

**THE AMERICAN VETERAN  
MAY 2007 EDITION**

**SEGMENT TITLE: CHIROPRACTIC CARE**

**KANE FARABAUGH, HOST:** CHIROPRACTIC CARE HAS BEEN AROUND FOR NEARLY A CENTURY, BUT THE SERVICE IS PRETTY NEW TO VA. ONE NAVY VETERAN HAS MADE IT HIS PERSONAL MISSION TO HELP BRING CHIROPRACTIC TREATMENT TO FELLOW VETS.

**DR. ARLAN FUHR, CHIROPRACTOR:** GOOD MORNING, STAN.

**STAN GARGAS, VIETNAM VETERAN:** GOOD MORNING, DR. FUHR.

**REBA HOLLINGSWORTH, REPORTER:** STAN GARGAS MAKES HIS MONTHLY VISIT TO THE VA HOSPITAL IN PHOENIX. IT'S A TRIP THE VIETNAM VETERAN HAS WAITED DECADES TO TAKE.

**GARGAS:** IN 1975, WHILE I WAS STILL IN SERVICE, I HAD A LOWER BACK INJURY. SO, RIGHT NOW I COME IN HERE TO TRY AND RELIEVE THE PRESSURES THAT ARE ON MY LOWER BACK.

**HOLLINGSWORTH:** CHIROPRACTIC CARE IS FAIRLY NEW TO THE VA SYSTEM. THIS HOSPITAL IN PHOENIX IS ONE OF 29 IN-HOUSE SITES. IN THE PAST, STAN HAD TO GO TO PRIVATE DOCTORS TO TREAT HIS PROBLEM BACK. DR. ARLAN FUHR USES A TECHNIQUE CALLED "THE ACTIVATOR" TO TREAT STAN'S BACK — A METHOD HE DEVELOPED.

**FUHR:** "ACTIVATOR METHODS" IS THE WORLD'S LARGEST LOW-FORCE CHIROPRACTIC TECHNIQUE.

**HOLLINGSWORTH:** AND IT WORKS LIKE THIS:

**FUHR:** THE BODY HAS WHAT ARE CALLED "LITTLE FACETS" AND THESE LITTLE FACETS GET STUCK WHEN PEOPLE GET HURT, WHEN THEY TWIST, WHEN THEY TURN. AND WHAT WE DO IS WE REACTIVATE THE SPINE SO IT HAS MOTION.

**HOLLINGSWORTH:** DR. FUHR, A NAVY VETERAN, SAYS IN HIS DAY, NOT A SINGLE BRANCH OF THE MILITARY NOR THE VA RECOGNIZED CHIROPRACTIC CARE. SO, FOR THE PAST 15 YEARS HE'S LOBBIED CONGRESS. AND WITH THE HELP OF OTHERS, THINGS HAVE CHANGED.

**FUHR:** AND FINALLY WE HAD ENOUGH CO-SPONSORS IN THE BILL TO ALLOW CHIROPRACTIC TO BECOME SOME PART OF THE DEPARTMENT OF DEFENSE AND FROM THE DEPARTMENT OF DEFENSE, IT OF COURSE WENT INTO THE VA SYSTEM.

**HOLLINGSWORTH:** CHIROPRACTORS BELIEVE THEIR TREATMENT CAN HELP PATIENTS WHO HAVE EXPERIENCED TOO MUCH TRAUMA TO THEIR BODIES. AND IT CAN HELP SOLDIERS COMING HOME FROM THE BATTLEFIELD.

**FUHR:** WE'VE BEEN SEEING A LOT OF YOUNGSTERS COMING BACK FROM THAT CONFLICT WITH LOW BACK PAINS AND NECK PAINS BECAUSE THEY WEAR HEAVY BODY ARMOR AND IT REALLY COMPRESSES THE SPINE.

**THOMAS STIMSON, KOREAN WAR VETERAN:** I GOT HIT IN THE BACK OF THE HEAD, IN MY BACK, BY A MORTAR SHELL.

**NURSE:** HOW ARE YOU DOING TODAY, MR. STIMSON?

**STIMSON:** PRETTY GOOD, I THINK. I WILL KNOW BETTER WHEN I GET OUT OF HERE.

**HOLLINGSWORTH:** DECADES LATER, THOMAS STIMSON, A KOREAN WAR VETERAN, IS STILL LIVING WITH THE EFFECTS OF WAR.

**HOLLINGSWORTH:** HE USUALLY WALKS WITH A LIMP. NOW THAT VA OFFERS CHIROPRACTIC CARE, HE'S THANKFUL THAT HE CAN GET MORE TREATMENTS.

**STIMSON:** IT'S MAKING MY LIFE A WHOLE LOT SIMPLER. I CAN WALK TO THE GROCERY STORE; I CAN WALK TO MY WIFE'S SHOP; I CAN WALK TO THE CLUBHOUSE WITHOUT ANY PROBLEMS.

**HOLLINGSWORTH:** AS FOR STAN GARGAS, HIS CONDITION SEEMS TO BE GETTING BETTER TOO.

**GARGAS:** THINGS HAVE IMPROVED GREATLY WITH MY CONDITION. I NO LONGER HAVE THE UPPER SPINE PROBLEMS THAT I HAD BEFORE AND MY LOWER BACK IS A LOT MORE STABLE.

**FARABAUGH:** THE VA CHIROPRACTIC PROGRAM IN PHOENIX STARTED IN LATE 2004. EACH MEDICAL CENTER DECIDES WHETHER TO ADD CHIROPRACTIC CARE TO ITS LIST OF SERVICES.

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