

ROAD TO



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

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JUNE 2022 HIGHLIGHTS

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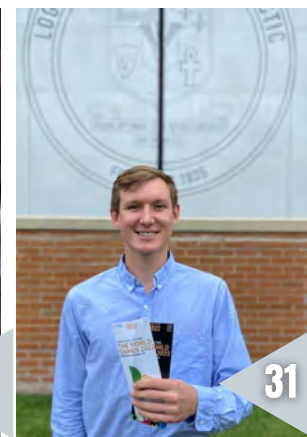
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PRESIDENT'S MESSAGE

BY: BRADLEY SANDLER - PRES@FICSPORT.ORG

Dear all, as I write this quarter President update, I reflect on the coming months ahead of where FICS will be attending the World Games, Alabama Birmingham and then meeting in Spain for a face-to-face meeting with all our Executive, NCSC Presidents and Commission Chairs. Both of these events play an essential part in the future of FICS as we build our strategic plan for the coming three years.



I recently had the pleasure of attending two virtual GAISFS meetings and their AGM. There are changes in how GAISF will continue to operate past 2022, and FICS is looking forward to staying part of the process, allowing us to continue supporting athletes at elite-level international events. I have just returned from the ECU2022 convention in Utrecht, Netherlands, where FICS presented a workshop on Portable Drop Pieces for Lower Extremity Manipulation. Returning to face-to-face seminars and meetings allowed us to connect with and strengthen our support with the ECU and WFC. I was grateful for the opportunity to also connect with many past colleagues.

WFC is the global representative of Chiropractic, and FICS is the representative of Sports Chiropractic. We continue to work together to promote the importance and role of Chiropractic on the World stage.

As we enter the third year of the COVID-19 pandemic, we are slowly learning to adjust to the new normal. It has been tough on many of our members, the athletes, our friends and colleagues and whilst we are not entirely back to normal, it is excellent to see International sporting events starting to open up. The challenge now is the services trying to fill the demand, and whilst it can seem difficult to see the light at the end of the tunnel, we will soldier on. I welcome the opportunities to get our sports chiropractic doctors back in front of the athletes to keep them achieving their optimal performance naturally.

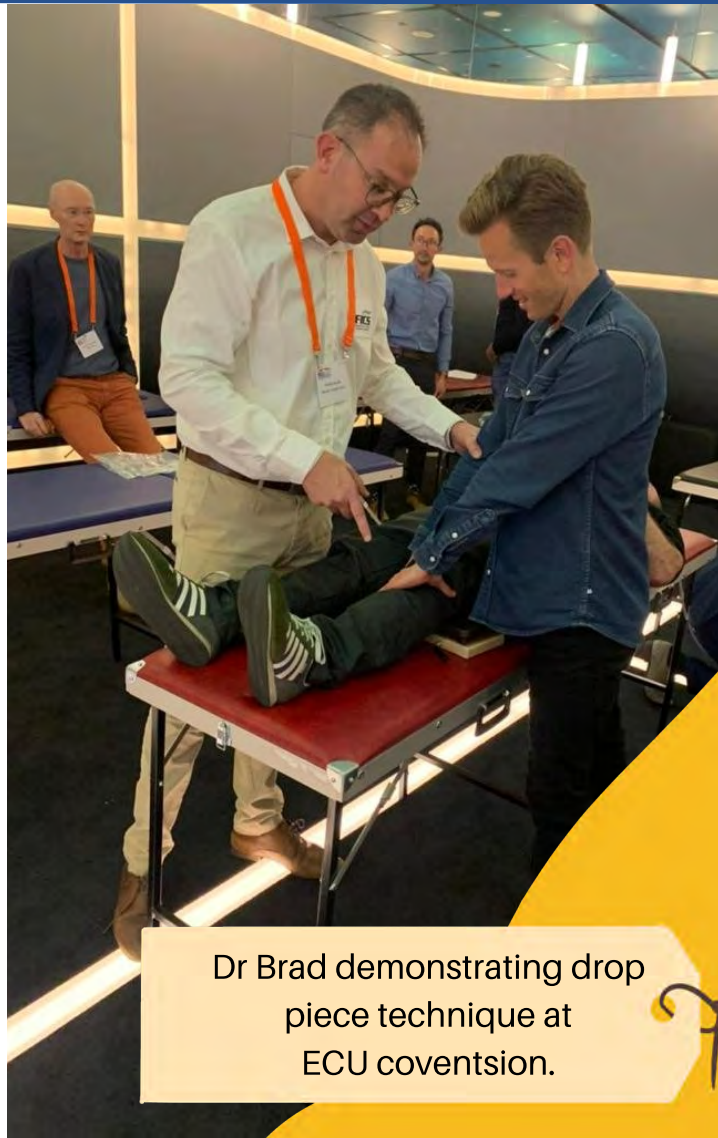
I look forward to the World Games from 7-17 July 2022.

Bradley Sandler

CONTINUED ON NEXT PAGE ...



Dr Bradley Sandler with Dr John Downes Life University



Dr Brad demonstrating drop piece technique at ECU coventions.



Dr Bradley Sandler with Dr Stephen Perle

SECRETARY GENERAL

BY: KEITH S. OVERLAND, DC

Since I began as the Secretary-General of FICS, I've been looking forward to the time during which we were busily preparing to send our doctors to provide care at sporting events around the globe. I am happy to report to our membership we are now there.

As I write this message to you, our team led by Dr Brian Nook is busily preparing to send a delegation of 54 doctors, students and support staff to the World Games to provide chiropractic care to almost 3500 athletes. In addition, we have multiple other events coming up around the globe, including Jujitsu, wakeboarding, and others that have requested FICS provide the Chiropractic coverage. All the events can be located on the FICS event page at <https://fics.sport>

It is exciting to not only watch the preparation being provided to our doctors but also observe the many hundreds of work hours our lead volunteers and staff are providing while coordinating with the World Games Association and their many vital commissions

From new FICS uniforms, travel and hotel accommodations supply management, credentialing and even preparing for gathering research data on the care we provide and the outcomes reported by athletes. Stating that I am amazed by the professionalism and completeness of the work being done is an understatement. Yet even while this considerable undertaking is going on, we have other teams planning with international organizations preparing for chiropractic involvement for many more upcoming games.

One area I am proud to have helped work through is the never-ending challenge of providing malpractice insurance for doctors travelling out of their home country. Finally! We have a company working with us on this starting at the World Games. The goal was to remove liability barriers for our doctors interesting in volunteering.



SAVE THE DATE:

FICS is partnering with Parker Seminars to host our Second Virtual Symposium



Of interest to our members is that FICS will hold its first face-to-face meeting this coming August in Spain. This is the first in-person meeting since the team met in Berlin back in 2019. I am really excited to meet many of the team face-to-face. Many of our Commission Chairs and members are currently working on their goals, strategies and actions that they believe will propel us towards achieving our mission and vision. We will also discuss the path forward, harnessing the best use of all of our human and financial resources. There is also a scheduled leadership-building program to help us grow a constant stream of new leaders as we grow and move into the future.

- **FICS are hosting a 5.5-hour FICS sports chiropractic Master Class on Sunday, August 28th.** The class is designed to cover new and interesting topics on the home soil of our Spanish chiropractic colleagues, who (available for FICS members and non-members) will be able to add new ideas to their practice on Monday morning.
- **Please mark December 3rd on your calendars.** FICS will be hosting our Second Virtual Symposium. **Key Note speaker is the one and only Dr Stuart McGill**, known as one of the world's top authors, speakers and researchers. This will be a short symposium, an information-packed one-day program and will cover an array of topics that will help with clinical approaches for patients and may even provide some pearls to help your small business skills.

One last very exciting update is a new educational adventure with FICS and some of our Key academic sponsors. We have two scholarships for ICSC certificants to take Masters's level programs on topics strongly related to sports chiropractic practice, and Logan University and Parker University offer these. Further information is in the education section of this E-News.

As I close, I would like you to take a look at our sponsor's pages on our website. We have new products, educational opportunities and services that are a MUST for the sports chiropractor. Many of which are at FICS MEMBER only pricing.

I appreciate your support of FICS. We are seeing the excitement grow and want you to join in and have some fun with us while we strive to make chiropractic care accessible to every athlete.

Keith Overland



email: secgen@ficsport.org

Thank you to our Educational Institutions Sponsors



Parker University is a not-for-profit, regionally accredited university that shares your passion and desire to help people achieve a higher level of health. Our award-winning faculty serves as our foundation. Highly qualified and respected professionals teach Science, business, education, and health-related disciplines.

Parker's philosophy is rooted in the principles and beliefs established by our founder, Dr. James W. Parker. Dr. Parker created a set of principles, later known as the Parker Principles, that still serve as the foundation of our university and the relationships our graduates establish with patients and clients around the world. Service to others is the underlying theme for the Parker Principles and our institution believes that this focus begins with the students we serve.



FICS in partnership with Parker University offers two scholarship programs.



In Partnership with Parker Seminars, FICS is hosting a one-day Symposium on 3rd December 2022

A short, information-packed one-day program that will cover an array of topics that will help with clinical approaches for patients and may even provide some pearls to help your small business skills.

REGISTRATIONS OPENING SOON

KEYNOTE: Dr. Stuart McGill

ICSC Gradutor Scholarship offers a person who has completed the ICSC post-graduate degree opportunity to undertake this online Master's Degree at Parker University.

The Olympian Scholarship program provides educational support for academically qualified Olympians who are interested in pursuing a career in Chiropractic. In partnership with selected Universities with a chiropractic program, FICS provides full academic scholarships to successful Olympians.

2022 MEMBERS BENEFITS

BY: NAT AKMENS
MEMBERSHIP CHAIR, 2ND VICE PRESIDENT

Membership Commission is working closely with the National Chiropractic Sporting Organisations (NCSC) to develop the vision for the FICS strategic plan for the coming three years.

The current idea is to review the membership categories to clearly outline the difference between an individual member and an NCSC member. FICS primarily focuses on supporting the NCSC as it strengthens the grassroots organisations within the countries.

However, FICS is also a Membership based organisation and thus will always seek to promote membership benefits/offerings direct to members to ensure the organisation's viability in the future. At times, disruptions within the NCSC are out of FICS control and may not serve membership growth. We need to continue supporting NCSCs and our members both equally and actively.

Individual Membership is a way for sports chiropractors looking to access the benefits of FICS membership that may not wish to join their NCSC. There are some cases where no NCSC is present in the country, and there are still lots of discussions to be held.

If you have a contribution you wish to put forward, please send this to our Admin support. Your ideas will be considered when the Executive meets in August 2022 to set the agenda for 2023 and beyond.

Nat Akmens



NOTICE

Are you receiving our emails? Check your junk mailbox and add our email to your safe list.

admin@ficsport.org





Charity

» **DONATE TODAY**

Becoming involved means you share the vision that every athlete deserves access to sports chiropractic. The Charity supports students, volunteers and researchers. To set up a direct debit contribution every quarter please email

admin@ficsport.org

Scholarships for chiropractic students

Established in 2011, FICS provides five (5) scholarships a year for students. Established in 2011, over 48 students have received scholarships



Volunteer doctors at sporting events

Doctors pay their own way to International games. At the July 22 TWG games, FICS are supporting a number of expenses to make sure Sports Chiropractic is well represented.

FICS are taking a delegation of 54, including four students to assist with Research.



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.



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FICS - EDUCATION UPDATE

BY: DR CHRISTINE FOSS, EDUCATION COMMISSION CHAIR



The past three months have been very productive. I outlined a lot of information about the focus of the FICS education commission in the March 2022 E-News and I would encourage you all if you missed that edition to take a second to read.

I am so excited about the return to face-to-face learning and so far this year we have delivered hands-on seminars in the USA, New Zealand, Sweden, Australia and UK. We have another seven seminars planned for the remaining of the year and of course our Masterclass which we are hosting in August in Barcelona as well as a one-day symposium in December. If you would like to host a seminar in your country in 2023, please get in touch with me or our admin support staff to start the conversation. Congratulations and thank you to everyone who has contributed to the seminars over the past months.

ICSC content update: I am super excited to let you know that the updates to ICSC09 and special populations are completed. The new content will represent cultural diversity and be released in August. We are working on updates to ICSC08 Spinal injuries with an expected release date of December 2022.

Australian Upper and Lower Seminar May 2022



UK Seminar May 2022



[CLICK HERE](#)

July - December Seminars

- August 2022 - Lower Extremity Switzerland
- September 2022 - Upper Extremity Italy
- September 2022 - Upper Extremity Chile

- October 2022 - Lower Extremity Spain
- October 2022 - Lower Extremity Sweden
- November 2022 - Upper & Lower Extremity Malaysia



Top row - June 2022 South Africa Upper and Lower Seminar
 Middle - May 2022 Australian Upper and Lower Seminar
 Bottom - May 2022 UK Lower seminars.

FICS - EDUCATION UPDATE - Masterclasses

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 allow our members and non-members to expand their learning with some of the world's leading sports chiropractors as they share their stories, skills, shortcuts, failures, and successes. This resource will continue to grow and provide our members with ongoing professional growth and development.

The Education Commission will provide a live Master Class in Barcelona Spain in August as part of the annual commission strategic planning meeting. This class will feature several outstanding talks such as treating the golfer, evaluating humans in motion and vascular occlusions in the athlete. The program will provide the attendees with some interactive hands-on components as well as the latest current trends in assessment and interventions for the sports chiropractor.



[VIEW MY MEMBERSHIPS](#)



Check out your member's dashboard and go to "View your Membership" to grab your discount code and enjoy a great Masterclasses on offer and continue learning.

CLICK HERE

A grid of ten Masterclass thumbnails. Each thumbnail has the text "FICS MASTERCLASS" at the top and a title below. The titles are: "INTRO TO CLINICAL BIOMECHANICS AND THE ETIOLOGY OF SPORTS INJURIES", "FUNCTIONAL SOFT TISSUE", "FUNCTIONAL TAPING (FTMI)", "BIOMECHANICAL EXAMINATION & GAIT ANALYSIS", "SPORTS PERFORMANCE NUTRITION", "FOOT & ANKLE INJURIES", "GOLF INJURIES", "PATELLOFEMORAL", "CLINICAL REVIEW OF EXERTIONAL RHABDOMYOLYSIS", and "DIAGNOSTIC IMAGING FOR SPORTS TRAUMA".



ICSC Graduates Scholarship Programs

In partnership with Parker University & Logan University FICS is excited to offer members who have completed their International Certificate in Sports Chiropractic (ICSC), or are close to finishing, an opportunity to undertake a fully paid online Master Degree.

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3



SCHOLARSHIP
PARKER UNIVERSITY
FICS INTERNATIONAL FEDERATION OF SPORTS CHIROPRACTIC

CALL FOR 2023 APPLICATIONS OPENING AUGUST 2022



Olympian Scholarship Program

In the spirit of the Olympic Movement



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
OUTGOING CHAIR

Congratulations to our New FICS Student Commission CHAIR, Dr Jon Wilhelm

FICS are excited to announce that Dr Jon Wilhelm (USA) is now our FICS Student Commission Chair! He has been involved with sports chiropractic for years (he has many achievements, but here are some standouts); served 6 years on American Chiropractic Board of Sports Physicians (ACBSP), was the ACASC Sports Chiropractor of the Year 2018, served on the ACA Sports Council as State Representative for Montana (USA), he was the prior Advisor to ACA Sports Council President, he served at 2018 and 2022 Winter Olympic Games, and he has been a member of multiple FICS events including 2017 World Games.

Dr Wilhelm is a FICS treating doctor at this year's 2022 World Games, is a FICS Education Commission Instructor and is a FICS Mentor in this year's FICS Mentoring Program. Welcome Jon to your new position as Commission Chair! We are grateful for your dedication to students and our wonderful profession



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*A message from our incoming Student
Commission Chair, Dr Jon Wilhelm:*

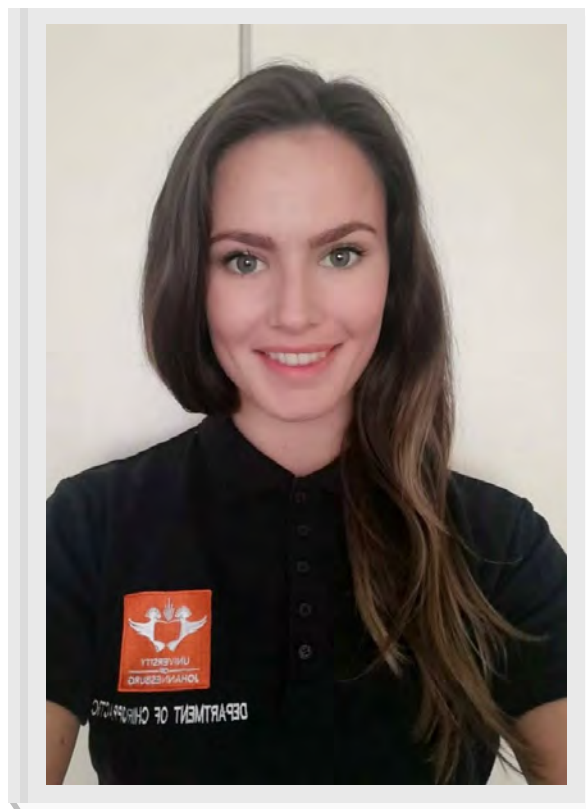
"I sincerely appreciate Gillian and Bronwyn! The work they have collectively done with the Student Commission in the past few years is monumental. These ladies literally carved this Commission out of nothing. They built a stellar team and have nicely organized their processes. I am so thankful to them for their help and support thus far, and I will continue to lean on them and their expertise.

Thank you again ladies! You are the best!"

Congratulations to our New FICS Student Commission Vice-Chair, Dr Kelsi Holz!

Recognition for this amazing person has been long overdue because Dr Kelsi Holz (South Africa) has been instrumental in our Commission for the past 3 years after she won the FICS Scholarship as a student. We have been so grateful and impressed with her helping to set up and manage the FICS Mentoring Program, assisting communications with all FICS Student Clubs, updating records for our Commission, collaborating with the FICS Research Commission, and the list goes on.

Thank you Kelsi, for without you, this Commission's recent endeavours to help students would still be just ideas. It's been an absolute pleasure to work with you and we are so grateful for your honesty, hard work, humour, and humility. As Dr Brian Nook recently pointed out in the FICS Mentoring Program Mentors' Orientation Zoom Meeting, you are a Saint!



New FICS Student Commission Member Dr Henry Jackson



Join us in welcoming our newest FICS Student Commission Member, Dr Henry Jackson (Australia)! He, alongside our new Vice-Chair Dr Kelsi Holz, won the FICS Scholarship as a student in 2019. Since then he's been busy providing chiropractic care in Mackay as well as helping Sports Chiropractic Australia (SCA). He will initially take on the role of Australian/ NZ FICS Student Club Liaison/ Coordinator and a general advisor from Australia for the FICS Student Commission.

Thank you Henry for being on this journey with us! We are excited to offer more connections to the Australian and New Zealand students!

If you are a student currently studying in the Pacific region reach out to student@ficsport.org and we will put you in touch with Henry.

Start a Chiropractic FICS Student Club (FSC)

There are many more benefits for FSC members! **Your journey with the broader sports chiropractic world begins with YES! Read of some of the benefits below, and reach out to us to help you get started.** FICS student club members receive higher ranking (extra points) for annual scholarship applications.



New FICS Student Club at IFEC Paris

A warm welcome to our newest FICS Student Club at IFEC (Institut Franco-Européen de Chiropraxie) in Paris, France! This club has already had a strong start with some members getting their applications ready and accepted into the FICS Mentoring Program.

Early and strong start to the club is accredited to a proactive and motivated chiropractic student, Florian Allix, who is also involved with the WCCS. He's also proposed a really exciting collaboration between WCCS and FICS for the Olympics in 2024. Well done Florian! We are excited to see where this takes you and your new FICS Student Club!



Make a difference for Chiropractic Students around the world!

Do you feel that it is important to support and contribute to our profession, and want to witness actions, for they speak louder than words?

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

CONGRATULATIONS

Continued ...
Student Commission
Report

Two recent FICS Scholarship Recipients, **Drs Dean Hottum (Life University, USA) and Lizandi Schoeman (University of Johannesburg, South Africa)** are involved with the FICS Research team for this year's World Games in America! Well done! Always exciting to hear where past recipients are and what they are up to!

Did you know that current and past recipients have been and are on FICS Commissions and have gone to FICS events? These opportunities give students and new grads the leg up on discovering their talents in sports chiropractic from a different angle.

If you've won a FICS Scholarship in the past, please get in touch with us with your latest adventures and achievements!

Thank you again to the amazing scholarship donors for your generosity; you truly have helped these standout people and other scholarship winners propel to the next level!

2023 FICS Scholarships and Emerging Student Award

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 open applications for the 2023 Student scholarship, from late August to early September. Applications close on October 31st annually, so don't be late and miss out on your chance to secure an opportunity of a lifetime.

For more information, please check out our website.



<https://fics.sport/student-scholarships/>



FICS Mentoring Program

Have you heard that our FICS Mentoring Program recently started its next 6-month cycle? Thank you to all FICS Mentors helping chiropractic students and new grads interested in sports chiropractic! Also, a big thank you to Drs Kelsi Holz (SA) and Sam Tiley (Wales) for their efforts to get this program organised and launched again!

We are extremely looking forward to our 2nd year of the FICS Mentoring Program! Thanks to everyone who is already returning to Mentor, and to those who have just started and are new to this fantastic opportunity! If you didn't send in your expression of interest application, here's a friendly reminder that the program is annual and you can reapply early next year since the annual deadlines are March 30th.

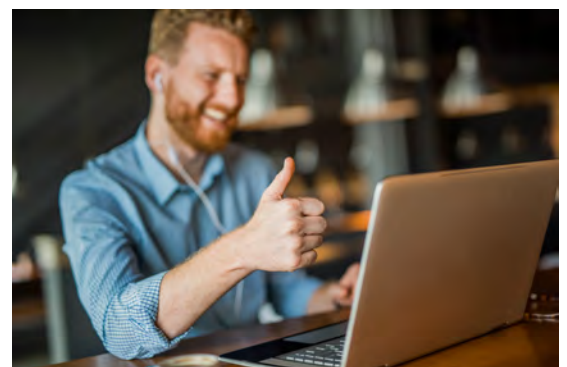
Did you know that FICS Mentors can achieve a higher tiering score when they apply to volunteer with FICS at international events?

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



GET STARTED ON YOUR JOURNEY TO WORK AT INTERNATIONAL GAMES AND EVENTS AS A SPORTS CHIROPRACTOR

FICS advocates for mentoring at all stages of sports chiropractic education and throughout each sports chiropractor's career.



<https://fics.sport/mentoring-program/>



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

In the beginning of July 2022, the WCCS will have its AGM. We are honoured that they have invited our FICS Student Commission Student member and European FICS Student Clubs Liaison, Dr Sam Tiley to make a presentation. It will be an excellent opportunity to find out how a student can get ready for their transition into the workplace and into the sports chiropractic world.



Dr Tiley is a past FICS scholarship recipient and an amazing FICS volunteer. Thank you Dr Sam for helping students connect with their future in sports chiropractic.



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, Welsh Institute Of Chiropractic (WIOC) FSC President and current FICS Student Commission member Louisa Conradi for all her efforts to keep chiropractic students connected to sports chiropractic through these channels!



Thank you to FICS

This is my last address as Interim Chair of the FICS Student Commission. It has been an honour to represent the FICS Student Commission over the past 10 months. Thank you to all who have contributed to this journey and your continued consideration for our future Sports Chiropractors.

The FICS Student Commission will continue with a central point of contact.



student@ficsport.org

FICS STUDENT COMMISSION:

Dr Jon Wilhelm, New Chair; Dr Kelsi Holz, New Vice-Chair ;
Dr Henry Jackson; Dr Sam Tiley; Ms Louisa Conradi; Dr Kaila Alvarez;
Dr Devon Ackroyd; Mr Kong Hong Liang



A range of FICS benefits are available on our website by visiting the Sponsors page. Some benefits are exclusive to members and may only be accessed via the member's dashboard. Login to receive the below:



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ONLINE RESOURCE PLATFORM THAT EXISTS TO IMPROVE CLINICAL OUTCOMES. SIMPLIFY THE WAY YOU EDUCATE YOUR PATIENTS, AND THEN MARKET THOSE OUTCOMES TO THE PEOPLE WHO MATTER MOST IN YOUR COMMUNITIES. IT'S AN EASY TO USE SYSTEM WHICH GIVES

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FICS ISFC Commission

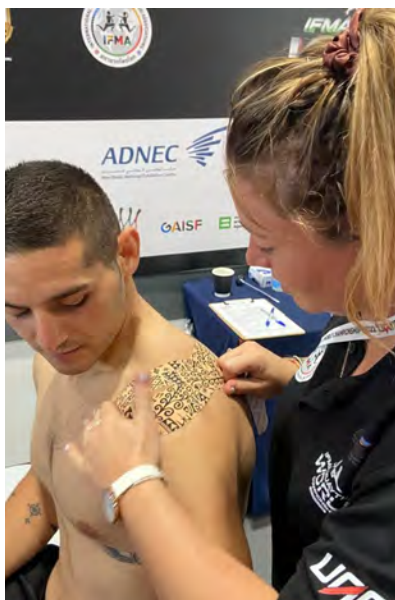
By: Simon Lawson - Chair

Over the past three months, a lot of work has been happening in the background preparing for TWG'22 - 7-17 July 2022. Thank you to all the FICS volunteers for your tireless work. We are excited about the opportunities which the upcoming games will bring.

There has also been a lot of activity with the return to sport and over the last three months, FICS has had teams at Paris Grand Slam, JJIF European Championship, IFMA in Abu Dhabi and Open Classic Powerlifting World Champ South Africa. There are a lot of events between now and the end of the year and I would encourage everyone to keep an eye on FICS social media and the Calendar of events on our website.



June 2022 - Muay Thai World Championships in Abu Dhabi



Congratulations to Dr Aouregan Loge (Left) on her first FICS event this weekend!

“The IFMA have been wonderful; the area where the Fantastic Four from Team FICS (Fabien Terrier (right), Lotte Langhoff (pictured below), Paul Cheung & myself) is set up right in the middle of the training & warm-up area, giving the athletes, staff and organizers full visibility of our work and presence.” said Dr Aouregan Loge: ”



Left to right: FICS team Drs Fabien Terrier, Lotte Langhoff, Aouregan Loge & Paul Cheung



Dr Lotte Langhoff was provided with the opportunity to introduce FICS at IFMA's executive meeting. This is all part of the relationship-building which FICS do in support of the International Sporting Federations.

Picture far right - the gentleman on the far left is general Udomdej Sitabutr IFMA Vice President. Next to him is Dr. Sakchye Tapsuwan IFMA honorary president. Dr Lotte Langhoff, FICS event Chef de Mission and then far right is our very best helper and friend Charissa Tynan

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.

May 2022 - European Jiu-Jitsu Championships, held for the first time in Israel!



Left: Dr Audry Yargui, France at European Jiu-Jitsu Championships, held for the first time in Israel! "18 European countries were present for this premiere. We were able to help as many athletes as possible with treatments before they entered the competition, between each fight and of course once the competition was over.

If the requests started quietly on Thursday, Friday and Saturday, everything accelerated with especially problems in the pelvis, shoulders and knees."

With such an incredible lineup of Games available for our members to attend during 2022, we've sat down with Dr Paul Cheung & Dr Rob Scott to talk about their experiences as a FICS Sports Chiro at International Events!

If you're thinking of serving athletes at games as part of the FICS team, don't miss this live stream!

If you'd like to volunteer at upcoming games this year, the full calendar of events is at <https://fics.sport/events/>



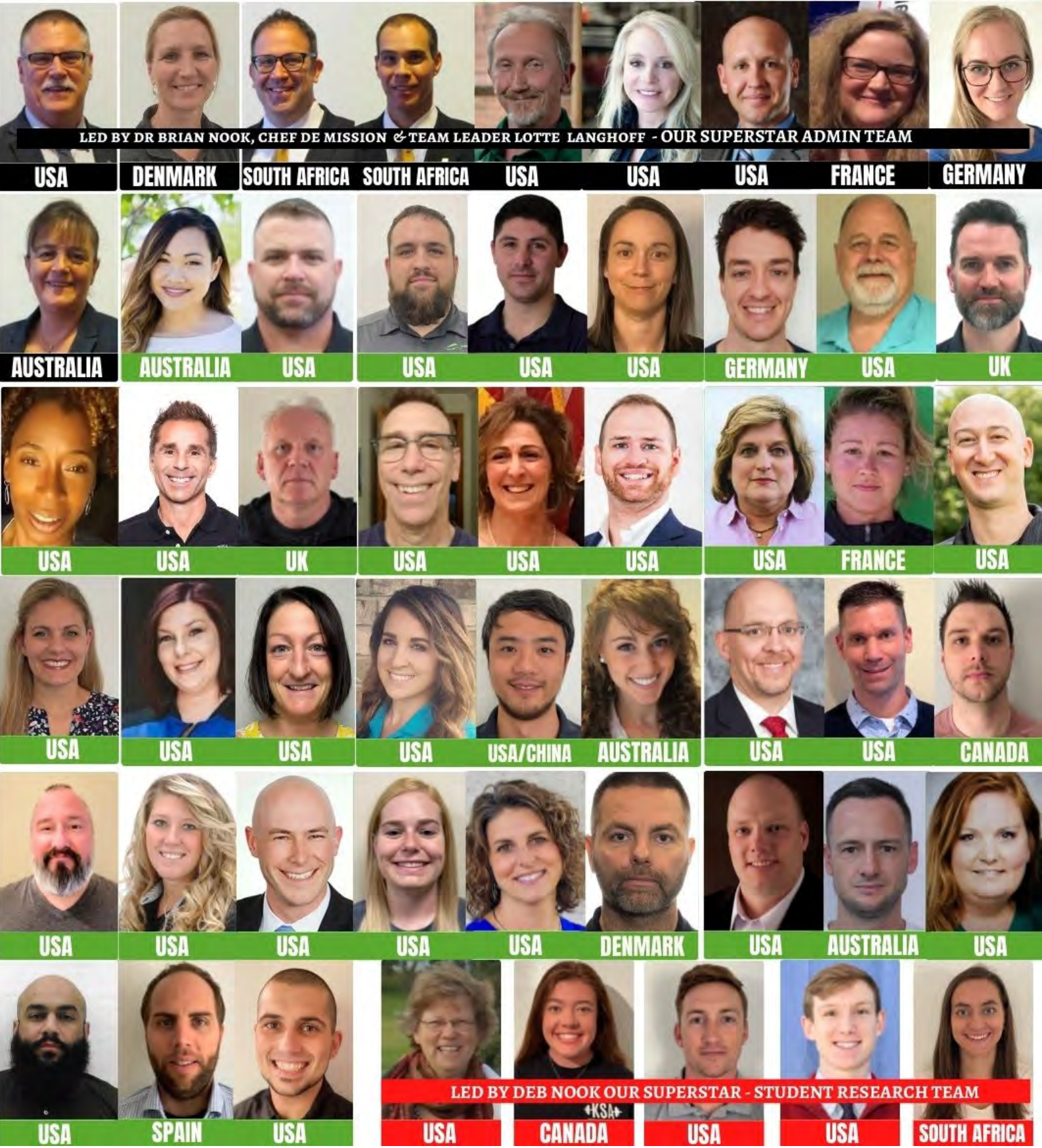
Email games@ficsport.org with your availability, referencing the event name and dates when sending us the email

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.



Thank you to the entire team of FICS Sports Chiropractors who are volunteering their time and working in the background to ensure athletes at TWG22 will be receiving access to Sports Chiropractic care. We look forward to contributing to the care of the athletes and officials.





**NEW ICSC GRADUATES
APRIL - JUNE 2022**

Congratulations

Angus McEntyre - Australia
Matthew Frost - Australia
Emily Glaw - Australia
Jaimi Parr - Australia
Yee Won Chong - Australia
Natalie F Kmet - Australia
Nicholas Miller - Australia
Patrick Brewer - Australia
Mitchell Foord - Australia
Luke Neal - Australia
Lyndall Daley - Australia
Chiara Tomassoni - Australia
René Fejer - Denmark
Moritz Thiele - Germany
Lasse-Christian Tietje - Germany
Fabien Terrier - France
Daniel Vestol - Norway
Eghosa Jane Ogoleh - Norway
Simon Workman - South Africa
Robert Donkin - South Africa
Claudio Merkier - UK
Carly Richardson - UK
Barbara Bloomquist - USA
Connie Hayes - USA
Michael Pepin - USA

**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.**



Master Instructor Dr Pete Garbutt, front second from right with the ICSC students at the Australian Seminar May 2022



Master Instructor Dr Christine Foss with Carly Richardson, UK Seminar May 2022



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Twitter (@World_Spine_Day)



For resources and a campaign toolkit, visit

www.worldspineday.org



Reach out via email to see how you can get

involved and raise awareness:

EMAIL: worldspineday@gmail.com

Logan University Set to Welcome 200 Paralympic Athletes for First International Para Powerlifting Competition in the U.S.



NEWS

St. Louis 2022 World Para Powerlifting Parapan American Open Championships

JULY 8-11, 2022 | HOSTED BY LOGAN UNIVERSITY

Almost 300 athletes from more than 30 countries.



The competition is open to athletes from all over the world and will include 20 individual medal events and one mixed team event. Pan American athletes (North America, South America and Central America) must participate in this competition to qualify for the 2024 Paralympic Games in Paris, but the competition will be welcoming athletes from more than 25 countries.

Practiced in nearly 100 countries from all continents, Para powerlifting represents the ultimate test of upper body strength in which athletes compete in the bench press discipline. Competitors must lower the bar to their chest, hold it motionless on the chest and then press it upwards to arms-length with locked elbows. Athletes are given three attempts, and the athlete who lifts the heaviest weight is declared the winner. The sport is open to male and female athletes with one or more of eight eligible physical impairments.

Logan University serves as the High Performance Management Organization for Para powerlifting in the United States. This event, which is open to the public and free of charge, is made possible by our generous sponsors Eleiko, Drury Hotels, Limitless Identity Fashion, 360 Quality Care & Transport Services, FSC, Sumner One, Friendship Village, Artisana Organics, Meenta, SSM Health Foundation, Teambuildr and Jerry Ackerman Toyota.

If you're interested in interviewing one of the 10 Team USA Para Powerlifting athletes participating in the competition, please contact Nicole Schulenburg at nicole@commongroundpr.com.

For media interested in securing accreditation to attend and cover this event, please fill out this [Google Form](#).



About USA Para Powerlifting

As a member of the United States Olympic and Paralympic Committee (USOPC) since 2018, Logan University serves as the High Performance Management Organization (HPMO) for the sport of Para powerlifting in the United States. Logan's Paralympic Operations Department manages all aspects of the sport, from serving as a site for competitions and coaching summits to being a resource to USA Para Powerlifting (USAPP) athletes and their coaches. Members of USAPP have access to an array of Logan's health care experts for chiropractic care, nutrition and biometric analysis, and sports rehabilitation, among other services. USAPP and Logan University are committed to creating the highest quality opportunities and programs to ensure the identification and development of the best talent for the sport across the U.S.

About World Para Powerlifting

World Para Powerlifting (WPPO), under the governance of the International Paralympic Committee, acts as the international federation for the sport and is based in Bonn, Germany.

For further information about World Para Powerlifting, please contact Rafael Maranhao, world Para sports media senior manager at rafael.maranhao@paralympic.org

Alternatively, please visit www.worldparapowerlifting.org and follow World Para Powerlifting on Twitter, Facebook and Instagram.

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Logan University is proud to host the St. Louis 2022 World Para Powerlifting Parapan American Open Championships. This will be the first time an international competition for the sport of Para powerlifting is hosted in the United States.

WHERE: The William D. Purser, DC Center at Logan University 1851 Schoettler Rd, Chesterfield, MO 63017

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Congratulations Life University Recent Graduate Student



What an incredible opportunity it is to be able to attend @twg2022 with @fics_sportchiro as part of the research delegation!

I have been involved in sports my entire life and could not be more excited to play some small part in giving back to the community that has given me so much.

There will be a wealth of knowledge in the amazing team of doctors that FICS has selected to take care of the athletes, and I can't wait to meet and learn from them all. As the doctors are providing care, I and the rest of the research team will gather data to support the chiropractic care of athletes for years to come.

The value of that can't be overstated and I am incredibly grateful for the privilege to be part of that effort. And @nelly is performing!!!



We're incredibly excited to have Life University's recent graduate Dean Hottum joining the FICS research team as part of The World Games 22 FICS delegation.

#FICSTWG22 #TWG2022 #WeAreTheWorldGames #RoadtoBHM

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Congratulations Logan University Student



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“I am ecstatic to be joining the sports chiropractic delegation at the 2022 World Games. This role is an opportunity for me to integrate my passion for chiropractic access and advancement at the level of elite sports competition. In this position, I especially look forward to working alongside international sports chiropractors and gaining hands-on experience in chiropractic research. Having worked on research projects previously, I am excited to see both the immediate and lasting effects of chiropractic care at the World Games.

My excitement for this opportunity also translates into gratitude for the role that Logan University has played in my education and supporting me overall. I would like to thank the FICS community for selecting me as one of four international student representatives. I am sure this will be a foundational experience as I build my career and strive for excellence in patient-centred care and sports chiropractic”

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We're incredibly excited to have Logan University Student Luke Shackelford joining the FICS research team as part of The World Games 22 FICS delegation.

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Congratulations Canadian Memorial Chiropractic College Student



“Hi I’m Kara!

I’m incredibly excited to be on the chiropractic research team for the upcoming World Games!



Having experienced the benefits of chiropractic treatment as an athlete, I know the impact it can have on athletic performance. I am looking forward to being able to help continue to expand the field of research of sports chiropractic. Research like this is integral to continuing to grow the field of chiropractic and foster positive relationships between the athletic and therapeutic communities. I think that it is important for sports docs to volunteer at events like this to help ensure the athletes and their teams have access to therapeutic support.

This will be my first international event and I could not be more thrilled. Being a chiropractic student throughout the pandemic has been challenging, as many of my learning experiences have been limited. This is why I am so excited to learn from being able to observe, study and work alongside so many talented and experienced sports chiropractors at the World Games.

I am most excited learn from all the incredible chiros and athletic therapists working the World Games this summer! Can’t wait to see you all there!

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We're incredibly excited to have Canadian Memorial Chiropractic College Student Kara Godkin joining the FICS research team as part of The World Games 22 FICS delegation.

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Congratulations University of Johannesburg Recent Graduate Student



We're incredibly excited to have Dr Lizandi Schoeman from South Africa joining the FICS research team as part of The World Games 22 FICS delegation. Lizandi is In her first year of practice after recently graduating,



“I am very excited to work at The World Games and experience some of the best athletes competing. I see it as an awesome learning opportunity from many different chiropractors from around the world. Sport has always been my passion and it is truly an honour to be part of the FICS team for the world games.

I have already worked at the Cape Epic FICS event which was such an awesome learning experience and I can just imagine how much I will be able to learn at the world games which will be my first International event.

I am looking forward to gain knowledge and to help the research aspect of Chiropractic to further the profession as research plays a critical role in the progression of the profession. I see this as an amazing opportunity to start building my career in sports chiropractic and I would just like to thank the FICS community for giving me this opportunity.”



Recent graduate Lizandi Schoemann was selected to attend The World Games 22 with the FICS delegation.

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Chiropractic Research in action

By: Dr Henry Pollard, Research Commission Chair



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

Reviewer Name: Claudio Merkier

Title: Effect of Drop-Piece High-Velocity, Low-Amplitude Manipulation to the Midfoot of Asymptomatic Adult Sprinters on Performance During a Unilateral Horizontal Drop-Jump Test: A Feasibility Investigation

Reference: Bell, S. and Howarth, S. J. (2021) Effect of drop-piece high-velocity, low-amplitude manipulation to the midfoot of asymptomatic adult sprinters on performance during a unilateral horizontal drop-jump test: A feasibility investigation, *Journal of Manipulative and Physiological Therapeutics*, 44 (7), pp. 527-534. <https://doi.org/10.1016/j.jmpt.2021.12.006>



Introduction: Sprinters and athletic coaches frequently describe anecdotal improvements to sprinting performance following instrument-assisted high-velocity low-amplitude (IA-HVLA) manipulation applied to the athlete's feet; however, there is minimal published data investigating these claims. Based on recent neurophysiological research demonstrating acute improvements in force production and fatigue resistance following spinal manipulation, a positive impact on sprint performance is plausible, although this remains unexplored in trained sprinters.

Objectives: The purpose of this study was to investigate the feasibility of measuring the immediate effects of drop piece high-velocity, low-amplitude manipulation (DP-HVLAM) to the midfoot region on jump distance in competitive adult sprinters during a standardized unilateral horizontal drop-jump (U-HDJ) test.

Methods: Seven asymptomatic competitive adult sprinters (4 women) were recruited for this study. Testing was conducted on the dominant leg. Participants completed a 10-minute self-selected warm-up, followed by a 6-jump familiarization period with the U-HDJ test. All participants completed 3 U-HDJ trials before and after receiving DP-HVLAM to the joints of the midfoot assessed as being hypomobile by a licensed sports chiropractor.



The primary outcome of the U-HDJ test was horizontal displacement, measured using an optoelectronic motion-capture system. Mean, SD, and 95% confidence intervals were determined for the post-treatment change in jump distance. A single-sample t-test with $\alpha = 0.05$ assessed the post-treatment change in jumping distance.

Results: Authors were able to measure immediate effects. The preliminary findings showed an increase in jump distance after DP-HVLAM to the midfoot region (mean = 0.06 m, SD = 0.05 m; $P = .014$; 95% confidence interval, 0.02-0.11; effect size = 1.30).

Conclusion: This study demonstrates that it was feasible to measure immediate improvement in performance after DP-HVLAM in a clinical assessment with correlation to sprinting performance in a population of elite sprinters. As this was a feasibility study, the small sample size, overlapping confidence intervals, and specific population limit the extrapolation of these findings.

Keywords: Sports Medicine; Chiropractic; Biomechanical Phenomena; Foot; Running; Athletic Performance

Critique: This feasibility study has addressed a clearly focused research question in terms of a specific population (adult competing sprinter athletes), intervention (mid-foot DP- HVLAM as clinically assessed by a licensed sports chiropractor). However, this study consisted of a single arm without control group comparison. The study methodology was clearly detailed with the purpose to assess the effects of an intervention (DP-HVLAM) on specific outcome measure (U-HDJ distance).

A limitation for this study is the small sample size $n=7$ elite sprinters. A strength of this study is the inclusion of elite competition athletes.

The authors reported the study was performed very close to competition time with minimal risk to safety and minimal adverse risk to performance and no adverse reaction effects of treatment. However, they acknowledged performance bias as contributory factors for the effects of DP-HVLAM, as no blinding of participants was possible due to the nature of the intervention.

In summary, a well-designed laboratory feasibility study that assessed how a single session of DP-HVLAM of hypomobile lateral midfoot-joints increased temporarily U-HDJ distance in competing asymptomatic adult sprinter athletes.

See you in Alabama 7-14 July 2022



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