

## CV/ BIOGRAPHY

With nearly 30 years of experience as a Doctor of Chiropractic **Chris Kemper D.C.** is committed to assisting patients toward positive outcomes. He is known internationally as a specialist dealing with complex neck and tailbone injuries. Having helped more than 10,000 patients, some 3000 of which were previously diagnosed with chronic pelvic pain, he is presenting some important questions to physicians in the fields of orthopedics, neurology, chiropractic and obstetrics regarding the role the tailbone plays in spinal health and disease. Along with Jim Wooley, D.C. he has coined the term SacroCoccygeal or "S/C" syndrome for the unique set of signs and symptoms often caused by coccygeal dysfunction.



**Chris Kemper, D.C.**

Dr. Kemper has recently authored a 220 page book which is a hard hitting story about the epidemic of spinal subluxation and what the public must do to address the problem. The doctor uses a refreshingly simple, generic communication style, while telling true stories of success that every chiropractor knows to be true and possible. The book reverberates with honest and riveting accounts of healing that need to be shared, over and over again, until the public, and medical community at large, finally receive the message loud and clear.

The doctor also introduces a long over due and ethical approach to treating the often overlooked or misunderstood problem of pelvic floor impact, ubiquitous in the fast-paced, high impact-crazed world of sports where spinal compression often begins at the tailbone. His vignettes, of life-altering recoveries, clearly illustrate the cause of pain and disability suffered by millions of Americans today. Many spine-related topics are reviewed both with the confident wisdom of a seasoned practitioner and with the unbiased mind of a researcher never quite satisfied until more studies are conducted to question America's lock step love affair with pharmaceuticals. His hope is that the book will be a wake up call, not only to America but for modern medicine, to take another look at chiropractic at large.

The book is one doctor's personal and professional account of success that is representative of the quality care available through any of 17 chiropractic colleges and universities in America. It is not only a valuable source of excellent advice for patients, lost to the over use of medicine and technology, but an inspiring story of hope for those impacted by chronic spinal pain and disability.



**SEMINARS:**

- **Multidisciplinary Case Management:** How to work with the best of medicine
- **The SacroCoccygeal Syndrome:** Ethical clinical management of the coccyx.

**RESEARCH:**

- Kemper C., Wooley J. Hypothesis: Is SacroCoccygeal Hypomobility related to chronic low back pain and stiffness? J. Orthopaedic Medicine. 1998: Vol. 20, No. 3, 17-20.
- Is SacroCoccygeal Hypomobility related to chronic low back pain and stiffness? In: University of California San Diego, proceedings of the 3rd International Congress on low back and pelvic pain. Vienna: Third Interdisciplinary World Congress on Low Back and Pelvic Pain; 1998. P. 222-224.
- Kohlbeck FJ, Haldeman S, Hurwitz E, Dagenais S. Supplemental Care with Medicine-Assisted Manipulation Versus Spinal Manipulation With Chronic Low Back Pain. J Manipulative Physiol Ther 2005: 245-52.

This prospective cohort was conducted in 2000-2001 by Kohlbeck & Haldeman et al with Jim Wooley, D.C. and Chris Kemper, D.C. providing clinical services for 68 patients with chronic low back and/or pelvic pain. The study compared outcomes of two groups. Both groups received chiropractic care (Pettibon, Sweat and Palmer Package technique), deep tissue massage, myofascial stretching, and therapeutic exercises. Patients in the control group did not receive coccygeal manipulation. Every patient in the "medicine assisted manipulation" group did receive coccygeal manipulation. The goal, in providing sedation and analgesia, was to be able to apply a standard degree of traction and manipulation for the hypomobile coccyges, regardless of patient pain tolerance. (Note: only a small percentage of patients, in day-to-day practice actually require sedation or analgesia in order to tolerate and potentially benefit from coccygeal manipulation.) The group who received the coccygeal manipulation overall experienced greater improvement in pain and in lumbopelvic range of motion. The following categories of improvement were documented: Lumbar flexion; Straight Leg Raise; Motor deficit; Disc bulging and protrusion; and change in position of conus medullaris, confirmed with before and after MRIs.

Dr. Kemper's early research has brought much needed attention to the epidemic of spinal inflexibility which is rampant in America. He has helped founded a new diagnosis involving tailbone and pelvic floor injuries now known as the SacroCoccygeal Syndrome or "S/C" syndrome. The syndrome is the name given to the varied orthopedic, neurologic, chiropractic and obstetrical signs and symptoms that result from undiagnosed tailbone injury, where the coccyx loses its natural and necessary range of motion for dampening of tension for the spinal nerves and spinal cord. Correction of the syndrome usually results in unprecedented reduction of spinal pain, decrease in motor deficits, reversal of disc bulging and amazing improvement in spinal range of motion.

**PROFESSIONAL GOALS:**

- To contribute to the body of evidence related to the "SacroCoccygeal" Syndrome. Identify neuromusculoskeletal complications associated with spinal cord tension caused by trauma at the coccygeal hinge
- Documentation of impaired spinal flexibility and chronic spinal subluxation and its axial imbalance as measured in the X, Y and Z plane
- Establish the role of coccygeal and pelvic floor injuries in difficult labor and need for Caesarian section
- Incorporation of Geometry-based chiropractic into routine orthopedic and neurological assessments before late stage medical/surgical intervention becomes necessary
- Helping bridge the gap between the medical and the allied/preventative health care professions
- Providing post-graduate education for D.C's in management of the SacroCoccygeal Syndrome

**INTERNSHIPS:**

Dr. Kemper offers Doctors of Chiropractic weeklong internships at his clinic in Chico California where physicians can perform clinical rounds on both Cervical and SacroCoccygeal cases. Supervision is provided to insure proper case management including ethics, diagnosis, patient selection, record keeping, treatment protocol and outcome assessments.

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