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*Notes on L. Ted Frigard, D.C.*

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**Color Code:**

**Red & Magenta:** questionable or uncertain information

**Green:** for emphasis

1962 (Jan/Feb): **Digest of Chiropractic Economics** [4(4)]  
 includes:  
 -"Dr. Ted Frigard" (pp. 4-8); many photos

1962 (Nov/Dec): **Digest of Chiropractic Economics** [5(3)]  
 includes:  
 -"College reports" (pp. 12-4, 39) includes:

CLEVELAND

Cleveland College is proud to announce that at its last enrollment date, we had the largest Freshman class since the "GI" Boom.

Plans are now being made for the Cleveland Chiropractic College Homecoming, Saturday and Sunday, December 1 & 2, 1962. Cleveland College will celebrate its 40th Anniversary with groundbreaking ceremonies for the new clinic and classroom building.

Dr. E.B. Stalling, the President of the Cleveland Chiropractic College Alumni Association, announced that in addition to the new development just mentioned, that the Alumni Association had appropriated funds to remodel the Assembly Building.

There have been several meetings with the architects and it is believed that the remodeling will be completed before the start of the new January class.

The Homecoming will feature Dr. Marcus Bach of Iowa, Professor at the University of Iowa, world-wide researcher, lecturer, and author, and recipient of the "Charles Sergel National Award." Dr. Devere Biser of Texas, President of the National Council of Chiropractic Examining Boards and Second Vice-President of the International Chiropractors' Association. Dr. L. Ted Frigard of California, recipient of the "B.B. of 1962 Award," and a contributor to SHARE Magazine. Dr. James W. Parker of Texas, President of the Parker Research Foundation, and President of the Parker School of Practice Building. Dr. C.S. Cleveland, Sr. of California, the President and Founder of Cleveland Chiropractic College, and Cineroentgenography (X-ray moving pictures) of various regions of the spine, the first time seen in this country, and narrated by Dr. C.S. Cleveland, Jr., Dean of Cleveland College. There also will be a number of other fine speakers.

Cleveland Chiropractic College expects 1963 to be the most outstanding year in its history.

1963 (Jan/Feb): **Digest of Chiropractic Economics** [5(4)]  
 includes:  
 -Fred Woodress authors "'DO IT' day program success at Albany Georgia" (p. 20); many photos of Bill Harris, D.C.:

A research center to further document the chiropractic theory will be established in Albany, Georgia, it was announced by the A.B. Hender Foundation as the result of Do It Day held in the South Georgia City.

Several hundred chiropractors from the Southeastern states heard talks by successful chiropractors, a multi-millionaire in the insurance field, a minister, an attorney, a receptionists and a public relations consultant.

All advised the doctors how to improve their personal images and the image of the chiropractic profession.

As his own personal step toward improving this image, the originator and promoter of Do It Day, Dr. William Harris of Albany, announced that he is turning over his estate to the Hender Foundation to finance the research center, the first of its kind in the Southeast and one of several in the United States.

The center will be particularly handy for the large concentration of chiropractors in Florida, Georgia, Alabama and South Carolina.

Principal speaker at the two day meeting was W. Clement Stone, insurance executive, multi-millionaire and author of "The Success System That Never Fails."

Other speakers were: Minos Simon, attorney from Lafayette, La.; Dr. Edward Kramer, St. Louis; Baldy White, executive-secretary of the Georgia Chiropractic Association; Fred Woodress, public relations consultant from Birmingham, Ala.; Mrs. A.D. Tuten, receptionist from Moultrie, Ga., and Dr. Lorraine Golden, head of Kentuckiana in Louisville.

Dr. Golden presented Mr. Stone with a Humanitarian Award for Kentuckiana. It was designed by Frank Lloyd Wright Associates. Chiropractors speaking on the program were: Dr. Sid Williams, Austell, Ga.; Dr. Tom Owens, Jacksonville, Fla.; Dr. Bob Wright, President of the Georgia Chiropractic Association from Hapeville, Ga.; Dr. Ted Frigard, Stockton, Calif.; Dr. Erl Harris, Atlanta; Dr. Gene Sparlin, Atlanta; Dr. John Boutwell, Augusta, Ga.

Dr. Corbin Fox and Mr. Dave Peconnu were song leaders. Dr. William Lawson, President of the Albany Chiropractic Society, welcomed the visitors.

1963 (Sept/Oct): **Digest of Chiropractic Economics** [6(2)]  
 includes:  
 -Paul Smallie, D.C. authors "World-Wide Reports" (p. 32);  
 includes:

CALIFORNIA

An example of the "New Image" to be witnessed more and more in the DC world is a \$100,000 project under construction in Tracy. Designed by Dr. E.L. Kramer, the clinic will be operated

by Dr. Ted Frigard, Stockton with his father and Dr. Ray Ursillo, formerly with Belgium Gillet-Lieken team and Palmer teaching staff.

1965 (July/Aug): **Digest of Chiropractic Economics** [8(1)] includes:

-“Frigard of California: a Digest personality profile” (pp. 10-2); includes many **photos**

1965: L.T. Frigard, D.C. speaks at Cleveland Chiropractic College, Kansas City graduation; photograph:



1968 (Jan/Feb): **Digest of Chiropractic Economics** [10(4)] includes:

-Jim Parker, D.C. edits “More ‘SHARE’ ideas” (p. 5); includes idea from L. Ted Frigard, D.C. of Stockton CA:

A good idea for a letter to those who have referred patients: “Good Morning, Mrs. Brown. The Good Samaritan brought the injured man to the innkeeper. The innkeeper nursed the man back to health. History remembers the Good Samaritan. We liken you to the Good Samaritan, for you sent Mrs. Jones to us. We, like the innkeeper, will do all within our power to put her on her road back to health and happiness. Sincerely.”

1968 (July/Aug): **Digest of Chiropractic Economics** [11(1)] includes:

-“1000 in attendance at 11th annual Parker Homecoming and 180th seminar” (p. 4); includes photo of Jimmy Parker, D.C. and L. Ted Frigard, D.C.

1970 (Jan/Feb): **Digest of Chiropractic Economics** [12(4)] includes:

-L. Ted Frigard, D.C. of Stockton CA authors “Whiplash #847.0” (pp. 28-9)

1970 (Mar/Apr): **Digest of Chiropractic Economics** [12(5)] includes:

-full page ad for Dr. Frigard’s book, **847.0 The Whiplash Injury** (p. 19)

1970 (May 16): letter from Alex Haley in San Francisco to L. Ted Frigard, D.C. of Stockton CA:

Dear Ted:

I’ll tell you something: much, much, I have read about Melvin Belli, as you can imagine – not to mention what I have written about him myself. But I say, in every sincerity, that I don’t know that I ever saw the man capsuled more effectively, more accurately, than you do in your article for SHARE Magazine.

Mel is one of this country’s genuine, colorful personages. Not very many people recognize Mel for the depth of his contributions, nor his range of contributions. I hope, in the book that I will do on him, to project on a broad scale what you have done here so well in a capsule way, as I said.

It was a pleasure to be with you, too, Ted.

Yours cordially,...

AH:ga

1970 (May/June): **Digest of Chiropractic Economics** [12(6)] includes:

-“Digest Book Review: ‘847.0’ The Whiplash Injury by Dr. L. Ted Frigard” (p. 19)

-full page ad for whiplash book (p. 43); includes photograph of Dr. Frigard and attorney Melvin Belli:

1970 (July/Aug): **Digest of Chiropractic Economics** [13(1)] includes:

-L. Ted Frigard, D.C., Ph.C., Sc.D. authors “Relative value studies: a guide to standardized chiropractic fee schedule” (pp. 6-8)

-“Internationally known speakers scheduled for ICA – Aug. 22-23” (pp. 38-9); includes photograph:



1970 (Sept/Oct): **Digest of Chiropractic Economics** [13(2)] includes:

-“Author and educators speak at Belli legal seminar” (p. 41); photos of Melvin Belli, L. Ted Frigard, D.C., J. Joseph Allen, D.C., and Ernest Napolitano, D.C.

1971 (Jan/Feb): **Digest of Chiropractic Economics** [13(4)] includes:

-“What Dr. L. Ted Frigard told the American Trial Lawyers Association about whiplash” (pp. 6-8)

1971 (Mar): **Palmer College Alumni News** includes:

-Ted Frigard, D.C. of Stockton CA authors “Dr. Dave Palmer, a candle to light the darkness” (p. 2)

1971 (Mar): **World-Wide Report** includes:

-“Frigard addresses law students” (p. 2):

Dr. L. Ted Frigard recently addressed law students from throughout California at the first Annual Practical Law Institute in Riverside, California.

Dr. Frigard, internationally recognized chiropractor and author of the new book “847.0 THE WHIPLASH INJURY” was invited by the chairman of the institute, Melvin M. Belli, to familiarize those attending with the developments in the field of chiropractic. Dr. Frigard delivered a paper on Management of the Whiplash Injury by the Doctor of Chiropractic.

Among other speakers were prominent criminal lawyer, F. Lee Bailey, Naval Judge Advocate Joseph McDevitt, Former Governor of California Pat Brown, and the world-famous attorney, Melvin M. Belli.

1971 (Mar/Apr): **Digest of Chiropractic Economics** [13(5)] includes:

-Theodor E. Behr authors “The addendum” (p. 4); includes: ...Dr. L. Ted Frigard addressed law student from throughout California at the first Annual Practical Law Institute in Riverside, California.

Dr. Frigard, internationally recognized chiropractor and author of the new book “47.0 THE WHIPLASH INJURY” was invited by the chairman of the institute, Melvin M. Belli, to familiarize those attending with the developments in the field of chiropractic. Dr. Frigard delivered a paper on Management of the Whiplash Injury by the Doctor of Chiropractic.

Among other speakers were prominent criminal lawyer, F. Lee Bailey, Naval Judge Advocate Joseph McDevitt, former Governor of California Pat Brown, and the world-famous attorney, Melvin M. Belli.

-L. Ted Frigard, D.C. authors “Statistics and the computer” (pp. 14-6)

1971 (July/Aug): **Digest of Chiropractic Economics** [14(1)] includes:

-“Annual Belli Legal Seminar will include Chiropractic” (pp. 4-5)

1971 (Sept 24; Friday): **Toronto Daily Star** includes:

-“Joggers and long-hairs suffer “snap-a-neck” U.S. chiropractor says” (p. 1):

Long-haired teenagers and people who jog shake themselves up so much that they often wind up with spine and neck problems, a U.S. chiropractor said today.

Dr. Ted Frigard, 39, of Stockton, Calif., said that many young people with long, loose hair suffer from “snap-a-neck” syndrome, a new medical ailment.

Because they constantly flip their heads back to keep loose hair from falling across their faces, they are plagued with neck pains and headaches, he told a meeting of the Ontario Chiropractic Association at the Westbury Hotel.

Frigard’s cure: “Take them to a chiropractor first for an adjustment and then march them to the barber.”

He said he first diagnosed the syndrome about a year ago after treating 100 long-haired high school students in California. He said he found similar symptoms when treating a topless go-go dancer.

The subject of long hair also came up yesterday at a meeting of Metro’s social services committee.

Commissioner John Anderson said department officials don’t discriminate against teenagers who have long hair or untidy clothes, but said some have been cut off welfare because they refused to dress properly for jobs. He cited a girl who refused to wear shoes to get a job as a waitress.

Dr. Frigard said jogging harms the spine because in most people one leg is shorter than the other. Consequently, jogging pushes the lower back out of place, he added...

1971 (Sept/Oct): **Digest of Chiropractic Economics** [14(2)] includes:

-“Chirocare Changes Leadership” (p. 4):

Chirocare, the group practice concept developed by Dr. Robert Bell and Dr. L. Ted Frigard has changed its leadership...

-“Belli Seminar” (p. 4)

-“Snapneck syndrome” (p. 4); includes:

Dr. Ted Frigard of Stockton has reported a new ailment to the chiropractic association...

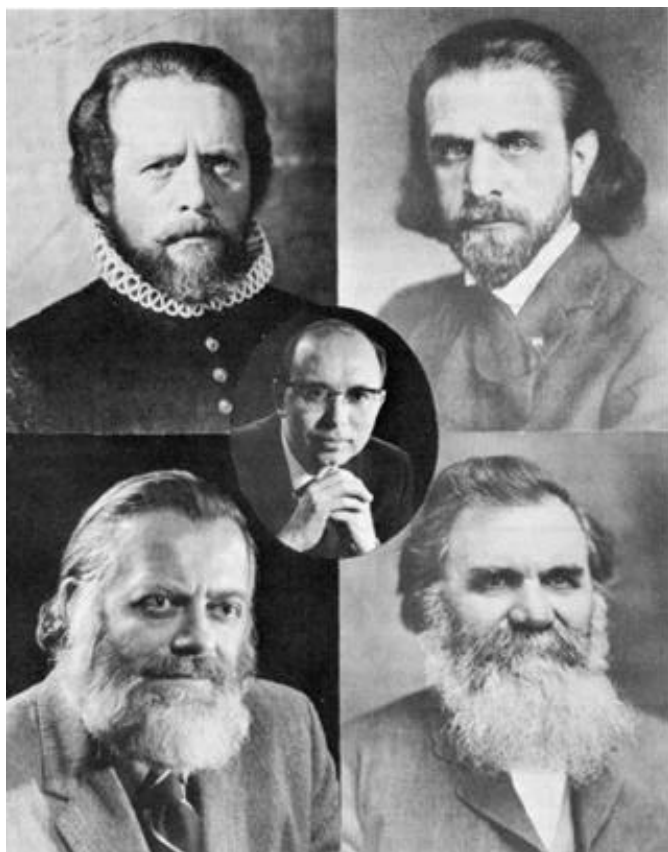
-L. Ted Frigard, D.C. of Stockton CA authors “How no-fault auto insurance will affect you” (pp. 20-2)

1972 (Jan/Feb): **Digest of Chiropractic Economics** [14(4)] includes:

-L. Ted Frigard, D.C. of Stockton CA authors “Demonstrating permanent injury on your narrative insurance reports” (pp. 40-10)

1972 (May/June): **Digest of Chiropractic Economics** [14(6)] includes:

-“A new motion picture ‘Discovery of Chiropractic’; documentary movie scheduled... based on chiropractic history” (pp. 8-9); includes photograph & caption:



Principal actors in make-up for other roles, with people they will represent in the new movie. Upper left, Patrick McGoohan as he appears in the movie, "Mary Queen of Scots"; upper right, Dr. B.J. Palmer; center, Dr. L. Ted Frigard; lower left, Max Showalter as he appears in the movie, "The Moonshine War" and lower right Dr. D.D. Palmer.

PHOTOGRAPH



Actor Patrick McGoohan, Dave Palmer, D.C. and L. Ted Frigard, D.C., undated (courtesy of Dr. Frigard)

1972 (July/Aug): **Digest of Chiropractic Economics** [15(1)] includes:  
 -L. Ted Frigard, D.C. authors "Chiropractic movie: filming will start on Aug. 18" (pp. 52-4)

1972 (Nov/Dec): **Digest of Chiropractic Economics** [15(3)] includes:

-"The chiropractic documentary movie: a Digest Magazine interview with the director, Mr. Patrick McGoohan" (pp. 80-1); includes two photos of actor McGoohan

1972: David Lindsey, D.C. published **Chiropractic Year Book**, includes photographs:



Melvin Belli, internationally famed attorney, and Dr. L. Ted Frigard, Stockton, Calif., Chiropractor, have presented several lectures on "Whiplash" injury. (p. 74)

1973 (Jan/Feb): **Digest of Chiropractic Economics** [15(4)] includes:

-L. Ted Frigard, D.C. authors "We talk to a lawyer concerning automobile whiplash injury cases" (pp. 10-11)

1973 (Mar/Apr): **Digest of Chiropractic Economics** [15(5)] includes:

-cover photo of attorney Melvin M. Belli  
 -Melvin M. Belli authors "Chiropractors as expert witnesses" (pp. 50-2)

1973 (May/June): **Digest of Chiropractic Economics** [15(6)] includes:

-L. Ted Frigard, D.C. authors "Patients need daily care until symptom free" (pp. 32-4, 36)

1974 (July/Aug): **Digest of Chiropractic Economics** [17(1)] includes:

-L. Ted Frigard, D.C. authors "The unit method – a payment system for associates" (pp. 42, 57)

1975 (May/June): **Digest of Chiropractic Economics** [17(6)] includes:

-L. Ted Frigard, D.C. of Stockton CA authors "Guidelines for chiropractic insurance reporting" (pp. 6-7, 9); includes photo of Dr. Frigard

1975 (Sept/Oct): **Digest of Chiropractic Economics** [18(2)] includes:

-L. Ted Frigard, D.C. authors "This I believe" (pp. 82-4, 86)

1976 (July/Aug): **Today's Chiropractic** includes:

-L. Ted Frigard, D.C., Ph.C., consultant to the San Joaquin Foundation for Medical Care, authors "Subluxation

Syndrome" (pp. 18-); notes the multiple meanings of "subluxation," that "subluxation syndrome" better captures the meaning employed by DCs

1977 (Mar/Apr): **Today's Chiropractic** includes:

-Miriam Butler authors "Amazing account of his experience: Belli thanks chiropractic" (p. 9)

1977 (Aug 9): letter to Ted Frigard, D.C. from Melvin M. Belli on stationery of Belli & Choulos of San Francisco:

Dr. Ted Frigard  
Frigard Chiropractic Offices  
2531 North California Street  
Stockton, California 95204  
Dear Ted:

I've been missing you lately – it's just that I haven't had a chance to do very much of anything as I'm getting out another book and I'm getting ready to do some Fall lectures.

I was in Washington, D.C. for my 70th birthday and we have a tremendous number of big cases coming up the end of this year and next all over the world.

But more than anything, I miss seeing you and I'll get up and pay you a visit one of these nights soon.

Best wishes,...

MMB:lr

1978 (July/Aug): **Digest of Chiropractic Economics** [21(1)] includes:

-L. Ted Frigard, D.C. authors "A tribute to Bill Luckey: may the force be with you..." (pp. 26, 102)

1983 (Nov/Dec): **Digest of Chiropractic Economics** [26(3)] includes:

-L. Ted Frigard, D.C. of Honolulu authors "Vertebral artery occlusion syndrome" (pp. 38, 40)

1984 (May/June): **Digest of Chiropractic Economics** [26(6)] includes:

-L. Ted Frigard, D.C., Ph.C. of Honolulu authors "Intervertebral disc syndrome: disc evaluation using acceptable terminology" (pp. 40-1, 44)

1985 (May/June): **Digest of Chiropractic Economics** [27(6)] includes:

-L. Ted Frigard, D.C., Ph.C. of Honolulu authors "2001: a chiropractic odyssey" (pp. 28, 30-1)

1985 (Nov/Dec): **Digest of Chiropractic Economics** [28(3)] includes:

-L. Ted Frigard, D.C., Ph.C. of Beverly Hills CA authors "While daring greatly" (pp. 31, 132)

1986 (Mar/Apr): **Digest of Chiropractic Economics** [28(5)] includes:

-L. Ted Frigard, D.C., Ph.C. of Beverly Hills CA authors "Evaluation of spinal disability" (pp. 33-4)

1986 (Sept/Oct): **Digest of Chiropractic Economics** [29(2)] includes:

-L. Ted Frigard, D.C., Ph.C. of Beverly Hills CA authors "Chiropractic x-ray evaluation for disability purposes" (pp. 10-11)

1987 (May/June): **Digest of Chiropractic Economics** [29(6)] includes:

-L. Ted Frigard, D.C., Ph.C. of Beverly Hills CA authors "Declaration in the class action against UCLA" (pp. 114, 116)

1992: National Board of Chiropractic Examiners awards certificate #46512 to Louis T. Frigard; signed by Frank Hideg, D.C., president and Richard Carnival, D.C., secretary

1994 (Jan/Feb): **Digest of Chiropractic Economics** [36(4)] includes:

-L. Ted Frigard, D.C., Ph.C. of Beverly Hills CA authors "Time to put chiropractic in the state university system" (pp. 76, 89)

1998 (Feb): **Share** (Parker Magazine) [Volume 38, No. 445] includes:

-L. Ted Frigard, D.C., Ph.C. of Beverly Hills CA authors "The legendary chiropractic Knights of the Round Table" (pp. 9-10)

1999 (Oct 4): **Dynamic Chiropractic** includes:

-L. Ted Frigard authors "California Forum: Mild brain injury and/or spinal cord compression subluxation" (p. C-4)

2002 (Nov 3): letter to Arlan W. Fuhr, D.C. from L. Ted Frigard, D.C. at 455.5 South Rexford Drive, Beverly Hills CA 90212 (310-203-9835) (in my Frigard file):

Dear Arlan,

I just want you to know how much I admire what you are doing for the chiropractic Profession. I admire you very much.

A historical note from this 70 year old that may interest you: B.J. Palmer, D.C., Ph.C. gave me my first class in chiropractic philosophy. I was just 18 years old. I had never had the training which is now required by the chiropractic profession. I was offered the 18 month course or the new four year course. Since I would not be eligible for licensure until I was 21, I signed up for the four year class.

I was never much of a student as I wanted to be a professional golfer. I finally took the required class of a year of science as a senior to graduate. My high school biology teacher was very grandmotherly to me. She was the only teacher who ever took any interest in me. Soon, I was six weeks ahead of my classmates. Then one day she privately said to me, "If I were a young man today, I would be a chiropractor. I have never been to one, but I hear they do wonderful things."

A local chiropractor recommended that I go to the Palmer School of Chiropractic. Then I remembered old Doc Webber, who I knew from the golf course. He was a National grad but he said to go to Logan College in St. Louis. I had always been healthy and had never been adjusted, so this left me in a quandary. Then the Korean War started and a buddy of mine was shot in the leg and died before he could get help. I now know that the bullet fired from another hilltop struck him in the radial artery and it pumped

out his blood before he could get help. But needless to say it scared hell out of me, so I knew I had to go to college to avoid the draft. My cousin was promoted at Farmall foundry in Rock Island, Illinois. He offered me a job during the second shift 3 to 11:30 pm. So I went to PSC.

I started chiropractic school in October of 1950, so it was named the 1050 class. This was the end of the GI Bill of Rights for the veterans of World War II. The class was over a 1000 students of which about 250 graduated. But that is getting away from the day of my life.

B.J. Palmer, D.C., Ph.C., gave me my first lecture in the philosophy of chiropractic. The veterans stood around even resenting having to go into the class. I arrived early and sat in the first row, directly in front of the desk that B.J. was to give his lecture. I looked at the chrome desk with a picture of Dr. D.D. Palmer under the glass. Two flags stood behind his chair. One the American Flag and the other flag was the royal blue flag of Palmer School of Chiropractic. Then B.J. entered the room exactly on time. He turned and locked the door. The stragglers were not permitted to enter. They banged on the door, but B.J. would not allow them to enter. It was then that this man born in the Nineteen Century began to weave his magical spell. I thought that he was talking directly to me. He explained spinal cord pressure and what it meant to a sick world. He spoke for three hours. He told of his friendship with Orville and Wilbur Wright. Edison wanted him to com to his studio and adjust him for his deafness. But B.J. refused because he too, was a busy man. Then B.J. stopped because the coffee drinkers needed a break. He ended with the statement, "I only hope that the[re] is an Orville or Wilber Wright amongst you, who can carry on after I am gone. Then he lit a candle and finished with "It is better to light a single candle than to curse the darkness. Get the Big Idea and all else follows."

Our graduation speaker was B.J. Palmer, in which he gave his famous speech "THAT SOMETHING." But a famous chiropractor at our banquet was introduced as a an who he wished had been his son. That chiropractor was Dr. Vincent [sic] Logan.

I served five months in the B.J. PALMER CHIROPRACTIC CLINIC, where we took 28 x-ray views of the spine. This was before radiation maleffects [sic] were known. Those who make giant strides for humanity always are working in the dark.

B.J. told me that D.D. discovered chiropractic by using the spinous processes as levers. D.D. was afraid that some one would "break a neck" and destroy this profession before it could be launched upon a sick world. He said that D.D. Palmer adjust[ed] the axis of Harvey Lillard, as well as the fourth dorsal.

Please forgive me for any spelling errors. I do not have spellcheck on this machine. I really meant to tell you how much I admired what you have been doing for Chiropractic. I know that chiropractic is an adjective and should be followed by clinic or care or something. Us old men need to be retired and put out to pasture. I read your article on Subluxation Syndrome. It seems I have heard about it someplace before. I introduced the Whiplash Injury to the chiropractic profession. Was I welcomed with open arms by the chiropractic profession? They would not let me speak at the Lyceum after I had bee invited. I did not write a book on chiropractic I wrote a book on the Whiplash Injury with the chiropractor as a featured doctor for this injury. But I had a friend with me by the name of Melvin Belli and he took me onto the speakers platform with him. I did give my message then. They

did not have automobiles in 1895 when our Founder introduced chiropractic to the world. Osteoporosis was not a term which was prevalent in those days. D.D. had five (5) wives because they kept dying on him. Life expectancy was not much more than 40 years in those days before hygiene became known. Now we live longer and chiropractors are running into problems that did not exist then. You have been chosen to carry out this message to the D.C.'s of the world.

As BJ would have said, "Keep On, Keeping On."

Chiropractically yours,

Ted

L. Ted Frigard, D.C., Ph.C.

-attached is photocopy of Dr. Frigard's article, "Subluxation Syndrome" which appeared in the July/August 1976 issue of *Today's Chiropractic*

2003 (Jan 27): Dynamic Chiropractic includes:

-L. Ted Frigard, D.C., Ph.C. authors "Still vs. Palmer: a remembrance of the famous debate" (pp. 56, 57, 60)

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#### References:

Drinkwater JS. Australiasian Council on Chiropractic Education – a brief history. *Journal of the Australian Chiropractors Association* 1988 (Sept); 18(3): 100-4