

Dr. Wally Schaeffer

Chiropractic Specialist
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PROFESSIONAL

Chiropractor in private practice since 1988 with licensure in Iowa and previously in Illinois, Michigan and New York. Advanced Proficiency Rated in Activator Methods Chiropractic Technique instrument (FDA registered) adjusting. A general practice family chiropractor with specialization in head, neck and jaw disorders. Whiplash injury certification, Spine Research Institute of San Diego. Clinical instructor with Activator Methods International (a National Institutes of Health grantee). Postgraduate faculty status with Palmer College of Chiropractic, Davenport, IA.

EDUCATION

2002-Current Activator Methods International, Clinical Platform Instructor (annual renewal required)
1996-2001 Activator Methods Chiropractic Technique, Associate Instructor (annual renewal required)
1996-1997 Cervical spine acceleration/deceleration (whiplash) injury certification, Spine Research Institute of San Diego
1988-1989 Advanced Proficiency Rating (annual renewal required), Activator Methods, Phoenix, AZ
1981-1986 Doctor of Chiropractic, Palmer College of Chiropractic, Davenport, IA
1963-1967 Completed major in Anthropology and Archaeology, Florida State University, Tallahassee

EMPLOYMENT

1988-Current *Chiropractor, Private Practice*
Also served as an Independent Chiropractic Examiner and review doctor for an association of insurance companies for two years in the Quad-Cities (Iowa). Self employed.

1986-1988 *Dean of Students, Palmer College of Chiropractic*
Responsible for student activities and counseling, admissions, student recruitment, financial assistance, student housing, the student union, and graduate placement for a student body of 1250. Active in fund raising for capital improvements and new facility construction, in alumni support as a college representative and speaker, and in legislative affairs. Member of the Executive Committee and the President's Cabinet and attended Board of Trustee meetings. Responsible for a staff of 35-40 people.

1984-1986 *Director of Student Affairs, Palmer College of Chiropractic*
Similar responsibilities as above. Traveled extensively on behalf of the college regarding alumni, student recruitment and legislative issues. Responsible for the restructuring of the Admissions and Financial Assistance offices, increasing admittance standards. Initiated the college's involvement with the Council for Advancement and Support of Education. Active in the institutional accreditation process with the North Central Association of Colleges and the Council on Chiropractic Education.

PROFESSIONAL ASSOCIATIONS and ACTIVITIES

American Chiropractic Association, National Institute of Chiropractic Research, University of Iowa Hospital and Clinics (UIHC) Spine Network (Iowa City, IA), Spine Research Institute of San Diego, Activator Methods, Holistic Resources Network, Alternative Health Care columnist (3 yrs.) for the Iowa City Press Citizen; Complementary and Alternative Medicine at the Family Care Center of University of Iowa Hospitals and Clinics (committee member, chiropractic consultant, symposium presenter, guest lecturer to various departments); Activator Methods Technique Clinical Platform Instructor; Post Graduate Continuing Education Faculty appointment, Palmer College of Chiropractic.

RESEARCH ACTIVITIES

Dyslexia case study, private practice, 1994, unpublished.

EMG study in acute low back pain: "A Study of Paraspinal Muscle Activity During Chiropractic Manipulation", Malcolm H. Pope, Principal Investigator, Iowa Spine Center of University of Iowa Hospitals and Clinics; presented at the International Symposium for the Study of the Lumbar Spine, May 2002 and 2003; platform presentation at Activator Methods annual conference, 2003. Primary Clinician.

TMJ/TMD pilot study with the Dept. of Dentistry, University of Iowa Hospitals and Clinics, 2002. Developed the treatment protocols and examination methodology and assisted with the study design and evaluation. Primary Clinician.

Instructor, TMJ/TMD Syndromes, Activator Methods Treatment Protocols, AMCT International Instructor's Conference, July 2003, Phoenix. Authored and developed the course content. Course subsequently adopted for the Activator Methods International academic curriculum of 2003-04.

National Institutes of Health (NIH) research grant through the National Center for Complementary and Alternative Medicine (NCCAM) for Clinical and Translational Science in Chiropractic. Study of the "Conservative treatment of patients with temporomandibular disorders---a pilot study"; co-investigator. Funded at \$400K through Palmer College of Chiropractic and the University of Iowa College of Dentistry.

PUBLICATIONS

"Chiropractic Treatment of Temporomandibular Disorders using the Activator Adjusting Instrument, A Prospective Case Series"; DeVocht J, Long C, Zeitler D, and Schaeffer W, Journal of Manipulative and Physiological Therapeutics, Sept. 2003, Vol. 26, No. 7. Co-investigator and clinician.

"Chiropractic Treatment of Temporomandibular Disorders Using the Activator Adjusting Instrument and Protocol"; A Case Report; DeVocht J, Lawrence D and Schaeffer W, Alternative Therapies in Health and Medicine, Nov./Dec. 2005 Vol. 11, No. 6.

"The Temporomandibular Joint and Related Tests and Adjustments", Chapter 13, DeVocht J and Schaeffer W In: Fuhr AW, editor, The Activator Method, 2nd ed. Mosby/Elsevier; 2008. p. 333-55.

"TMJ/TMD: The New Extremity", Schaeffer W, The Activator Advantage, Vol. 2, Issue 2, Activator Methods International, Ltd, March 2008.

AWARDS and HONORS

Platform presentation of TMJ/TMD Pilot Study, Research Agenda Conference, March 2003, New Orleans

Instructor, TMJ/TMD Syndromes, Activator Methods Treatment Protocols, AMCT International Instructor's Conference, July 2003, Phoenix. Authored and developed the course content. Course subsequently adopted for the Activator Methods International academic curriculum of 2003-04.

Activator Methods International, "Researcher of the Year" Award, July 2003, Phoenix

Institutional Review Board, University of Iowa Hospitals and Clinics, 2002-03

Whole Health Institute, Executive Director, 2002

Post Graduate Faculty appointment, Palmer College of Chiropractic, Davenport, IA, 2003

COMMUNITY and CIVIC

Board of Directors Iowa City Area Chamber of Commerce; Chair of the Chamber's Coralville Committee (2X); Optimist's; Big Brothers/Sisters; high school mentor (2X); Hospice Road Race volunteer; Medical Chair for the Coralville Ragbrai Committee (2X); graduate of the Chamber's Community Leadership Program; Alumni Board of Directors' President, Community Leadership Program; Community coordinator for Random Acts of Kindness; Free Medical Clinic of Iowa City staff chiropractor.

PERSONAL

As a career changer to chiropractic, I was previously employed in the publishing industry, primarily in marketing, consulting and as a corporate executive, for approximately 15 years.

Personal interests include speaking, writing and consulting on chiropractic and alternative health care and related issues. Professional and personal/patient experience with more than a dozen alternative health care therapies. Frequent guest speaker and continuing education lecturer at a variety of general and special interest groups including the University of Iowa and their College of Medicine.