

**STATE OF CONNECTICUT
CONNECTICUT STATE BOARD OF CHIROPRACTIC EXAMINERS**

IN RE: Petition Submitted by John R. Bilas, D.C., Re: (1) Whether Chiropractors May Provide Exercise Therapy In Conjunction With Adjustment Therapy, And (2) If So, Whether There Is Any Particular Time Period Within Which Exercise Therapy Must Be Performed By Chiropractors In Preparation For Chiropractic Adjustment Or Manipulation

DECLARATORY RULING

On November 11, 1997, John R. Bilas, D.C., requested that the Connecticut State Board of Chiropractic Examiners (hereinafter "the Board") issue a declaratory ruling regarding (1) whether chiropractors may provide exercise therapy in conjunction with adjustment therapy, and (2) if so, whether there is any particular time period within which exercise therapy must be performed by chiropractors in preparation for chiropractic adjustment or manipulation.

Pursuant to section 4-176 of the Connecticut General Statutes and sections 19a-9-1 *et seq.* of the Regulations of Connecticut State Agencies, the Board agreed to issue a declaratory ruling in response to Dr. Bilas' petition. The Board's declaratory ruling on these issues is binding upon the parties and may be relied upon by the Board, on a case-by-case basis, in future proceedings. Conn. Gen. Stat. § 4-176(h).

A hearing on the declaratory ruling request was held on February 5, 1998. Prior to the hearing, Dr. Bilas, as the petitioner, was granted party status. Dr. Bilas appeared at the hearing and gave testimony to the Board. The Board also received written testimony and submissions from other interested persons. The Board conducted the hearing in accordance with Chapter 54 of the Connecticut General Statutes and sections 19a-9-1 *et seq.* of the Regulations of Connecticut State Agencies.

Pursuant to section 20-28(b)(3) of the Connecticut General Statutes, "chiropractors may [t]reat the human body by . . . use of physical means, including exercise in preparation for

chiropractic adjustment or manipulation" The use of exercise is specifically authorized by the statute defining the scope of chiropractic practice. Accordingly, the Board finds that exercise therapy may be provided by chiropractors in conjunction with adjustment therapy as long as the exercise therapy is provided in preparation for chiropractic adjustment or manipulation.

Furthermore, the Board finds that the use of exercise therapy, prior to chiropractic adjustment or manipulation, holds significant clinical value. As stated by Dr. Bilas in his testimony to the Board, "[a]ctive exercise, by virtue of its dynamic movement, fires up a multitude of mechanoreceptors, muscle spindle fibers, and golgi tendon apparatus." (Tr. p. 5). It results in improved proprioception or stimulation of the entire neuromuscular system. (Exhibits 6, 7). Consequently, exercise therapy in preparation for chiropractic adjustment or manipulation maximizes the level of relaxation of the muscles thereby increasing the efficacy of chiropractic adjustment or manipulation.

The duration of exercise therapy prior to the performance of chiropractic adjustment or manipulation must be determined by treating chiropractors based on the individual requirements of their patients. Time frames will vary depending on the patients' clinical needs. Chiropractors should provide exercise therapy for whatever period is necessary for patients to derive maximum benefits from chiropractic adjustment or manipulation.

Connecticut State Board of Chiropractic Examiners


By: Augustino Villani, D.C., Chairman

5.11.98
Date