

Profile – Dr. Jean-Alexandre Boucher, DC



Dr. Jean-Alexandre Boucher, DC
PhD Candidate
Université du Québec à Trois-Rivières

Dr. Jean-Alexandre Boucher obtained his Chiropractic degree in June 2010 from Université du Québec à Trois-Rivières (UQTR) and immediately undertook part-time practice in Trois-Rivières, his native town. During his studies, he served as a research assistant for Dr. Martin C. Normand, DC, PhD. They developed functional assessment tools and specific exercise programs using the RedCord™ workstation. They also decided to introduce a vibration component to the protocol. Dr. Boucher en-

rolled in a PhD program at UQTR in September 2010, under the supervision of Dr. Normand and co-supervision of Dr. Martin Descarreaux, DC, PhD. His thesis will focus on lumbar pain rehabilitation and the influence of vibration on its evolution. The aim of the first part of the study will be to confirm the specific role of vibration as a therapeutic modality and to determine whether the application of paraspinal muscle vibration will alter the control of isometric force production of the trunk. The validation of the use of three physical tasks to categorize non-specific chronic low back pain and to create specific exercise programs for rehabilitation will also be undertaken in the later stages of the project.

Dr. Boucher is an active member of the UQTR GRAN « Groupe de recherche sur les affections neuro-musculo-squelettiques », a research group with interest in health issues related to neuro-musculo-skeletal disorders. Dr. Boucher also benefits from financial support awarded by the « Fondation de Recherche Chiropratique du Québec » to pursue his PhD. He will be presenting his research at the WFC Congress in Rio this April.