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**CCRF CELEBRATES EARLY CAREER RESEARCHERS WITH \$130,000 IN NEW GRANTS**

TORONTO, March 15, 2021 — The Canadian Chiropractic Research Foundation (CCRF) is affirming its commitment to the future of health science and the chiropractic profession by announcing over \$130,000 in new funding for Early Career Researchers (ECRs).

“We’re proud to support these five Canadian-led ECR projects,” said CCRF Chair Dr. Chad Kulak. “As our profession’s national evidence-based research organization we’re very pleased to be investing in a new generation. Their innovation, energy and commitment to positive social change will help us continuously improve.”

Under the direction of its volunteer Research Committee, CCRF issues semi-annual Requests for Proposals (RFPs); a general call in the spring, followed by a more focused opportunity every fall.

“We were thrilled by the response to our most recent RFP,” stated Dr. Richard McIlmoyle, Research Committee Chair. “We received ECR submissions from across the country, as well as collaborations from Canadian researchers working abroad. We were also impressed by the range of proposals; as we strive to engage with traditionally underserved populations, provide improved patient benefits and deliver high-quality data to inform public policy.”

CCRF is proud to fund these new projects:

❖ ***Quantitative validation of the heat capsaicin model of pain induction for the low back***

**Award: \$28,600**

**Lead:** Dr. Mona Frey and Dr. Diana De Carvalho, Memorial University of Newfoundland

**Impact:** This study explores the validation of pain induction for the purpose of studying low back pain (LBP). It’s the first study to 1) validate the heat-capsaicin model of pain induction in the low back 2) to compare biomarkers in the heat-capsaicin induction and sitting-induced LBP induction procedures, and 3) to compare subjective pain ratings to these objective measures. The findings of this study will provide the foundation for future LBP research for decades to come.

❖ ***Promotion of Physical Activity by Postpartum Women with Lumbopelvic Pain***

**Award: \$10,000**

**Lead:** Dr. Heather Hollman, University of Victoria

**Impact:** This 3-in-1 project will promote physical activity, decreased pain, and improved function in postpartum women with lumbopelvic pain by reviewing physical activity, determining the barriers to exercise faced by new mothers, and developing virtual health delivery through communication and monitoring of physical activity and rehabilitation.

- ❖ ***What is the effect of chiropractic or physiotherapy on medical health utilization and costs in adults with low back pain? A population-based matched cohort study.***

**Award: \$47,000**

**Lead:** Dr. Jessica Wong, Doctoral Candidate, Epidemiology Division, Dalla Lana School of Public Health, University of Toronto

**Impact:** This is the first study to assess the effects of chiropractic and physiotherapy on medical care utilization costs in Canada. This research leverages novel data that captures all medical encounters and direct person-level costs over a 15-year period in a population-based sample of Ontario adults with back pain.

- ❖ ***The role of sensitization and sensorimotor integration in understanding the biological basis of Chiropractic***

**Award: \$26,600**

**Lead:** Nicolas Antony, Ontario Tech University

**Impact:** Chronic musculoskeletal pain is a burden for the people who suffer with it and for health care systems. This study seeks to advance effective treatment strategies by evaluating neurophysiologic mechanisms of motor control during central sensitization states and chronic neck pain. This involves determining the neurophysiological effects of central sensitization (CS), on motor control/sensorimotor integration and identifying whether spinal manipulative therapy can play a role in normalizing sensorimotor integration in central sensitization states.

- ❖ ***The clinical course of spinal pain in adolescents: a feasibility study***

**Award: \$20,000**

**Lead:** Dr. Michael Swain, Macquarie University

**Impact:** This study will provide better understanding of adolescent patients with MSK pain and is an essential first step to conducting a definitive clinical cohort study on this important but under-researched group. It will break new ground in the recruitment and follow-up of young people seeking care and lead to new care models for early-onset episodes of spinal pain that may inform preventative efforts to reduce the impact of chronic-recurrent spinal pain later in life. Testing will be done by a multi-site team of collaborators in Canada and the United States.

## **About the CCRF**

“Since 2019, thanks to the generous support of our partners, CCRF has invested over \$625,000 and we’re confident this new series of grants will provide excellent value for patients, practitioners and other stakeholders” Dr. Kulak said. “We also want to invite all Canadian researchers in chiropractic and adjacent healthcare fields to consider applying to our General Spring 2021 RFP. Please visit our website on March 31, 2021 for details.”

For more than four decades the Canadian Chiropractic Research Foundation (CCRF) has been funding chiropractic research. Today CCRF invests in national evidence-based research to improve health outcomes for the over 11,000,000 Canadians who suffer with musculoskeletal pain and disability.