Northwestern Health Sciences University

College of Chiropractic Program Guide
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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?

True, you have several paths to consider on the road to becoming a health care professional. A doctor of medicine and a doctor of physical therapy are just two options you may also be considering at this point. **So why chiropractic?**

**HERE ARE JUST A FEW REASONS:**

- Chiropractic doctors often serve as a patient’s **primary care professional**, customizing treatment around all aspects of health while emphasizing natural methods of care.
- Chiropractic doctors can **specialize in certain areas** such as pediatric or rehabilitation and sports care—with an overall focus on helping patients live healthy lives.
- A chiropractic doctor can choose from a **variety of career paths** and work with a wide variety of patient types: underserved populations, pregnant women, children, the elderly, hospital patients, professional sports teams and athletes, and many more.
- **The field of chiropractic is growing:** Job growth between 2016 to 2026 is estimated to be 12%; unemployment rate is around .01% and Salary.com lists a median annual salary of around $140,000.
- More people are realizing the benefits of non-pharmaceutical, whole-person health care—leading to **growing demand for doctors of chiropractic**.
- Compared to students of allopathic medicine or physical therapy, **chiropractic students receive more training** in anatomy, physiology, diagnosis, x-ray and orthopedics.

A passion and desire to help improve others’ health and wellbeing is one of the hallmarks of a future doctor of chiropractic. Does this describe you? Read on to learn about the chiropractic journey here at Northwestern.

**Sources:** “Chiropractic Education: A Comparison to Medical Education,” MAC Journal and “A Comparative Study of Chiropractic and Medical Education,” Alternative Therapies.
Welcome, future chiropractic student!


Those are just a few of the words I think of when I try to communicate how special Northwestern Health Sciences University and our Doctor of Chiropractic program are. As the dean of the College of Chiropractic, I hold a unique honor in upholding the values that the university’s founders set forth more than 75 years ago. As a student here, you will carry on this proud tradition as well.

Northwestern opened its doors in 1941 with all of three students and one visionary practitioner, Dr. John B. Wolfe. Since then we have grown to include diverse academic programs in the natural health sciences, multiple onsite clinics, over 1,000 students and a network of more than 100 clinics for training opportunities. Today the Northwestern family of alumni reaches across at least 50 countries.

What makes Northwestern Health Sciences University special? It’s in our integrated care approach, our devoted faculty, our desire to train you to become an engaged leader and the best doctor of chiropractic you can be. It is the sense of community and shared purpose as you walk the hallways. It is our pioneering approach to a new vision of health care—centered on integrated disciplines and whole health. All of this is what drew me from my hometown of Thunder Bay, Ontario, Canada, and what continues to inspire me every day. I believe it will inspire you, too.

I hope to meet you soon and welcome you on campus as a future Doctor of Chiropractic!

Trevor Foshang
Dr. Trevor Foshang, Dean
Northwestern Health Sciences University
College of Chiropractic
Choosing a chiropractic school will be one of the biggest and most significant choices of your life. We get that, and we want to help you make an informed decision.

In that spirit, here’s what makes Northwestern Health Sciences University stand apart:

1. **SUPERIOR CLINICAL EDUCATION**
   
   Learn from one of the most robust clinical education programs available today. In fact, we created the first clinic-training program in the nation. Our program will provide you—as a professional-in-training—with practical expertise and skills-oriented instruction under the supervision of a talented practitioner. You will spend more than 20 percent of your time learning in a clinical setting, gaining at least 950 hours of experience with a mentor in a clinic setting. You will learn firsthand how to work with patients in a multitude of settings, giving you confidence and experience to build upon as you begin your career.

   “Older Medicare patients with chronic low back pain and other medical problems who received spinal manipulation from a chiropractic physician had lower costs of care and shorter episodes of back pain than patients in other treatment groups.”

   — Journal of Manipulative and Physiological Therapeutics

2. **CUSTOMIZED AND DIVERSE CLINICAL INTERNSHIPS**

   Depending on the type of clinical experiences you are interested in, we will partner you with a doctor and internship using our searchable database of over 100 participating chiropractors. We emphasize the importance of working with varied patient populations and, to that end, we will work with you to ensure your clinical internship experience is well rounded. You will work with a variety of patients: the underserved, professional athletes, pregnant women, children, the elderly and many more.
EVIDENCE-BASED CURRICULUM AND PATIENT CARE

Everything you will learn at Northwestern College of Chiropractic is rooted in an evidence-based approach to teaching, learning and patient care. Based on the latest research studies, our curriculum equips you to develop the critical thinking skills needed as a practitioner. We develop, teach and promote evidence-based chiropractic care through a variety of methods designed to maintain the highest standards. Through your education and experience at Northwestern, you will discover how to translate research into practice.

LEARN IN AN INTEGRATIVE SETTING

More than ever, healthcare facilities including chiropractic offices are incorporating additional forms of integrative care. Here at Northwestern you will gain exposure to these complementary fields while learning alongside students and practitioners in programs such as massage therapy, acupuncture and Chinese medicine, and nutrition. We are proudly pioneering an integrative, whole-health model of care—and we infuse every aspect of our learning environment with that premise. This will position you well in your future as you partner and collaborate with others in private practice, hospitals and specialty centers.

Our chiropractic graduation rate is 98%.

Excludes withdrawals, based on our most recent cohort data.
5. LABS AND EQUIPMENT

You will have access to some of the latest technology as well as an on-campus radiology lab, extensive library, cadaver lab and multiple onsite clinics.

Our unique Force Sensing table technology helps you learn by providing instantaneous feedback data on loads transmitted during adjustment exercises. This table technology gives students and mentors immediate feedback on performance results through a force-time profile—allowing you to learn and improve in real time. Northwestern is an early adopter of this technology, with only nine other institutions in the world using it.

Practice your assessment skills with our 3D Gait Analysis technology—the first of its kind in the Twin Cities.

While a subject walks or runs on a Bertec instrumented treadmill, we collect movement data from our motion capture system. The data reports on all limb joint (and pelvis) angles in three dimensions along with the associated joint moments (torques).

6. EXPERT FACULTY MEMBERS WHO ARE DEDICATED TO HELPING YOU SUCCEED

Ready to learn from the experts? Our faculty draw on decades of professional and clinical experience. They also serve on national and international boards, publish peer-reviewed journal articles and get involved in healthcare legislative efforts. Many have specialized training in areas such as pathology, radiology, pediatrics and sports-related injuries. Because they regard you as a colleague, each one will go above and beyond to support your interests and learning.
“The staff and faculty are genuinely invested in providing resources and assistance to help students succeed.”

— Rassacin Ly, Chiropractic and Nutrition student

Just a few of our talented and accomplished faculty members:

Dr. Trevor Foshang
Dean of the College of Chiropractic, Dr. Foshang also chairs the Chief Academic Officers working group for the Association of Chiropractic Colleges. Holds a diplomate in the subspecialty of radiology.

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. Tim Stark
Chair of the FICS Education Commission. Dr. Stark was named Educator of the Year by the American Chiropractic Association (ACA) and ACA Sports Council Sports Chiropractor of the Year.

Dr. Tolu Oyelowo

Dr. John Wolfe
Editor of the “Chiropractic History” journal.

Dr. Jodi Dorpinghaus
Educator of the Year by Minnesota Chiropractic Association (MCA).
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 practice. The intern learns from 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

GRADUATION!
“Students should know that they will get the highest quality education in chiropractic and the basic sciences at Northwestern.”

— Dr. Katy Lundell, Northwestern Alum

NBCE = NATIONAL BOARD OF CHIROPRACTIC EXAMINERS

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.
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.

**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
“In one study, muscle strength and long jump distance were greatly improved in baseball players who received regular chiropractic adjustments.”

— Journal of Vertebral Subluxation Research

At Northwestern, 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.

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 the Video:
Dr. Tim Stark discusses the Doctor of Chiropractic Sports Emphasis

Learn more about completing a Master of Science in Exercise Science while a student in the Doctor of Chiropractic program on pg 14
Make the Most of Your Time at Northwestern

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 Northwestern. Many states do require you to have a bachelor’s degree in order to practice, such as Wisconsin. We can guide you along and help you enroll in the B.S. completion program so that you begin at the most optimal time as a chiropractic student.

ADD A NUTRITION OR EXERCISE SCIENCE DEGREE

Want to further expand your credentials—and gain a competitive edge in your field? As a chiropractic student at Northwestern, you will have the option to earn a master’s degree in applied clinical nutrition. You can earn a certificate (seven courses) or the master’s degree to develop expert knowledge of nutrition so you can provide your patients with the level of expertise they need around whole-person care.

Take your level of nutrition specialization further by studying chronic disease management, sports nutrition or other specialty areas.

You may also 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.

Learn more about the Master of Science in Exercise Science.
At Northwestern, 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 that 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, Pillsbury House, 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.
If you have passion and want to be part of a community that makes a difference, you will fit right in at Northwestern. 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

“Northwestern 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.”

— Sarah Berg, Chiropractic student
“Northwestern 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.”

— Dr. Krystle Lieberman, Northwestern Alum

Wherever you hail from, at Northwestern 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

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 Northwestern, 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 Northwestern, you can drop by 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 Northwestern’s chiropractic alumni board, which connects you to over 7,400 alumni throughout the U.S., Canada and the world.
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. Minneapolis consistently ranks among the top cities in the U.S. for healthy living and health care overall. We have many healthcare organizations across the metropolitan area, with numerous opportunities for joining a hospital or clinic staff or opening up your own clinic.

The Northwestern 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. We even have resident mallard ducks that make their way as a family across campus to the pond each spring.

CHIROPRACTIC STUDENT SPOTLIGHT:

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

— Stephen Thompson, Chiropractic student and SACA president

Watch the Video:

Stephen explains his path to becoming a student of chiropractic.
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.

**DIVERSITY 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, Northwestern has you covered. Check out our veteran benefits for more information.

You may also apply for federal loans at low interest rates. Our Financial Aid office is here to guide you through these important financial decisions.

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**Our average loan default rate is 1.2%, based on the last three years of student loan data. This is one of the lowest default rates in the nation for a Doctor of Chiropractic degree. The average loan default rate is 11.5%.**

— U.S. Department of Education
As you face the prospect of three and a half additional years in school, many long hours in your clinical internships, and thousands of dollars—you might be wondering what your opportunities will look like.

YOUR JOB PROSPECTS AS A CHIROPRACTOR ARE BRIGHT:

- Projected 12% faster-than-average employment growth between 2016 and 2026—an increase of nearly 6,000 jobs (Bureau of Labor Statistics)
- As the average population age continues to rise and more people are demanding a non-pharmacological 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
- Chiropractors 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

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.
By taking additional chiropractic courses, you can pursue certain diplomas 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.
Congratulations on taking the first step to 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 Northwestern.

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 of your 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.

Ways to experience campus include:

- Shadowing a class with a current student
- Visiting for a campus tour
- Attending a Discovery Day
- 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 help guide 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.

› Click here to talk to an admissions representative.