic care. J Upr Cerv Chiropr Res. 2011

Abstracts in Non-Indexed Publications:

- Changes in Quality of Life Assessments and MRI Measured Intracranial Compliance of Migraine Subjects Receiving a National Upper Cervical Chiropractic Association Atlas Correction.
- Improvement in Post-Concussion Symptoms in a 16-Year-Old Female Under Upper Cervical Chiropractic Care– A Case Report.
- Outcome of an Infant with Chronic Constipation Following Upper Cervical Care: A Case Report
- Examiner Reliability in Analysis of Orthogonal Radiographs.

Miscellaneous:

- Cessation of a seizure disorder: correction of the atlas subluxation complex. 1991
- Acute effect of NUCCA upper cervical adjustment on patients with diabetes type II Chiropr Res J. 2000
Posters:

- Relationship between cranio-cervical orientation and centre of force of occlusion in adults. The Upper Cervical eXperience. 2015
- Initiating the development of a chiropractic-based research network: Evaluating the feasibility of using online software to collect patient information. INCAM Research Symposium. 2014.
- Phase contrast magnetic resonance measured changes in migraine subject following chiropractic care. International Congress of Complementary Medicine Research. 2011.
- Inter-examiner reliability of supine leg checks for discriminating leg length
- Health-related quality of life in stage one hypertensive subjects after a chiropractic correction. World Federation of Chiropractic. 2009.

In 2016 UCRF took on the project of creating an online resource to allow access to all of the past monograph paper editions and to continue The Upper Cervical Monograph tradition started in 1973 by Dr. Gregory and the Research Board. This is also a place where research publications can be found:

www.ucmonograph.org
UCRF Board of Directors

Dr. Craig Lapenski, President
Dr. Jordan Landholm, Vice President
Dr. Gordon Hasick, Treasurer
Dr. Benjamin Kuhn, Secretary
Dr. Jonathon Chung, Director
Dr. Marshall Dickholtz Jr., Director
Dr. Daiki Ishiyama, Director
Dr. Kerry L. Johnson, Director
Dr. Jim Moore, Director
Dr. Jeffrey Scholten, Director
Dr. Finley Sesker, Director
Dr. Keith Denton, UCRF Resident Agent

Standards and Certification Committee
Dr. Craig Lapenski and Dr. Marshall Dickholtz Jr. Co-Chairs

Standards Review Committee
Dr. Glenn Cripe, Dr. Craig Lapenski and, Dr. Tymothy Flory

Upper Cervical Research Foundation
5353 Wayzata Blvd., Suite 350
Minneapolis, MN 55416
Fax: 877/558-0410
Direct phone: 952/564-3056
Toll-free phone: 800/541-5799
Email: info@ucrf.org
Website: www.ucrf.org