



WHAT HAPPENS AT A WORLD CHIROPRACTIC CONGRESS?

This year the biannual World Chiropractic Congress was hosted by the Danish Chiropractic Association in Copenhagen from the 7-10th May 2025.

I was born and grew up an hour South of Copenhagen, where my mum, sister and extended family live. Colleagues I studied with at uni thirty something years ago would attend, along with chiropractors from across the world. If there was ever a World Chiropractic Congress, I should attend, how could it not be this one?

As I departed Sydney, it struck me how much I had been looking forward to it and how high I had built my expectations. Would I feel disappointed after this long lead up? Fortunately not so. The week outlived my highest expectations by a mile. Hans Christian Andersen could have written a fairy tale about it. And a happy one.

This Is Why:

May is the season of Spring in Denmark and it arrives with explosive might. The days lengthen and every living organism rushes to make the most of a summer much shorter than a Sydney summer.

I caught up with my mum and sister for few days before the congress, which was just long enough to get spoiled, have a fresher than fresh swim in the sea and settle into Danish time.

**Danish
Chiropractic
Association in
Copenhagen 7-
10th May 2025.**



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Key Points you should know:

- World Chiropractic Congress is biannual
- 2023 was on The Gold Coast
- 1000 delegates attended
- from 49 different countries
- Chiropractic is becoming more accessible across the world
- It is very special meeting up with people you last saw more than 30 years ago!
- Turns out that despite the grey hair, thankfully people don't change that much

The congress ran for 4 days. Day 1 was full of research presentations; everything neuro-musculo-skeletal from across the globe. Day 2, 3 and 4 had lecture hall presentations until lunch, followed by two 90 minute breakout groups, workshops and presentations in the afternoons.

There was so much to whet the appetite and not nearly enough time to attend all the events.

I luckily managed to attend breakout groups on: paediatrics, post-concussion management, neuro-muscular rehabilitation, osteoporosis and taping techniques for athletes and non-athletes alike.

The latter was run by my very good mate Ulrik Sandström, who has worked with the British Olympic teams in both Rio and London. I picked up many clinical gems to add to my tool box, and all the events were very worthwhile.



Chiropractors comprise a relatively modest group in numbers, compared to other primary healthcare professionals. Yet the congress was attended by 1000 delegates from 49 different countries. It was also impressive to witness the variety of research generated and presented. Data and research has become so important to constantly better what we do, how we do it and indeed justify the value of it.

Much dedication and grit is required to do this work from a small profession in a world where in some corners chiropractic has not even been heard of, to countries like Denmark where chiropractic is on Medicare. Interesting, backpain remains the main cause of lost days of work in Australia!