

## Sue A. Weber Hellstenius BSc, DC, MSc Chiropractic Pediatrics

### Qualifications

- Bachelor of Science (BSc), Biology/Chemistry, magna cum laude, SUNY Albany, 1980, USA
- Doctor of Chiropractic (DC), magna cum laude, valedictorian, WSCC, 1988, OR. USA
- Diplomate Chiropractic Pediatrics, Anglo-European College of Chiropractic, 2004, England
- Masters in Advanced Practice Pediatric Musculoskeletal Health (MSc), AECC/ BU, 2008 England

### Awards

- Chiropractor of the Year 2015: Awarded for efforts to increase knowledge of musculoskeletal problems in infants and children through her work in implementing guidelines and education in the treatment of children.

### Integration with wider health care/expert panels

- First non-pediatrician to be invited to participate in the Swedish Health Technology assessment (HTA) team to evaluate the evidence for chiropractic treatment of infant colic and potential adverse effects 2016.
- Invited participant in Delphi panel, international process of developing guidelines for the chiropractic treatment of the pediatric patient, successfully completed in 2009 and 2016.
- Headed project with international pediatric experts producing for the profession basic pediatric exam forms for the infant, child and adolescent with the goal of raising competence among practitioners 2018-2023
- Invited expert to participate in the Focus Group following the e-Delphi regarding a standardized definition and severity classification for adverse events following spinal and peripheral joint manipulation and mobilization 2022

### Service to the Profession

- Practitioner in private family practice since 1990
- Editor for review board for the journals: JMPT, JCCP and publisher Livingstone/Churchill
- Invited speaker to many associations and colleges 2006- 2022
- Guest lecturer for the Masters in Chiropractic Pediatrics through Bournemouth University
- Faculty Royal College of Chiropractic (RCC, England)
- Faculty and chairperson of special interest group within pediatrics for European Academy of Chiropractic (EAC, ECU)
- Developed the pediatric education program for Licensed Swedish Chiropractors National Organization (LKR) and the European Academy of Chiropractic (EAC) 2014-2016
- Educator for an advanced postgraduate pediatric education for the American Chiropractic Association (ACA)
- Lead Educator developing a comprehensive pediatric postgraduate program at the Northeast college of Health Sciences

### Consultant to Industry

- Consultant to IKEA regarding safe mattress design for infants 2006
- Consultant with the World Health Organization recommending non-pharmacological alternatives for infants and children

Research articles published: 14 papers accepted for proceedings and publication within pediatric musculoskeletal health and pregnancy

Extensive research into headaches in children: publishing a questionnaire, history and exam forms for the chiropractor, papers recognizing and differentially diagnosing headaches in children and the correlation between spinal dysfunction and headache in children

2021 Published basic pediatric history and exam forms for all chiropractors within ECU

2023 Published international peer-reviewed comprehensive pediatric history and exam forms

Proposals:

- Proposed to the Swedish national organization to implement guidelines for a minimum education for the treatment of the infant patient which have since been formulated.
- Proposal of guidelines to the ECU for discussion in 2016.

Public Health

- Prenatal classes for pregnant families focusing on posture, appropriate exercises, intervention for dystocia and strategies to succeed in breastfeeding
- Education in the children's health center to increase understanding of the biomechanical problems associated with suboptimal breastfeeding
- Education to parents for supine sleep for infants secondary to Public Health Initiative: Back-to-sleep and education to clinicians on how to treat infants so that they can comfortably sleep supine.
- Education to parents to improve gross motor skills in toddlers and preschoolers in an effort to reduce risks for obesity.
- Improving education to recognize Borrelia masquerading as a musculoskeletal issue