

## **TABLE OF CONTENTS**

Why Chiropractic?
A Letter from Dr. Burns Ryan
Top 5 Ways NWHSU Stands Apart
Accomplished Faculty
Three Major Phases of Learning
Choose a Chiropractic Sports Emphasis
Make the Most of Your Time at NWHSU
A Clinical Education Program Second to None
Your Future as a Doctor of Chiropractic
Join an Active Student Life
A Rich and Vibrant Life in the Twin Cities
Financial Assistance Opportunities
Taking the Next Steps
We're here for you

## WHY CHIROPRACTIC?

Join a profession where you can transform lives

As you take your first steps toward learning about a chiropractic career and school, you may find yourself pondering the most basic question of all: Why should I pursue chiropractic? And why select Northwestern Health Sciences University?

We're educating the next generation of chiropractors here at Northwestern Health Sciences University: doctors who think far beyond adjustments and alignments, far beyond necks and backs. Doctors who know how to work collaboratively with traditional doctors and surgeons, as well as acupuncturists, nutritionists, massage therapists and more to treat the whole patient.

Our students graduate with the knowledge, skills, experience—and confidence—to transform patients' lives. In turn, they are helping transform the future of healthcare.

Sound kind of amazing? Truthfully, it is. Our students tell us they've never been so challenged, nor so rewarded.

At NWHSU, you'll embark on a rigorous, science-based journey, studying with faculty mentors who teach and practice at the pinnacle of their professions. Here, you'll spend nearly a quarter of your time working with actual patients in actual clinical settings. You'll build a toolbox of skills and wisdom unlike any you can imagine. You'll become a leader of a movement—toward integrative, whole-person care.

Sources: "Chiropractic Education: A Comparison to Medical Education," MAC Journal and "A Comparative Study of Chiropractic and Medical Education," Alternative Therapies

## The benefits of a chiropractic career include:

• Chiropractic doctors often serve as a patient's primary care professional, customizing treatment around all aspects of health while emphasizing natural methods of care.

It's a chiropractic education, and an opportunity, unlike any other. If you're ready to become a part of this community of visionaries changing the future of healthcare, read on to learn more.

## DR. BURNS RYAN

Dean, College of Chiropractic

I'm being sincere when I say you're a world changer—it's not an exaggeration. The public's expectation of healthcare is changing and I believe we really are at a great that our chiropractors are more than prepared to not only meet the needs of the public but transform the future of healthcare. moment of opportunity in healthcare.

We have so much knowledge, such valuable resources, so many traditional and nontraditional disciplines that we know to be effective. The visionaries who can bring it all together, with the patient at the very center of the hub—will not only transform patient health, they will transform the future.

That's exactly what we're doing at Northwestern Health Sciences University. We're pioneers of integrative, whole-person care, and our chiropractic program is leading the movement.

You'll see our chiropractic students working and training alongside practitioners of acupuncture, Chinese medicine, massage therapy and nutrition—as well as integrative care professionals. Because no health issue exists in a vacuum, we focus not just on aligning spines, but aligning lives. We believe it's essential to understand and treat the emotional, mental, social, and financial aspects of health, as well as the physical.

You can feel the energy of this growing movement all over our campus. When you walk the halls, there's a sense of shared purpose in the air. In our 80-year history, in our growth from a tiny school with a handful of students to an esteemed institute of more than one thousand students, there's never been a more exciting time to join the NWHSU community.

I feel honored and inspired to be part of this community of visionaries changing the future of healthcare. And I know you will be too.



Welcome, future chiropractic student! Welcome, worldchanger!

Katie Burns Ryan, D.C.
Dean, College of Chiropractic
NORTHWESTERN HEALTH SCIENCES

# BE THE CHANGE TODAY'S PATIENTS NEED.

Choose a chiropractic program as big as your vision

Why Northwestern Health Sciences University? Because choosing the chiropractic education that best fits your goals for the future is important—it's one of the most important decisions you'll make in your life. Here's why Northwestern Health Sciences University stands apart:

## 1

## Science-Based, Patient-Centered Approach

We're leaders of a movement far bigger than traditional chiropractic medicine. Integrated, whole-person care is the future, and that's what we prepare you for. Our approach is not only changing patient health, it's transforming healthcare.

- Practice patient-centered care, proven to improve clinical outcomes and optimize patient health.
- Become an expert in biomechanical, neurological, and psychosocial causes of pain and disability. Empower preventive health, improve sports and life-skill performance, and enhance overall patient well-being.
- Learn in an integrative environment alongside students/practitioners in acupuncture, Chinese medicine, massage therapy, nutrition, and integrative care professionals.
- Build collaboration skills and incorporate various philosophies into your approach.
- Follow your passion: Differentiate yourself with a Sports Emphasis, an M.S. in Exercise Science, or pursue a concurrent Bachelor of Science in Human Biology.

Gain a deep and differentiated skillset positioning you well for private practice, hospitals, or specialty centers.



## **Unparalleled Teaching**

Outstanding faculty create chiropractors who stand out. Our faculty teach and practice at the pinnacle of their profession. You'll be instructed at the highest level and supported and encouraged to achieve success in the same way.

- Know faculty mentors are invested in your success. Our faculty redefine the word "dedication"—providing inspiration, support, and encouragement through college and beyond.
- Learn from leaders in the field. Our faculty serve on national and international boards, publish peer-reviewed articles, are active in healthcare legislation, and represent many care specialties.
- Think beyond the boards. Faculty push students to know even more than board exams require. Most graduates report learning much more than the board exams require"

"Thank you for giving me all the necessary skill and knowledge for my patients and the confidence that I can do it. For pushing me beyond my comfort zone and letting me know that I am never alone and have a community that supports, cares, and is here for me."

- NWHSU Doctor of Chiropractic student



## **Academically Challenging**

NWHSU has a well-earned reputation for academic rigor. Our curriculum is science- and evidence-based, but also future-focused. We're constantly evolving to stay abreast of new learnings and advancements, both in chiropractic care and other fields. Our expectations of students are incredibly high. And so are the rewards.

- Join the 80-year legacy of highly-qualified healthcare professionals who have graduated from NWHSU.
- Learn for the future. Our education and patient care rooted in scientific evidence, adapted to reflect the latest research findings.
- Think critically. Our learning environment fosters intellectual honesty and evolution of thought and practice—enhancing your expertise and enabling you to translate research into practice.
- Know you're prepared. NWHSU is ranked number two in the country on board scores (source: NBCE.org). You'll be well prepared to navigate the National Board of Chiropractic Examiners and earn your license.

## "The staff and faculty are genuinely invested in providing resources and assistance to help students succeed."

- Rassacin Ly, '19 D.C.

## **Superior Hands-On Experience**

Robust and diverse clinical experience and internships are the core of the education. You'll have access to a wealth of experiences through our vast network of partnerships. Nearly a quarter of your college time will be spent working hands-on with patients.

- Build your confidence with 950 hours of experience in clinic settings, starting in your sixth term. You'll fulfill the required number of clinical hours well before graduation. During term 10, you'll treat patients 24-40 hours per week, in the U.S. or abroad.
- · Work with a variety of patients in many settings: the underserved, professional athletes, pregnant women, children, and the elderly.
- Explore the largest choice of internships offered at any chiropractic college—150 participating doctors and practices. The reason? We created the nation's first clinic-training program.
- Customize your internship to match your areas of interest (pediatrics, sports, geriatrics, etc.) as well as location, type of practice (multiprovider/multi-disciplinary).
- Gain interdisciplinary experience: clinical rotation within internship provides opportunities such as radiology observation, surgical observation, pain management, sleep center, and more.



#### **Ideal Location**

The Twin Cities is a healthcare innovation hub with leaders such as the Mavo Clinic, Medtronic, University of Minnesota medical school, United Healthcare and more—based in a state ranked number one for healthcare in 2019.

- Experience countless partnerships, networking possibilities, internships, and career possibilities.
- Love where you live. Minneapolis/St. Paul is ranked in the top ten most livable cities. Explore culture, arts, entertainment, professional sports, hundreds of miles of biking and walking trails—plus a real sense of community.

## A FEW OF OUR TALENTED AND **ACCOMPLISHED FACULTY MEMBERS:**



Dr. Michele Maiers Named to the ACA Executive Committee and on the boards of several professional organizations, like the Council of the World Federation of Chiropractic and the Integrative Healthcare Policy Consortium.



Dr. Andrew Klein With over 20 years of experience as a chiropractor on an integrative provider team, he was USA team chiropractor at the Sydney Olympic Games, and the team chiropractor for the Minnesota Vikings from 2002-2006..



Dr. Mary Tuchscherer With expertise in neuroscience, neurodiagnosis, and the principles and philosophy of chiropractic, Dr. Tuchscherer is one of our most accomplished faculty members. In addition, she has an extensive publication track record related to the mechanisms of pain.



Dr. Tolu Oyelowo Author of 'Mosby's Guide to Women's Health: A Handbook for Health Professionals." Her clinical interests include women's health, public health an community health.



Dr. John Wolfe Editor of the "Chiropractic History" journal. A thirdgeneration doctor of chiropractic whose father started Northwestern College of Chiropractic in 1941.



Dr. Jodi Dorpinghaus Practiced chiropractic in Scotland before founding Evolution Chiropractic in Bloomington, Minnesota, where she practices chiropractic in addition to teaching at NWHSU.

"Students should know that they will get the highest quality education in chiropractic and the basic sciences at Northwestern Health Sciences University."

- Dr. Katy Lundell, '10 D.C.

# THREE MAJOR PHASES OF LEARNING

What you will learn: the curriculum

## 1. Basic Sciences

In this intense period of science training in discipline-specific courses (such as biochemistry, anatomy and physiology), you will study the complexities of the human body and its systems.



- Gross Anatomy
- Physiology
- Biochemistry
- Neurosciences
- Pathology

## 2. Clinical & Chiropractic Sciences

Clinical instruction: you will study physician-patient interaction, physical examinations, etiology (cause) of disease, diagnosis, and treatment.



- Patient Interview
- Physical Examination
- Diagnosis
- Patient Management
- Chiropractic Techniques

## 3. Clinical internships

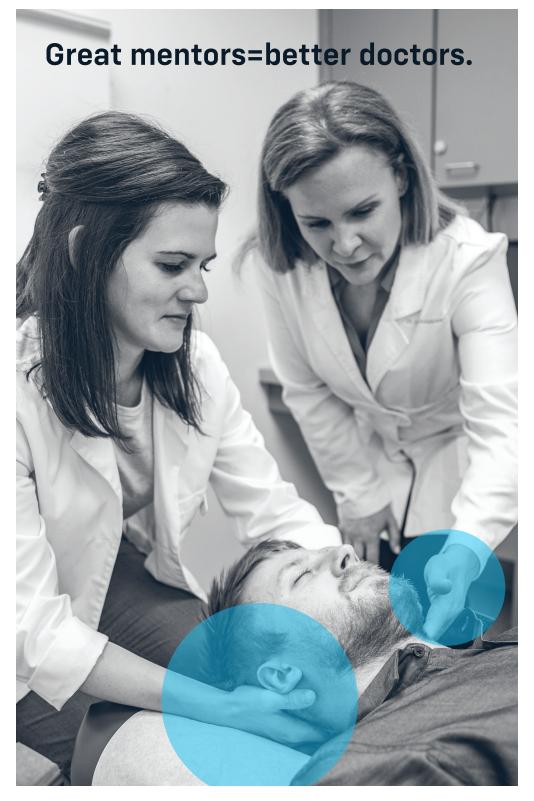
Clinical internships provide you with the opportunity to move from theory to close interaction and mentorship in the clinical setting, treating increasingly complex cases alongside a licensed physician.



- Community Based Internship
- Specialty Rotations
- Externships
- Interdisciplinary Opportunities
- Mentorship

By the time you enter the fifth term, you are prepared to sit for the first of four exams by the National Board of Chiropractic Examiners. The examinations, Parts I-IV, occur in the latter half of the program, aligning with the curriculum and course of study. NWHSU's core educational programing effectively prepares students to successfully navigate the National Board of Chiropractic Examiners (NBCE) and earn their license.

We rank #2 in the country based on the past four year average board scores. (Source NBCE.org)



# CHOOSE A CHIROPRACTIC SPORTS EMPHASIS

Practice your skills by treating professional athletes









If your goal is to treat sports-related injuries and help clients enhance athletic performance, you may choose to pursue our Sports Emphasis.

Sports chiropractic is a growing specialization at a time when more athletes are looking for ways to heal from injuries and improve performance naturally.

In the Human Performance Center at NWHSU, you will have the opportunity to work with high-performance athletes and professional sports teams like the Minnesota Vixen, NFL alumni, the Minnesota Alliance Brazilian Jiu Jitsu team, and many more.

### Our unique offering provides:

- Advanced skills for managing common athletic injuries, including athletic strapping, soft tissue therapies, and extremity manipulation
- An education related to advanced imaging of joint derangement and head injuries related to sports
- Advanced standing in nationally and internationally recognized associations, such as The International Sports Chiropractic Certificate (ICCSP) as offered by The International Federation of Sports Chiropractic (Federation Internationale de Chiropractic du Sport – FICS)
- Advanced standing for the completion of the certified chiropractic sports physician (CCSP) credential
- The ability to combine the courses and earn transcript and diploma recognition

Learn about completing a Master of Science in Exercise Science while a student in the Doctor of Chiropractic program on page 14.

Chiropractors have been working with world-class Olympic athletes for many years to improve their endurance, strength and range of motion as they train. Olympic athletes often receive chiropractic care at the Olympic Games.

—Journal of the Canadian Chiropractic Association



Watch Online:
bit.ly/2LG9Y5Y
Dr. Greg Klien
discusses
the Doctor of
Chiropractic
Sports
Emphasis

12 | CHIROPRACTIC WITH SPORTS EMPHASIS

## MAKE THE MOST OF YOUR TIME AT NWHSU

Expand your marketability and career prospects

### Complete your bachelor's degree

While you do not need a bachelor's degree to be accepted into the Doctor of Chiropractic program, a bachelor's is a useful credential that you can earn right at NWHSU. Many states—including Wisconsin—do require you to have a bachelor's degree in order to practice. We can help you enroll in the B.S. completion program so that you begin at the most optimal time as a chiropractic student.

## Add an exercise science degree

Want to further expand your credentials—and gain a competitive edge in your field? You can choose to earn a master's in exercise science concurrently with the doctor of chiropractic.

Through our Human Performance Center's partnership with Concordia University, St. Paul, students can earn advanced standing credits towards an online Master of Science in Exercise Science. By the end of the chiropractic program at Northwestern, you can graduate with an M.S. and a D.C. The articulation agreement allows you to save approximately 50 percent of tuition with regard to the M.S. degree, and 50 percent of the time compared to pursuing the degree separately.





To learn more visit:
nwhealth.edu/admissions/academic-partnerships/csp

# A CLINICAL EDUCATION PROGRAM SECOND TO NONE

Gain invaluable experience treating many types of patients

At NWHSU, you will participate in one of the most extensive clinical education programs in the country. Learn and practice in diverse clinics, internships, and fellowships on campus and in the Twin Cities metro area. We work with you to find the right mentoring doctor who fits your needs and interests.

## Community-based Internships (CBI)

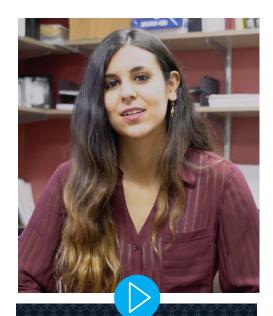
The CBI clinics are part of our mentorship model program, which give interns in trimesters 8-10 the opportunity to work closely with practicing doctors while completing graduation requirements.

Experience firsthand what it is like to work in a private chiropractic practice: performing billing and patient intake, building treatment plans, counseling patients on lifestyle modification, and much more.

At the end of your 10th trimester, you will be prepared to practice anywhere. The CBI program is a great way to network and make connections that lead to job opportunities.

## A few types of patients you can work with:

- Professional athletes: Human Performance Center
- Underserved populations: La Clinica, Integrative Clinic of Minnesota, Salvation Army Harbor Light Natural Care Center
- · Women's Health and Maternity
- · Geriatric or Pediatric
- · Plus many others



95% of students fulfill clinical requirements by the end of trimester 9.

Watch Online: bit.ly/2t1ZtSR

Brittany Schmidt, '17 D.C., discusses

her clinical internship experience

14 | YOUR TIME AT NWHSU CLINICAL EDUCATION PROGRAMS | 15

## YOUR FUTURE AS A DOCTOR OF CHIROPRACTIC

## Be prepared to practice anywhere



As you face the prospect of this exciting career, you might be wondering what your opportunities will look like.

### Your job prospects as a doctor of chiropratic are bright

Projected 12% faster-than-average employment growth between 2016 and 2026—an increase of nearly 6,000 jobs. Source: (Bureau of Labor Statistics)

As the average population age continues to rise and more people are demanding a nonpharmacological approach to care, the demand for chiropractic services continues to increase.

Conventional healthcare providers, including medical doctors, are commonly referring their patients to chiropractic doctors as part of a changing philosophy that embraces whole health and wellness. Chiropractic doctors can choose to work with a variety of patients and specializations:

- · Infants and children: Pediatrics
- Women/pregnant women: Maternity care and women's health care
- Professional athletes and active adults: Sports injury management
- Underserved populations
- Workers performing repetitive physical tasks: Complex occupational health care

By taking additional chiropractic courses, you can pursue certain diplomates and specialize in areas such as nutrition, rehabilitation, diagnostic imaging and others.

Your employment possibilities are also vast and varied. You can operate your own practice, join a hospital's staff or fitness center, work at a rehabilitation clinic, and treat employees right at their workplace as part of an employer's onsite clinic. You can even travel to major sports events like the Super Bowl or the Olympics and work with professional athletes.

The options are nearly limitless.

## Our chiropractic graduation rate is 98%.

Excludes withdrawals, based on our most recent cohort data.

### **ALUMNI SPOTLIGHT**



#### Andrea Ohmann, D.C.

- Attended North Dakota State University and completed prerequisite training to transfer into the dual degree program at NWHSU and received her Doctor of Chiropractic degree and a bachelor's in human biology in 2018.
- Currently works with MyoCore (formerly KC Core) at the Plano, TX location within Texas Health Presbyterian Hospital with their Pain Relief & Wellness Center.
- Received Graston Technique Certification and is trained in extremities work, pregnancy care, and acute injuries.
- Her clinical experience includes a spinal surgery rotation with Twin Cities Spine Care.



#### Hirad NajafBagy, D.C., Ph.D.

- Received his Doctor of Chiropractic degree from NWHSU in 1997.
- He is the official chiropractor of D.C. United, Washington Nationals, Washington Redskins, the 2002 and 2004 MLS All Star games, and the 2000 and 2005 MLS CUP. He has also worked with the 1999 and 2003 Women's World Cup Team and the USA National Soccer Team.
- His list of famous patients includes pro athletes and music and movie stars. He continues to address the needs of new patients all year long.

The American College of Physicians (ACP) revised its low back pain treatment guidelines in 2017 to support a conservative care approach. Published in the Annals of Internal Medicine and based on randomized controlled trials and observational studies, the ACP guidelines recommend spinal manipulation (a core component of chiropractic care) as one possible option for non-invasive, non-drug therapies for low back pain.





16 | YOUR FUTURE AS A CHIROPRACTOR YOUR FUTURE AS A CHIROPRACTOR

# JOIN AN ACTIVE STUDENT LIFE

Our campus offers over 50 clubs and organizations





If you have a passion and want to be part of a community that makes a difference, you will fit right in at NWHSU. We are cultivating the next generation of engaged and passionate chiropractic leaders. Our students are enthusiastic, energized, and very active on campus. We offer many ways to get involved, with more than 50 student clubs and organizations, including:

- · Animal Chiropractic Club
- Applied Kinesiology Club
- Canadian Club
- Foundation for Chiropractic Progress
- Functional Neurology Club
- League of Chiropractic Women
- Pediatric Club
- Student American Black Chiropractic Association
- Student American Chiropractic Association
- Student American Chiropractic Association—Sports Council
- Student Minnesota Chiropractic Association
- · Student Senate
- Veteran's Club
- And many more

"NWHSU teaches you about the art of chiropractic, the science behind it and the passion to pursue it. The classes are tough, but the education is priceless."

- Krystle Lieberman, '09, D.C.

"NWHSU has so many student organizations, it's hard not to get involved! Not only does it help balance out your education, but it provides endless opportunities even beyond school. Plus, it was a great way to make friends and help each other out."

Wherever you hail from, at NWHSU you will be welcomed into a family. Each year we hold dozens of student-run events and activities from suicide prevention walks to an annual Chinese dragon boat race to an all-campus community service day.

### Advocacy

- Sarah Berg, '17, D.C.

Many of our students participate in national and local legislative advocacy. Groups travel to Washington, D.C. in support of the American Chiropractic Association's lobbying efforts and the Minnesota State Capitol alongside local doctors from the Minnesota Chiropractic Association. At NWHSU, you can help influence public policy in ways that are beneficial to patients and the profession you will be joining.

#### Student success

As a student here, you will always feel supported and set up to succeed. At any time during your time at NWHSU, you can drop in for peer tutoring, study skill-building and academic counseling.

### Worldwide family

Once you graduate, your connection to a worldwide family of colleagues continues with access to De Rusha Clinic services, discounted alumni events like our annual Chiropractic Homecoming, and continuing education opportunities. You can also stay involved and connected through NWHSU's chiropractic alumni board, which connects you to over 7,400 alumni throughout the U.S., Canada and the rest of the world.





18 | STUDENT LIFE | 19

# A RICH AND VIBRANT LIFE IN THE TWIN CITIES

Live, study and practice in a diverse and opportunity-rich metro area



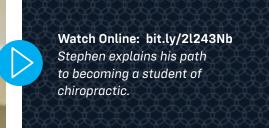
Few metropolitan areas can boast the endless variety of activities, vast practice opportunities, diversity, and sense of community that the Twin Cities offers. In short, it's a great place to live and practice—and particularly suited to health-minded individuals. The Twin Cities is a progressive healthcare innovation hub with healthcare leaders such as Mayo Clinic and Medtronic, based in a state ranked number one for healthcare in 2019. We've cultivated partnerships with institutions in the region, giving you opportunities to make connections, gain valuable experience, and plan your future.

The Twin Cities region consistently ranks in the top ten most livable cities in the U.S., offering restaurants, culture, hundreds of miles of biking and walking trails, and a full city experience that still maintains a feeling of community. Theater, arts, entertainment, music, food, restaurants, and professional sports teams are vibrant. The NWHSU campus is located in Bloomington, a suburb of Minneapolis, Minnesota, and sprawls across 25 scenic acres. Here you can walk one of our labyrinths, stroll by the pond or enjoy our soothing healing garden.

"I chose Northwestern Health Sciences University because of its strong and rigorous basic sciences program."

- Stephen Thompson, '19, D.C.





# FINANCIAL ASSISTANCE OPPORTUNITIES

Available scholarships and grants

## A Wide Range of Financial Aid and Assistance Information for Students From Every Background

Your education is a worthwhile investment in your future. Our Financial Aid team can assist you in finding scholarships, grants, loans, and other aid opportunities. You may also apply for federal loans at low interest rates.

Students who do not qualify for need-based aid may still be eligible for non-need based financial aid. We'll help you complete your Free Application for Federal Student Aid (FAFSA), discuss eligibility, work on repayment plans, and offer general financial counseling.

The Doctor of Chiropractic program is a significant investment, and we understand that. To help you manage the costs, we offer a variety of internal and external scholarships and grants.

## Great Packages for Non-Traditional Students

Whether you're switching careers, coming back to school after a long break, or finding your path later in life, you may still be eligible for financial aid. No matter when you are starting your journey, you can still get help. Talk to us about financial aid options!

### **Explore Our Scholarships and Grants**

Students can apply for financial assistance through a variety of scholarships and grants. Scholarships and grants do not have to be paid back, but they may affect your total financial aid package. For more information, contact the Financial Aid Office.

## Diversity scholarship

This scholarship covers 50% of tuition and is awarded to up to 2 students per incoming class. If you are a first-generation college student, are a member of an underrepresented group, or have demonstrated a commitment to diversity and inclusion—you're an ideal candidate for this scholarship.

### Work-study

We have many positions available in various departments across campus.

### Are you a veteran?

As a Military Friendly® university, NWHSU has you covered. Check out our veteran benefits for more information.

Our Financial Aid office is here to guide you through these important financial decisions.



finaid@nwhealth.edu

20 | LIFE IN THE TWIN CITIES FINANCIAL ASSITANCE | 21

## TAKING THE NEXT STEPS

We offer you many ways to get to know us





Congratulations on taking the first step in learning about the Doctor of Chiropractic program at Northwestern Health Sciences University.

We understand that choosing a university is one of the most important decisions you will make, and we hope that this guide has provided you with a glimpse into the exciting culture and community you will experience throughout your journey at NWHSU.

Our goal is to ensure you have all the information you need from us and that you feel confident that Northwestern is the right choice for you. We encourage you to begin the admissions process by completing an online application, allowing us to move forward with transcript evaluations, determine any prerequisite course needs, and collect all required admissions documents for acceptance.

### Join Us on Campus

Experience Northwestern Health Sciences University by attending an on-campus event. We offer many opportunities throughout the year to get a firsthand look into what it's like to be a student.

- Shadowing a class with a current student
- Visiting for a campus tour
- Attending a Discovery Day or Info Session
- Meeting with admissions, faculty, staff or students to get your questions answered

## WE ARE HERE FOR YOU



Stay in close contact with your personal admissions representative. Your representative will lead you through the application, admissions and acceptance process. He or she will answer any questions you have, guide you through the process for the best chance of acceptance—and ultimately help ensure a smooth transition.



Let's get you started!

952-885-5409

admit@nwhealth.edu

nwhealth.edu

22 | NEXT STEPS WE'RE HERE FOR YOU | 23

Chiropractic

Acupuncture and Chinese Medicine

Massage Therapy

Medical Assisting

Medical Laboratory Programs

Nutrition

Post-Baccalaureate Pre-Health

Radiation Therapy

Radiologic Technology

Undergraduate Health Sciences / B.S. Completion

2501 West 84th Street, Bloomington, MN 55431

952-885-5409

admit@nwhealth edu

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Learn more about our programs at Discovery Day: nwhealth.edu/discover

