

# **ARLAN W. FUHR, D.C.**

President and Co-Founder of Activator Methods International, Ltd.  
President, National Institute of Chiropractic Research

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## **EDUCATION/DEGREES**

Logan College of Chiropractic 1961 Doctor of Chiropractic St. Louis, Missouri  
University of Minnesota 1958, undergraduate pre-chiropractic

## **DISTINCTIONS/HONORS**

July 2005 -- American Chiropractic Association President's Award  
Greenawalt Foundation Award for Clinical Excellence in Technique (2004)  
Member International Society for the Study of the Lumbar Spine, April 2000  
Arizona Governors Council on Health, Physical Fitness and Sports, August 1994  
Chiropractor of the Year 1993, Arizona Association of Chiropractic  
Daniel David Palmer Chiropractic Scientific Award, Palmer College of Chiropractic,  
Davenport, Iowa, 1993  
Board of Trustees, Logan College of Chiropractic, St. Louis, Missouri, 1981 to 1991  
Chair, Finance Committee, Logan College of Chiropractic, St. Louis, Missouri, 1981 to 1991  
Fellow, Palmer West Academy, Palmer College of Chiropractic West, Sunnyvale, California,  
1991  
President and founder, National Institute of Chiropractic Research, Phoenix, Arizona, 1987 to  
present  
Doctor of Humanities (Honorary), Logan College of Chiropractic, St. Louis, Missouri, 1973  
Testified before US Congress in 1990s – as a result, chiropractic received federal research  
grants  
Public Policy Committee Arizona Association of Chiropractic successfully passed Arizona  
House Bill 2600 – signed in to law allowing 12 office calls without primary care physicians  
authorization  
Television and radio appearances: 2000. Taiwan the Ann Chen Television Show  
2000: Australia, The 2AW Ernie Siegel radio show  
Guest speaker at over 30 chiropractic state conventions  
Invited speaker at every chiropractic college in the USA.  
Guest speaker in New Zealand Chiropractic College, Royal Melbourne Institute, McQuary  
University, Sydney, Australia

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## GRANTS RECEIVED

Received first grant (\$50,000) ever given to chiropractic from the National Institutes of Health in 1985

## INVENTIONS

Fuhr, A.W. 2004, *Chiropractic Adjusting Instrument*, US Patent 6702836.

Colloca, C.J.; Keller, T.S.; Fuhr, A.W. 2002, *Neuromuscular Reflex Assessment Method*, US Patent 6480735.

Fuhr, A.W. 2002, *Chiropractic Adjusting Instrument*, US Patent 6379375.

Fuhr, A.W. 2001, *Force Applying End of a Chiropractic Adjusting Instrument Including Body Contact Member and Shank*, US Patent D449,380.

Fuhr, A.W. 2001, *Handle End of Chiropractic Adjusting Instrument*, US Patent D449379.

Keller, T.S.; Lehneman, J.B.; Fuhr A.W. 1999, *Method for Determining the Dynamic Biomechanical Characteristics of a Musculoskeletal Structure and for Treatment of Musculoskeletal Disorders*, US Patent 5897510.

Keller T.S.; Fuhr A.W. 1997, *Chiropractic Adjusting Instrument and Method*, US Patent 5653733.

Keller, T.S.; Fuhr, A.W. 1997, *Chiropractic Adjustment Instrument*, US Patent 5626615.

Keller, T.S.; Lehneman, J.B.; Fuhr A.W. 1997, *Apparatus for Determining the Dynamic Biomechanical Characteristics of a Musculoskeletal Structure and for Treatment of Musculoskeletal Disorders*, US Patent 5656017.

Keller T.S.; Fuhr A.W. 1996, *Force Applying End of a Chiropractic Adjusting Instrument Including Body Contact Member and Shank*, US Patent and D374081.

Fuhr A.W.; Winters J.; Osterbauer P.J. 1993 *Non-Invasive Method for Determining Kinematic Movement of the Cervical Spine*, US Patent 5203346.

Fuhr, A.W.; Lee, W.C. 1978, *Chiropractic Adjusting Instrument*, US Patent 4116235.

## PUBLICATIONS

### Books and chapters:

*Activator Methods Chiropractic Technique*, Mosby Year-Book, Inc., St. Louis, MO, 1996.

*Description and Analysis of Activator Methods Chiropractic Technique*. In: Lawrence, D.J.; Cassidy, J.D.; McGregor, M.; et al., eds. *Advances in Chiropractic*, Volume 3. Mosby-Year Book, Inc, St. Louis, MO, 1995; 2:471-520.

*Low Force Technique: The Activator Methods Chiropractic Technique*. In Haldeman, Principles and Practice of Chiropractic, expected publication 2003.

24 peer reviewed publications since 1985 in chiropractic research

42 conference proceedings on biomechanical, neurophysiology and chiropractic clinical research

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As president of National Institute of Chiropractic Research, has led funding for over 250 publications on chiropractic history, science, and clinical practice. NICR has dispersed over \$650,000 in grants.

## CLINICAL/PROFESSIONAL EXPERIENCE

35 years of private practice -- owner/director of three successful practices in Minnesota and Arizona

2005 to present -- First chiropractic physician at Carl T. Hayden Veterans' Affairs Medical Center

Volunteer Director of Conservative Care – Neighborhood Christian Clinic Phoenix, Arizona

1995 -- Council Member, Council on Chiropractic Guidelines and Practice Parameters

Logan Chiropractic College, Life Chiropractic College/West, Cleveland College of Chiropractic

Post-graduate department faculty, Palmer College of Chiropractic

1990 to 1992 -- Commissioner, Committee for the Establishment of Guidelines for Chiropractic Quality Assurance and Standards of Practice. Mercy Center Conference, Burlingame, California, January 25-30, 1992

1991 to 1992 -- Member, Editorial Board, Back Letter for Chiropractors

1990 to present -- Clinical Research Coordinator, Phoenix, Arizona

1989 to present -- Member, Editorial Board, Chiropractic Technique

1969 to present -- President and Co-founder, Activator Methods International, Ltd.

Responsible for training over 100,000 chiropractors in AMCT

Over 3,000 doctors of chiropractic certified in AMCT

Today, over 35 seminars offered each year across US, Australia, Japan, Canada, UK, New Zealand, Taiwan

## PEER REVIEWED PUBLICATIONS

1. Fuhr AW, Menke, MJ. Activator Methods Chiropractic Technique. Activator Methods Chiropractic Technique. Topics in Clinical Chiropractic 2002: 30-43.
2. Keller TS, Colloca DJ, Fuhr AW. *In Vivo* Transient Vibration Analysis of the Normal Human Thoracolumbar Spine. J Manipulative Physiol Ther 2000: 23(8):521-30.
3. Colloca CJ, Keller TS, Fuhr AW, Gunzburg R, Van de Putte K. Neurophysiological response to intraoperative lumbosacral spinal manipulation. J Manipulative Physiol Ther 2000: 23(7):447-57.
4. Colloca CJ, Keller TS, Fuhr AW. Neurophysiological responses to mechanical stimulation: a review with implications of spinal manipulation. J Manipulative Physiol Ther 2001: 24:260-271.
5. Colloca CJ, Fuhr AW, Polkinghorn BS, Gudgel JW. Common Clinical Syndromes as Managed with Activator Methods Chiropractic Technique. In: Hooper PD, Curl DD, eds. Chiropractic: The Art and Science. Appleton-Lange, 1999: accepted.

6. Hawk C, Long C, Boulanger K, Morschhuaser E, Fuhr AW. Chiropractic care for patients aged 55 and over: Report from a practice-based research program. *J American Geriatric Society* 2000;48(5):434-45.
7. Keller TS, Colloca CJ, Fuhr AW. Validation of the force and frequency characteristics of the Activator Adjusting Instrument: effectiveness as a mechanical impedance measurement tool. *J Manipulative Physiol Ther* 1999; 22(2): 75-86.
8. Fuhr AW, Colloca CJ. Evaluation and management of common clinical syndromes utilizing Activator Methods Chiropractic Technique. *D.C. Tracts* 1998; 10(2):3-8.
9. Colloca CJ, Fuhr AW. Movements of vertebrae during manipulative thrusts to unembalmed human cadavers (Letter). *J Manipulative Physiol Ther* 1998; 21(2): 128-9. (RE: Gal J, Herzog W, Kawchuk G, Conway PJ, Zhang YT. *J Manipulative Physiol Ther* 1998; 20(1):563-9.).
10. Colloca CJ, Fuhr AW. Safety in chiropractic practice. Part II: Treatment to the upper neck and the rate of cerebrovascular incidents (RE: Klougart N, Leboeuf-Yde C, Rasmussen LR. *J Manipulative Physiol Ther* 1996; 19(9):563-9. *J Manipulative Physiol Ther* 1996; 19(9):563-9.
11. Osterbauer PJ, Long K, Ribaldo TA, Petermann EA, Fuhr AW, Bigos SJ, Yamaguchi GT. Three-dimensional head kinematics and cervical range of motion in the diagnosis of patients with neck trauma. *J Manipulative and Physiol Ther* 1996; 19(4):231-237.
12. Dewitt J, Osterbauer P, Stelmach G, Fuhr AW. Optoelectric measurement of changes in leg length inequality resulting from isolation test. *J Manipulative & Physiol Ther* 1994; 17(8):530-538.
13. Woltring, HJ, Long K, Osterbauer PJ, Fuhr AW. Instantaneous helical axis estimation from 3-D video data in neck kinematics for whiplash diagnostic. *J Biomechanics* 1994; 27(12):1415-32.
14. Osterbauer PJ, DeBoer KF, Widmaier RS, Petermann EA, Fuhr AW. Treatment and biomechanical assessment of patients with chronic sacroiliac joint syndrome. *J Manipulative & Physiol Ther* 1993; 16(2):82-90.
15. Winters JM, Peles JD, Osterbauer PJ, Derickson KL, DeBoer KF, Fuhr AW. Three-dimensional head axis of rotation during tracking movements: A diagnostic tool for assessing neck neuromechanical function. *Spine* 1993; 18:1178-85.
16. Frach JP, Osterbauer PJ, Fuhr AW. Treatment of Bell's Palsy by mechanical force, manually assisted chiropractic adjusting and high-voltage electrotherapy. *J Manipulative Physiol Ther* 1992; 15(9):596-8.
17. Osterbauer PJ, Derickson KL, Peles JD, DeBoer KF, Fuhr AW, Winters JM. Three-dimensional head kinematics and clinical outcome of patients with neck injury treated with spinal manipulative therapy: a pilot study. *J Manipulative & Physiol Ther* 1992;15(8):501-11.

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18. Osterbauer PJ, Fuhr AW, Hildebrandt RW. Mechanical force, manually assisted, short lever chiropractic adjustment. *J Manipulative & Physiol Ther* 1992; 15(5):309-17.
19. Osterbauer PJ, Fuhr AW. The current status of Activator Methods Chiropractic Technique, theory, and training. *Chiropractic Technique* 1990; 2(4):168-75.
20. Richards GL, Thompson JS, Osterbauer PJ, Fuhr AW. Low force chiropractic care of two patients with sciatic neuropathy and lumbar disc herniation. *Am J Chiropractic Med* 1990; 3(1): 25-32.
21. Youngquist MW, Fuhr AW, Osterbauer PJ. Interexaminer reliability of an isolation test for the identification of upper cervical subluxation. *J Manipulative & Physiol Ther* 1989; 12(2):93-7.
22. Fuhr AW, Osterbauer PJ. Interexaminer reliability of relative leg length in the prone extended position. *Chiropractic Technique* 1989; 1(1):13-8.
23. Smith D, Fuhr AW, Davis B. Skin accelerometer displacement and relative bone movement of adjacent vertebrae in response to chiropractic percussion thrusts. *J Manipulative & Physiol Ther* 1989; 12(1):26-37.
24. Fuhr AW, Smith DB. Accuracy of piezoelectric accelerometers measuring displacement of a spinal adjusting instrument. *J Manipulative & Physiol Ther* 1986; 9(1):15-21.

### PEER REVIEWED CONFERENCE PROCEEDINGS

1. Colloca CJ, Keller TS, Fuhr AW. Muscular and mechanical behavior of the lumbar spine in response to dynamic posteroanterior forces. Proceedings of the 26<sup>th</sup> Annual Meeting of the International Society for the Study of the Lumbar Spine, Kona, Hawaii. Toronto: ISSLS, 1999: 136A.
2. Hawk C, Long C, Boulanger K, Morschhuaser E, Fuhr AW. Chiropractic care for patients aged 55 and over: Report from a practice-based research program. NAPCRG 1999: accepted.
3. Osterbauer PJ, McGregor M, Patterson LJ, Petermann EA, Fuhr AW, Ribaldo T, Yamaguchi GT. Generalizability of selected outcome measures in volunteers with chronic neck pain. In: The Proceedings of the Cervical Spine Research Society's 23rd Annual Meeting, Santa Fe, NM, Nov. 30-Dec 2, 1995, pp.137.
4. Fuhr AW, Patterson LJ, Petermann EA, Osterbauer PJ, McGregor M. Feasibility of conducting randomized controlled trials (RCTS) in a private practice. Submitted to the World Federation of Chiropractic's Scientific Meeting. Washington D.C., July 5-9, 1995.
5. Osterbauer PJ, Patterson LJ, Petermann EA, Long K, Ribaldo TA, Fuhr AW, Yamaguchi GT, McGregor M. Generalizability of selected of patient outcome measures in volunteers with chronic neck pain. Submitted to the World Federation of Chiropractic's Scientific Meeting. Washington D.C., July 5-9, 1995.
6. Osterbauer PJ, Patterson LJ, Petermann EA, Long K, Ribaldo TA, Fuhr AW, Yamaguchi GT, McGregor M. Generalizability of selected 3-D helical axis parameters of the head in volunteers with chronic head pain. Submitted to the

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- World Federation of Chiropractic's Scientific Meeting. Washington D.C., July 5-9, 1995.
7. Osterbauer PJ, Koepsell T, Ribaldo TA, Long K, Yamaguchi GT, Fuhr AW. Validity estimation of three dimensional head kinematics and cervical range of motion in the diagnosis with acute neck injuries. In: The Proceedings of the International Conference on Spinal Manipulation. Palm Springs, CA, June 10-11, 1994, p.7.
  8. Dewitt JK, Osterbauer PJ, Stelmach GE, Fuhr AW. Optoelectric measurement of leg length inequalities before, during, and after isolation tests. In: The Proceedings of the 1994 International Conference on Spinal Manipulation, Palm Spring, CA, June 10-11, 1994, p. 24-25.
  9. Ribaldo TA, Long K, Osterbauer PJ, Yamaguchi GT, Fuhr AW. Three-dimensional kinematic analysis of control and whiplash subjects using instantaneous helical axis parameters. In: The Proceedings of the American Society of Biomechanics, Iowa City, IA, October 21-23,1993, p. 215.
  10. Long K, Ribaldo TA, Osterbauer PJ, Fuhr AW, Yamaguchi GT. Instantaneous helical axes estimation from 3-D video data in neck kinematics. In: Proceedings of the second International Symposium on Three-Dimensional Analysis of Human Movement, Poitiers, France, June 30 - July 3, 1993; p 94.
  11. DeWitt JK, Osterbauer PJ, Stelmach GE, Fuhr AW. Optoelectric measurement of leg length inequality during isolation tests. In: The Proceedings of the California Chiropractic Foundation's Eighth Annual Conference on Research and Education. Monterey, CA, June 18-20, 1993, pp 156- 157.
  12. Long-Derickson K, Ribaldo T, Osterbauer PJ, Fuhr AW, Yamaguchi GT. Instantaneous helical axes patterns of asymptomatic and whiplash subjects. In: The proceedings of the FCER's Fifth Annual International Conference on Spinal Manipulation, Montreal Canada, April 30-May 1, 1993, pp.33-4.
  13. Osterbauer PJ, Long-Derickson K, Fuhr AW, Ribaldo T, Yamaguchi GT. Correlation of 3-D head kinematics with clinical assessment in acute "whiplash" patients. In: The proceedings of the FCER's Fifth Annual International Conference on Spinal Manipulation, Montreal Canada, April 30-May 1, 1993, pp.35-6.
  14. Hansen DT, Osterbauer PJ, Fuhr AW, Dressler L, Jansen RD. Implementation of Chiropractic guidelines: a prospective pilot study. In: The proceedings of the FCER's Fifth Annual International Conference on Spinal Manipulation, Montreal Canada, April 30-May 1, 1993, p.43.
  15. Venkataraman S, Yamaguchi GT, Osterbauer PJ, Fuhr AW. Evaluating mechanical manually assisted, short lever adjustments using an Anthropomorphic Model. In: The proceedings of the FCER's Fifth Annual International Conference on Spinal Manipulation, Montreal, Canada, April 30-May 1, 1993, p.13.
  16. Long K, Ribaldo TA, Osterbauer PJ, Fuhr AW, Yamaguchi GT. Instantaneous helical axis patterns of whiplash and asymptomatic subjects. In: The Proceedings of the Orthopedic Research Society, San Francisco, CA, February 15-18, 1993, p. 407.

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17. Osterbauer PJ, Koepsell TD, Bigos SJ, Long Derickson KL, Fuhr AW, Ribaud T, Yamaguchi GT. Variation of instantaneous helical axes of motion of the cervical spine in asymptomatic subjects. In: Proceedings of the Cervical Spine Research Society 20th Annual Meeting. Palm Desert, CA, Dec 3-5, 1992, p.155.
18. Osterbauer PJ, Fuhr AW. Treatment of chronic sciatica by mechanical force manually assisted, short lever adjusting and a video assisted stretching program: a quantitative case report. In: The Proceedings of the California Chiropractic Foundation's Seventh Annual Conference on Research and Education. Palm Springs, CA, June 19-21, 1992, pp.293-5.
19. Frach JP, Osterbauer PJ, Fuhr AW. Chiropractic treatment of Bell's Palsy by mechanical force manually assisted, short lever adjusting and high voltage electrotherapy: a report of two cases. In: The Proceedings of the California Chiropractic Foundation's Seventh Annual Conference on Research and Education. Palm Springs, CA, June 19-21, 1992, pp.288-90.
20. Osterbauer PJ, Derickson KL, Fuhr AW, Widmaier RS, Petermann EA. Cervical instantaneous axes and clinical correlates in whiplash patients vs. an asymptomatic comparison. In: The Proceedings of the California Chiropractic Foundation's Seventh Annual Conference on Research and Education. Palm Springs, CA, June 19-21, 1992, pp.61-4.
21. Fuhr AW. Presentation to the Panel on Short & Long Lever, Non-Specified Contact Chiropractic Adjusting. In: Proceedings of the California Chiropractic Foundation's Seventh Annual Conference on Research and Education, Palm Springs, CA, June 19-21, 1992, pp.256-7.
22. Osterbauer PJ, Fuhr AW. Motion analysis as a means to objectify changes in apparent (prone) leg length inequality. In: The Proceedings of the California Chiropractic Foundation's Seventh Annual Conference on Research and Education. Palm Springs, CA, June 19-21, 1992, pp.291-2.
23. Venkataraman BS, Yamaguchi GT, Osterbauer PJ, Fuhr AW. Evaluating mechanical force manually assisted short lever adjusting using an anthropomorphic model. In: The Proceedings of the Fourth Annual International Conference on Spinal Manipulation, Chicago, IL, May 15-17, 1992, p.136.
24. Osterbauer PJ, Derickson KL, Woltring HJ, Fuhr AW. Instantaneous helical axis as a tool to assess neck function. In: The Proceedings of the Fourth International Conference on Spinal Manipulation, Chicago, IL, May 15-17, 1992, p.49.
25. Fuhr AW. Presentation to the Subcommittee on Labor, Health and Human Services and Education, Committee on Appropriations, U.S. House of Representatives, May 13, 1992, Washington, D.C., Congressional Record: in press.
26. Woltring HJ, Derickson KL, Osterbauer PJ, Fuhr AW. Instantaneous helical axis estimation from video data for neck motility assessment of whiplash injury diagnosis. In: Abstracts of the 13th Annual Meeting of the International Society of Biomechanics, December 9-13, 1991, Perth, Australia, p.774.

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27. Fuhr AW, Osterbauer PJ. Presentation to the Panels on Leg Length Insufficiency and Short Lever Mechanical Force Manually Assisted Procedures. In: The Proceedings of the CA Chiropractic Foundation's Sixth Annual Pacific Consortium for Chiropractic Research Conference on Research and Education. Monterey, CA, June 21-23, 1991.
28. Osterbauer PJ, Fuhr AW, Hildebrandt RW. Instrument delivered short lever chiropractic adjusting: a review of principles and practice. In: The Proceedings of the Sixth Annual Conference on Research and Education, June 21-23, 1991, Monterey, CA, pp.372-90.
29. Fuhr AW. Hearings before a subcommittee of the Committee on Appropriations, House of Representatives; First Session; Subcommittee on the Departments of Labor, Health and Human Services, Education, and related agencies; Part 8B; Testimony of members of Congress and other interested individuals and organizations; 1991, pp. H2358-2368.
30. Winters JM, Osterbauer PJ, Peles JD, Derickson, KL, Fuhr AW, DeBoer KF. Three-dimensional head axis of rotation as a diagnostic tool for assessing neck function. In: The Proceedings of the Scientific Symposium of the World Federation of Chiropractic's World Chiropractic Congress, Toronto, Canada, May 4-5, 1991, pp. 14-1-14-2.
31. Osterbauer PJ, DeBoer KF, Fuhr AW, Derickson KL, Peles JD, Winters JM. 3-D head axis of rotation in whiplash injured patients treated chiropractically. In: The Proceedings of the Scientific Symposium of the World Federation of Chiropractic's World Chiropractic Congress, Toronto, Canada, May 4-5, 1991, p.57-1.
32. Fuhr AW, Osterbauer PJ. A clinical approach to the validation of Activator Methods Chiropractic Technique. In: The Proceedings of the FCER's Third Annual International Conference on Spinal Manipulation, Washington, D.C., April 12-13, 1991, p. 349.
33. Osterbauer PJ, DeVita T, Fuhr AW. Chiropractic treatment of chronic mechanical low back pain in a geriatric population: a practitioner-scientist protocol. In: The Proceedings of the FCER's Third Annual International Conference on Spinal Manipulation, Washington, D.C., April 12-13, 1991, p. 230-1.
34. Winters JM, Peles JD, Derickson KL, Osterbauer PJ, Fuhr AW. Head finite screw axis parameters during vertical, horizontal and oblique tracking movements: normal and injured subjects. In The Proceedings of the Fourth Annual Meeting of the American Society of Biomechanics, Miami, FL, November 15-16, 1990, pp. 119-20.
35. Winters JM, Peles JD, Derickson KL, Osterbauer PJ, Fuhr AW. Relations between neck muscle activity and screw axis parameters of the head. In: The Proceedings of the First World Congress of Biomechanics, San Diego, CA, August 3-September 4, 1990, p. 209.
36. Fuhr AW. Presentation to the Panel on Therapeutic Procedures. Consensus Conference on the Validation of Chiropractic Methods. Seattle, WA, March 3, 1990. Chiropractic Technique 1990; (Aug): p. 155-6.

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37. Fuhr AW. Hearings before a subcommittee of the Committee on Appropriations, House of Representatives; 101st Congress, 2nd Session; Subcommittee on the Departments of Labor, Health and Human Services, Education, and related agencies; Part 8A; testimony of members of Congress and other interested individuals and organizations; 1990; pp. H237-289.
38. Osterbauer PJ, Fuhr AW, Widmaier RS, DeBoer KF. Biomechanical and clinical assessment of patients with acute "whiplash" syndrome. Presented at the California Chiropractic Foundation's Fifth Annual Conference on Research and Education, Sacramento, CA, June 16-17,1990.
39. Osterbauer PJ, Fuhr AW, Widmaier RS, Petermann EA, DeBoer KF. Preliminary biomechanical and clinical assessment of patients with chronic sacroiliac syndrome. In: The Proceedings of the FCER's Second Annual Intl. Conf. on Spinal Manipulation. Washington, DC, May 12, 1990, pp. 403-4.
40. Richards GL, Thompson JS, Osterbauer PJ, Fuhr AW. Use of pre- and post-CT scans and clinical assessment to monitor low force chiropractic care of patients with sciatic neuropathy and lumbar herniation: a review of two cases. In: The Proceedings of the California Chiropractic Foundation's Fourth Annual Conference on Research and Education. Monterey, CA, July 1, 1989, pp. D4-1 through D4-4.
41. Youngquist MW, Fuhr AW, Osterbauer PJ. Interexaminer reliability of an upper cervical isolation test. In: The Proceedings of the FCER's First Annual International Conference of Spinal Manipulation. Washington, D.C., April 1, 1989:40-6.
42. Fuhr AW, Osterbauer PJ. A preliminary look at interexaminer reliability of prone leg lengths. In: The Proceedings of the FCER's First Annual International Conference of Spinal Manipulation. Washington, D.C., April 1, 1989, pp. 213-18.