

Swiss Chiropractic Sports Council

By: Chris Wegelin



The Swiss Chiropractic Sports Council was able to hold a sports seminar in a remote mountain region, despite severe restrictions on meetings actually imposed throughout Europe due to the covid pandemic, while respecting all safety requirements.

The topics of the seminar were elite competition, the knee and athlete coaching. Our speakers were Florence Darbellay, DC, elite mountain biker with many international podiums, Prof Dr Daniel Fritschy, MD, a pioneer in sports medicine and a leader in arthroscopy and orthopaedic

surgery of the knee, and Jean-Pierre Egger a former elite athlete who became trainer and coach and led athletes and teams to medals at the Olympic Games and to winning the 'America's Cup' sailing trophy.

Being a sports seminar, it was not just sitting inside but also going outside to move our extremities, increase oxygen intake and challenge our metabolism. The site was ideal for walking over verdant fields, through forests and climbing to a nearby mountain viewpoint.

This physical activity gave direct information and clues on the symptoms of ailing knees that some of the participants presented. In a workshop, they were examined and evaluated and possible chiropractic and orthopaedic treatments discussed. The next seminar of the Swiss Chiropractic Sports Council will be a winter seminar in a mountain resort of the Swiss Alps. It will be presented in English and is open to all chiropractors. Information on the seminar is posted at the SCSC website www.chirosport.ch

