



**FICS**<sup>TM</sup>  
INTERNATIONAL FEDERATION  
OF SPORTS CHIROPRACTIC

# March 2022 E-News







# FICS CHARITY - TODAY'S STUDENTS, TOMORROW'S SPORTS CHIROPRACTORS

[FICS.SPORT/CONTRIBUTE](https://www.fics.org.au/sport/contribute)

[CLICK HERE](#)

**MARCH 2022 HIGHLIGHTS**

- 03** Peace in Sport
- 04-05** President's Report
- 06 - 07** Secretary General Report
- 08** New Members Portal
- 09-11** Winter Olympics Special
- 14-20** Education Commission
  - 15** - ICSC content update
  - 16-17** - Seminars
  - 18** - Masterclasses
  - 19** - Scholarships ICSC
- 20** Scholarships Olympian's
- 21-23** Student Commission Report
- 25** FICS YouTube recordings
- 26** ISFC Commission Report
- 27** Appointments IF's Medical Commissions
- 28** ICSC Graduator's
- 29** Logan University Partner IvyTech
- 30** Logan Community Health Centre
- 33** Research Corner

Opinion - 23/02/2022 by [Joel Bouzou](#)

## "OLYMPIC ATHLETES IN BEIJING TOOK PEACE INTO THEIR OWN HANDS"



"I don't think I've ever felt such an Olympic spirit from athletes at any Games". This quote is from Thomas Barr. An expert on the subject, he won the gold medal in fencing in Montreal in 1976 and he has been a constant figure in the Olympic universe for almost half a century. As

**03**



**09**



**11**



**15**



**18**



**19**



**25**



**28**

## OLYMPIC ATHLETES IN BEIJING TOOK PEACE INTO THEIR OWN HANDS

# PEACE AND SPORT WATCH

Sports plays a strong part of our culture and FICS are proud to partner with International Sporting Federations to enable athletes to achieve their optimal performance naturally.

Opinion - 23/02/2022 by [Joël Bouzou](#)

### "OLYMPIC ATHLETES IN BEIJING TOOK PEACE INTO THEIR OWN HANDS"

*"I don't think I've ever felt such an Olympic spirit from athletes at any Games". This quote is from Thomas Bach. An expert on the subject, he won the gold medal in fencing in Montreal in 1976 and he has been a constant figure in the Olympic universe for almost half a century. As the current IOC President, he pronounced these words during a press conference three days before the end of the Beijing Games. No one in the room would of imagined contesting his statement(...)"*

[READ MORE](#)



**Joël Bouzou**  
Peace and Sport  
President and Founder



# PRESIDENT'S MESSAGE

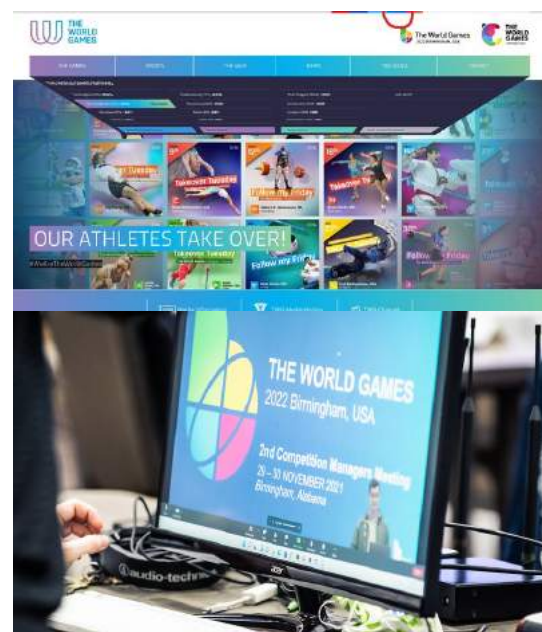
BY: BRADLEY SANDLER - PRES@FICSPORT.ORG

Sport has the power to inspire, unite people from diverse backgrounds, create hope and peace worldwide. As I reflect on FICS's mission, "Every athlete has access to sports chiropractic", I think about the challenges that many athletes are facing within their chosen sport to compete at the highest level. We extend our thoughts and prayers to all athletes and the broader community as the world faces ongoing challenges that continue to change how we live and compete at international sporting events.

FICS are excited about the upcoming World Games, held in Birmingham USA from 7-17 July. These games will host 36 sports across 14 venues. FICS will be sending a delegation of 52 doctors and support personnel to ensure the athletes, coaches, and team officials receive the best sports chiropractic care.

To get to this level, there is a lot of hard work, long hours, countless conversations, reports, and meetings, which many volunteers past and present undertake. Through world-renowned education, research, and a solid support base, modern-day Sports chiropractic plays a valuable addition to polyclinics at the international sporting level. This requires ongoing work to maintain our international education standard, research, volunteers within our commissions, administrative and executive support. It's so much more than just a game of sport. I want to take this moment to extend a special thank you to every single person involved with FICS, past and present, who has worked tirelessly in the background and at events to position FICS, to be invited into these conversations which enables us to present our service and capabilities to the International Sporting Federations.

The FICS Commission Chairs and their committee members have been working hard to set the goals for the coming three years. FICS have planned a face-to-face meeting in Barcelona, Spain, in August, and we are very much looking forward to getting everyone in the same room to discuss and set the strategic focus for the coming three years. FICS has used the last two years of lockdown wisely and are in a sound financial position to support future growth. FICS has enhanced our social media content and platforms, revamped our website interface to deliver greater members benefits, revamped our educational learning platform to provide cutting edge ongoing education, and worked hard on our membership and student involvement so that the fresh ideas and passion is continually funnelling into the organisation to allow us to move with the changing world.



## Continued ... President Message

During January and February, We hosted a range of top speakers on our social media live Chanel, which included our member's practice series and a backroom look into the working life of a sports chiropractor at the recent Olympics. We all live very busy lives as we balance our office with our family. Most of the time our passion comes last, however, please stay connected with FICS and when you are ready get involved. It is through your involvement that your voice can be heard and you can help shape the organisation for the current and next generations to follow.

Yours in Sports Chiropractic.

*Bradley Sandler*

*Great knowledge transfer and working together to build a strong sports chiropractic community around the world.*



*It is through your involvement that your voice can be heard and you can help shape the organisation for the current and next generations to follow.*





# SECRETARY GENERAL

BY: KEITH S. OVERLAND, DC

As 2022 moves into full swing, we are passing the two-year mark since the pandemics started. I wanted to take this moment to wish you all an abundance of health, wellness, peace and prosperity.

The FICS leadership and staff have stepped up to the plate in the last two years and updated many aspects of our operations and services with so much energy and passion. I hope, as members, you have seen and felt the energy and differences which these improvements have made to benefit and support you, our members. FICS is in a solid financial position and has done ok over the last two years. Due to the efforts of many, much of this success results from a significant update and modernisation of our administrative operational systems, which includes our financial practices, policies, membership benefits and our educational platform.

Our membership moving forward will be via the FICS website, which offers a searchable online directory, giving members access to their information to update. All membership certificates will be generated on the website and downloadable with their membership number. Members will have access to discount coupons for a masterclass and other promotional products. We aim to continue to build on these benefits over the coming year.

During this first quarter of 2022, FICS has been preparing for the World Games in Birmingham, Alabama, July 7-17, US. This will be the first major international sporting event since Covid began, and I know many of our members are super excited to get back to the athletes' face-to-face support. It has taken a lot of work; however, FICS is close to securing malpractice liability insurance for the doctors attending from outside of the US. We still have some hoops to jump through, however, we are confident this will be ready for the World Games.

Other notable work is seen within the FICS student commission, which has been building relationships with educational institutions and increasing the FICS sports clubs on campuses. The student mentorship program is a great initiative that has received a lot of enthusiasm.



***Our membership moving forward will be via the FICS website, which offers a searchable online directory, giving members access to their information to update.***

***Members will have access to discount coupons for a masterclass and other promotional products. We aim to continue to build on these benefits over the coming year.***

## Continued ... SecGen Message

We are passionate about assisting students and providing them with the opportunity to gain valuable assistance and support as they get ready to leave University and enter the workplace. If you are an interested mentor or mentee, this is an inspiring and gratifying program to consider. Reach out to our student commission for more information on how you can get involved.

When I began as Secretary-General, one area I noted that needed to be strengthened was FICS recognition within the chiropractic profession. It has been exciting to have been part of the growth of our reach, and the number of opportunities that are now available for chiropractors interesting in gaining experience in the world of sport. FICS needed more exposure to help spread our vital message and the work behind the scenes has seen an increased social media footprint, user friendly and professional website and greater members' benefits which has allowed us to spread the value of the profession into more corners of the globe.

Our Facebook lives shows, YouTube channel, and Instagram produces content connecting members to the greater world, and these platforms have seen massive growth in engagement. The social media platform has allowed us to bring you a wide range of content, from homeopathic approaches to sports health to tips on practice management.

Sharing personal experiences of our members at events like the recent interview we held from the athlete's village in Beijing to other FICS events, is providing a great awareness of the world and opportunities which are open to all sports chiropractors wanting to venture outside of their country boundaries.

It all starts with the International Certificate in Sports Chiropractic (ICSC), so get started and start enjoying the opportunities that this certificate opens for you.

Lastly, please visit our website and check in on the sponsor's pages. FICS are forming partnerships with some significant sports chiropractic companies that can support your practice. Many are offering special incentives for members to enable you to enjoy a discount and learn more about the benefits the sponsors can offer your patients and athletes you look after. Most recently, FICS signed a contract with Mueller Sports Medicine. Mueller offer a range of tape and other high-quality products you should check out!. Dynamic Tape, Erchonia Laser, ChiroCredit, Hyperice, Boiron, Chiro Up, and Thumper massager all provide great incentives, so visit the website for more information. Please support the sponsors who support your profession.

Thank you for your membership and support of FICS. I am looking forward to seeing sporting events from across the sporting world start up again. This will allow us to return to providing sports chiropractic care for athletes, enabling them to enhance their ability naturally.

Please feel free to reach out to me with any thoughts, comments or ideas at.

*Keith Overland*



**[email: secgen@ficsport.org](mailto:secgen@ficsport.org)**

# 2022 MEMBERS BENEFITS

BY: NAT AKMENS

MEMBERSHIP CHAIR, 2ND VICE PRESIDENT

On behalf of the FICS Family, welcome aboard for the coming 2022 year. As we start another year, I wish to take this opportunity of thanking you for being part of FICS and contributing to raising the profile of Sports Chiropractic on the world stage.

In 2019, FICS started the journey of a new Strategic Plan and Vision that is now very much in place. 2022 is the start of the next three-year strategic plan, which will continue to grow the advanced course selection for Sports Chiropractors education to stay current and the awareness of Sports Chiropractic on the global stage. FICS are driving more benefit towards our members and expanding on the resources available via the FICS website, the ICSC E-Learning platform, and social media channels.



There are big plans amongst all the commissions to continue developing more avenues of support and opportunity for all members to participate field-side in local, regional or international competitions. If you have not renewed your membership with your National Chiropractic Sports Council (NCSC) or a member of FICS reach out to us for information on how you can renew and start enjoying these benefits.

Please do not hesitate to send us your feedback on anything you would like to see from FICS during 2022 so we can review this as part of our goals for the coming year.

Yours in Sports Chiropractic,

A handwritten signature in black ink that reads "Nat Akmens". The signature is fluid and cursive.

## Members Mail

**Are you a member of FICS?  
Are you receiving our  
emails?**

**Check your junk mailbox  
and add our email to your  
safe list.**

**[admin@ficsport.org](mailto:admin@ficsport.org)**



# 2022 Winter Olympics Beijing

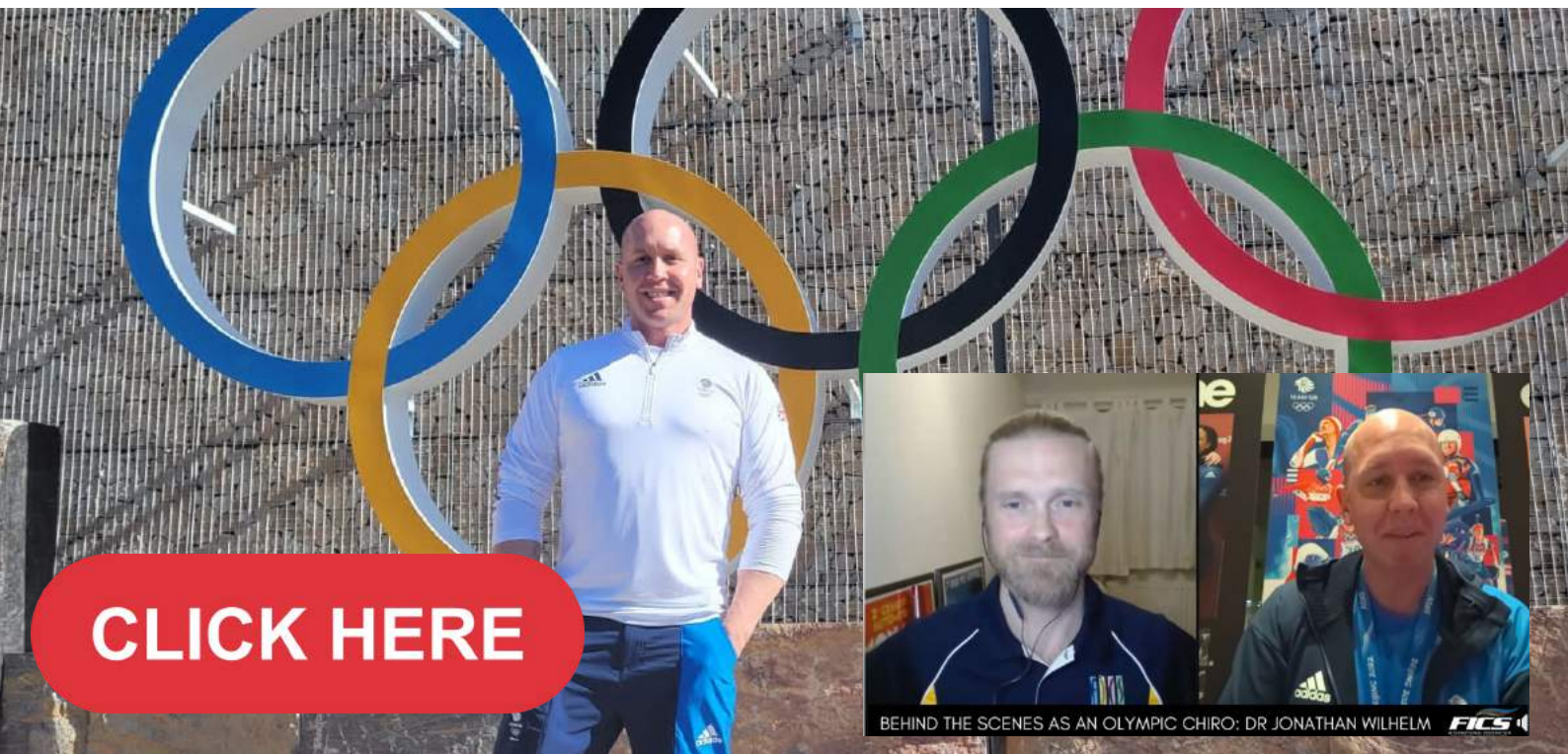
BY: Dr Jon Wilhelm

Were you watching the Winter Olympics Opening Ceremony?

Did you spot FICS Sports Chiropractor Dr Jonathan Wilhelm walking on with Team Great Britain?

In February we hosted a behind the scenes interview with Dr Wilhelm who video called in from the Beijing Winter Olympics to take a behind the scenes interview talking about what it is like working at the Olympics and supporting the athletes.

**Ever dreamed of working at an elite sporting event? Serving athletes at the most elite level? Click on the video below to watch this interview.**



*"Get involved, volunteer for FICS. First of all, go through the wonderful educational process that FICS has. Get Certified as an International sports chiropractic then begin working in your local community. Work your way up, volunteer at FICS events. I am here doing something really wonderful but I am not more special than anyone sitting at*

*home, I just decided to get out and do it and you can as well. There are so many good people out there on the sidelines. Come in the game, you can do it and FICS is a wonderful avenue for you to do that."*

*- Dr Wilhelm*



# 2022 Winter Olympics Beijing

In my early days as a sports chiropractor I never knew or even dreamed that #helpingathletesachieve could take me around the world, to share such a breathtaking event with these exceptional people.

*Dr Whilhem*

I am overwhelmed and genuinely grateful



[CLICK HERE](#)



# Yanqing, District of Beijing.

BY: Dr Renaud Xavier Dejean, DC



After a 26 hours trip, I discover the Beijing Olympic Village of Yanqing. It's quite cold but less than I supposed. It's my fourth participation at the Olympic games but it's always very high on emotions ( first time for winter games). It's a very special moment, I can feel honor, luckiness, responsibility. It's a dream come true, I invest a lot of time for many years to work with world-class athletes and Olympic teams. Now here I am, I have to give the very best of me, concentration, creativity, generosity, energy, professionalism, time, passion... Let's go!

Olympic villages are the best country in the world, it's a place where you can feel, and live the Olympic values. Solidarity, Inclusion, Equality, Peace, Respect. It should be nice to live this everywhere in the world. Unfortunately, we were very few Chiropractors, and a lot of teams really need the support of a chiropractor... What can we do to be more present at the Olympics?

Well, I don't think there's only one way to be part of a team, every team has its proper rules and criteria. So maybe the better way to be part of an Olympic team is to be at the top of the formation, to work at his best technically, socially... it could be that sometimes it will be necessary to work very generously ... (but everyone makes his proper compromises).

I can tell you that I make My ICCSD years ago in 2012 and I learned a lot of very nice and effective technics and tricks, for this I want to thank especially Drs Mike Murray, Larry Bell, Brian Nook, and John Mulholland.







# Charity

**[WWW.FICS.SPORT/CONTRIBUTE](http://WWW.FICS.SPORT/CONTRIBUTE)**

YOUR SUPPORT  
ASSISTS FICS IN  
PROVIDING:

**#1 Scholarships for  
chiropractic students**

**#2 Volunteer doctors at  
international sporting  
events**

**#3 Sports Chiropractic  
research**

Becoming involved means you share the vision that every athlete deserves access to sport chiropractic.

To set up a direct debit contribution every quarter please email

**[admin@ficsport.org](mailto:admin@ficsport.org)**

**» [DONATE NOW](#)**





# SPONSORS/PARTNERS

Sponsors are an integral part of FICS and provide the much-needed resources necessary to achieve our strategic goals. Without them, we would not be able to accomplish all the good that we do, so on behalf of our members, FICS would like to acknowledge the support of the following generous sponsors.



**ERCHONIA**  
*World Leaders in Low Level Laser Technology*



**LIFE.**  
University

**LOGAN**  
UNIVERSITY



## FICS - EDUCATION UPDATE

BY: DR CHRISTINE FOSS, EDUCATION COMMISSION CHAIR

At the inception of my appointment as Chair of the FICS education commission in January 2020, the education commission was challenged with a multitude of limiting factors to its overall sustainability. This would then also lead to our inability to thrive in a very quickly changing sporting and educational environment. In March of 2020, COVID 19 caused the complete stall of all our educational programs. Website inefficiencies, content quality and a lack of resources provided a very limited ability to guide the education commission through the pandemic.



It has always been my position that the hardest times provide the most opportunity. These times define us and, the mountains that we climb on the hardest days are those that provide the sweetest feelings of overwhelming success. It is with feeling that I write this FICS educational expansion and proposal for the 2022 year.

2021 forged a giant step forward for the FICS education commission. We have updated the website with a fresh new, user-friendly, responsive, and interactive platform. This platform features new content for 6 of the 10 ICSC modules, a number of industry trend-setting Masterclasses that are all provided on-demand in an asynchronous format to doctors globally. This platform also was developed to accept live time payment and online access to courses in order to maximize efficiency to doctors that are interested in the necessary and very important journey of continuing education in the field of sports chiropractic. The Education Commission also frontiered the genesis of hybrid hands-on modules. This is the presentation of the 20 hours of the hands-on module in a format that allows more efficient use of the learners' time. 10 hours of the hands-on module are now provided in an asynchronous format which is opened to the learner 30 days prior to the live 10-hour course. This format not only allows less time lost from work for the learner but also decreases costs for both the learner and FICS in instructor hotels and travel expenses. This format was tested, improved, and successfully implemented to hands-on modules provided in several countries in 2021.

The overarching goal of FICS being the global industry leader in the education of Sports Chiropractic is attainable. This step-wise and intensely premeditated journey will require the dedication and commitment to excellence that FICS can provide. Our global reach is unique, and the education of our members will continue to walk us toward this goal. 2022 will continue this journey and lead us in the direction of outstanding educational content and experiences for our members, those interested in a sports chiropractic specialization and future sports chiropractors.

Lastly, I want to thank each of the EMT members for their overwhelming support and responsiveness over the last two years of my appointment as the Chair of the Education Commission. In addition, I would like to especially thank Trish for all her astonishing magic, hard work and dedication to the ongoing tasks we set for the education commission. She is an invaluable resource. It really is a passion and pleasure to work with each of you as we navigate the tasks of elevating our profession in some way.



## FICS - EDUCATION UPDATE - ICSC content update

**ICSC 03 - Diagnostic Imaging Module** the latest in imaging. Through research, we improve the diagnosis and management of concussive episodes and it is important that all chiropractors treating athletes keep up-to-date with the latest assessment within this field. This is a 9-hour program and is available for students in the ICSC online learning under ICSC03.

Dr Warshel has been with Northeast College of Health Sciences (formerly NYCC) since 2008. After graduating from Western States Chiropractic College (now UWS), he subsequently completed their 3-year residency in Diagnostic Imaging and passed the rigorous credentialing exam to earn the designation of DACBR. After 7 years of a combined clinical and radiology practice in central California, Dr Warshel made the transition into chiropractic education, finding a home at Northeast College, USA. His roles are teaching the chiropractic students imaging interpretation; Director of Northeast College's Master in Diagnostic Imaging residency program helping to educate the next generation of chiropractic radiologists and, maintaining a diagnostic imaging interpretation practice reading radiographs, MRI, and CT.



Dr Chad Warshel



**This class can also be purchased separately as a Masterclass. Click here for Masterclasses**

**ICSC 04 - Module Emergency Procedures.** We have recently added Exertional Rhabdomyolysis to this module. This 8 hour section is offered separately as a Masterclass. We are working on the inclusion of Hypertrophic Cardiomyopathy and additional topics which will see an additional 4-6 hours of content added.



Dr Andy Klein

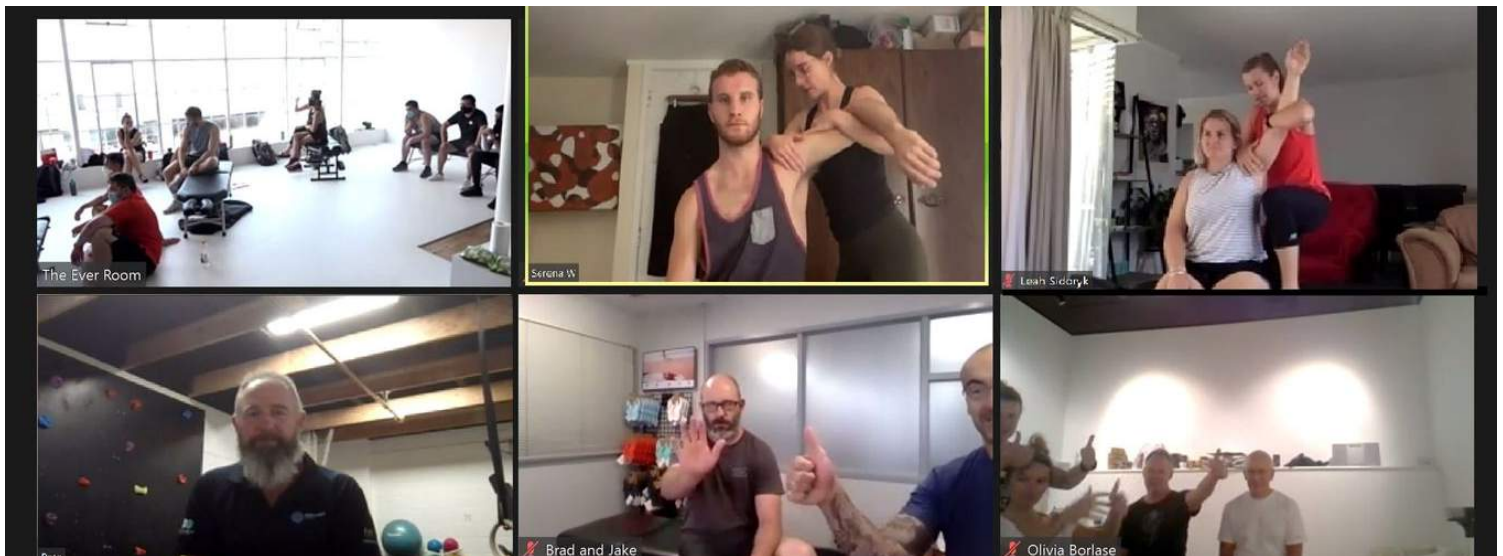
**ICSC 08 - New Exercise Physiology module.** Dr. Andy Klein received a BA in Physical Education from Lehman College in 1981, and an MS Ed. in Exercise Physiology from Queens College in 1983. He received his chiropractic degree from New York Chiropractic College in 1987. He is certified as a Strength and Conditioning Specialist, and a Tactical Strength and Conditioning Facilitator by the National Strength and Conditioning Association. This update is due by the end of March and will be available in the FICS shop under ICSC08.

**ICSC 09 - Module Cultural Diversity in Sport** - this module is currently being written and will provide roughly 10 hours of education in the new and ever-developing changes in tolerance, diversity, and cultural trends in the sport. We are super excited about this project as it will be a unique global encompassing look at sport and cultural tolerances. We are working with the research commission on this project to publish an article on our research findings.

## FICS - EDUCATION UPDATE - ICSC Seminars

The hands-on live class is currently developing the rehabilitation section of the class to be offered with the Lower Extremity module. In this way, soft tissue technique is not taught both in the Upper and Lower classes. It is important that each time a student pays for a class they have a unique experience that improves their skills and critical thinking like a sports chiropractor.

The addition of Advanced taping and rehabilitation of the athlete has been added to the theory section of the hands-on module. This will provide a unique and additional perspective on taping the athlete for play and recovery. The rehab theory will provide the registrant with a brief beginning into the rehabilitation process of sporting injuries.



**NZ March 2022** - Instructors virtually P Garbutt, N Sharpe, C Foss. In-person K Vincent, R Moore, N Patel



**Bottom Right:**

Alabama Upper Extremity March 2022.

Instructor Dr Tim Stark far right.



**Top left:** Sweden Upper Extremity March 2022

**Top left:** Instructor Dr Martin Isaksson

**Bottom left:** Dr Brian Nook





## FICS - EDUCATION UPDATE - ICSC Instructors

Our Train the Trainer program which was established in 2021 will continue to improve and grow. In 2022, the goal is to train as many instructors as feasible in the new content, scope, and sequence of the hands-on modules. It is very important that the ICSC certificate holders all have a standard of education that is identifiable and branded for FICS. This comes with a curriculum that is taught with a preset standard and scope of the content.

Once trained, the aim is to have qualified instructors in each region of the globe that can produce quality FICS ICSC certificate holders. When a FICS ICSC certificate volunteers to work a sporting event, we need to know that can perform on the field with professionalism, quality, and skill that brands FICS as a leader in sports chiropractic.

This is the importance of this post chiropractic qualification.

As the leaders in Sports Chiropractic FICS strive to provide equitable access to sports chiropractic care, education, mentoring and research to all athletes and sports chiropractors regionally, nationally and internationally. FICS international instructor pool draws some of the best instructors in their field from over seven different countries.

[ICSC INSTRUCTORS - CLICK HERE](#)



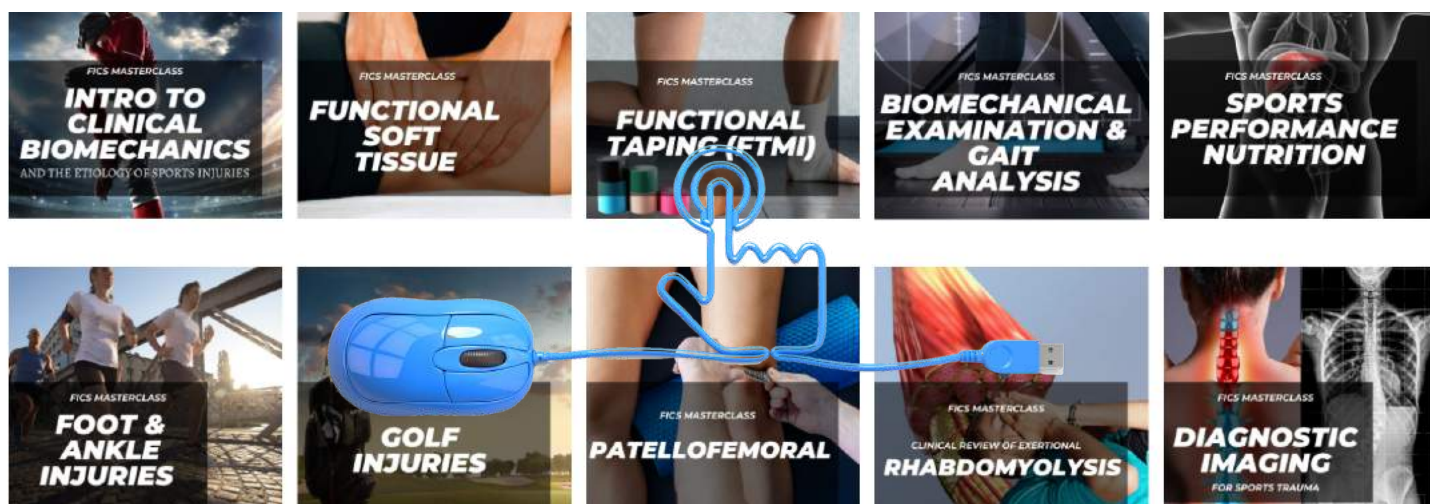
FICS are coming to a location near you. Keep an eye on the website for more seminars in the coming month.



## FICS - EDUCATION UPDATE - Masterclasses

The Masterclass series was launched in January 2022 with the goal to reengage current ICSC holders, current members, or local doctors. This aspect of education is a great way to provide small bites of cutting-edge knowledge to those doctors interested. The Masterclasses are typically a 2-hour specialization course.

FICS has engaged some of the best doctors in their field to record a class that will provide our members and non-members the ability to expand their learning with some of the world's leading sports chiropractors as they share their stories, skills, shortcuts, failures, and successes. Grow and keep In touch with the community. Check out the great Masterclasses on offer and continue learning.



## FICS Student Club Instructor Bureau

This project commenced in earlier 2022 with several FICS instructors offering to lecture to FICS student clubs globally via Live webinars or live classrooms if local for the instructor. Each instructor has provided a topic of choice. In this way, the student clubs can set the annual speaker schedule in a timely manner and have an engaged student population not only in FICS but the specialization of sports chiropractic. Working with the FICS Student Commission will allow this project to grow more in the coming year.

This project will also provide guidance to students in the educational journey of sports chiropractic. As they reach the last year of study of the chiropractic education process a student can begin the ICSC certification process. This is the concept in providing the ICSC instructors to the student commissions as speakers and making the first connection with the idea of ICSC certification. We are supporting the students getting ready to enter the world after University and creating networks to get themselves established.



## FICS - EDUCATION UPDATE - ICSC Graduates

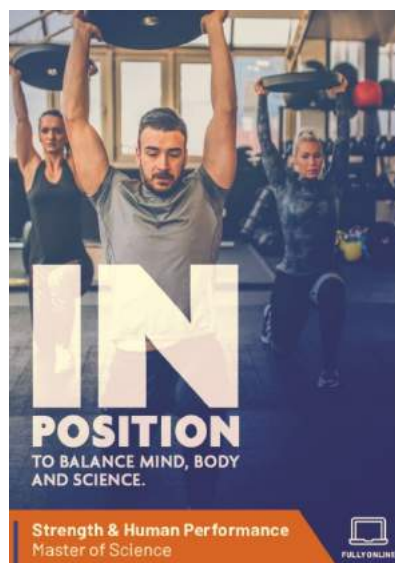
The overarching goal of FICS being the global industry leader in the education of Sports Chiropractic is attainable. This step-wise and intensely premeditated journey will require the dedication and commitment to excellence that FICS can provide. Our global reach is unique, and the education of our members will continue to walk us toward this goal.

2022 will continue this journey and lead us in the direction of outstanding educational content and experiences for our members, those interested in a sports chiropractic specialization and future sports chiropractors.

Congratulations to Drs Chris Harris US and Kylie Vincent NZ for their successful application for the 2022 Master of Science in Strength and Human Performance scholarship with Parker University. Thank you to all members who applied; we received many highly deserving and well-qualified applications for this scholarship, making it an incredibly challenging task for the judging panel to decide.

Congratulations from the #FICS Family and thank you to #ParkerUniversity for providing these opportunities.

Watch this space as we work with our Educational Institution partners to bring more opportunities FICS ICSC graduates.



SCHOLARSHIP

*Dr Christine Foss*

[Read more about ICSC](#)

[Meet the ICSC Instructor Team](#)

[Upcoming Seminars](#)



# Olympian Scholarship Program

*In the spirit of the Olympic Movement*



[fics.sport/scholarship-world-olympian/](https://fics.sport/scholarship-world-olympian/)



In partnership with ten Educational Institutions across USA, Canada & UK, FICS are honored to support education for Olympians through this Scholarship Program



# FICS STUDENT UPDATE

BY: DR BRONWYN HUNT, STUDENT COMMISSION INTERM CHAIR

## Want to make a difference for Chiropractic Students around the world?

We're on the lookout for more amazing, enthusiastic volunteers for the FICS Student Commission! We need your help with upcoming exciting projects and FICS Student Clubs (FSCs), specifically Liaisons for Australasia and Central/ South America, and/ or for non-English speaking FSCs. Chiropractors and students are welcome to join! Happy to give more details on requirements and expectations. If you are interested in joining our team, please reach out!

We'd love to hear from you. Email us: [student@ficsport.org](mailto:student@ficsport.org)

## FICS Scholarships and Emerging Student Award

On Jan 25th Dr Gillian Johnston, the FICS Scholarship Chair did an awesome Facebook Live with the current FICS Scholarship recipients, Dean Hottum at Life University, Amy Carter at Anglo-European College of Chiropractic, Muhammed Yaseen Tagari at the University of Johannesburg, Kong Hong Liang at International Medical University Malaysia, and Jan Enslin at the Durban University of Technology. It went really well and updated us with how the recipients are doing and how they have spent or are spending their prizes. Check out our FICS Facebook page for the recording!



***Thank you again to the amazing scholarship donors for your generosity; you truly have changed these standout students' lives!***

To chiropractic students interested in the next round of FICS Scholarships and Emerging Student Award, you can already start drafting your application since our judging criteria is on the FICS website. Tons of time to hone your entry because we accept applications from September 1st to October 31st annually! For more information, please check out our website under the tab "Scholarships" <https://fics.sport/student-scholarships/>

## WIOC FSC - Our highlighted FSC for March E-News

Did you know that last year WIOC won our FSC of the year? Leadership from Louisa Conradi has been inspirational. One of our wonderful Student Commission Members and WIOC graduate, Dr Sam Tiley will interview this amazing FSC soon. Stay tuned to hear about how they are thriving!

## FICS Mentoring Program

Did you know that FICS Mentors can achieve a higher tiering score when they apply to volunteer with FICS at international events? Still time to apply for this year!

Have you seen some of our FICS Mentors recently featured on FICS social media channels? Thank you to Drs Brian Nook, Melissa MacDonald, LaKia Brown and Mika Janhunen, and all FICS Mentors helping Chiropractic Students interested in Sports Chiropractic!

We are extremely looking forward to launching our 2nd year of the FICS Mentoring Program soon! Thanks to everyone who is already returning to Mentor, and for those who have just sent in their applications and are new to this fantastic opportunity! If you haven't sent in your expression of interest application, here's a friendly reminder that the deadline is March 30th.

The FICS Mentoring Program connects international Sports Chiropractors to final year chiropractic students and recent grads from all over the world. It takes about a month or so to select and place the best Mentee with a Mentor. As this program is worldwide, there is an application process, and we cannot promise placement for everyone. Still, we do our best to accommodate anyone who applies.

This is a massive opportunity for networking, getting potential placements working with athletes and job offers, etc! The program runs from April to the end of October. Happy to give more details - reach out to us, and please check out our FICS website.



“ The mentoring program was an amazing experience which allowed me to expand my knowledge of Sports Chiropractic, build my network and support me through my final year of University. This support is priceless and is an incredible opportunity that any Chiropractic student should take up! “

**Dr Samuel Tiley**



## International Connections with the World Congress of Chiropractic Students (WCCS)

With COVID restrictions, there have been online platforms and sports chiropractic presentations for fellow chiropractic students from WCCS and many of the FICS Student Clubs. Thank you to WCCS President and Welsh Institute Of Chiropractic (WIOC) FSC President Louisa Conradi for all her efforts to keep chiropractic students connected to sports chiropractic through these channels! Stay up to date with WCCS on Facebook:

<https://www.facebook.com/WCCSchiro/>

## Start a FICS Student Club (FSC)

Awesome benefits! Starting an FSC is maybe more accessible than you think. Connect with us to find out more. The FICS Student Commission now has a central point of contact, so please reach out to us with any ideas or support you would like.



**EMAIL: [student@ficsport.org](mailto:student@ficsport.org)**

To connect with us please email the FICS Student Commission central email address. Thank you for your continued consideration for our future Sports Chiropractors.

### FICS Student Commission members consist of:

Dr Bronwyn Hunt, Interim Chair

Dr Kelsi Holz

Dr Kaila Alvarez

Dr Sam Tiley

Dr Devon Ackroyd

Ms Louisa Conradi

Kong Hong Liang (2022 Scholarship holder)

*Bronwyn Hunt*

**LIFE**<sup>®</sup>  
University

LIFE.edu

**Expand Your Horizons with a  
Graduate Degree from LIFE**

D.C. Doctor of Chiropractic

M.A.T. Athletic Training

M.S. Clinical Nutrition

M.S. Positive Psychology *(2 online tracks)*

M.S. Sport Health Science

# WHY Life U for Chiropractic?



**Life University FICS students Club**

**Contact us**

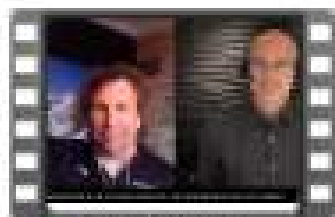
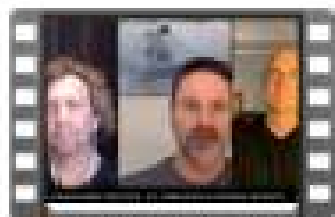
**[dean.hottum@student.life.edu](mailto:dean.hottum@student.life.edu)**





FICS GOES LIVE EACH WEEK ON FACEBOOK,  
WITH NEW GUESTS EVERY WEEK FROM ACROSS THE  
SPORTS CHIROPRACTIC COMMUNITY.

DID YOU MISS THE GREAT "BUILD YOUR  
PRACTICE" SERIES WE HOSTED IN JANUARY 2022?

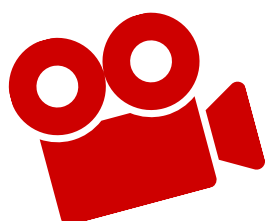


1\_LAUNCH a  
Remarkable  
Chiropractic  
Practice

2\_BUILD a  
Remarkable  
Practice

3. How to  
SCALE Your  
Practice and  
Grow Your ...

4. EXITING a  
Remarkable  
Practice



[Subscribe to the FICS YouTube channel to  
watch all of the recordings](#)

Follow FICS on Facebook

# FICS ISFC Commission

**By: Simon Lawson - Chair**

Over the past two years, sports has and continues to experience great challenges. With the slow and still uncertain return to sports across the world, many sports are still trying to catch up on the losses which they have experienced due to cancelled events. The challenge for the FICS International Sporting Federation Commission (ISFC) will be to strike the balance of successfully servicing our loyal International Sporting Federations whilst expanding our reach to a few new Federations.



There is still much uncertainty as to whether events will proceed or not and even if they do, the concern over whether travel will be permissible or even possible still hangs in the air? So, with this in mind, the ISFC's realistic objectives for 2022 will be to continue to work on the successful delivery of TWG'22 policy, further promote and develop succession planning within our ranks, rekindling current sporting relations and the projection of engaging and signing up five new partnerships with international sporting federation members.

The Commission has been working with our SecGen in trying to secure and implement a MedMal cover policy for FICS members travelling to foreign countries to treat athletes. This has proven quite the challenge in many ways and something which we have been actively working on for more than two years. We are hopefully securing a policy for The World Games, in Alabama which will cover doctors from outside of the US whilst working at the games. This is a positive start and we hope this first step will provide us with some leverage for future conversations with insurance brokers.

We have a working committee that has put forward a contractual submission for the 2023 PanAm Games. There is still a lot of work to do in these discussions however we are hoping we will have everything in place to participate in these regional games.

The upcoming World Games in Alabama will be an important event for FICS as we showcase the best of Sports Chiropractic. A lot of hard work in the years before and the lead up to an event like this and I would like to thank everyone involved with FICS, for working in the background to prepare our team. Four chiropractic students have been invited to attend to assist with the research, which will for the first time ever be electronically recorded. The data we have selected for the unidentified data set (research side) will meet the required international standards, and provide FICS with greater accuracy.





## International Sporting Federation Commission report continues...

*FICS are proud and excited to be invited onto several International Sports Federation Medical Committees. This is an excellent example of how FICS is supporting its members with further involvement in the world of sport. We are looking forward to contributing to the medical care of their athletes.*

### International World Games Association (IWGA)

Volker Bernardi, an IWGA Executive member, invited FICS through discussions with Dr Nook, to be part of the new organisational structure of the IWGA medical. The new system will consist of 5 committees that will report directly to the IWGA Executive. Dr Nook has been officially confirmed as part of the IWGA medical committee with several other members. The other members are from International Federations within the IWGA.

Additionally, FICS was invited to appoint its member, Dr Freya Morgan to the IWGA Non-analytical panel committee. The networking and hard work of our members at these games is the impetus for the inclusion of these members into the IWGA and other medical commissions. Continued work like this will help to facilitate further integration into the world of sport.

**US Cheer:** Dr Jeff Dugas, Head of medical for BOC WG 2022, invited FICS to join the medical commission of the USA Cheer. Congratulations to Dr Shea Stark, immediate past president of the ACASC and current FICS North American Regional Representative on her appointment to USA Cheer Medical Commission.

# Congratulations!

*Dr Brian Nook*



*Dr Freya Moran*



*Dr Shea Stark*



## FICS GAMES TIERING SYSTEM

Be prepared and ready to submit your interest the minute you see the games posted: **ACTION:** Read and become familiar with the FICS tiering, selection, and application process. We look forward to seeing at events during 2022.





**NEW ICSC GRADUATES  
JANUARY - MARCH 2022**

## *Congratulations*

David Tan - Australia  
Floreani Adam - Australia  
Nathan Akmens - Australia  
Dana Poeta - Canada  
Robert Blake - Canada  
Lotte Langhoff - Denmark  
Kalogeropoulos Nikos - Greece  
Haresh Patel - New Zealand  
Bradley Sandler - South Africa  
Christopher Wood - UK  
René Fejer - UK  
Wendy Mehaffey - United States  
Jaime Ayunso - United States  
Bryanna Esquivel - United States  
Corinne Alexander - United States  
Ben Bumguardner - United States  
Heather Baker - United States  
Scoville Zachary - United States  
Bryan Henslin - United States  
Matthew Meyers - United States  
Robert Blake Graham - United States  
Keith Schaller - United States  
Parker Neill - United States  
Devin Eernisse - United States  
Nick Nowicki - United States  
Anne Sorrentino - United States  
Maggie Tobin - United States

**What's your dream event  
to work at?  
The Olympics?  
The World Games?**

**Becoming FICS ICSC  
certified is your first step  
to making it happen.**

**EXPEDITED PROCESS:** If you hold a recognised postdoctoral degree you can undertake the Upper Extremity Live Hands-on Module Course and Module ICSC10 (International Sports Chiropractic) to qualify for the ICSC.



Left to right - Dr Robert Moore, FICS Instructor presents Dr Haresh Patel with his International Certificate in Sports Chiropractic at the completion of the Upper Extremity Seminar, NZ March 2022



# Logan University Partners with Ivy Tech Community College

Contact Maggie Toigo - email: [maggie@commongroundpr.com](mailto:maggie@commongroundpr.com)

To learn more, visit [www.logan.edu](http://www.logan.edu)



(ST. LOUIS – January 19, 2022) – Logan University has partnered with Ivy Tech Community College in Indiana on an articulation agreement that establishes a 2+2 dual-degree between the two institutions.

The program makes it possible for qualified students to earn both an Associate of Science degree in Biology from Ivy Tech and a Bachelor of Science in Human Biology from Logan's College of Health Sciences seamlessly in four years. Logan's nationally recognized Human Biology degree prepares students for a rewarding career in the health care or science workforce or to enter a graduate program in chiropractic, medicine, osteopathy, podiatry, pharmacy, optometry or dentistry.

"This agreement with Ivy Tech is extremely beneficial for students looking to start their education at a community college then transfer to a well-regarded health sciences university like Logan," Logan President Clay McDonald, DC, MBA, JD said. "On average, transfer students from community colleges lose about 40% of their credits,

which can set their path to graduation back by over a year. This 2+2 agreement ensures that students graduate on time with two highly-sought after degrees."

"We are very excited to partner with Logan University to offer more in-demand career opportunities to our graduates," said Ivy Tech Community College President Sue Ellspermann. "Agreements like these are pertinent to the success our students go on to achieve after their time at Ivy Tech."

Under the provisions of this 2+2 program, qualified students must successfully complete 60 hours of required coursework in Ivy Tech's associate of science degree program and will then be eligible for admission into the Bachelor of Science in Human Biology program at Logan University. Ivy Tech students are eligible for admission with junior standing to Logan University provided the student has submitted a complete application for admission to Logan, has earned a grade of "C" or better in all courses, and has a 2.0 or higher grade point average on a 4 point scale.



*Ivy Tech Community College is Indiana's largest public postsecondary institution and the nation's largest singly accredited statewide community college system, accredited by the Higher Learning Commission. Ivy Tech has campuses throughout Indiana and serves thousands of students annually online. It serves as the state's engine of workforce development, offering associate degree and short-term certificate programs, and training that align to the needs of the community. The College also offers courses and associate degree programs that seamlessly transfer to other colleges and universities in Indiana, as well as out of state, for a quality, affordable route to a bachelor's degree. Learn more at [www.ivytech.edu](http://www.ivytech.edu).*

# Logan University Addressing Chronic Pain: Integrating Physical Function Services into Community Health Centers



Logan University

[To learn more, visit www.logan.edu](http://www.logan.edu)

Research has shown that chronic pain disproportionately affects low-income adults, women and adults over 65 years old. As chronic pain may affect one's biological, psychological, social and economic state of being, its impact is widespread throughout entire communities. The Saint Louis Regional Health Commission (RHC) is fighting back against this public health epidemic, and Logan clinicians have aided their efforts.

"Addressing Chronic Pain: Integrating Physical Function Services into Community Health Centers" provides a blueprint for community health centers to implement physical function services. These services include treatment therapies such as chiropractic care, occupational therapy and physical therapy that improve healthy moving and functioning and are effective in the management of chronic pain.

"We know the importance of providing evidence-based, non-pharmacological treatments for chronic musculoskeletal pain, and we felt the intentional inclusion of all disciplines by the RHC in their chronic pain initiative was the perfect way to do that," said Director of Health Policy and Interdisciplinary Care Patrick Battaglia, DC ('12), DACBR

---

You can find the full white paper at the hyperlink below.

[LINK TO PAPER](#)

Reach out to us if you have any questions or if you're interested in talking to the Logan clinicians who had a hand in this project

---

*The RHC is a network of individuals and organizations with the responsibility and commitment to improve health care access, health outcomes, and health equity in St. Louis City and County. The RHC was formed out of the necessity to preserve health care access to the safety-net population in response to the closure of the last remaining public hospital in St. Louis in 2001.*





# Thank you to our Educational Institutions Sponsors



Life University Students receive the attention that enables them to be successful in their journey. Many of our online faculty teach courses here at our campus in Marietta, Georgia. All of our faculty are highly trained and passionate about helping you succeed. Whether it's at your place or ours, we are partners together on this journey!

<https://www.life.edu/>



## More Than a Career. It's a Calling.

Become a confident leader in the dynamic, rewarding field of natural health care. At Logan University, you'll develop the knowledge and skills to make an immediate impact on your community's health



Logan University is proud to welcome three new members to its Board of Trustees: (top to bottom) Kathy Boulet, DC ('89), DAAPM, FIACA, CCAC; Christine Goertz, DC, PhD; and Tara McConkey, CFA.

"Kathy, Christine and Tara bring years of experience and expertise in chiropractic care, research, integrative health, financial planning and executive leadership to our Board of Trustees. I am pleased to welcome them as trusted advisors as Logan University continues to look toward the future," said Clay McDonald, DC ('82), MBA, JD, president of Logan University.

'The prehab and rehab revolution',  
Re-programme yourself!

- True Laser
- Callimated
- Unidirectional
- Monochromatic



# THIS IS THE FUTURE,

we have a duty to make sure we aren't left in the past!



*"keep evolving what you do and what you offer or run the risk of being left behind."*

- Dr. Robert Silverman

DC, DACBN, DCBCN, MS, CCN, CNS, CSCS, CIISN, CKTP, CES, HKC, FAKTR  
Chiropractic Doctor, Clinical Nutritionist, ACA Sports Council Chiropractor of the year 2015,  
author of Amazon #bestseller, 'Inside-Out Health'

## The World's Most Advanced non thermal 'true' lasers!

The Erchonia Lasers are just the tool to help you win your fight against pain and return you back to full fitness quicker!  
Backed by nearly 2 decades of research

- Acute Pain • Chronic Pain
- Inflammation • 18 US FDA clearances

**Join the Erchonia revolution, be leaders in your field**

Ph: +44 (0) 1491 821 135 | Email: [info@erchoniaeurope.com](mailto:info@erchoniaeurope.com)



©2019 US PAT 6,013,096; US PAT 6,746,473 For additional US and International patents and patent pending information

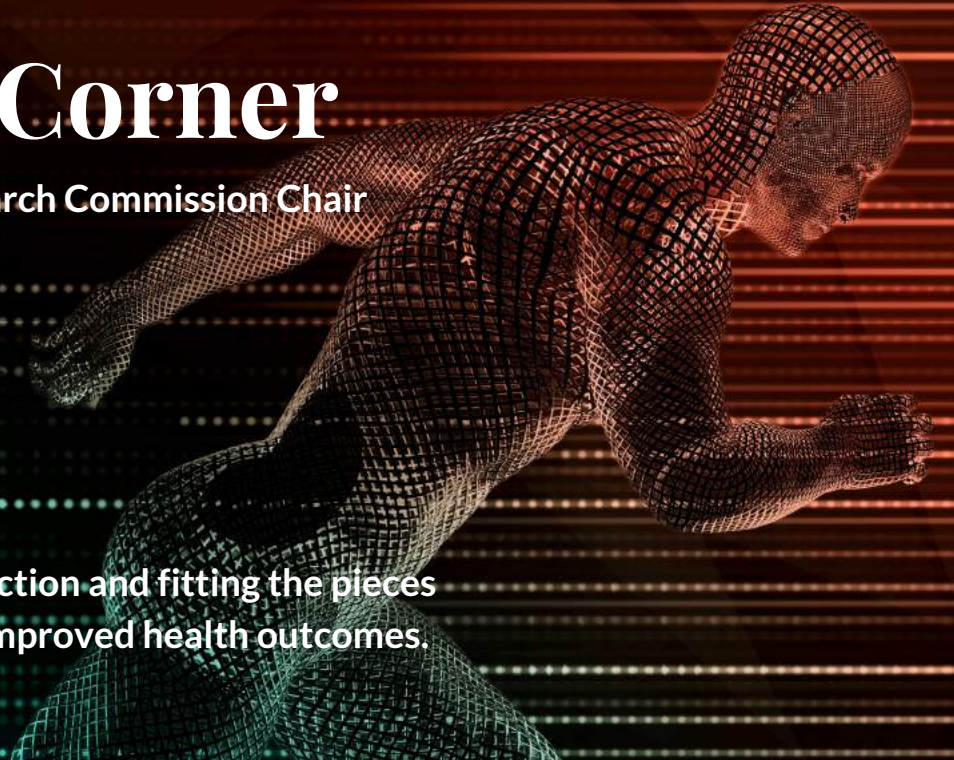


# Research Corner

By: Dr Henry Pollard, Research Commission Chair



making connection and fitting the pieces together for improved health outcomes.



The FICS Research Commission focus for the coming year are:

1. Set up research/publication prizes for ACC/RAC WFC
2. Set up two \$2-5K research grants for seed funding of Sports Chiropractic research that supports FICS goals.
3. Contribute to the FICS strategic plan for the next 3 years to ensure research is prominently placed to support the ongoing growth of sports chiropractic our educational content.
4. Continue to develop the website (projects, publications, people, communications)
5. Find free or nominal cost research training infrastructure for FICS docs and the ICSC.



On the FICS website, we have a research page dedicated to resources for you to stay up-to-date.

<https://fics.sport/research/>

1. Find information on research collaborations with FICS
2. Links to peer-reviewed journals
3. Suggested reading list of papers that relate to sports chiropractic
4. The tutorial takes you through how to write a case report and what researchers are looking for in a PhD student.
5. We have our recommended reading corner where our research commission review the outcomes of some of the research which relates to sports chiropractic and clinical outcomes.

Our webpage for research is ever-changing as we continue to build on the tools available. We are currently working on a added a public resource page.



## NEW EXCLUSIVE BENEFITS FOR FICS MEMBERS

Hyperice designs cutting-edge fitness and sports medicine technology that accelerates recovery, enhances muscle performance, reduces pain and soreness, and enhances range of motion. Their products combine science and physiology to meet the expectations of the world's best. Hyperice technology encompasses vibration, percussion, dynamic air compression, and thermal devices that are patented and proven to help improve patient outcomes, increase retention, and drive new revenues within your clinic.

For more information or to request a free demo kit from Hyperice reach out to them and reference the FICS.



Email: [Rehab@hyperice.com](mailto:Rehab@hyperice.com)





**thumper<sup>®</sup>**  
**LITHIUM** **2**

**dual head professional  
cordless massager**

**save 15% with code 'FICS21'**

**To purchase, contact us at  
[orderdesk@thumpermassager.com](mailto:orderdesk@thumpermassager.com)**



# See you in Alabama 7-14 July 2022



FICS March E-News 2022