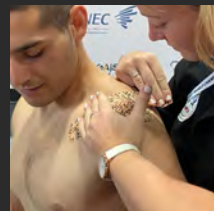
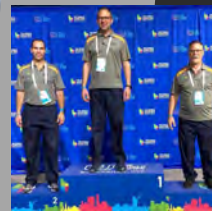
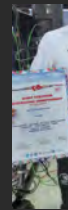
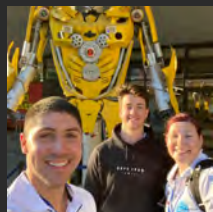


# A YEAR OF RECORDS DEC ENEWS



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



**The most beautiful things in life are not things.**

**They're people and places and memories and pictures.**

**They're feeling and moments and laughter.**



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# PRESIDENT'S MESSAGE

BY: BRADLEY SANDLER - [PRES@FICSPORT.ORG](mailto:pres@ficsport.org)

## 2022 in Review

In 2018 FICS adopted an interactive process in developing its Strategic Vision, supporting strategies and guiding principles. FICS ExCo, Executives and key volunteers have worked closely on delivering the strategic vision, plans, regulations and operational procedures to ensure they reflect the organisation's evolving needs.

August 2022 was centred on planning for the next three years. As I reflect on my FICS journey, I realise that we are about two and a half years from Covid19 changing the world. We have all been thrown into the "new normal" meeting over zoom, travel restrictions, internet overloading, wearing masks and social distancing.

It was so lovely to bring the team of FICS Executives, Commission Chairs and many of the NCSC presidents for a face-to-face meeting in August 2022 in Barcelona, Spain. This was the planning meeting for the 2023 – 2025 strategic plan and workshopping where we want to be, come the end of 2025.



**FICS remain committed to our vision, "Every athlete deserves access to sports chiropractic", as well as future-proofing the organisation both operationally, financially and strategically.**

The 2023 - 2025 framework the team developed continues the core strategic values and strengthens the change management process FICS embarked on in 2018. As we strive to implement this plan over the coming years, we will strengthen our operational arm and capacity to enable the organisation to support growth.

FICS will focus on the people, partnership and digital support, solidifying our future for the next generation of young sports chiropractors. We are committed to remaining flexible and relevant to meet the current and changing industry trends.



2023-205 FICS Strategic Plan provides a set of statements that describe what FICS is working towards in the short and medium terms. Each goal is further elaborated into several key areas that will inform successive review and planning cycles to ensure FICS achieves its strategic goals.

FICS will continue to follow the 5P model (People, Product, Process, Position, Partnership) to improve the organisation and its operations.

As we venture into 2023, our future-focused strategy provides a roadmap to 2025 under five goals;

- Building an inclusive and diverse World Class membership experience;
- Obtaining IOC and IPC recognition to ensure FICS sports chiropractors are included in the core service provision for all Olympics, youth Olympics and Paralympics;
- Advancing the FICS global leadership in chiropractic and sports health care education;
- Encourage the development of future sports chiropractors in Educational Institutions;
- Provide every athlete access to the highest quality of sports chiropractic at sporting events.

We give our commitment to our members as custodians of the profession to work hard to:

- be the global voice for Sports Chiropractic
- represent the profession at the highest level of sport
- enhance the sports chiropractic brand and influence,
- create a sustainable profession and professional body, and
- create a culture of many voices.

During 2022 we saw significant value created and delivered for members. I want to take this opportunity to thank all our Educational partners, sponsors and volunteers for their hard work in creating these opportunities.



**Thank you to you, the member, and everyone who has volunteered at Games to fly the FICS banner.**

*Bradley Sandler*

[PRES@FICSPORT.ORG](mailto:PRES@FICSPORT.ORG)



# SECRETARY GENERAL

BY: KEITH S. OVERLAND

With every issue of the e-News, I aim to present some updates and valuable information for our membership.

This last quarter of 2022, we have seen an increasing number of sporting events with FICS members back at events helping athletes from around the globe. It is very exciting!



Our virtual sports chiropractic global symposium hosted and sponsored by Parker University took place on December 3rd. The symposium "A New View of Sports Injury Care" was launched with our keynote speaker Dr Stuart McGill, from Back Pain to the winner's Podium: A 40-year perspective. It was truly an amazing talk and one I enjoyed and took something away from.

If you were unable to attend, the recordings are available for viewing until December 30th.

[CLICK HERE TO GET THE REPLAY](#)



**SAVE THE DATE: 17 – 18 June 2023**

In June 2023, we are heading to Paris, France, to host the FICS General Assembly and 2023 Global Symposium in partnership with the French Council of Sports Chiropractic and the French Chiropractic Association. The theme will be the **Road to Paris Olympics 2024** and present the stages of an athlete's journey as they prepare to compete at the highest level of their sport.

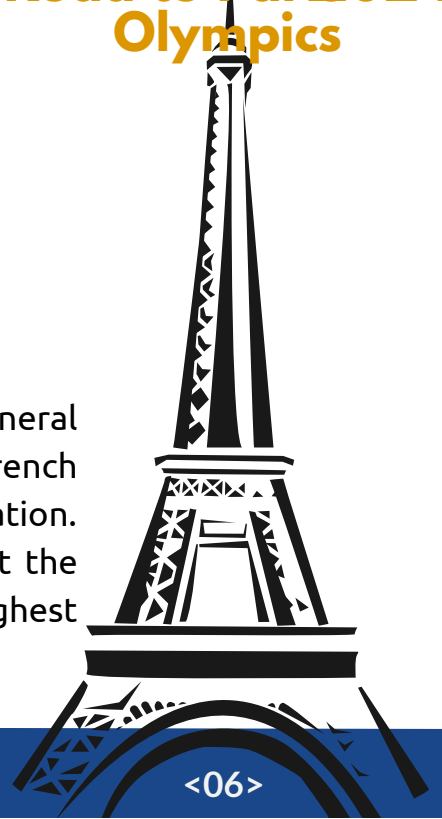


[CLICK HERE](#)

**17 – 18 June  
2023**

**"In Person  
Symposium"**

**Road to Paris 2024  
Olympics**





FICS has expanded its scholarship programs, working closely with Parker and Logan University. In addition to the student scholarships, we are excited to offer our members who have obtained their ICSC the chance to undertake additional learning.

This is a fully funded online scholarship to undertake one of the Masters' Degrees offered by our partnering university. This is the second year of the ICSC scholarship program, and the applicant pool has been growing with each opportunity.

### Are you setting up and opening your first PRACTICE?

There is a new opportunity coming in 2023, where we are about to unveil a grant program for doctors starting up their practice.

In partnership with "The Remarkable Practice" FICS will offer four members starting up their own practice with some seeding money for new equipment, one-on-one practice building consultation with Dr Stephen Franson, and other benefits to support their start up journey. We are excited to bring this opportunity to the members in early January 2023. Watch this space.

### Sports Chiropractic Foundation

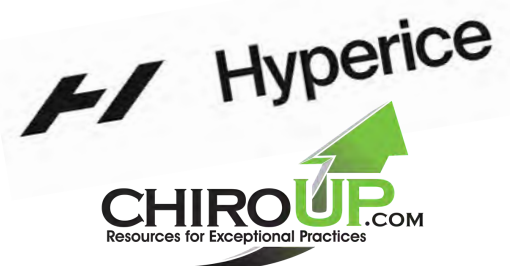
To continue to fund scholarships, research and placing doctors at international events, FICS has thrown its support behind establishing a foundation to help raise funds to future-proof these initiatives. The Sports Chiropractic Foundation is registered under the UK Charitable Commission. The Foundation is set up as its own entity and supports the three pillars of investments in the growth and sustainability of the Sports Chiropractic Profession.

FICS sponsors give kindly to the Foundation each year in the way of products and prizes to support members wishing to donate.

[CLICK TO ENTER THE GIVEAWAY](#)

giveaway

**GIVEAWAY!**



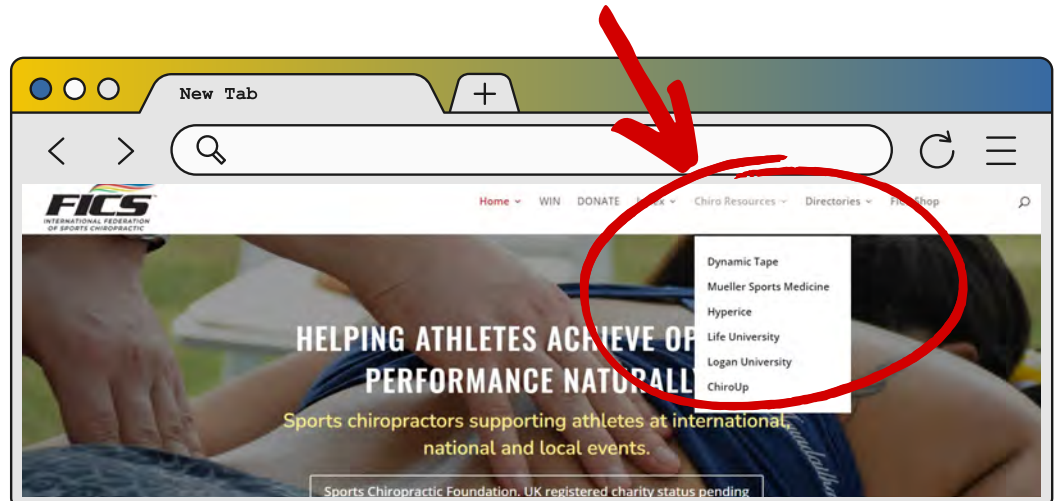
As you end the Financial year and get ready to do your tax returns, we hope you will consider supporting the Foundation, which supports the profession you love. Every dollar helps!

As your Secretary-General, my focus is to help FICS build and follow its strategic plan and support FICS operations with non-dues revenue. FICS leaders and volunteers have been engaged over the last several months in putting together a new plan for 2023-25. Our members, supporters, and partners are key to building a stronger future for FICS.

Non-dues revenue often results from building partnerships with businesses and supporters who believe in our vision and mission. I encourage you to visit the FICS website and take a moment to visit the sponsor pages. You will find a host of benefits that will save you money and introduce you to new technologies, products and services to enhance your practice and patient outcomes.

**I want to thank all of our partners as we end another successful year:**

- Logan University
- Life University
- Parker University
- Comera Group (Dynamic Tape)
- Erchonia Lasers
- ChiroCredit
- Boiron
- Hyperice
- Mueller sports medicine
- Elevation Medical (Pieziowave) shock wave therapy
- Chiro Up, clinical exercise programs
- Thumper massager
- Stop Pain
- The Remarkable Practice



I want to take this opportunity to wish every one of our members and friends of FICS a wonderful, joyous holiday season and a happy new year!

**Thank you to FICS volunteers and contractors. This group of people always seem to have the time for just "one more task" to help us edge ever closer to achieving our vision!**

You are amazing, highly dedicated professionals and servant leaders whom I am very proud to serve alongside. Please feel free to reach out with any questions or thoughts you would like to share!

*Keith Overland*

SECGEN@FICSPORT.ORG



ROAD TO

# Paris

**JUNE 17 - 18 2023**

**Hilton Paris La Defense**

- THE JOURNEY BEGINS
- CULTIVATING AND  
OPTIMIZING TALENT IN SPORT
- THE CLIMB TO EXCELLENCE
- REACHING FOR GOLD 2024  
OLYMPICS

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Click through to symposium  
information**

**YOU'RE  
INVITED!**





## THE WORLD GAMES *July*



## IFMA (MUAYTHAI) *May*



## IPF WORLD CHAMPS *October*



## JJIF CHAMPS *November*



## TUG OF WAR







# FICS ISFC COMMISSION

BY: SIMON LAWSON - CHAIR

## The Real Success Behind the Big Picture

“Every Athlete Deserves Access to Sports Chiropractic” is a great mantra that every FICS member needs to live by! FICS has spent the past 40 years nurturing, developing and cementing relationships with International Sporting Federations and their athlete's, across the globe, in order to bring this mantra to life but, do we all get the “big picture”?

FICS' focus has been on trying to create and develop relationships with as many International Sporting Federations as possible over the past 15 years which, we have been largely successful in achieving. Unfortunately, by focusing on quantity, we have perhaps been guilty of not being able to offer quality support and in years leading up to the pandemic, we found ourselves with a highly impressive annual events calendar and a poor coverage rate for these events.

Through the pandemic, FICS has focused on enhancing our skill set and expanding our membership base. Now, as we head towards a more engaging and interactive world again, we are incredibly well positioned to take full advantage of our growth and enhanced level of expertise, an investment, we believe will drive FICS to great heights in the years to come.

So, what is the “Big Picture” and do we, as members of this incredibly diverse, multinational, global organisation really understand what our role is, in being an integral part of the success of, not only FICS as an organisation, but more importantly, Sports Chiropractic globally, and YOU as a Sports Chiropractor!?

**I would like to share a success story which completely encapsulates what FICS is trying to achieve, so that we can all be part of the REAL SUCCESS of FICS and Sports Chiropractic.**



*Continue .....* ➔

## Continued ... ISFC Commission – The Real Success Behind the Big Picture

The International Powerlifting Federation (IPF) was the second International Sporting Federation (behind the International Federation of Tug of War TWIF) to not only show interest in what FICS had to offer but to understand the amazing benefit that we could provide to its athletes.

The IPF has been a massive promoter and supporter of FICS for nearly 20 years and has introduced FICS to many valuable and influential contacts within world sport.

Apart from looking after the IPF at every World Games since 2005, FICS proudly provides teams to cover the IPF world championship events around the world in numerous disciplines and categories every year.

**This success story dates back to 2007 to the IPF World Masters Championships which were held in a town called Potchefstroom about a 90 minute drive from Johannesburg in South Africa. FICS was asked to provide cover for this event. As this was in the early days of our relationship with the IPF, FICS was eager to impress. So, FICS reached out to it's NCSC in South Africa.**

It just so happened that I was the President of the South African Sports Chiropractic Association, which later became ChiroSport SA, the FICS NCSC for South Africa, at the time. I managed to get a small team of ChiroSport SA members together and off we went to Potchefstroom to treat the IPF athletes.

It was a week-long competition and we drove back and forth each day starting at 6am and often finishing well after 10pm. It was a very busy and tiring week but, the team loved every minute of it. The feedback from the athletes and the IPF officials was phenomenal with everyone raving about the FICS Sports Chiro's!



*Continue*  
.....➔



None of the ChiroSport SA team had ever worked at a Power Lifting event and had very little knowledge of the sport, however, after working in Potchefstroom for the week and being exposed to some of the local lifters, we were approached to help them with their National Championships later that year.

One or two of the local lifters had had such a positive experience from the FICS event, that they asked if they could come and see us in our practices back in Johannesburg.

## **The rest, as they say, is history.**

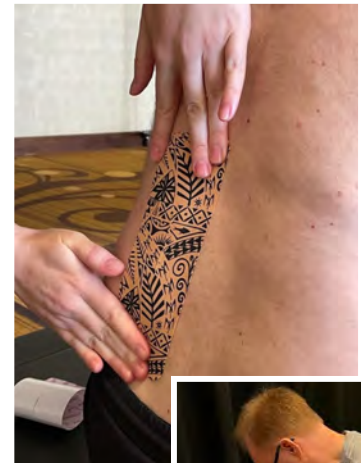
The IPF hold 1-3 World Championship events a year in South Africa and ChiroSport SA, on behalf of FICS, cover all of these events. ChiroSport SA also cover all the South African National equipped and raw lifting competitions across all of the age groups.

As a result of getting involved and being exposed to this federation all those years ago, the majority of the lifters in the two biggest powerlifting gyms in the country frequently visit our practice for performance enhancement and injury management.

I would never have appreciated this opportunity or understood the bigger picture if it wasn't for FICS.

**FICS is appealing to all of the NCSC's to reach out to the National Federations of all the International Federations with whom FICS has agreements, to cover their National events and thereby give your members an opportunity to create connections and relationships with local training facilities, coaches and athletes.**

## Continued ... ISFC Commission - The Real Success Behind the Big Picture



This in turn translates to a tangible and beneficial return for you as an individual Sports Chiropractor in your very own practice.

The further spin off is that when you go to the World Games or any World Championship event in that sport as a FICS team member, you will see athletes that you have treated from back home; athletes that you are familiar with; athletes who introduce you to others athletes as their Chiropractor and secret weapon ;)

## This is THE Big Picture!

FICS needs to spread its base wide across the sporting world and we need you as an individual Sports Chiropractor, to get involved with local coaches, trainers and athletes by using your NCSC to create opportunities and relationships off the back of the hard work that FICS has done over the years with the IF's. Through our relationships and agreements with the IF's, we can connect you and your NCSC with the National Federations and assist you to start working in and through your local sporting communities.

We have some very exciting events planned for next year so, please look out for the events calendar and start planning which events you want to cover.

I wish you all a safe and peaceful festive season and very much look forward to seeing you all on the sports fields in 2023!

*Simon Lawson*

## Continued ... ISFC Commission – The Real Success Behind the Big Picture





# FICS IN THE NEWS.....

## MAKING VULCAN BOUNCE! FICS SERVICE AT TWG 2022

Have you seen the article about FICS at The World Games written by The World Games Association which was released on all social media platforms recently?

Well done once again to our Team at the Birmingham World Games, you certainly made FICS very proud! We are all very excited about the prospects of the next World Games to be held in Chengdu, China in 2025.



**[Read full write up of the FICS service by TWG22 - CLICK HERE](#)**

## DID YOU KNOW?

The FICS Sports Chiropractors treated 237 persons at least once during the World Outdoor Championships in Holten?

Led by Dr Rob Scott, the FICS team consisting of Elena Guisasola Iraegi and Carly Zuehlke were hard at work to ensure the athletes had the best of care as they worked as part of the multiple disciplinary medical team at the events.



**[Read full write up in TWIF Newsletter - CLICK HERE](#)**



# MEMBERSHIP UPDATE

BY: NAT AKMENS  
MEMBERSHIP CHAIR & 2ND VICE PRESIDENT

## What a whirlwind end to the 2022 year

Highlights for FICS members over this quarter include the successful Global Sports Symposium headlined by Professor Stuart McGill, awarding of the next round of FICS Student scholarships, and the presentation of the education scholarships to 2 FICS members. All this is alongside a mountain of work that continues in the backend that never truly stops. So many of us volunteers give our time freely to FICS and this great profession, and we wish we had more time to give.

However, in reality, we all have our practice work and family life. And after becoming a dad for the first time in 2022, I know this more now than ever. Here at FICS, we understand and appreciate each individual and volunteer and know that many things are pulling for our time. This is now a great time of year to kick the heels up and enjoy relaxing around with family and friends.

I am excited to continue my journey with FICS as the 2nd Vice President. Having been part of the Executive Management Team (EMT) for the past year, I confirm to all you members around the world that we certainly work hard to promote and raise the brand and recognition of Sports Chiropractic on your behalf.

I am also excited to announce that we have a new NCSC about to join, with another one close in the wings. This is making FICS a stronger unit as more countries join the vision and mission to support Sports Chiropractic on the Global stage.

We recently had the President of ACASC, Chris Hargrave USA, join our Membership Commission. Chris's contribution to the Membership Commission will be highly valued and reinforces the strong working relationship and support structure FICS has in place for the National Chiropractic Sports Councils (NCSC).



**Thank you to all the volunteers and students currently holding commission positions.**

**If you feel you have something to offer and would like to be a bit more active with FICS, please reach out to us.**

*Nat Akmens*



# 2022 ACASC SPORTS CHIROPRACTOR OF YEAR

**Please join us in a MASSIVE CONGRATULATIONS to Dr Brian Nook, for being awarded the 2022 ACA Sports Council Sports Chiropractor of Year!**

Dr Nook has received this award for his outstanding work supporting the sports chiro profession, mentorship, volunteerism, and work with The World Games.

Joachim Gossow, CEO of The World Games joined to congratulate Dr Nook, virtually, and the sports chiropractic profession on their commitment to supporting athletes to achieve their optimal performance naturally.

Dr Nook's family and other key members of the FICS family who could not be in attendance for this special award joined in virtually. Congratulations to Dr Nook and all those receiving awards at ACASC symposium.

It was an incredible acknowledgement to see Dr Nook awarded this honors. Brian has been a long time supporter of FICS and was awarded the President's Award last year for his 20-plus years of service.

**Gratitude, which rhymes with "attitude", comes from the Latin word gratus, which means "thankful, pleasing."**



*Congratulations!*

# ACASC HALL OF FAME

The ACA Sports Council Hall of Fame Award honors the ultimate achievement in sports and fitness, for on-going outstanding service to the profession and the ACA Sports Council, and accomplishments in the field of sports chiropractic.

For only the twelfth time in the 50-year history of the American Chiropractic Association's Council on Sports Injuries and Physical Fitness; members and colleagues will induct Dr. Timothy Ray into its Hall of Fame. at the 2022 Annual Sports Symposium this October in Denver Colorado.

"Each year, a selection committee consisting of peers and Hall of Fame members is faced with exceedingly difficult choices.

Only a handful of candidates make it to the top rung. From there, it must be a unanimous decision. Everyone must agree. Absolutely no dissent.

That's because there is no higher recognition in our profession", says 1996 ACASC HOF member John Danchik, DC.

In its inaugural year the HOF honored the careers of sports chiropractors like Earyl Painter, who is generally recognized as Babe Ruth's chiropractor and one of the first sports chiropractors.

The Hall of Fame is the highest honor we can bestow on a sports council member. They epitomized every level of sports chiropractic achievement.

They must throughout their career unfailingly answer the call for their profession with dedication, passion, and persistence, says past-president Dr. Carly Zuehlke.



## **Congratulations Dr Timothy Ray!**

Dr. Tim Ray has been a member of the ACA Sports Council since 1978. He has volunteered his services to the sports council's board of directors from 1996 to 2004 serving multiple terms as the 1st, 2nd Vice President, as President and Chairman of the Board.

During his tenure Sports Council members were given opportunities to participate in the 2000 Summer Olympics in Sydney and the 2002 Winter Olympics in Salt Lake City. Sports Council state sports councils managed venues from triathlons, softball, figure skating, powerlifting, and Tae Kwon Do, rugby and beach volleyball.

During his sports council tenure the sports council voted for the formation of the American Board of Chiropractic Sports Physicians.



## Continued ... ACASC Hall of Fame

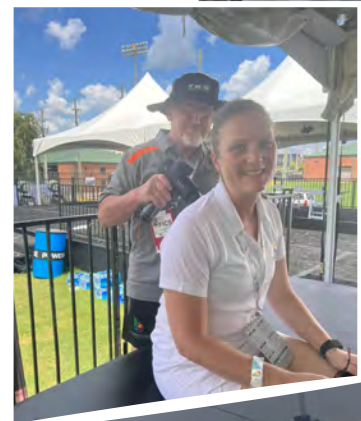
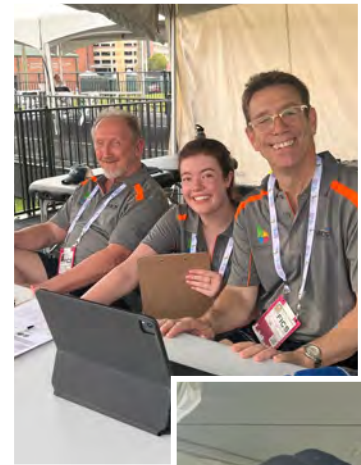
Dr. Ray was instrumental in the formation of the United States Sports Chiropractic Federation. This was the only time sports chiropractors from the ACA, ICA, and ProSport Chiropractic acted with a unified voice in this country. As a founding member he served as its Secretary General, Vice President, President and Chairman of the Board from 2000 to 2008.

Dr. Tim Ray also represented American sports chiropractors in the Federation Internationale de Chiropratique (FICS) on the board of directors and currently he serves as the Chair of the International Games Commission. His duties have allowed more than 500 sports chiropractors the opportunity to participate at Olympics, Pan American Games, World Games, World Sport Games and numerous national and world championships in over 56 different sports around the world.

As a Diplomate in Orthopedics, the International Academy of Neuromuscular Medicine, a Certified Chiropractic Sports Physician, and has International Certification in Sports Chiropractic. With a Master's degree in sport science and rehabilitation; he has taught sports chiropractic in over eight countries and 30 states. This has earned him Fellowship into the distinguished International College of Chiropractors and named twice as the sports chiropractor of the year by the Colorado Chiropractic Association.

He currently works as a clinical educator for the University of Bridgeport at the Southwest Community Health Center as a Chiropractic specialist in the Internal Medicine department.

He was the Director of the Sports Medicine Master's degree program at the University of Western States, responsible for development, growth, strategic oversight, leadership, personnel, and management. During his tenure he was pivotal for positioning the program as the industry standard in online sports medicine programs.



**Congratulations  
Dr Timothy Ray!**

*Congratulations!*



# 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](mailto: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.

*I have been a volunteer for FICS since 2014. I like participating in these sporting events because it gives me experience in the field, allows me to meet people, exchange with them and learn something new each time for my practice. What better than offering this support to athletes from all walks of life?*

***It is a means of ensuring healthy, fair play, as some countries cannot send a medical team with their athletes.***

*Athletes and their entourages are happy with this service, and sometimes it helps improve chiropractic on a world and national level.*

Dr Audrey Yargui





# 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*



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**LIFE**  
University

**LOGAN**  
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# DISCOUNTS FOR FICS MEMBERS

## PiezoWave<sup>2</sup>

Powered by ELvation® USA



The PiezoWave2 powered by ELvation Medical utilizes MyACT (Myofascial acoustic compression therapy) and is widely used in the treatment of acute and chronic pain in muscles, tendons and joints.

A widening clinical experience and research on the use of focused sound for various applications puts MyACT and the PiezoWave2 at the top of the list for effective electronic modalities available to chiropractors.

Used worldwide by professional sports teams and major university programs, as well as private practices, the PiezoWave2 gets the job done!



**Discount:**  
18% Off Single therapy  
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Discount available in USA, UK, Italy, and Germany



# DISCOUNTS FOR FICS MEMBERS

**EXCLUSIVE**

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:



15% DISCOUNT CODE FOR UK,  
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<https://chiroup.com/fics>



Use the code **FICSMember** for a 20% discount on online education with Dynamic Tape. [Click Here.](#)

# CHIROPRACTIC CLINICAL OUTCOMES & PATIENT SATISFACTION

BY: CHIROUP



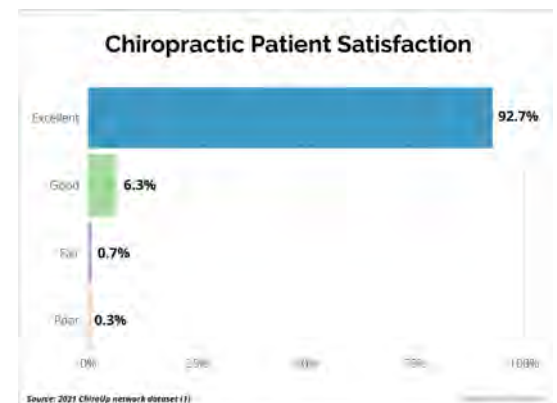
**Our friends at ChiroUp recently analyzed outcome data from 631,970 chiropractic clinical diagnoses, and the results were astonishing.**

The [ChiroUp COPS synopsis](#) showed that chiropractic patients experienced an average improvement of over 80% within the first 30 days (across all diagnoses). And 99% of those patients rated their care as good or excellent!

And prior patient satisfaction studies suggest that chiropractors consistently perform well relative to other healthcare providers. One study of 797 patients treated by either a chiropractor or family physician measured satisfaction in nine areas and found:

“With one exception, satisfaction was higher for patients attending chiropractors [as compared to family medicine physicians].” (8) (references provided in the [full study](#)).

Another study found that patient satisfaction nearly doubled when chiropractic manipulation was added to standard medical care. (9) (references provided in the [full study](#)).



The 2021 ChiroUp COPS synopsis also highlights the top 10 chiropractic diagnoses, plus a potent overview of chiropractic cost-effectiveness and safety. Don't miss this landmark synopsis that will make you proud to be a DC. Review the full study [HERE](#), then feel free to share this data on your social media.



# RESEARCH PAPER REVIEW: ALHAMARI ET AL – LBP COMMENTARY

BY: DYNAMIC TAPE



**Research on ‘Chronic Non-Specific Low Back Pain’ has always been one of my pet hates. Lack of a diagnosis does not a diagnosis make.**

Subjects within this classification can have wildly different contributing factors. The paper by Martin Rabey, Toby Hall et al from 2017 highlights this. Some may have nociceptive or inflammatory mediated pain while others may have far stronger influence from psychosocial amplifiers. Some may have tissue damage or be on the cusp of it, others may have little evidence of ongoing structural influences and so it goes on. Applying the same intervention to all and expecting an effect is a search for a panacea rather than a clinically reasoned, evidence informed management approach.

It is therefore interesting when a study shows an effect in this sort of group as is the case in the paper by Alhamari et al, published in late 2020. The immediate and short-term effects of dynamic taping on pain, endurance, disability, mobility and kinesiophobia in individuals with chronic non-specific low back pain: A randomized controlled trial.

The results showed that Dynamic Tape to provide a lumbar extension force (Figure 1) and Kinesiotape improved pain over the no tape condition. Again, it is hard to discern the mechanism as there is no specific deficit identified that the tape is trying to address. Dynamic Tape did however improve



**Figure 1. Athlete Giulia Ciabotti Bittencourt. A technique similar to that used by the authors.**

Image shared with permission of Dynamic Tape and Giulia Ciabotti Bittencourt.



spinal mobility and spinal extensor muscle endurance over Kinesiotape and no tape groups. This supports the assertion that Dynamic Tape can provide significant force to do some of the work thereby reducing extensor muscle fatigue and possibly aiding in the control of movement through range, exactly what it was designed to do. Whether that has an effect on pain depends entirely on the nature of the pain and tissue damage. If the extensor muscles are a factor in the development of pain e.g. a muscle strain or perhaps due to fatigue then it could be anticipated that the application of Dynamic Tape may have a beneficial effect on pain.

There may be benefits in those without ongoing tissue damage but with maladaptive movement patterns, extension dominant splinting and guarding. This paper did show a strong trend in changes to kinesiophobia but again, a large washout effect would be anticipated as many subjects in the cohort would not have fear of movement.

Correctly identifying those who display these movement adaptations and combining the taping application with appropriate pain education may provide further benefit by reducing overwork of the splinting muscles that may be acting as peripheral drivers of pain, while also help to restore movement choice and re-educate more optimal movement patterns and control while reducing the perceived threat. Further, more robust and specific studies are required to evaluate the contribution of each.

### **Once again, we see that Dynamic Tape can effectively introduce force into the system to modify movement or load.**

Whether that is clinically beneficial depends on correctly identifying a deficit, its relationship to the presenting condition, the mechanisms by which introducing an external force with the tape can address this deficit, correct application and thorough evaluation to determine that a sufficient force was in fact created. Simply taping everyone with pain in a particular region the same way will yield mediocre results. Thorough understanding, assessment, clinical reasoning and application are central to the approach.

Follow the links for a variety of different ways to manage force generation efficiency and force transfer efficiency around the **hips & pelvis** and **lumbar spine** or explore our comprehensive **online education pathway**.

### **References**

1. Rabey, M. and Hall, T. and Hebron, C. and Palsson, T. and Christensen, S. and Moloney, N. 2017. Reconceptualising manual therapy skills in contemporary practice. *Musculoskeletal Science and Practice*. 29: pp. 28-32.
2. Alahmari KA, Rengaramanujam K, Reddy RS, Samuel PS, Tedla JS, Kakaraparthi VN, Ahmad I. The immediate and short-term effects of dynamic taping on pain, endurance, disability, mobility and kinesiophobia in individuals with chronic non-specific low back pain: A randomized controlled trial. *PLoS One*. 2020 Sep 29;15(9):e0239505.



# 2023 Seminar List

[CLICK HERE](#)



**REGISTER  
NOW!**



## **Texas, USA**

### **Upper** Extremity Seminar

4-5 March 2023

### Masterclass Lower Extremity Taping

5 March 2023



## **Hamburg, Germany**

### **Upper & Lower** Extremity Seminar

17-19 March 2023



## **Milan, Italy**

### **Lower** Extremity Seminar

20-21 May 2023



## **Adelaide, Australia**

### **Upper** Extremity Seminar

5-6 August 2023



**Other seminars are opening soon.  
Keep an eye on the FICS social media and Newsletters**

UK- London Upper Extremity (7-8 October)

Netherlands - April 2023, Dates TBC - Upper Extremity

Chile - Lower Extremity - Dates TBC

Japan - Currently in discussion

France - Lower - Currently in discussion for June

# ICSC MASTER'S DEGREE SCHOLARSHIP RECIPIENTS

FICS is excited to announce the recipients of the 2023 ICSC Master's Degree Scholarship, in partnership with Parker University and Logan University.



## **Dr Steven Smilkstein will be undertaking a MS-Sports Science and Rehabilitation at Logan University**

I am deeply honoured and grateful for this opportunity and hope to open a new frontier for Chiropractic education. With this program, I am confident I can make a difference with an opportunity which could lead to me following my dream of teaching the students of the near future.

**LOGAN**  
UNIVERSITY

I have aspired to follow some of my mentors such as Tim Ray, Christine Foss and Brian Nook, and follow their footsteps to become a teacher in our wonderful and adaptive profession, and inspire new methods and thinking in chiropractic care. I hope to use this opportunity to offer a new avenue of training for Sports Chiropractors, in a sports and culturally strong environment here in Southern Africa, and hopefully the rest of the African Continent.



## **Dr. Chiara Tomassoni will be undertaking a Master of Science in Strength and Human Performance at Parker University**

I feel very honoured to be granted this scholarship opportunity with Parker University. I am excited to complete the Master of Science in Strength and Human Performance to provide the highest level of evidence-based care to athletes and patients. I gratefully anticipate being able to use it to strengthen interdisciplinary relations and open doors for Sports Chiropractors in the sports medicine setting.

 **PARKER**  
UNIVERSITY

Thankyou especially to FICS for your ongoing support. For continuing to provide us with the opportunities for growth, and to improve our professional and educational standards.



# Olympian Scholarship Program

## *In the spirit of the Olympic Movement*



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

A male swimmer with a silver swim cap and goggles, looking upwards and to the right. His skin is wet and glistening with water droplets. The background is dark, and the water surface is visible at the bottom.

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

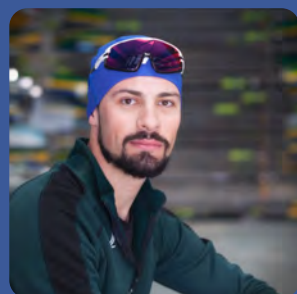
# Congratulations!

## 2023 STUDENT SCHOLARSHIP WINNERS



### **Zoe Campbell - Sponsored by Life University**

It is an honor to have been chosen as a recipient of the 2023 FICS Student Scholarship. This scholarship affords me new opportunities to immerse myself in the international sports chiropractic community while striving for an ICSC Certificate. I am so grateful for all of my previous mentors, the entire FICS community, and the Sports Chiropractic Club Officers at Life University for pushing me to chase after my dreams.



### **Oleg Gonorovski - Sponsored by Dynamic Tape**

I am so excited to receive the FICS scholarship this year. Sport has always been a huge part of my life as an athlete myself and later helping athletes to become better as a rowing coach. I am sure that a connection with FICS will allow me to remain in the sports environment in the future and continue to help athletes with Chiropractic!



### **Kamilah Jordaan - Sponsored by ChiroCredit**

I am extremely honored and excited to be selected as one of the recipients of the 2023 FICS student scholarship. I want to thank FICS and ChiroCredit for this amazing opportunity, I look forward to the year ahead and getting more involved with sports chiropractic.



### **Kara Godkin - Sponsored by Logan University**

I am excited to follow my passion of learning about sports chiropractic through the ICSC course, research commission, and the FICS community. I would like to thank FICS and Logan University, and for the support in pursuing this dream, I would like to thank my friends, family, and everyone at CMCC.



### **Soh Yi Xian - Sponsored by Erchonia Lasers Ltd**

I would like to express my gratitude and appreciation to FICS and Erchonia Laser. This award means a lot to me because it allows me to gain more knowledge and experience about the sports chiropractic profession and provides the incredible networking opportunities for the preparation of my future career in sports chiropractic. I am truly excited about the mentoring sessions and believe I will be able to help more people, particularly athletes all over the world.



# NEW ICSC GRADUATES OCTOBER – DEC 2022



# Congratulations



Carlos Ibáñez Conde - Spain  
José Ángel Santamaría Zúñiga - Spain  
Irene Mancisidor - Spain



Lars Lukowsky - Germany  
Ricardo Dominguez Barrera - Germany



Njål Pedersen - Norway



Justin Henry - South Africa  
Terri Blake - South Africa



Maria Laugesen - Denmark



Amy Ng - UK  
Adam Scott Logan - UK  
Jonathon Hicks - UK



Bruno Da Rocha - USA



*Instructors Dr Jon Wilhelm & Dr Martin Isaksson presenting ICSC completion to Dr Carlos Ibáñez Conde & Dr José Ángel Santamaría Zúñiga*

*Spain ICSC Seminar 2022*

**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**



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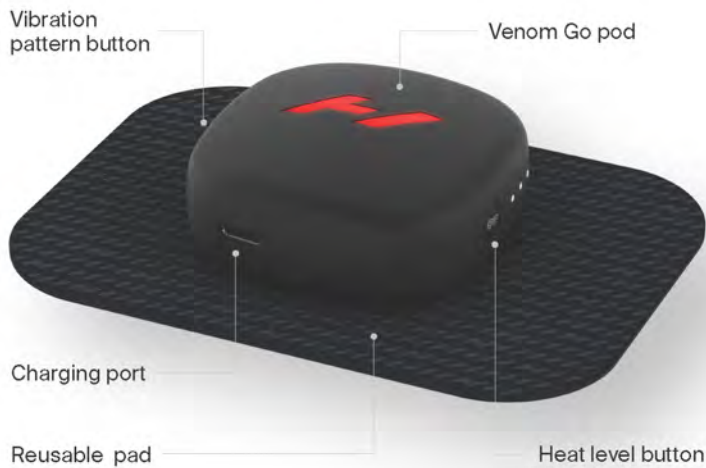


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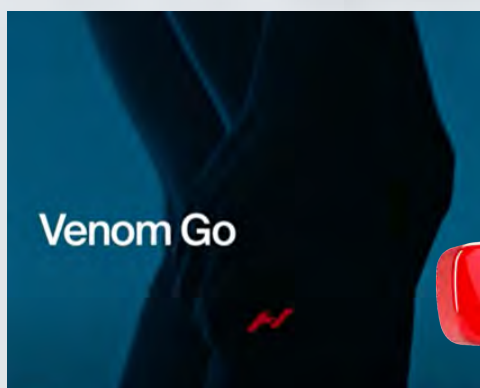


### Product details



### What's included

- Venom Go pod
- USB charging cable
- Reusable pads (3)



## YouTube Product demonstration

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# WORKING YOUR WAY INTO WORKING WITH K-12 AND COLLEGE SPORTS TEAMS/SCHOOLS

BY: DEVON ACKROYD, DC, MS, DACBSP®, CERT. MDT  
ASSISTANT PROFESSOR & FACULTY CLINICIAN AT  
LOGAN UNIVERSITY

ORIGINALLY PUBLISHED IN CHIRO ECONOMICS &  
REPUBLISHED WITH DR. ACKROYD'S PERMISSION

**The growing field of sports chiropractic is proof that the addition of chiropractors to the sports medical team is of great benefit to the teams and the athletes in kind.**



Nearly every team in professional sports has chiropractors on staff to provide chiropractic care to their players. Practitioners looking to get involved in the field of sports chiropractic are best poised to have a passion for sports and enjoy being part of a team that seeks to help athletes perform better.

## The Reality

To some, it may seem like being involved in the field of sports chiropractic can be both glamorous and financially lucrative. However, it more often falls quite short of these expectations.

Being a part of the medical staff at the amateur, collegiate, or professional level requires one to be a team player. Often on game days, this could mean arriving hours early to help fill up water bottles, set up medical stations, restock supplies, help injured players run through rehabilitation drills, tape players wrists or ankles, and generally support the needs of the trainers and staff.

The post-game routine is the mirror image. Expect to stay long after many have left to help break down equipment, restock supplies, clean the training room, and empty water bottles, all in addition to assisting athletes that need post-game therapy. Typical game days for sports such as football can begin in the morning with pregame treatment and

extend long into the evening.

The financial aspect of sports chiropractic can be the murkiest. Entering the field, the bulk of your time with the sports team or school's athletic department will be volunteered or pro bono. This often comes with an eyeroll and a quick disregard from many individuals contemplating entering the field or even those with an established practice unable to rationalize the financial and time commitment. More on this later.

## Education, Experience and Credentialing

Working with athletes requires a certain level of competency. One needs to be prepared to help manage medical situations such as stabilizing fractures, dislocations, or boarding a suspected spinal trauma, in addition to many other potentially life-threatening situations.





Moreover, when working with teams or athletes not fortunate enough to have an experienced athletic trainer or emergency medical support nearby, the sports chiropractor needs to be proficient with solo emergency care. This involves having the experience and knowledge to confidently direct personnel during a medical emergency, being aware and implementing emergency action plans and managing life-threatening situations for both athletes on the field and spectators in the stands. Lastly, some specific sports require competency managing non-life-threatening situations with taping and bracing, wound care, or concussion management.

The most common training and credentialing within the sports chiropractic community in the United States come from two organizations: The American Chiropractic Board of Sports Physicians (ACBSP) and the Federation International of Sports Chiropractic (FICS).

The ACBSP offers two levels of credentials: the Certified Chiropractic Sports Physician (CCSP) and the Diplomate of the American College of Sports Physicians (DACBSP). The CCSP requires a master's degree, an active athletic training (ATC) license or completion of a minimum of 100 hours of postgraduate education in the CCSP program at an accredited chiropractic college to sit for the written exam. The DACBSP requires additional experience and research components and both a written and practical exam to satisfy the highest level of sports chiropractic education within the ACBSP's educational paradigm.

The FICS organization offers both an online and in person credentialing for sports chiropractors looking to achieve the International Certificate in Sports Chiropractic (ICSC) and be eligible to participate in international sporting events that are exclusive



to FICS providers. Both certifications provide a good base for skill when providing sideline coverage and emergency care for sports teams, schools, or individual athletes. However, there is no substitute for experience and involving yourself in these situations and environments drastically improves situational confidence and competency.

### How do I get involved?

While there are several ways of becoming involved in amateur athletics following the appropriate training, one of the first steps is establishing a relationship with the ATC. Even in situations where there are medical directors and athletic directors, the ATC's trust and voice carries the most weight within many organizations. They are in constant communication with the athletes and often know them better personally and physically than the physician or athletic director.

The next step is to appropriately provide and explain your own qualifications and training within the field of sports chiropractic. Lastly and most importantly, it is vital for the sports chiropractor to understand their role within the medical team, or as it relates to the athletic trainer's needs. For example, if the medical team is diverse, the sports chiropractor's role may be limited to simply providing manipulation. As the ATC becomes more familiar with you and your skillset, expect your involvement to expand.

## **Why should I get involved if the time and financial commitment is so burdensome?**

There are a few questions a chiropractor entering the field of sports should ask themselves:

- Does working with sports team or school athletics department dovetail well with your own private practice (i.e., similar clientele, treatment approach, proximity to the clinic, etc.)?
- Can you financially sustain time away from clinic if necessary to support teams while traveling?
- Do you have a background or passion for a particular sport and understand the human biomechanics or injuries that are most commonly identified?

While most services performed by sports chiropractors are delivered pro bono in amateur sports, there are avenues to monetize your involvement. These include:

- Providing additional fee-based care for the athlete and their family at your private clinic
- Providing pre-season physicals (in states that allow DCs to perform and sign off)
- Promoting your relationship through your own social media and having the team or organization reciprocate on their own platforms
- Developing a relationship that compensates your time with advertising on the school's website, program or newsletter
- Writing monthly articles on sport-specific topics that will resonate with athletes and their families, driving patient volume

One important note when working with sports teams is the aspect of travel. As the teams you work with begin to move into the elite amateur, semiprofessional, and professional levels, there becomes a larger emphasis on the requirement for the medical team to travel to away competitions or games.

The sports chiropractor must have the flexibility and financial stability to be able to take time away from their practice to support the team during certain competitions or tournaments. However, one of the perks of working in sports is the ability to travel to destinations that might not have ever shown up on your travel bucket list.

As an example, I was fortunate enough to travel to Nur Sultan, Kazakhstan to support athletes in a World Championship a few years ago. While travel can be disruptive to private practice, patients often appreciate a doctor who volunteers their time and are consistently the ones to brag to colleagues, family or friends that they see the team chiropractor that looks after their child's high school or favorite local sports team.

Although it may seem like the financial and time commitment are reason enough to avoid sports chiropractic, there are strategies to make working for sports teams profitable for your business. Over the long-term, one must also weigh what value is placed on life experiences, particularly those which allow you to travel to overseas destinations, or the career satisfaction that comes with being a core part of a team or athlete succeeding at the highest levels.



LOGAN UNIVERSITY  
**SYMPOSIUM 2023**  
LEARN. LEAD. LIVE.

**Logan University is pleased to welcome chiropractors and health science professionals back to Symposium next spring. Taking place Thursday, April 13 through Sunday, April 16 on Logan's campus and at the St. Louis Union Station Hotel, the 2023 Symposium will provide continuing education opportunities, chiropractic exhibitors, networking events and an address by Logan President Clay McDonald, DC, MBA, JD. This is the university's eighth year hosting Symposium.**

<https://www.logan.edu/post-grad/symposium/>

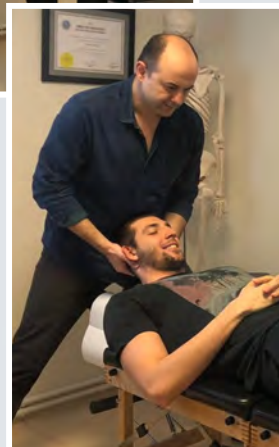
## **TURKISH NATIONAL SWIMMER CREDITS CHIROPRACTIC**

**BY: MUSTAFA AGAOGLU**

Emre Sakçı broke the world record in 50 m breast stroke last year. He is now competing in Australia, at the FINA world swimming championships.

His chiropractor Umut Yasa, who is the Secretary General for the Turkish Chiropractic Association. His initial training is in physiotherapy, and he completed his chiropractic training in Bahçeşehir University of İstanbul. Umut previously worked with various national primary league volleyball teams and multiple national Olympic athletes.

Umut is an emerging leader as a new generation chiropractor in Turkey. Emre Sakçı feels Umut's care has been instrumental in getting his chronic shoulder and low back issues at bay. He incorporates chiropractic care as part of his training regime.



# THE WORLD GAMES 2022 – A CHIROPRACTIC EXPERIENCE OF A LIFETIME

BY: DR. BRYAN J. HENSLIN

**My time working the 2022 World Games was an experience like no other. Over the course of two weeks, I was blessed and humbled to have represented sports chiropractic on the international scene, treating Olympic-level athletes and practicing with some of the best chiropractors from around the world.**

Our team, representing the International Federation of Sports Chiropractic (FICS), was made up of approximately 50 international sports chiropractors. During our time there, we treated more than 3,400 athletes from many different countries, participating in over 30 multidisciplinary sports ranging from inline speed skating to sumo wrestling, to name a few.

The World Games is an international sporting event held every four years, in the year following each Summer Olympic Games. Held over 11 days, The Games represents the highlight of competition for 3,600 of the world's best athletes in over 30 unique, multi-disciplinary sports.

Once we arrived, our group of 50 was divided into teams of 3-5 chiropractors and assigned to specific sporting events. Our job was to work with the medical staff of Athletic Trainers, Nurses, EMT's and MD's, provide them support, and with our therapy skills, treat the athletes, coaches, and staff associated with the World Games event.

Typically, more doctors were needed at team events like softball, lacrosse, and flying disc (ultimate Frisbee). Our team, comprised of chiropractors from Australia, Minnesota, Alabama, Canada and California, were assigned to Inline Speed Skating, Sport Canoeing, Orienteering, Waterskiing, and Wakeboarding. Over the course of 11 days, we



## *Some of my favourite moments*





developed a close and well-functioning relationship with the coaches and athletes, local EMS, Fire & Rescue, Police and medical team to provide coverage that was nearly flawless. This collaboration worked especially well, as a few of us had experience working in a hospital-based or multidisciplinary health systems back home.

Typically, a sports medicine team has a head medical doctor, athletic trainer, physical therapist, chiropractor, massage therapist, nutritionist/dietician, nurse, and EMS coverage. Through our work, it became apparent that not all the athletes, coaches and teams from other countries were familiar with sports chiropractic care.

As it turns out, some countries only have physiotherapist (physical therapists) and do not have licensed chiropractors or have a lack of skilled sports chiropractors. This experience provided a great opportunity to learn from our physiotherapist colleagues while teaching the medical team about our approach; and how when incorporated, our skills help to produce more effective, efficient therapy results with injured athletes.

The venues in Birmingham reflected the city and state's history of a booming iron industry that served as a melting pot for the area many years ago. Many of the events were held in, or around historical landmarks linked to the area's iron mining and production.

Inline Speed Skating took place at Powel Steam Plant, with the track placed in an abandoned parking lot next to an old Steam factory. Sport Canoeing, Waterskiing & Wakeboarding were held at Oak Mountain State Park, Oak Mountain Lake - a beautiful lake venue surrounded by 9940 acres of heavy woods and winding roads. Though interesting and beautiful, both venues were subject to long days outside in the brutal Alabama heat and humidity.



**Days 1-4: Powel Steam Plant.** We arrived at a blistering hot Inline Speed Skating venue with an asphalt track laid out next to an old Steam Factory. Our work area, a 20X20 tent filled with international speed skaters. It seems everyone was trying to get a break from the heat for those days! None the less, long grueling treatment days and a shirt that was often a different color by 8am, quickly turned into a rewarding experience of watching athletes from Italy, Ecuador, Mexico, and Colombia win gold metals after receiving chiropractic care! It was truly an honor to be part of their success!

**Days 5-10: Oak Mountain State Park.** A 20 minute morning drive, accompanied by Duncan Donuts and Starbucks coffee, brought us to one of the most beautiful venues of the 2022 World Games, Oak Mountain. Oak Mountain State Park is Alabama's largest, at 9,940 acres and was host to Sport Canoeing, Waterskiing and Wakeboarding. It was here that we finally got a break from the heat, enjoying a treatment area nestled under pine trees next to Oak Mountain Lake with a nice Alabama breeze.

Over the course of the following days, we developed a very close and fun relationship working on and with the event coordinators, Pelham Police & Fire, members of the International Wakeboard and Waterskiing Federation, and many of the different countries and athletes competing. Our services and presence seemed to be well utilized and much appreciated!

**Words cannot describe my excitement when I was selected to the sports chiropractic delegation for the 2022 World Games.**

Working an elite, international event and sharing my skills, experience and talents with my colleagues and these high level athletes, has been an ambition of mine since becoming a chiropractor many years ago. It taught me about a variety of new sports and the unique aspects that go into their training and recovery.

It was an experience of incredible memories, growing, learning, meeting new people and making life-long friendships with some of the best sports chiropractors from around the world.

Working with these great doctors and amazing medical team helped to refresh my love of sports chiropractic, to polish my treatment and clinical skills, and has allowed me to look at care from a different point of view. Through this and the tools acquired, I'll hope to teach and empower a healthier, knowledgeable and more successful sports community, which understands the importance of chiropractic care and its benefits to athletics.





# FICS GAMES REPORT - IPF VIBORG, DENMARK 14-19TH NOVEMBER 2022

BY: DR MIKA JANHUNEN

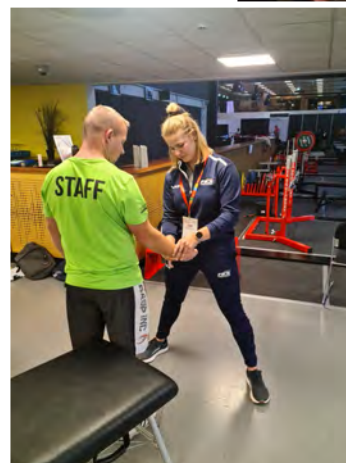
**As the call for volunteers for this event came out earlier in the year it didn't take me long to put my hand up. It had been a while since I last attended FICS games and I needed another fix, and it was also the perfect opportunity to gain a few points towards the Olympic games selection for Paris 2024.**

I reasoned that Denmark is not too far to go, people are nice and there's generally nothing happening in November - this was the perfect opportunity to get out there again and to top up the "happy tank" for the winter months.

We were warmly welcomed in Viborg by the IPF officials and local volunteers. The event organisation was super slick and everything ran like clockwork. Athletes weigh in, warm up, competition and finally the medals ceremony was complete in about four hours for each weight category. This meant busy times for us as there were as many as three or four categories per day.

Generally our day started with breakfast around seven am, followed by setting up our station by the warm-up area so that we were good to rock and roll from eight am. Athletes and coaches tended to come for treatment early, then we treated IPF staff and volunteers during lifting times, and dealt with any emergency situations as they arose.

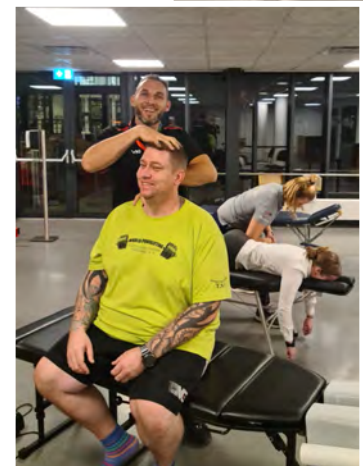
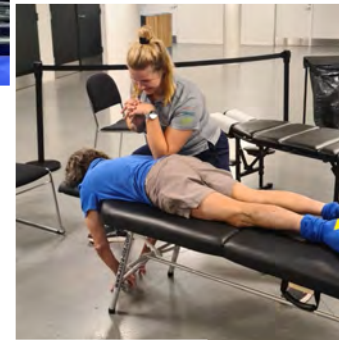
Our secondary role was the first responder team, which dealt with various situations. Muscle spasms and minor cuts were commonplace and we dealt with those efficiently. There was one occasion when we had to call the ambulance service to remove an athlete to the hospital for investigations, luckily the athlete was discharged from hospital two days later having fully recovered.



It was a steep learning curve for us. None of us had been to powerlifting events before, but this full immersion made us feel like experts in the field. There is a lot more that goes into power lifting than just grabbing the bar, grunting a lot and then walking (or hobbling) away with a medal. We became very appreciative of the technical aspects and things seemingly far removed from the actual lifting, such as breathing technique, that can make the difference between gold medal and competition ending injury.

Being included in the IPF family was a real honour and it was delightful to see the camaraderie and friendliness of all the people involved. It was very much like being a guest at a huge family party where everyone liked each other! Still, by far the greatest gain I made from travelling to Viborg was meeting and hanging out with my superb team, Damien Morisson and Maria Ebsen. There was no rookie mentality with these two, they pulled together admirably when the going got tough, their clinical skills were great and most importantly, they are such lovely people - we pretty much laughed our way from start to finish. Granted, there were a few bad dad jokes from me, but apart from that we were good.

So Finally, Thank you FICS for making these opportunities available to us. Thank you IPF for the amazing welcome and hospitality. Thank you Damien and Maria for being down right awesome in every conceivable way - you are welcome on my team any day!



## FICS GAMES REPORT - IPF WORLD MASTERS CHAMPIONSHIPS OCTOBER 9-15, 2022 ST. JOHN'S, NEWFOUNDLAND, CANADA

BY: DR MARK STRUDWICK

**The Masters Powerlifting Championships in St. John's in October was an eye-opener: with 410 lifters from 33 countries, it was a pleasure to see world records set and the camaraderie amongst them as they renewed friendships and competition.**

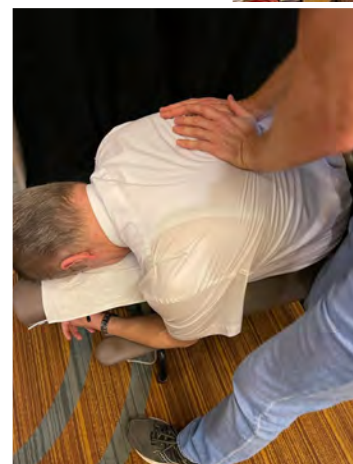
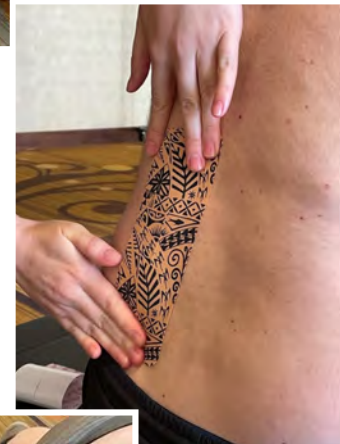


33 countries meant several languages, and fortunately between us we had skills in 4 of them, but there was still a certain amount of pointing and hand gestures for both athletes (and ourselves) to get their point across. It didn't take long for the lifters to realize we were there and then it was go-time. Gaston Parage, the President of the International Powerlifting Federation is a big advocate of chiropractic and FICS and was treated as well 3 times.

Areas of complaint tended to be shoulders, hips and low backs. Many would come for care and shrug their shoulders and say, "I've been powerlifting for X years and my low back is always sore." We did notice, however, that although it may not have been an area of complaint, the thoraco-lumbar transition area seemed to be an area of improper mobility and muscle hypertonicity and working on that always brought relief. One lifter had a hard time understanding that his shoulder was "weak" due to rotator cuff instability and this was causing his shoulder pain with benching. With a little education, he came around to it and was going to seek further help once returning home to Costa Rica.

There were 2 actual low back sprain/strain injuries, a quad strain and one Brazilian lifter who during his squat, crumpled in pain and had to be helped off the stage. Seeing him in agony, the differentials springing to mind included disc lesion, hernia or groin strain. After exam and further history, we settled on groin strain and decided there was no need to transport for hernia assessment. Communication with the athlete, coach and event organizer were all key at this time. It turned-out to be the right call as he continued to hobble for the next couple days, but stopped by the table for a fist-bump to confirm he was feeling better and coming around.

St. John's is a city that has been on both our bucket lists to visit and this event was an ideal opportunity to enjoy this lovely city and its people. The IPF ran a great event and is clearly a tight-knit bunch from the top down. Neither one of us would hesitate to be involved with them again.



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

- Dr. Robert Silverman

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# CHIROPRACTIC RESEARCH

RECOMMENDED READING  
BY FICS RESEARCH COMMISSION



## Utilization of Chiropractic Care at the World Games 2013



Debra D. Nook, DVM, MBA,<sup>a</sup> Erik C. Nook, BA,<sup>b</sup> and Brian C. Nook, DC<sup>c</sup>



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### ABSTRACT

**Objective:** The purpose of this study was to describe chiropractic care use at the World Games 2013.

**Methods:** In this retrospective study, we reviewed treatment charts of athletes and non-athletes who sought chiropractic care at The World Games in Cali, Colombia, from July 25 to August 4, 2013. Doctors of chiropractic of the International Federation of Sports Chiropractic provided care. Chart notes included body region treated, treatment modality, and pretreatment and posttreatment pain ratings.

**Results:** Of the participants, 537 of 2964 accredited athletes and 403 of 4131 accredited non-athletes sought chiropractic treatment; these represent utilization rates of 18.1% for athletes and 9.8% for non-athletes. A total of 1463 treatments were recorded for athletes ( $n = 897$ ) and non-athletes ( $n = 566$ ). The athletes who were treated represented 28 of 33 sports and 68 of 93 countries that were present at the games. Among athletes, the thoracic spine was the most frequent area of treatment (57.2%), followed by the lumbar spine (48.7%) and the cervical spine (38.9%). Myotherapy was the most frequently used treatment method (80.9%), followed by chiropractic manipulation (78.5%), taping (38.0%), and mobilization (24.6%). Reports of acute injury were higher among athletes (45.4%) compared with non-athletes (23.8%). Reported pain was reduced after treatment ( $P < .001$ ), and 86.9% patients reported immediate improvement after receiving chiropractic treatment.

**Conclusions:** The majority of people seeking chiropractic care at an international sporting competition were athletes. For those seeking care, the injury rate was higher among athletes than among non-athletes. The majority of patients receiving chiropractic care reported improvement after receiving care. (*J Manipulative Physiol Ther* 2016;39:693-704)

**Key Indexing Terms:** Athletic Injuries; Chiropractic; Population Surveillance; Sport; Statistics and Numerical Data

## A REPORT OF THE 2009 WORLD GAMES INJURY SURVEILLANCE OF INDIVIDUALS WHO VOLUNTARILY USED THE INTERNATIONAL FEDERATION OF SPORTS CHIROPRACTIC DELEGATION

Debra D. Nook, DVM, MBA,<sup>a</sup> and Brian C. Nook, DC<sup>b</sup>



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### ABSTRACT

**Objective:** The purpose of this study was to describe the frequency and nature of injuries treated by the International Federation of Sports Chiropractic (FICS) chiropractic health care delegation at the 2009 World Games in Kaohsiung, Taiwan.

**Methods:** A cross-sectional study design with descriptive statistics was used to describe the standard patient care data recorded on FICS treatment forms of individuals voluntarily using FICS chiropractors. Data included patient demographics, region of the body, type of treatment provided, and pre- and posttreatment numerical pain levels.

**Results:** The FICS chiropractors recorded 1514 treatments to athletes and support personnel. There were 445 (49%) athletes and 450 (51%) nonathletes receiving care. The total number of athletes participating at the 2009 World Games was 2906 plus 2812 support staff; thus, our utilization rates are 15.31% for athletes and 16.00% for nonathletes. Total treatments were 854 for athletes and 660 for nonathletes, including follow-up care. Treatments to 17 different body regions were recorded. The highest recorded athlete treatment region was the lumbar spine at 309 (36.18%), with thoracic spine and neck being treated 195 (22.83%) and 193 (22.60%) times, respectively. Chiropractic manipulations were administered to 583 (68.27%) of the athletes treated. Mobilizations were given to 209 (24.47%), whereas 640 (74.94%) received myotherapy and 205 (24.00%) had tape applied. Pre- and posttreatment pain scales revealed that approximately 94% of patients experienced immediate improvement.

**Conclusion:** These results demonstrate the findings of voluntary chiropractic care at a world-class multisport competition. (*J Manipulative Physiol Ther* 2011;34:54-61)

**Key Indexing Terms:** Chiropractic; Athletic Injuries; Population Surveillance; Sports





### Review



OPEN ACCESS

## Management of plantar heel pain: a best practice guide informed by a systematic review, expert clinical reasoning and patient values

Dylan Morrissey<sup>1,2</sup>,<sup>1,2</sup> Matthew Cotchett<sup>3</sup>,<sup>3</sup> Ahmed Said J'Barī,<sup>1</sup> Trevor Prior,<sup>1</sup> Ian B Griffiths<sup>4</sup>,<sup>1</sup> Michael Skovdal Rathleff,<sup>4</sup> Halime Gulle,<sup>1</sup> Bill Vicenzino<sup>5</sup>,<sup>5</sup> Christian J Barton<sup>3,6</sup>

► Additional material is published online only. To view, please visit the journal online (<http://dx.doi.org/10.1136/bjsports-2019-101970>).

<sup>1</sup>Sports and Exercise Medicine, William Harvey Research Institute, Queen Mary University of London, London, UK

<sup>2</sup>Physiotherapy Department, Barts Health NHS Trust, London, UK

<sup>3</sup>Department of Physiotherapy, Podiatry, Prosthetics and Orthotics, La Trobe University, Melbourne, Victoria, Australia

<sup>4</sup>Department of Health Science and Technology, Faculty of Medicine, Aalborg University, Aalborg, Denmark

### ABSTRACT

**Objective** To develop a best practice guide for managing people with plantar heel pain (PHP).

**Methods** Mixed-methods design including systematic review, expert interviews and patient survey.

**Data sources** Medline, Embase, CINAHL, SPORTDiscus, Cochrane Central Register of Controlled Trials, trial registries, reference lists and citation tracking. Semi-structured interviews with world experts and a patient survey.

**Eligibility criteria** Randomised controlled trials (RCTs) evaluating any intervention for people with PHP in any language were included subject to strict quality criteria. Trials with a sample size greater than n=38 were considered for proof of efficacy. International experts were interviewed using a semi-structured approach and people with PHP were surveyed online.

### BACKGROUND

Plantar heel pain (PHP), which of the community,<sup>1-4</sup> is associated with health-related quality of life impairment, a poor perception of health status and reduced functional capabilities.<sup>5</sup> PHP predominantly affects sedentary middle-aged and older adults, and is estimated to account for 8.0% of all injuries related to running.<sup>6</sup> The condition is characterised by first step pain and pain during weight-bearing tasks, particularly after periods of rest.<sup>7</sup>

How should clinicians treat pain and improve function in people with PHP? The published literature is dominated by systematic reviews, guidelines and meta-analyses<sup>7-9</sup> that include low-quality trials with small sample sizes, which may inflate effect sizes and lead to incorrect interpretation.<sup>10</sup>



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### Review

BMJ Open Sport & Exercise Medicine

## Sport and exercise recommendations for pregnant athletes: a systematic scoping review

Nora Wieloch<sup>1,2</sup>,<sup>1,2</sup> Anneke Klostermann,<sup>1</sup> Nina Kimmich,<sup>3</sup> Jörg Spörn Johannes Scherr<sup>1,2</sup>

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### ABSTRACT

**Objectives** To analyse the available evidence and identify gaps in current knowledge regarding physical activity volume and intensity and their effects on pregnancy outcomes in female athletes.

**Design** Scoping review.

**Data sources** A structured literature search of three electronic databases (Embase, PubMed and Web of Science) was conducted on 25 February 2022, and a rerun search was conducted on 8 September 2022.

**Eligibility criteria** Studies were eligible if they contained information on the relevant population (ie, elite or competitive amateur female athletes), intervention/exposure (ie, minimum of 10 hours of sport per week) and fetal and maternal outcomes. Eligible comparators included female recreational athletes and pregnant non-exercisers.

**Risk of bias** The risk of bias was evaluated with the National Institutes of Health (National Heart, Lung and Blood Institute) quality assessment tool.

**Results** The results revealed a discrepancy between

### WHAT IS ALREADY KNOWN ON THIS TOPIC

- The positive effects of moderately intense exercise during pregnancy are manifold (eg, prevention of excessive weight gain, reduction of the risk of pre-eclampsia, gestational diabetes and thrombosis, improvement of well-being and self-perception) and are supported by national and international guidelines.
- There are solid data regarding recommendations on low to moderate physical activity for recreational female athletes.
- Elite female athletes often state that they receive insufficient information during pregnancy regarding training recommendations that ensure the safety of both mother and child.

### WHAT THIS STUDY ADDS

- Training with higher intensities might be possible when carefully controlled and tolerated well by the mother.

BMJ Open Sport Exerc

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