

John Mayer Appointed to Lincoln Endowed Chair in Chiropractic and Biomechanical Research at USF Health

University of South Florida Press Release / Tampa, FL (7 August 2007)

The University of South Florida has announced that a nationally-funded researcher holding doctorate degrees in both exercise science and chiropractic has been appointed to an endowed chair in chiropractic and biomechanical research at USF Health.

John Mayer, DC, PhD, director of research for the U.S. Spine & Sport Foundation, will fill the Lincoln College Endowed Chair in Biomechanicals while serving as an associate professor at USF. He begins his duties Oct. 1.

The research endowment is funded by a \$1.06 million gift from the Lincoln College Education and Research Fund, the Florida Chiropractic Association and the Florida Chiropractic Foundation, with a matching gift of \$750,000 from the state.

Dr. Mayer will help launch a core research program in spinal musculoskeletal disorders intended to strengthen USF Health's major initiative in sports safety. As such he will build interdisciplinary, applied research linking sports medicine, chiropractic and physical therapy with orthopedics and neurosurgery.

"USF Health is differentiating itself by attracting talented researchers who want to work on interdisciplinary projects," said Stephen K. Klasko, MD, MBA, vice president for USF Health and dean of the College of Medicine. "Our state designation as a center for sports safety, our new orthopedic residency program, and recruits such as Dr. Mayer will make USF Health a national model for sports medicine."

"There are not many DC PhDs in the country, although their numbers are growing. John is a bright young

researcher with strong academic credentials," said William Quillen, PhD, PT, director of the School of Physical Therapy and Rehabilitation Sciences and associate dean of the College of Medicine, who chaired the search committee. "He was the top candidate to emerge from a long, rigorous search process, and he's going to be a great asset to USF Health and our university."

Dr. Mayer will work with USF Health faculty in two new core research laboratories—one in motion analysis and the other in human functional performance, Dr. Quillen said. "He'll bring a unique clinical perspective and skills in evidence-based research to address the problems of spinal conditions like chronic back and neck pain. His work is especially timely considering that two out of every three adults will experience one



Dr. John Mayer addressed a packed meeting room at FCA's National Convention at the Gaylord Palms Resort & Convention Center in August.

“You make a living by what you get. You make a life by what you give.” —Ronald Reagan

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To support chiropractic education and research

EARLY GOAL

To provide scholarships and assist in funding research at accredited chiropractic institutions

FUNDED TO DATE

- **Palmera Kabana Memorial Scholarship**
- **Marie Michael Memorial Scholarship**

LONG-TERM GOAL

To become the largest foundation contributing to chiropractic education and research

All contributions to the Florida Chiropractic Foundation are 100% tax-deductible.

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or more episodes of low back pain in their lifetimes.”

Dr. Mayer comes to USF from San Diego, California, where for the last seven years he has directed research for the U.S. Spine & Sport Foundation, a non-profit research and education organization. He was also an adjunct research faculty member in the Department of Biology at San Diego State University.

Dr. Mayer has been an investigator for several projects funded by commercial and federal agencies, including the National Institutes of Health. He helped develop and test several functional assessment and treatment models for low back pain, including a model to experimentally induce low back muscle soreness with strenuous exercise. He studies how muscle activity relates to the cause, prevention and treatment of low back pain, focusing on the role of medical exercise in physical rehabilitation.

“My specialty has given me the opportunity to work with physical thera-



Dr. Mayer (third from right) meets with the board of the Lincoln Chiropractic Education and Research Fund (LCERF): Donald Krippendorf, D.C.; John Gentile, D.C.; Kenneth Padgett, D.C.; Glenn Bontrager, D.C.; Robert Craven; and George Langenbruner, D.C.

mize the pain and physical limitations caused by low back pain—from heat therapy, exercise and medications to spinal manipulation, spinal injections and surgery—no one therapy has been proven most effective. “It’s hard to say whether one technique is better than another,” Dr. Mayer said. “We need more evidence-based research to determine what types of treatment work best for which types of patients—and that’s a huge task requiring objective assessment and a multidisciplinary effort.”

Dr. Mayer earned a PhD in Exercise Science from Syracuse University, where he

was awarded the “Doctoral Prize” in 2001 for his outstanding research and scholarship related to applied exercise physiology of the lumbar muscles. He also holds a DC degree (Doctor of Chiropractic) from National College of Chiropractic in Illinois.

A clinical research consultant for several institutions throughout the United States, Dr. Mayer serves as secretary and treasurer of CAM Research

Institute, a non-profit organization that conducts studies to determine the safety and effectiveness of alternative and complementary therapies. He has published numerous scientific articles, abstracts, and book chapters related to applied exercise physiology and physical rehabilitation of musculoskeletal disorders.

As an avid sports fan and Syracuse University alumnus, Dr. Mayer said he’s pleased the new position at USF returns him to the Big East Conference. So, will he cheer for the USF Bulls or the Syracuse Orange in the upcoming football season? “I don’t think the Syracuse football team is playing at USF this year!” he quips.

◀ FCA

USF Health is a partnership of the University of South Florida’s colleges of medicine, nursing, and public health; the schools of biomedical sciences and physical therapy & rehabilitation sciences; and the USF Physicians Group. It is a partnership dedicated to the promise of creating a new model of health and health care. One of the nation’s top 63 public research universities as designated by the Carnegie Foundation for the Advancement of Teaching, USF received more than \$310 million in research contracts and grants last year.



Debbie Brown and Dr. Don Cross welcome Dr. Mayer on behalf of the Florida Chiropractic Foundation and FCA.

pists, chiropractors, exercise physiologists, certified athletic trainers, orthopedists, neurosurgeons and other health professionals involved in the care of the spine,” said Dr. Mayer. “One of the talents I’ve developed is the ability to work effectively with all disciplines, and I hope to bring that to our research endeavors at USF.”

While both conservative and more aggressive treatments are used to mini-