Spring 2012 NUCCA Conference

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Gate A: boarding at 4:35 to Minneapolis. I looked down at my boarding pass to at my ticket to Orlando, Florida. I was leaving on a Wednesday after NMS class, NUCCA Conference Spring 2012, ho! I arrived at 11 pm, and took the Meers taxi van to the hotel. I could feel the humidity of the Florida air and saw *palm trees* when I got outside. I hadn’t seen palm trees since Mexico four whole years ago! I was riding with a few other people and the cab driver announced that the Rosen Shingle Creek hotel would be our first stop. Perfect! We took our exit, and from a distance I saw spotlights on an amazing luxury hotel surrounded by an immaculate golf course with fountains into a pool up the driveway. “Wow, you are going all out this weekend,” a girl in the cab exclaimed to me. I told her I was just as surprised as she was and that I was a fortunate student inheriting free rooms paid for by the NUCCA Association. I was also grateful to be meeting my uncle at the conference, a NUCCA doc in Kelowna, British Columbia. I fell asleep right away the first night, despite my excitement for the conference to start the next morning.

My uncle and I headed down for breakfast before it started and I was still taking in the atmosphere. My uncle recognized a few other doctors who we ended up sitting down to eat with. They were very interesting to talk to and seemed very smart and personable. I also saw Finnley, Jake and Lauren at the restaurant. We headed to the conference to kick off the weekend. I walked into a full room of people dressed in business attire where it appeared that students were introducing themselves. I later learned that the theme of the weekend was “for the students”. It was very neat because compared to other seminars I have been to, there were way more doctors than students. There were about 40 students and if I were to guess, about 100 doctors. I introduced myself with the microphone and saw a few familiar Palmer faces: Angie Recendez, Finnley Sesker, Jake Dodds, Lauren Lankenau, Levi Nelson, Alyssa Grover and her husband Clint, Chad Franson, and Jeremy Kerrigan. I was happy to see so many Palmer students with the conference being so far away and plane tickets were not the cheapest around Easter. We were off to our first class in Level 1: A Brief History. We learned a little about Gregory, the founder of the technique. We then delved into x-ray analysis which I quite enjoyed! It was similar to toggle, yet more in depth with more lines and more double checks for reproducibility doctor to doctor and patient to patient. We then had a two hour lunch break which was fantastic because they realize you are in Florida! Uncle Gary and I changed into our suits and hit the pool! It was beautiful outside and my skin saw its first bit of sunlight since the previous summer. We went back to class and had biomechanics class. I remember thinking it was so neat to learn it from the same teacher who would be instructing the NUCCA elective at Palmer, Dr. Sesker. I also remember being blown away at Gregory because I can’t believe how analytical he was in developing the technique. It is very specific and I can definitely appreciate the finesse and all of the thought that goes into this style of chiropractic. I felt overwhelmed with the material for the class already, but I wasn’t worried about it because I know I will get it with repetition. It made me look forward to the elective. After class that Thursday, I thought of my classmates that had taken a Phys Di quiz earlier that day as I headed out for drinks and supper with my uncle and some other doctors! ) Chirosecure Insurance company hosted a wine and appetizer night after class which was nice to mingle with more doctors and students. The evening was great as we hit up the tiki bar outside the hotel by the pool and enjoyed each other’s company. This was my first time meeting chiropractic students from other schools. I met some from Northwestern, Life Georgia, and Palmer Florida. I also met a former Vogt leader named Jeff Sholten from Calgary, Alberta! It was great talking with him, and he made me feel very reassured about student loans and life in practice- we are living the dream here at Palmer!

The next morning came quickly, but I felt so excited in general that I was almost distracted in class. I was really enjoying this conference and Florida! The Friday classes consisted of more x-ray analysis, then introduction of the adjustment. It was a very fun day. I also enjoyed meeting the inventor of the Tytron! A definite highlight! (picture below) They had a sign-up sheet the day before for doctors to take students to lunch. I was matched with a doctor from Canada named Ben Kuhn who practices in Edmonton, Alberta. We had a lot to talk about because he had recently graduated from Palmer but has an established practice as well. He knows all of the teachers I have, and he was helpful for my questions I had about NUCCA. He is also the inventor of new software for NUCCA that enables us analyze films digitally more accurately than 1/10th of a degree! He was amazing! Friday night was banquet time! It was an extra ticket cost of $55 and the food was unbelievable. You could tell the mahi mahi was fresh and the fruit was divine. There were three students who received a free seminar admission, but in return they had to tell their story at the banquet. One of them was our very own Finnley Sesker! He did a great job speaking about innate! I was proud of him and his public speaking abilities. Dr. Rob Brooks, who has made an amazing impact in spreading NUCCA chiropractic to the world, also spoke. We visited after it was all over and hit the hot tub again night number 3!

Saturday was the last morning. We learned more about adjusting and how to take films on Saturday. It was an interesting day. I couldn’t believe how analytical the technique was but the info I was getting in the short three days was incredible. At the end of the day, we got to play NUCCA jeopardy! A few docs from California had made the questions and played Alex Trebec. Our NUCCA presidents Lauren and Jake rocked at it and made us Palmer students look GOOD! Thanks guys! ;-) I also noticed Clint Erickson, a former Palmer delt and philosophy award recipient, was really great at the NUCCA facts. The seminar was coming to a close and some people headed out to catch their flights. I was glad I was staying one more night. I felt drained because of all the excitement the last three days and had a fantastic sleep and flight home on Sunday. When I got home I told my roomies all about it and that the highlight for me was talking to all of the doctors, and making all of the connections I did. There were so many amazing chiropractors there and I am so glad I went! Definitely looking forward to the next one in October in New Port Beach, California!

