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District 7

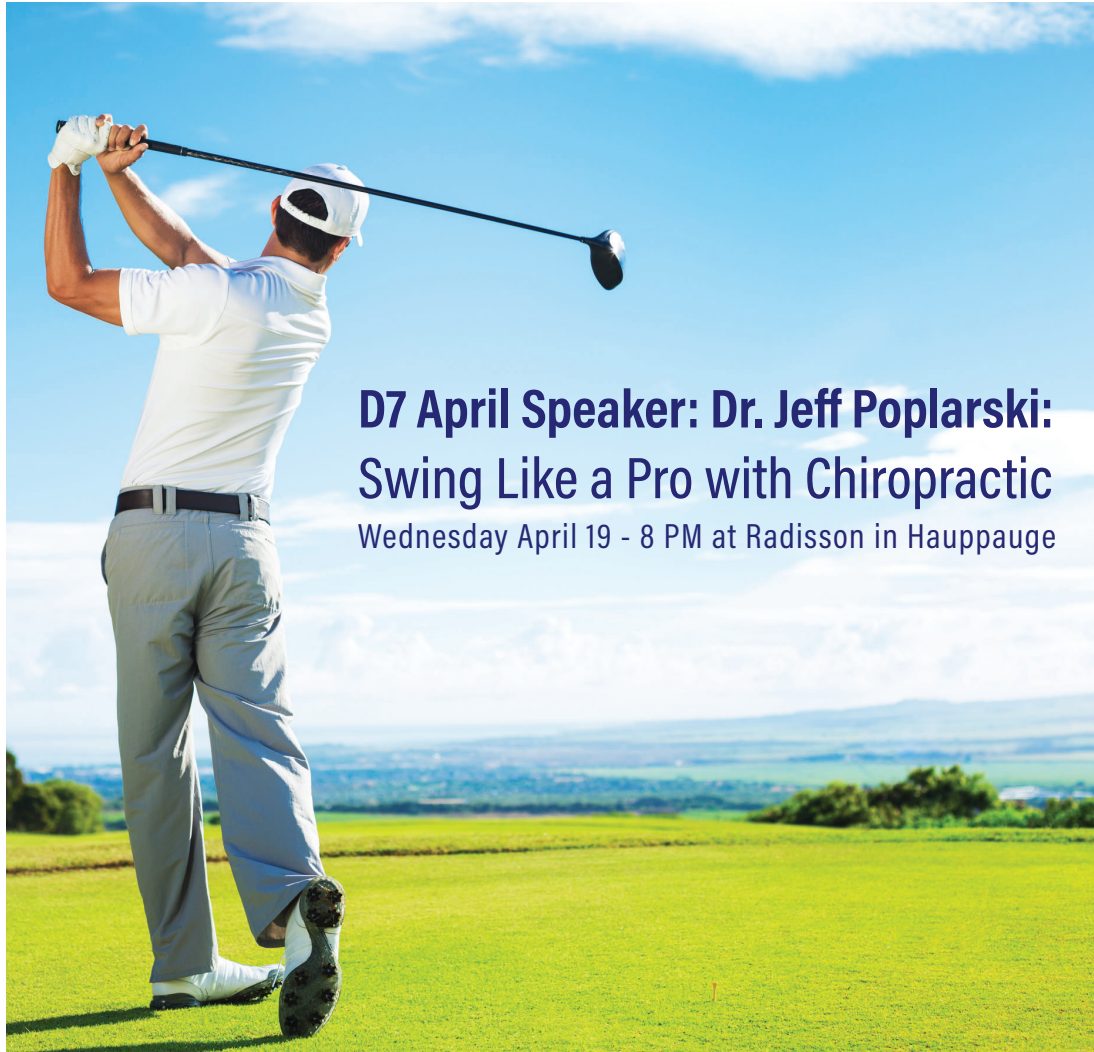
APRIL 2023 NEWSLETTER



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D7 April Speaker: Dr. Jeff Poplarski: Swing Like a Pro with Chiropractic

Wednesday April 19 - 8 PM at Radisson in Hauppauge

What's Inside

President's Message
Member Spotlight
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Legislation Updates
Sponsor Spotlight
Clinical Pearls

Calendar of Events

April 14-16
Spring Convention

April 19 - Wednesday
General Meeting

8 PM at Radisson in Hauppauge
ZOOM link available

May 2 - Lobby Day
Albany

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PRESIDENT'S MESSAGE



Welcome to the April Edition of your District 7 NYSCA Newsletter!

I'd love to start by sharing how successful last month's Gold Sponsor Meet and Greet Event was. Thank you to Elite and DJO Global for sponsoring the event and our gold sponsors; NSPC, OALI, Spine Pain Solutions and NeuroCare Long Island for a great night of food and fun and for their continued support of our amazing district. And thank you D7 members that joined us and got to know our sponsors better. Check out the pictures inside the newsletter.

Our April speaker will be our own member, Dr. Jeff Poplarski. He will be presenting on Kinematic Sequencing as it relates to having an efficient Golf Swing. Many of you may already know that Dr. Poplarski is a Board Certified Chiropractic Sports Physician (CCSP). He's also a certified Titleist Performance Institute Medical Professional, Fitness Instructor, Golf Coach, Golf Professional, Power Coach and Junior Coach. His presentation will address deficiencies that are seen in all rotational athletes. Dr. Jeff will discuss what corrective action a DC can give to a person, to make them more efficient on and off the playing field. If you are interested in helping patients who golf, then this is the meeting for you!

We are also looking forward to the Mohegan Sun Convention on April 14-16 where you can receive up to 16 credits. It's shaping up to be quite exciting with dynamic speakers that include chiropractors, medical doctors, nurse practitioners and attorneys. Topics range from Physical Rehabilitation for the Injured Dancer presented by Mitch Green DC to Spinal Balance: the good, the bad and the ugly presented by Daniel Birk MD from NSPC and a very relevant topic Diversity, Equity and Inclusion in Healthcare presented by Kelley Humphries DC.

Let's also welcome newly licensed Amanda Funicello, DC and welcome back Stephen Tartaglia to D7. We all look forward to mingling with you both at Mohegan!

I'd like to close with a sincere thank you to Dr. Phil Facquet who has decided to take off his editor's hat and move on to new adventures. Thank you for the time and effort you gave to every issue of this newsletter for 18 years. Best of luck going forward.

If you require a ZOOM Link, please contact Joe Merckling at mercklingdc@optonline.net or district07@nysca.com.

Best,

JoAnna Fasulo DC

D7 Member Spotlight



We would like to spotlight our very own Dr. Sophia Argeropoulos, a member of the D7 Board for many years, as well as our district's treasurer. A 1983 graduate of Palmer College of Chiropractic, she joined NYSCA in 1984 after advice from a colleague she had met at a seminar impressed upon her the importance of being part of and supporting her state organization. She has never looked back at that decision, and more succinctly, she is proud to be a member of NYSCA.

Since opening her practice in Port Jefferson in 1985, she has attained tremendous success, helping those in her community benefit from her chiropractic care. In spite of her very busy patient schedule she always found time for NYSCA, becoming a member of the State Board of Directors, the Secretary and Treasurer, all at various times in her career. Her commitment to chiropractic, NYSCA and D7 is highly commendable.

Sophia has decided that now is the right time to retire from practice. Although her presence will certainly be missed by her D7 co-members who got to enjoy her fun sense of humor at the monthly meetings, it is more likely, she will be highly missed by her patients, who have gotten to know her as more than just their doc.

Future plans include spending more time with her husband and daughter as they move on to their next adventure in Ocala, Florida. While there, she is looking forward to playing golf, hiking and exploring the national parks of that state.

We wish her all the best of luck and thank her for her dedication, commitment and love for the profession. If you wish to reach out to Sophia, she can be reached at saachiro@aol.com.

UP TO SPEED ON INSURANCE

NEWS FROM THE NIC

CIGNA UPDATE

The NYSCA Insurance Committee (The NIC) is requesting your assistance as we compile recent blinded examples of claims which have not been acknowledged or processed and in a timely manner by Cigna. These are claims which do not involve American Specialty Health (ASH), but are solely the responsibility of Cigna. Remember: Health Plans subject to the laws of New York are required to acknowledge or process clean claims within 30 or 45 days of receipt. Failure to do so can result in interest and penalties.

Cigna appears to have delegated certain administrative functions to ASH in New York; however, this delegation does not include all regions / all Cigna insureds. This may be part of the issue; however, it remains the responsibility of the carrier to process claims in a timely manner.

[READ MORE](#)

WELLCARE UPDATE

The NYSCA Insurance Committee (the NIC) has been in contact with American Specialties Health (ASH) to better define the benefits available to Wellcare members. Please note that All Wellcare insureds DO NOT have the insurance rider which covers all of the services listed in the ASH G9 fee schedule. NYSCA members have reported a difference in benefits when checking eligibility on ASHLink vs talking to a representative or when performing an ASHLink Inquiry.

American Specialties will be updating the ASH Wellcare Client Summaries to ensure the information is accurate and easily comprehended by all parties. We look forward to the update. At present, it appears that the ASHLink eligibility information is providing the correct information regarding covered services.

[READ MORE](#)

EMBLEMHEALTH UPDATE

Some of our members have contacted the NYSCA Insurance Committee regarding the processing of claims for billed services rendered to EmblemHealth's senior care members. Please click the below to read this recent update from the NIC.

[READ MORE](#)

The NIC would like to express our sincere appreciation for your continued support - not only by your NYSCA membership, but by the challenges and successes you share with us on a daily basis. Please continue to update us so we may better assist your colleagues and our profession to excel on behalf of chiropractic patients. Share your Pearls.
Together, We Are NYSCA!

Work Comp Corner

with George Rulli, DC
NYSCA WC CHAIR

Dear fellow colleagues, currently there is nothing new to report from Comp, thank goodness.

I have however, over the last month received several calls with questions regarding filing a C-4.3 for impairment ratings for patients.

Before submitting a C4.3 always check with the patients attorney first. The last thing we want to do is create more problems for our patients and ourselves. The process of filling out these forms can be found simply by searching under NYSWCB/ Impairment Guidelines. Remember that we as Chiropractors use the NON Scheduled losses. Scheduled loss are only from specific kinds of injuries, like perhaps a broken hand.

HOW CIGNA SAVES MILLIONS BY HAVING ITS DOCTORS REJECT CLAIMS WITHOUT READING THEM

[READ MORE](#)



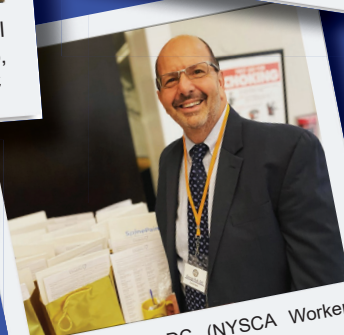
Left to Right: Joseph Merckling, DC; Phil Facquet, DC; Robin Stein, DC; JoAnna Fasulo, DC; George Rulli, DC; Gregory Thomaier, DC



Richard Block, DC; Robin Stein, DC (NYSCA Region 2 Director); George Rulli, DC



Joseph Merckling, DC (NYSCA Region 2 Director) and David Shapiro, DC



George Rulli, DC (NYSCA Workers Compensation Chair)



Left to Right: JoAnna Fasulo, DC (NYSCA 7 District President); Dr. Chen, MD (OALI); Matthew Aron, DC; Dr. Subbaiah, MD (OALI)

Gold Sponsor Meet & Greet at Stella Trattoria March 15, 2023



Thank you DJO Global and Elite Medical for Sponsoring the Gold Sponsor Networking Event!



Left to Right: Richard Block, DC; Matthew Aron, DC; Chris Rooney, DC (Elite Medical); Joseph Paplia, DC



Thank you Zachariah George, MD (NSPC), Dimitrios Christoforou, MD (OALI) and Michael Sileo, MD (OALI)



Nicholas Zuccala, DC



Left-Right: Dr. Subbaiah, MD (OALI), Melissa Lannert (DJO Global), Dr. George Rulli, DC, Dr. Amit Sharma, MD (Spine Pain Solutions)



Jerry Piering, DC and Robin Stein, DC (District 7 Vice President)



Thank you DJO Global for your support!



David Wallman, DC; Reginald Rousseau, MD (Spine Pain Solutions)

Gold Sponsor Meet & Greet at Stella Trattoria

March 15, 2023



David Wallman, DC won the raffle! Did you know that Dr. Wallman is a 3rd generation chiropractor?



Paul Giambo, DC and Dominic Estevez, DC



Amit Sharma, MD (Spine Pain Solutions) and Phil Facquet, DC



Daniel Picard, DC and Wendy (Spine Pain Solutions)



CHIROPRACTIC LEGISLATION IN THE WORKS



AMERICAN
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Chiropractic Medicare Coverage Modernization Act Reintroduced in Congress

Legislation championed by ACA to increase Medicare coverage of chiropractic services has been reintroduced in the U.S. House of Representatives and the U.S. Senate.

"The Bipartisan and Bicameral Legislation Ensures Medicare Patients have Full Access to Chiropractic Care."

The Chiropractic Medicare Coverage Modernization Act (H.R. 1610 / S. 799) will allow Medicare beneficiaries access to the chiropractic profession's broad-based, non-drug approach to pain management, which includes manual manipulation of the spine and extremities, evaluation and management services, diagnostic imaging and utilization of other non-drug approaches that have become an important strategy in national efforts to stem the epidemic of prescription opioid overuse and abuse.

The Chiropractic Medicare Coverage Modernization Act:

- Is bipartisan legislation that provides patient access to all Medicare-covered benefits allowable under a chiropractor's state licensure.
- Appropriately defines a Doctor of Chiropractic (DC) as a "physician" in the Medicare program.

[Contact Your Senator! →](#)

[Contact Your Representative! →](#)

Legislative Update - February 2023

The 2023 legislative session began on January 9, 2023, and the legislative committee has been hard at work on the legislative priorities for NYSCA. As a reminder, all legislation in New York operates on a two-year cycle. At the end of the two-years, all bills must be reintroduced again in the new cycle. This year marks the start of a new cycle, so our priority bills will have new bill numbers.

As always, the scope modernization bill remains our number one legislative priority. The Assembly Bill number is A4150, with Assemblymember Daniel O'Donnell once again sponsoring the legislation. In the Senate, our old sponsor Senator James Gaughran, did not run for reelection, so we have identified a new Senator as our sponsor, Senator Andrew Goundares. The Senate Bill number is S6047.

Another legislation priority remains the coalition partnership bill. This bill will allow a wide range of healthcare professionals to form partnerships with each other and with medical doctors should they so choose. Our Assembly bill sponsor remains Assemblymember Crystal People-Stokes and the new bill number is A715. In the Senate, the bill number is S5581. The previous partnership bill sponsor, Senator Diane Savino, also did not run for reelection, and the new bill sponsor is Assemblymember Jessica Scarcella-Spanton.

As you are all aware, our third legislative priority for the last few years had been our conservative care bill. However, this bill (A273 | S4640) was signed into law by Governor Hochul at the end of last year. This was a significant legislative accomplishment, and the bill is now law. This law requires a practitioner treating a patient with a neuromusculoskeletal condition causing pain to discuss with the patient the efficacy of non-opioid conservative care treatments before prescribing an opioid. These treatments include massage, chiropractic, physical therapy, acupuncture, and occupational therapy care.

[READ MORE LOBBYING UPDATES](#)

Non-Fusion Alternative for Treating Adjacent Segment Disease

This is a 42-year-old male who presented electively with progressively worsening neck pain radiating down the left arm, involving first three digits, with associated paresthesias. He had a previous C6-7 anterior cervical discectomy and fusion two years prior, for which he recovered well. He was referred to Dr. Xavier Gaudin for a neurosurgical spine evaluation. An MRI cervical spine was obtained, which demonstrated C5-6 adjacent segment degenerative disease with a large disc extrusion resulting in severe left lateral recess and foraminal stenosis (image 1).

He had no neurologic deficits on exam, and therefore was started on a trial of multidisciplinary and multimodal conservative management. This included non-opioid pharmacologic regiment, lifestyle modification, physiotherapy, chiropractic, and epidural steroid injection. Despite these conservative measures, his symptoms remained severe and debilitating, therefore surgical options were discussed. He is eventually underwent a motion-preserving C5-6 anterior artificial disc replacement. Postoperatively, his neck and radicular arm pain had fully resolved. Postoperative imaging demonstrated maintained physiologic flexion and extension of the cervical spine (image 2).

Artificial cervical disc replacement, also known as total disc replacement or arthroplasty, allows for maintained range of motions. This non-fusion alternative reduces the biomechanical stress on the adjacent segments of the spine, which decreases the rate of physiologic degeneration cascade. Adjacent segment degeneration occurs after

about 15% of spinal fusions. Artificial disc replacement does not require postoperative collar immobilization, thereby allowing for the patient to return to work and usual activities sooner than a fusion. It may also be a better option for patients who are at risk of fusion failure (i.e. pseudoarthrosis), such as diabetics and nicotine users. While the current FDA guidelines and indications for artificial cervical disc replacement may be more limited, its use has been broadened and well supported by the literature. Under the care of a complex spine professional, artificial disc replacement can be utilized for adjacent segment disease such as the above case, multilevel spine disease (greater than 2 segments), and even reversal of previous spinal fusion



Image 1. Preoperative MRI

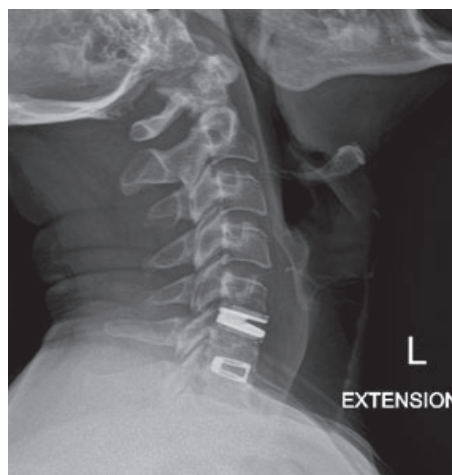


Image 2. Postoperative dynamic xrays

BIRD DOGS

TO INCREASE GLUTE STABILITY



By Dr. Jeff Poplarski

The glute muscles are “KINGS” of the golf swing. The glutes are fully engaged during the entire golf swing stabilizing the lower body and giving it the ability to generate power from the ground up.

There are two swing faults that come to mind if you have weak glutes. Firstly, “swaying” which is the lower body moving away from target on the back swing. Secondly, “sliding” when the lower body moves toward the target during the down swing. Swaying and Sliding both have the ability to rob power away from the golf swing.

One exercise that focuses on glute stability and prevents swaying and sliding is the Bird Dog. It has the potential to benefit a golfer’s performance on and off the golf course.

1 Get down on all fours, your wrists should be placed directly under your shoulders and your knees directly below your hips in a dog-like position.

2 Lift your knee as far as you can toward your head

3 Then extend your leg back until your thigh becomes parallel with the ground

Make sure your knee is flexed at 90 degrees when you extend your leg

Hold each position for 2 seconds and then repeat changing from the right to left leg

Perform exercise for 30 seconds and repeat 3 times with a 30 second break in between each set



Dr. Jeff Poplarski is a Titleist Performance Institute Certified Medical Professional, Fitness Professional, Power Coach, Junior Coach, Golf Coach and Golf Professional. He has also been directing performance and recovery care teams at U.S. Golf Championships since 2002. Dr. Jeff is presently the Golf Performance Director at Bethpage and can be reached at drijpop@gmail.com

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Dr. Sathish Subbaiah

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Dr. Morgan Chen



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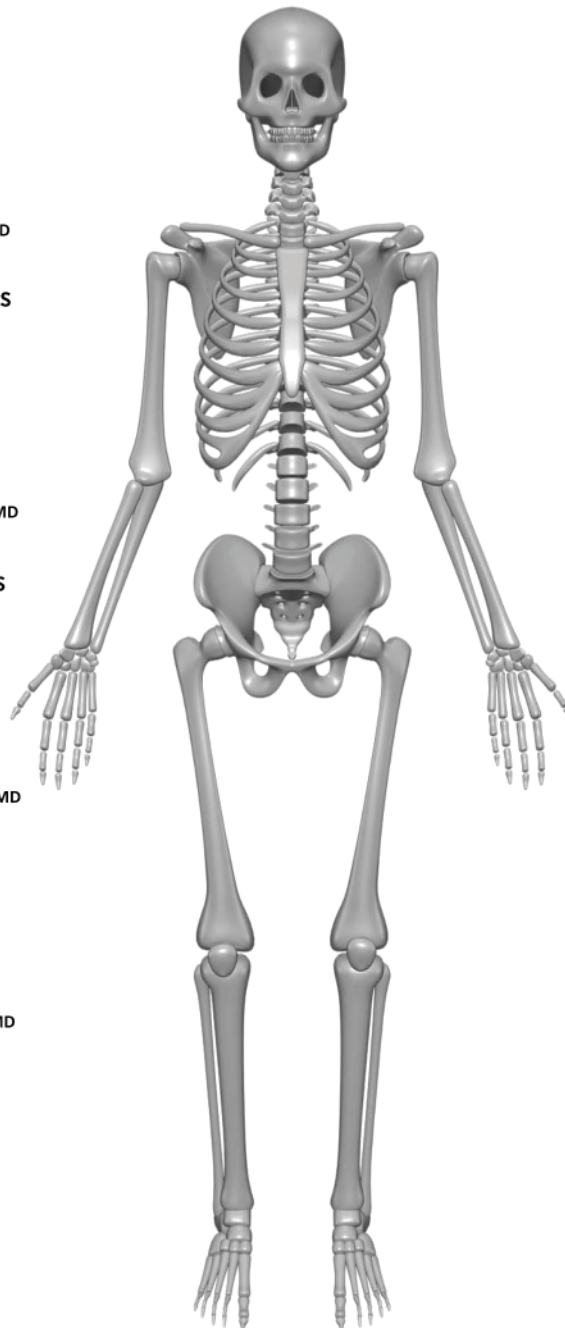
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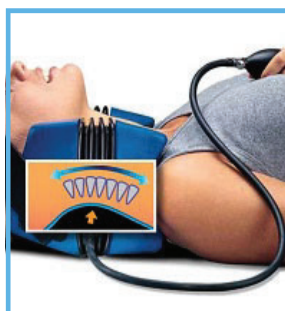
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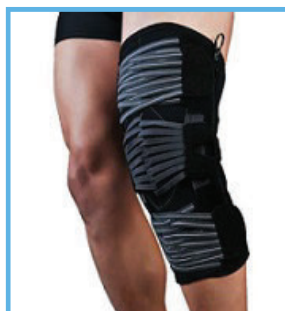
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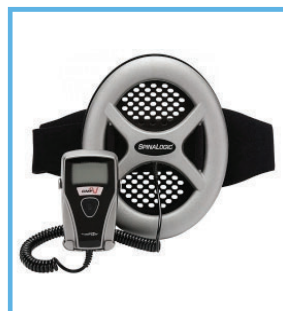
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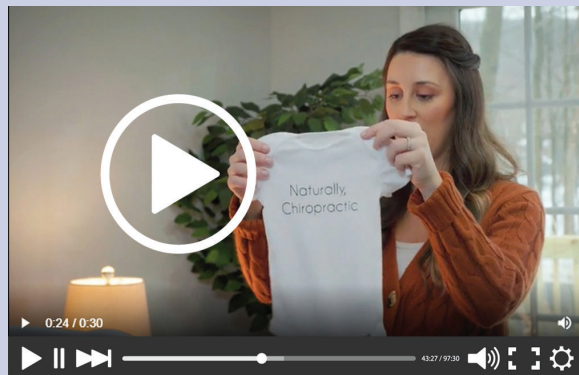
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NEW Commercial for Your Clinic

The Foundation for Chiropractic Progress (F4CP) unveils the second video in its Naturally, Chiropractic series, which highlights the benefits of natural, safe and effective chiropractic for pregnant women.

Meet Alexis, an eight month, first-time expectant mother who has a healthy and pain-free pregnancy due to consistent chiropractic care. Here is her story:

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