

# FEDERATION INTERNATIONALE DE CHIROPRACTIQUE DU SPORT



**EVERY ATHLETE DESERVES ACCESS TO SPORTS CHIROPRACTIC**

**FICS E-NEWS - DECEMBER EDITION 2018**  
**[WWW.FICS-SPORT.ORG](http://WWW.FICS-SPORT.ORG)**

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DECEMBER 2018

## HIGHLIGHTS

- 03 President Report
- 05 Thank you Sponsors  
FICS 2018 Scholarship  
Students
- 06 Secretary General Report
- 09 Changing face of FICS
- 13 FICS Membership
- 14 Logan University Advances  
Sports Chiro in Memphis
- 16 Berlin 2019
- 17 International Sports Chiro  
Certificates
- 19 Namibian Sports Chiro
- 21 IWA Liaison Report
- 24 World Assoc. Kickboxing
- 25 How to Combat Post  
immobilization Anabolic  
Resistance
- 26 Logan Alummnus Scores  
position with FC Dallas
- 29 Interviews with Jay Greenstein
- 30 IFP World Championships
- 31 Doctors of Chiro vs Yonex  
Chinesetaipei Open 2018
- 41 World Lifesaving  
Championships: Glenelg
- 43 Liebherr 2018 World Team  
Table Tennis Championship



Presented in association with EPIC2019, the joint Congress of the WFC and ECU  
**KICK AND RUN: FOOTBALL AND THE LOWER EXTREMITIES**



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# PRESIDENT'S MESSAGE

Dr Peter Garbutt - [pres@ficsport.org](mailto:pres@ficsport.org)

"Interdisciplinary care assists to uphold patient centred care rather than focus on a particular profession, and allows for the blending of professional attributes, skills, and knowledge to achieve optimal patient care, satisfaction and outcomes"



**These are just a few quotes from the array of tremendous essays received in this year's FICS Student Scholarship competition.**

"...it would seem almost silly to not have a Sport Chiropractor in a sports team"

"... health care is not composed of separate professionals but rather teams that have complimentary and essential skills for the best, well-rounded care"

"...I believe there is a lot of room for growth within the profession as well as growth within sports"

"As the sports chiropractic profession grows it benefits all chiropractors across the board"

"Chiropractic and more importantly Sports Chiropractic is in the business of movement. The goal of any great Sports Chiropractor is to provide powerful, purposeful, and poised movement to each and every one of their athletes"

I'd like to congratulate not only the winners, who are mentioned in this newsletter, but every student that submitted an essay, and also the teaching institutions that foster such great young minds. It is exciting to see the depth that is developing within sports chiropractic around the world.

These are our future leaders, our future teachers, our soon to be FICS chiropractors working towards achieving access for every athlete to sports chiropractic.

“2018 has been a big year for FICS. More events than ever before, a new Secretary-General, a new strategic plan and new administration services provider.”

## PRESIDENT'S MESSAGE

In addition to the generous prize money put forward by our sponsors for the student award this year, each of the 4 winning students will be granted an honorary position on a FICS commission for 12 months where they will not only get to learn more about the workings of FICS from the inside, but contribute to shaping the future of FICS right now.



As you will see in the report from Martin Camara, I had the honour of joining the Japanese Association of Chiropractors president Kei Takeyachi, Japanese Federation of Chiropractic Sportive president Takehiko Miwa and Tokyo College of Chiropractic vice president Yoshihiro Murukami.

It was exciting to see the work going on in Japan and the strong relationships and respect that is held with the government officials that we met with.

This newsletter marks the end of yet another era in FICS. Ms. Christina Davis has been a big part of FICS for a number of years now, firstly whilst with the WFC and over the past 2.5 years as the admin services provider. I'd like to thank Christina for her dedication to FICS and contribution over this time.

2018 has been a big year for FICS. More events than ever before, a new Secretary-General, a new strategic plan and new administration services provider.

I'd like to thank all those involved in making this year what it was. 2019 promises to open up even more opportunities for members to contribute to FICS and the exciting future that we share.

It's time now for me to get back to my stand up paddle board. I hope to see as many of you as possible in Berlin. It's going to be huge!

*Peter Garbutt*



# THANK YOU TO OUR SPONSOR'S

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 all its members FICS would like to acknowledge the support of the following generous sponsors:

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# LOGAN UNIVERSITY

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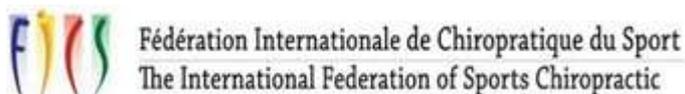
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## FICS 2018 Scholarship Winners:

Phoebe Henry from RMIT - Australia - Sponsored by Logan University  
Aidan Kaye of NYCC - USA - Sponsored by Standard Process  
Cheria Morgan of CMCC - Canada - Sponsored by Dynamic Tape  
Emily Skelding DUT - South Africa - Sponsored by Life University



# SECRETARY GENERAL MESSAGE

Graeme Harrison-Brown - SecGen@ficsport.org

As the end of the year draws to a close it is great to be able to look back at the achievements that have been made over the last 12 months and to consider the changes still to be made to make FICS a truly sustainable organisation that will achieve its growth aspirations.

When I first accepted the role of Secretary General in January this year it was with some trepidation as I knew I would face considerable challenges being relatively unknown in the Chiropractic world. I must give my thanks to the ExCo, Executive and Commission Chairs that were all supportive of the plans I put forward for organisational changes necessary to bring FICS forward as a commercially focussed organisation structured for growth. It is always challenging to implement change in an organisation steeped in tradition or where there is a strong ownership of the current processes that have been developed over years. Strong leadership and a committed management team ensure the success of the task and FICS is fortunate to have all these characteristics in its current management team.

## So, what have we done and where are we going?

So far this year we have achieved the following milestones:

- A new Strategic Plan that focuses the organisation and provides achievable objectives.
- Restructured our Commissions, the work horses of the organisation, to be more aligned with our strategic objectives and to remove the barriers to improved business practices.
- Created new standardised contracts and agreements for sponsors so there is a clearer understanding of the obligations required of each party.



Free Advertising for FICS at Vanuatu Markets

## SECRETARY GENERAL MESSAGE

- Identified changes to the FICS Statutes to remove errors and inconsistencies and to align them with a contemporary business structure where there is a separation of responsibilities between the Board of Directors (ExCo) and the Executive Management Team (Executive Officers). This separation of Strategy and Operations improves the reporting and communications lines across the organisation and establishes a succession planning capability.
- Onboarded several new sponsors under a value exchange program to provide FICS with the necessary infrastructure and skills to meet our future needs. I welcome the following organisations to the FICS family:
  - o iMap as our IT provider of choice and digital marketing experts providing our ICT needs.
  - o SHG as our General Counsel providing specialist legal advice in the sporting domain.
  - o MyNextMatch providing specialist software to help us manage our global operations.
  - o South East Sports Seminars providing FAKTR instruments and financial support.
  - o Mindavation providing Strategic Business Management and Facilitation services.
- Market testing of the Administrative/Financial/Marketing service contract to establish a long-term support contract for the provision of industry best practice services. We now have a new service provider, Trish Donoghue from Corranga Pty Ltd replacing Christina Davis from the Christina Davis Group. This is an important move for FICS as it provides the organisation with a service provider that has all the necessary skills and resources to support us through the next 3 to 5 years.
- Initial stages of becoming a virtual organisation through the implementation of Office 365 and Xero Financials.
- Partially developed the Operations plan to guide FICS through the next 3 years.

“

"Identified changes to the FICS Statutes to remove errors and inconsistencies"

"new service contract to establish a long-term support contract for the provision of industry best practice services."

## SECRETARY GENERAL MESSAGE

### Where we are heading in the coming year:

- Completion of the FICS Business Plan, Operations Plan and Marketing Plan.
  - Complete review of our governance policies and identification of all risk exposures to FICS.
  - A full review of our policies and procedures to provide a complete set and to bring them into line with industry practices. This will new people coming into the organisation will have guides on how we do business.
  - Development of a stronger organisation with constitutional artefacts (Statutes) that support it.
- Development of a stronger organisation with constitutional artefacts (Statutes) that support it.
  - Greater interaction with the regional Sports Councils so that we are working to a common purpose and providing our members with greater opportunities.
  - Generation of new sponsorships so we have the revenue to support our volunteers better.
  - A successful Berlin General Assembly and Symposium that will bring forward new ideas and changes to the organisation from our membership base
  - Participation at more sporting events and educational programs to increase our presence globally.
  - Penetration into new regions so we can provide support for fledgling areas.
  - Release of a new eLS with new content and on-line payments.
  - Development of a new web site that reflects the professional modern nature of FICS.



As you can see we have a big year ahead of us again and I look forward to working with all of you to ensure we successfully transition FICS into the organisation we all desire. Even though it is going to require a lot of commitment and hard work from everyone it will be an exciting time as we see the organisation take its place as the “thought leader in Sports Chiropractic”.

*Graeme Harrison-Brown*

## The Changing Face of FICS Organisational Change - A Necessary Evil

Over the last twelve months FICS has been developing and implementing a transformation plan that will see the organization move through a number of changes over the coming years. These changes are inevitable as FICS positions itself to achieve its growth goals. Unfortunately though, change is often met with resistance through the fear of the unknown and organisations tend to stagnate or fail to prosper as a result of these fears.

Truly successful organisations foster a positive attitude toward change by anticipating it and purposefully planning for it in a goal-oriented manner. Change is something that people should do, not something that is done to them. People are more comfortable with change when they participate in planning for or implementing it because they gain some sense of control and ownership which reduces their fears.

### What has this got to do with FICS?

FICS is like any other organisation in that it has developed a great product, has a strong culture, has developed a strong reputation, has a relatively well-known brand, and is serviced by dedicated professionals with a love for the organisation. It also requires funding sources (revenue) to enable it to achieve its objectives and is competing with other organisations for the same pool of members, monies, events and courses.

So if we don't change and evolve we will find it harder to be recognised as the organisation others wish to be associated or affiliated with.

### Why does FICS need to Change?

As a result of the development of our Strategic Plan in April 2018 and a review of the governance and procedures across the organisation a number of deficiencies were identified that would constrain the growth of FICS. The organisation had fallen into the age old trap of doing things the same way because it always worked and not questioning whether there were better and more efficient ways of doing business. There was no separation between strategy and operations; constitutional documentation no longer matched the organisations needs; the underlying infrastructure was ageing; policies and procedures had not been updated or did not reflect current state; contracts were inconsistent leading to ambiguity; service providers were no longer meeting organisational needs; and

## FROM THE DESK OF THE SECRETARY GENERAL

### The Changing Face of FICS - Organisational Change - A Necessary Evil

there was no succession planning to develop the future leaders. The same issues facing small businesses through to multi-national corporations worldwide.

#### What is organizational change?

Organisational change is the process by which an organisation changes its structure, strategies, operational processes, technologies, or organisational culture to affect change within the organisation and the resultant effects of these changes on the organisation.



Organisational change is inevitable in a progressive culture and organisations must develop adaptability to change otherwise they will either be left behind or swept away by the forces of change. Organisational change can be continuous or occur for distinct periods of time and occurs only when the forces that promote it overcome those that resist it.

An organisation's need for change often conflicts with its members' need to maintain their sense of personal security.

Thus, people and organisations naturally tend to resist change. To overcome resistance and create a future that embraces collective organisational change, the people implementing the change must help people to understand why change is necessary and desirable before they will accept it.

#### Causes of organizational change:

##### External Pressures:

- Change in Technology and Equipment.
- Changes in market situation include rapidly changing goals, needs and desires of consumers, suppliers etc.
- Social and Political Changes where we have no control over them.

##### Internal Pressures:

- Changes in the Managerial Personnel
- Deficiencies in the Existing Organization and where a change is necessary to remove such deficiencies as lack of uniformity in the policies, obstacles in communication, any ambiguity etc.

## FROM THE DESK OF THE SECRETARY GENERAL

### The Changing Face of FICS - Organisational Change - A Necessary Evil

#### Introducing changes to FICS

Before introducing any change to FICS it is extremely important for the Executive Leadership Team to understand the people's attitudes so as to create a positive response. We must develop a change management plan that supports a smooth transition and ensures our people are guided through the change journey (Approximately 70 percent of change initiatives fail due to negative employee attitudes and unproductive management behavior).

The FICS change plan will involve six key steps:

1. Define what we need to change and why the change is required.
2. Determine the impacts and those affected.
3. Develop a communication strategy.
4. Provide effective training.
5. Implement a support structure.
6. Measure the change process.

#### Where are we at today?

FICS has already embarked on its change process with the development and implementation of a new Strategic Plan in April this year. The development of the plan was done in an inclusive manner with the Executive Leadership Team and Commission Chairs. We even included a number of sponsors in the creation process to provide an external view of the future of FICS.

Other initiatives that are underway include:

- The implementation of a new technology environment by moving our operations to the Microsoft 365 Cloud and Xero Finances to keep pace with technology.
- Market testing our admin/marketing/finance services and the on boarding of a new service provider more capable of meeting FICS needs for the future.
- Changed our contracts so that they remove ambiguity.
- Review of the statutes so that they align with our future organisational requirements and to remove any ambiguities and inconsistencies.
- Started on the development of procedures and practices that align with industry better practice.
- Restructure of the Commissions and implementation of a selection process to identify the future leaders of the organisation.



FROM THE DESK OF THE SECRETARY GENERAL

The Changing Face of FICS - Organisational Change - A Necessary Evil

Finally, how are FICS looking for the future?

FICS is looking good for the future. The people that make up the organisation are desirous of change and have been contributing to the changes required to shape the FICS of the future. Over the next year we will continue to evolve and the rewards to our members and sponsors will increase as we create new opportunities across all regions. We will work to become a sustainable, transparent and inclusive organisation that people will want to be a part of.

Graeme Harrison-Brown



*iMap is proud to be a FICS sponsor & technology partner and we are elated to be joining FICS on this journey of organizational transformation to re-establish FICS as a world-class organization.*



For over 8 years, iMap has provided proven digital marketing services to thousands of small business owners throughout the U.S. and Canada. iMap's success is driven by our relentless pursuit of our client's success and we are proud to assist them in their growth aspirations by providing them with an unfair advantage over their competitors.

Robin Stark, CEO of iMap Professionals

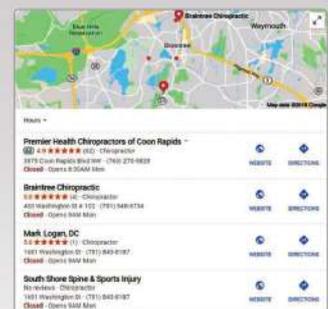


iMap is very pleased to be the FICS preferred digital marketing partner and we are standing ready to provide our proven world-class Local Search Visibility/Trust Management services to FICS members.

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# FICS Membership

BY NATHAN AKMENS, CHAIR MEMBERSHIP COMMISSION

A highlight of this quarter for Membership Commission has been the rollout of the Membership Survey. This has been a major project of the commission over the past year and has involved collaboration and refinement from many within FICS. The success and depth of discussion from this survey ultimately rests on the responses from our valued members. If you have not yet had the chance to have your say on international sports chiropractic please follow the link below.

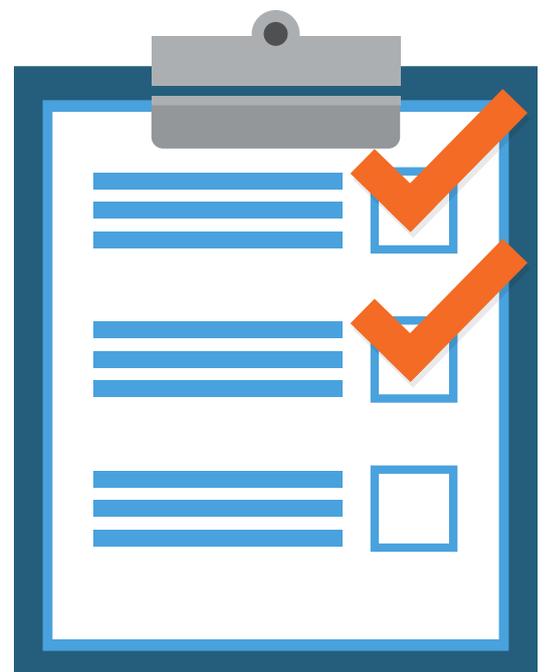
And don't forget to share this with your fellow FICS and NCSC members! The more responses we receive the better our commission can identify the values and tailor our offering to the membership. A true win-win for all.

FICS continues to field enquiries for the establishment of new sports chiropractic councils around the world. It is always exciting to see the passion of individual and groups of sports chiropractors looking to grow the profession. Congratulations to the Spain NCSC, headed up by Dr Guillermo Busto, who were accepted as applicant members earlier this year. We remain committed to working hard with all NCSC's to strengthen sports chiropractic in their countries.

I look forward to sharing more exciting updates from the Membership Commission next time.

**HAVE YOUR SAY ON WHAT YOU WANT TO SEE, AND HOW WE CAN CONTINUE TO REPRESENT YOU.**

**CLICK ON PHOTO TO TAKE OUR MEMBERSHIP SURVEY.**



# Logan University Advances Sports Chiropractic in Memphis

BY SANDY MADDOX

For many years, Logan University has maintained a leadership role in growing the awareness of, and helping advance, the role of chiropractic in sports. Recently, the University took another step toward the goal of collaborative, multidisciplinary environments in the world of athletics. Logan began offering chiropractic care at The University of Memphis this past fall. The partnership gives students athletes access to routine chiropractic care, both on and off the field.

Jude Miller, DC, MS, CCSP, CME, is serving as the on-site team chiropractic physician at UofM. Dr. Miller graduated from Logan in 2011 with his Doctor of Chiropractic and Master's Degree in Sports Science & Rehabilitation. A native of east Tennessee, Dr. Miller most recently treated patients at Active Family & Sports Chiropractic near Knoxville, which he managed with his wife and fellow Logan graduate (2011) Holly Tucker, DC, MPH, CHES, FASA.

"I'm excited to be part of the Logan family again, helping to shape the future leaders of the profession," he said. "The more we put chiropractic in the spotlight at the collegiate and national levels, the more it validates our role in sports medicine and how we can work in collaborative, multi-disciplinary environments."

As part of the UofM team, Dr. Miller works closely with athletic trainers, nonsurgical and surgical orthopedists, neurosurgeons, physical therapists and internal medicine specialists.

He said working in an interdisciplinary setting allows for more interaction, knowledge and experience sharing as they discuss best approaches to athlete treatment and care.

"It's a team approach, and none of the athletes are seen by just one provider," he said. "I may adjust someone who then sees an athletic trainer for rehab or physical therapy. I have found that the environment is helping expand my own knowledge base, and my goal is to do the same for my colleagues."

Dr. Miller said to play at the collegiate level gets harder and harder each year. Athletes are getting better at the sports, training is becoming more effective and the expectations are always high, he said.

"As the physical demands increase, so does the level of maintaining the athlete's well-being so having the right team members on board to provide proper care is critical," Dr. Miller said. "The athletic staff is very open and receptive to chiropractic, and the role of chiropractic in the overall care of athletes."

“

Athletes are getting better at the sports, training is becoming more effective and the expectations are always high.

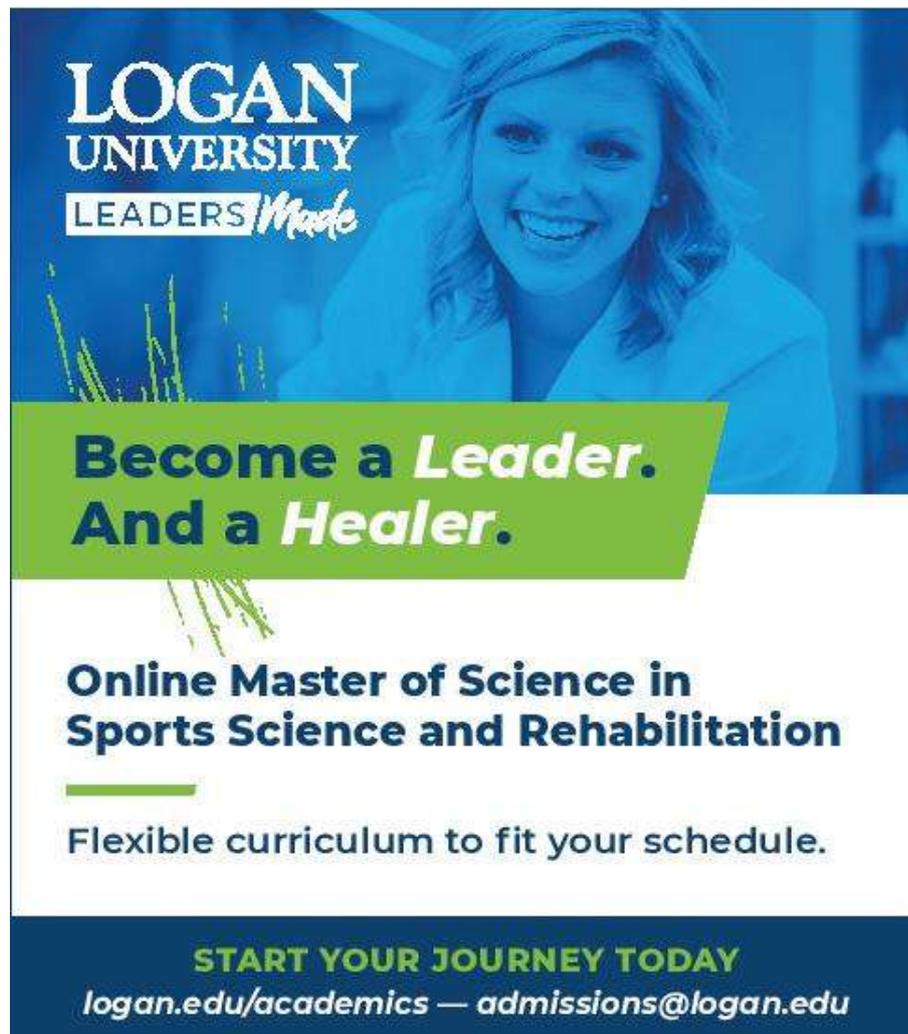
## Continued ... Logan University Advances Sports Chiropractic in Memphis

We are grateful for this partnership with the UofM and excited to add a new facet of care for the athletes.”

The UofM becomes the third higher education institution—among the University of Missouri in Columbia and Harris Stowe State University in St. Louis—to partner with Logan for the purpose of providing chiropractic care to student athletes. Beginning in 2019, Dr. Miller will oversee Logan Doctor of Chiropractic students who will complete on-site rotations and assist Dr. Miller with chiropractic care as well as soft tissue work, dry needling, kinesio taping and laser therapy.

Darrell Turner, associate athletic director for sports medicine at UofM, said with the health and well-being of all student-athletes at the forefront of our daily responsibilities, he is thrilled to establish a relationship with Dr. Miller and Logan University.

“This relationship gives us access to a highly-trained medical professional,” he said. “We now have the ability to increase the level of care our sports medicine team can provide to our student-athletes on a daily basis.”



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# FICS ASSEMBLY & SYMPOSIUM 2019

Wednesday, March 20, 2019 - Maritim Hotel, Berlin, Germany

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Catherine Quinn, President, British Chiropractic Association

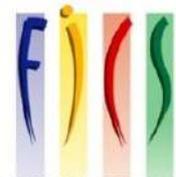
Boris Gojanovic, Health & Performance Manager, La Tour Sport Medicine

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# International Sport Chiro Certificate

BY TIMOTHY STARK, ICCSP COMMISSION CHAIR  
BETH ANTOINE, FICS FELLOW

The international sports chiropractic certificate, requires on average approximately 70 hours of online work. Additionally, two Hands-On programs are required, one for the upper extremities, and a second for the lower extremities. Each of the Hands-On programs require approximately 20 hours. Hence, the certificate requires approximately 110 hours of commitment.



The international sports chiropractic certificate, requires on average approximately 70 hours of online work. Additionally, two Hands-On programs are required, one for the upper extremities, and a second for the lower extremities. Each of the Hands-On programs require approximately 20 hours. Hence, the certificate requires approximately 110 hours of commitment.

The online portion provides a high-level education of sports chiropractic including information on head injuries in sports, common Sports Injury conditions for the spine, upper extremities and lower extremities, and further information and deeper detail such as Sports Nutrition, Sports physiology, Etc. Though the online program is completed at the convenience of the doctor, and in the privacy of one's practice, the hands-on weekends not only develop Hands-On skills but also build our sports chiropractic relationships with other students, from around the world.

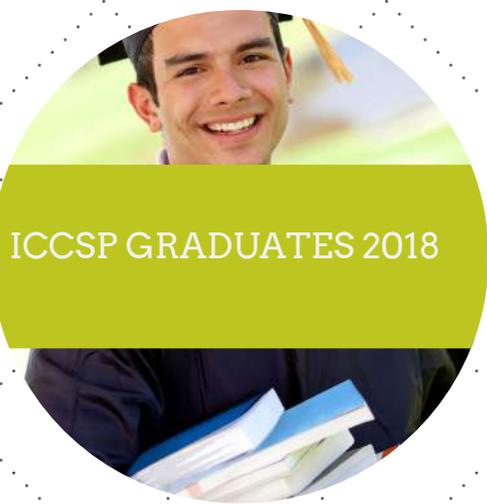
FICS is currently rebuilding our distance learning platform and will be launched in 2019. Additionally, a restructure of our Hands-On program is being established. All of this results from feedback from our FICS membership. Additionally FICS is growing especially in establishing Partnerships with International Sports federations.

The need for internationally certified Sports chiropractors, around the world, is growing, and we are excited to welcome the new graduating students into the FICS family to represent FICS at Games.

“ we are excited to welcome the new graduating students.



Cameron John Gordon Rennie, Australia  
Bernadette Vallorosi, USA  
Jay Scott Horowitz, USA  
Joshua Taylor French, UK  
Adam H. Millsop, USA  
Dillon Cuppusamy, South Africa  
Nils Osseiran, Switzerland  
Gert Lippens, Belgium  
Tonilee Pelz, Australia



## ICCSP GRADUATES 2018

### AUSTRALIA

Cameron John Gordon Rennie  
Amy Delac  
Christoph Kneen  
Crispin Bracefield  
Fabiola Resurreccion  
Jacynth Tan  
Jeremy Princi  
Lachlan Hooper  
Mark Trbojevič  
Nick Skalidas  
Peter Bablis  
Pheobe Sheppard  
Simon Vella  
Thomas Black  
Tonilee Pelz

### BELGIUM

Paul Dunford  
Gert Lippens

### CANADA

Bronwyn Hunt  
Cesar Pineda

### FRANCE

Pierre Giraud  
Stephan Aurimond

### GERMANY

Katharina Schmidt

### JAPAN

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Bungo Ishimaru  
Hirotaka Koshino  
Hirotaka Kashimura  
Hirotaka Wakaki  
Ikuo Morita  
Kazumi Hiraki  
Kenichi Oumi  
Munenobu Sato  
Osamu Nakanishi  
Saya Takahashi  
Shinya Kodaira  
Takamasa Ito  
Takashi Uemura  
Takehiko Miwa  
Toshihiro Asano  
Toshitaka Yamada  
Yasuyuki Shibata  
Yoshio Takechi  
Yoshiyuki Hojo  
Yuto Harada

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Juan Medina Rivera  
Julieta Excobar

### NORWAY

Stian Aandahl

### SPAIN

Diego Busto  
Guillermo Busto

### SWITZERLAND

Nils Osseiran

### SOUTH AFRICA

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Chanelle Scott-Crossley  
Johannes Federik Rademeyer  
Luke Schmidt  
Marius Ané de Wet  
Matthew Levine  
Michael Barbour  
Michael Benporath  
Ryan Kirtley

### USA

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Jay Scott Horowitz  
Bernadette Vallorosi  
Adam Maurer  
Angelo Castello  
Anna-Marie Simpson  
Ben Johnson  
Gerard Rosato  
Jake Klein  
Jay Tan  
Jennifer Davis  
Jeremy Lee  
Joe Carfora  
Kaitlyn Connors  
Karin Manasse  
Kimball Arritt  
Kindra Ingram  
Leron Collins  
Melina Shahidi  
Michael Baxter  
Newton Klein  
Panagiotis Kantzilieris  
Patricia Downey  
Patricia Lindor  
Paul Leroy Peters  
Raymond Semente  
Richard Block  
Sean Clancy  
Sean McLean  
Tyson Bohll  
Wendy Mehaffey

### UNITED KINGDOM

Joshua Taylor French  
Jennifer Louise Barr  
Nikos Poullis



# Namibian sports chiropractors present at the NNOC coaches forum

BY ARTHUR WILLIAMS

On the 8th of September 2018 Dr Elga Drews and Dr Daryl Oehley were invited to speak at the Namibian National Olympic Committee's coaches forum.

This forum is an event which is supported by the Olympic Solidarity Fund and takes place about twice each year. The forum serves as an information platform for coaches and sport enthusiasts. Various topics are addressed like marketing and business skills, coaching techniques and this time the theme was sport sciences.

The morning started off with a motivational talk by Mrs Ans Botha, a well-known South African athletics coach who also coaches Wayde van Niekerk, the current reigning World and Olympic Champion and World record holder over 400m.

The chiropractic presentation and demonstration was up next and we had quite a few questions, which showed the interest of the coaches and athletes present in what we are doing. Our presentation was followed by a talk from a physiotherapist, a biokineticist and nutritionist.

Having the opportunity to speak to coaches from many different sports, as well as parents and athletes in such a forum certainly has the potential to convince those present of the important roll chiropractic plays in the complete management of not only sport related injuries,



“ We believe that our presentation was well received and we were already assured that the NNOC is planning a similar event for their next athlete's forum next year.

but the performance of the athlete overall. We believe that our presentation was well received and we were already assured that the NNOC is planning a similar event for their next athlete's forum next year.

To ensure actual benefit for our top athletes we donated the US\$100 assigned for our presentation back to the NNOC with the agreement that they would send some of our Olympic athletes to us for assessment and treatment at our practices and use the money for that.



We are hoping that the connections with coaches, parents and athletes will serve as a way to recognize the work we do with athletes. And that it will further open the door for Namibian sports chiropractors to become part of the medical team at major events.



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# IWGA Liaison Report

BY BRIAN NOOK

Report of the 1st Technical meeting for the IWGA Games 2021  
Birmingham, AL USA



This meeting is comprised of the IWGA, Birmingham Organisation Committee (BOC), representatives of the IF invited for the Games and partners. We are invited as a standing partner to the IWGA.

We gathered on the first night on Oct 2 with a welcome reception at a local restaurant to socialize and meet those involved. This was a great opportunity to rekindle old friends with the IWGA, BOC, IF's and new technical directors of the IFs. Unfortunately, the President of the IWGA was not present as he had to be at meetings with the IOC prior to the start of the Youth Olympic Games. I had the opportunity to talk to key individuals and open new relationships. Official meeting started the next morning with opening by the Mayor of Birmingham. The Vice President of the IWGA then welcomed all in attendance. The CEO, Achim Gossow followed with an introduction of the meeting and objectives to be accomplished. This is a meeting to hear the plans of the BOC and to get feedback and information from the IF and partners.

IF passport/Accreditation will be at the airport. All individuals will be accredited at the airport and then transported directly to their accommodation. We will be limited to the agreed number of people in our delegation as are all IFs. Any additional extra officials will be at a cost to the IF or partner. Accreditation of the extra officials will be the same as the delegation with full access as directed by the athlete passport.

Sports program Includes many of the usual sports but some new including wheelchair basketball and wheelchair rugby. Most are located centrally as they are using many of the venues of the University of Alabama (UAB) and city centre sites. Most are within easy transport with only a few within 20 miles. There will be no new venues built except the opening and closing ceremony stadium which the IWGA will be the first competition in the new site. This will be helpful in logistics for moving Dr during the games for FICS. There will be Opening and Closing Ceremonies and an Athlete's night as usual.

Transport will be using dedicated transport instead of public, however, your accreditation will also allow use of public transport. There will be dedicated buses to move the athletes and staff. Discussions with the transport director of BOC understands our needs are different and is looking at dedicated vans for us. Airport connections was discussed with key cities with direct flights to Birmingham. There is a dedicated travel agent that will organise for all teams if they organise for their delegation.

**Continued on next page ...**

UAB is known for medical services and training and they will provide all field of play and spectator services. FICS will not be involved in either of these and will be responsible for only warm up areas for treatments. Discussion with BOC to make sure we are integrated and that warm up area is our domain. All athletes, staff and our delegation will have to provide proof of medical insurance effective in the USA for accreditation. If not available, a plan is available at a cost. Our Dr will need to have their own coverage or take the plan.

70% of the athletes will be housed in the UAB apartments with shared suites with their own bathroom. The others will be at the more remote venues. This will allow a more Olympic village atmosphere for the athletes. Seems this will be like what we experienced in Duisburg, Germany. I saw the apartment complex and there is a large open central area where there is plan to have food and gathering sports for the evenings. Catering will be at each venue and at the housing. Key concern is the weather in Birmingham. Expect 90 degrees C each day with heavy humidity, like Kaohsiung. Will recommend that we go with shorts instead of pants as official uniform to assist.

Swiss Timing will organise all accreditation, scoring and reporting. We will have access to this information that will assist with records. Key point is that we must convert to electronic records and have this access to facilitate.

I was then able to visit the venues on UAB that included Gymnastics, Dancesport, racquetball, squash, softball, tug of war, bolles, and flying disc. The second day continued with presentations regarding media, social media, communication, press, the world games channel, BOC website, Olympic Channel. I presented at the end on FICS and our services with the Games. It is great to see that most IFs now know us and what we do but there were some new people and IFs that needed to be informed. The presentation was received well. The representative from Kickboxing stood up right after my presentation and announced to the room that our team were just at a competition for them and they did a great job and they enjoyed working with FICS and recommend others work with us. He was happy to hear we will be at these Games for all of the athletes. I was able to present some of our new Strategic Plan, Mission and Vision. It was received very well and they understand and embrace the equity issue and that all athletes deserve access to sports chiropractic.

I was able to talk to several new IFs. Lacrosse is interested in working with us at their events. The Competition Director for Lacrosse is from Perth and we had several people we each knew. She is interested in service for Australia and for the IF. I will continue to follow up and put her in contact with the SCA. The USA Lacrosse is also interested and will discuss with the ACASC.

Sumo just got full IOC recognition during this meeting. I was able to talk to the Senior Manager and she is interested in our services. The next world Championships are next year in Hawaii and we will continue to discuss the possibility of an agreement.

**Continued on next page ...**

## IWGA LIAISON REPORT CONTINUED

USA Fistball is a small organisation but with our work with the IF they are now interested in support from our member through the ACASC. I will follow up with them. The issue of licensure for our delegation is still in process.

I have met with BOC and they are in process of submission of a law change in Alabama that will permit professionals licensure during the Games. This will take some time to be confirmed but I am working with BOC on this process. During this meeting the ACA announced that the Bill for USA Dr travel to treat has been supported in the house and senate and will go to the President for signing. It should proceed and will allow us to use local and USA Dr for test events prior to the Games as the IWGA and BOC are interested in have our delegation present for these events.



Lastly, through discussions with BOC and the collocation of the athletes at UAB the idea of a clinic was approached. There is room at the apartments for us to set up a clinic that would include us and other providers. This would allow a integrated approach to care of the athletes in a convenient location. However, at past WG we have been stretched on most days with enough of our delegation to support the venues.

I discussed this with the CEO of the IWGA and he liked the concept and told him we were interested but would need to increase our numbers of our delegation to support this concept. He was supportive and asked us to develop a plan for consideration. I will work with BOC to develop a plan and discuss with the IF Commission of FICS.



# World Association of Kickboxing Organisation "Wako" recognized by the IOC



Kickboxing is a modern combat sport practiced by millions worldwide, but today November 30th, 2018 will remain in our sports history as one of the milestones, because the sport of Kickboxing has today been granted provisional recognition by the IOC Executive Board. The decision was taken by the IOC Executive Board in Tokyo Japan on 30th November 2018 upon the IOC Sports Department's recommendation.

Kickboxing under the world governing body of WAKO applied for recognition as an IOC sport in 2016 and has underpinned its values alongside IOC by the WAKO to foster, develop and promote the Olympic values.

The sport of Kickboxing has undergone a fundamental transformation during this time to ensure it exceeds all the requirements of the IOC recognition process. The sport of Kickboxing under WAKO has 129 affiliated countries of which over 90 are formally recognized by their Ministry of Sport or National Olympic Committee.

WAKO Interim President, Francesca Falsoni, stated "The long journey started back in 2007 but we formally applied for the IOC recognition on 31st August 2016.

It has been a long but rewarding process. WAKO has experienced a massive development over the last years and we really feel we deserve such recognition. All our hard work, focused attention on development, patience and a dedicated and competent teamwork has finally paid off. When everything is settled we will raise the bar and reach for new and higher goals. We also want to congratulate our colleagues in Sambo and Lacrosse that achieved the same recognition."

Any questions can be communicated to WAKO Interim President Francesca Falsoni on [ffalsoni@ellifalsoni.com](mailto:ffalsoni@ellifalsoni.com).

# *Congratulations*

# How to Combat Post Immobilization Anabolic Resistance



BY CHRISTINE FOSS DC, M.S.ED., ATC, DACBSP, ICCSP  
Returning an athlete to sport post immobilization type injury, without increased risk of re-injury is truly an art. To execute a return well, we need to consider not only the mechanism of injury, the mechanics needed to return, sport and position demands on the region injured, past injuries as well as loss of strength and symmetry. Arguably the most critical factor is loss of strength and symmetry. This factor alone leads to a cascade of events that change the functional movement patterns of the athlete, which in turn raises the predictive factor for re-injury.

However, post immobilization research tells us that there is more going on in the muscle tissue post immobilization than just disuse atrophy. One example of this research is a study conducted by Arkan Abadi et al, August 2009 “Limb Immobilization Induces a Coordinate Down-Regulation of Mitochondria and Other Metabolic Pathways in Men and Women”. This study found a significant sustained down regulation of mitochondria 48 hours post immobilization and sustained at 14 days post immobilization. This creates an anabolic resistance that delays the return of muscle mass in the affected region. Could this be the reason that past injury is our best predictive measure of re-injury to a region?

How can we use this science to facilitate the complete return to play?

The logical approach would be to facilitate the up-regulation of mitochondria while increasing protein synthesis during the rehabilitative phase. This in itself would help diminish the anabolic resistance thus regaining symmetry sooner and reducing the occurrence of faults in the functional movement patterns. Robert Silverman DC, MS, CNS, CCN, CSCS, CKTP, CES, CIISN, DACBN, DCBCN, HKC, FAKTR, states; “Mitochondrial resuscitation can be stimulated by two distinct treatment approaches: low level laser therapy (LLLT) and supplemental protocols. Low level laser therapy is shown to increase ATP production, oxygenation and decrease free-radical damage- all leading to improved mitochondrial function. Adding specific nutrients such as Acetyl-L-Carnitine, magnesium and NAC have enabled many of my patients to restore their mitochondrial support and recovery.”

Instituting these protocols in our patient that have been immobilized is very easily executed. This would then speed up muscle hypertrophy, diminishing anabolic resistance during the rehabilitative phase of care. Therefore, it is probable that instituting a regime of the proper nutrients and laser treatment to the post immobilized region, will help expedite and reinforce a complete return to sport by combating post immobilization anabolic resistance.



# Logan Alumnus Scores Position with FC Dallas

BY LOGAN ALUMNUS

When Jacob Stutz, DC (2015) moved to Frisco, Texas, the first thing he did was drive to Toyota Stadium, home of Major League Soccer team FC Dallas.



“I sat in the parking lot, thinking about the chance to be just a small part of professional soccer,” he said. “Three months after walking across the stage at Logan, I had no idea this would happen to someone like me.”

Dr. Stutz is now wrapping up his third season as team chiropractor for FC Dallas. He said the opportunity to work with the team had nothing to do with connections—rather it was the result of hard work, determination and the courage to ask. “I walked in and asked if I could offer the team my services,” he said. “After a long conversation with an athletic trainer—where I had an impromptu patient treatment—they plugged me into the rotation where I treated athletes several days a week. Following a short trial period, the position was made official.”

Today, Dr. Stutz divides his time between practicing at Frisco Family & Sport where he cares for athletes of all abilities, and FC Dallas, where he treats athletes before, during and after games and practices. He also is on call for any immediate needs and often treats athletes for visiting teams.

Dr. Stutz credits his Logan education and years of playing soccer for helping build trust and credibility with his patients. “I understand how they feel after an injury or practice, so there’s a higher level of compassion as well as reporting and compliance from the athletes,” he said.

Because many of the international athletes speak little or no English or have never been exposed to chiropractic, Dr. Stutz often uses Spanish to educate and explain how chiropractic care can help. He enjoys this educational aspect of his job just as much as treating patients. “I get to plant the seed and spread awareness of the profession through education and care,” he said. For someone who grew up playing soccer and is still passionate about the sport, Dr. Stutz said he’s living a dream. “It just shows that the answer is always ‘no’ until you ask.”

“

“I get to plant the seed and spread awareness of the profession through education and care.”

– Dr. Jacob Stutz

# The Much Dreaded Hamstring Strain

## RESEARCH REVIEW:

CRADDOCK, N AND BUCHHOLTZ, K., PREVENTING THE SEEMINGLY UNPREVENTABLE - CHALLENGING THE RETURN-TO-PLAY CRITERIA FOR RECURRENT HAMSTRING STRAIN PREVENTION. SAJSM VOL. 30 NO. 1 2018

The much dreaded hamstring strain is synonymous with many sport related injuries. Unless, of course, you are a rugby union prop forward and never even noticed having a hamstring bouquet at all. However this too is not quite accurate with the advent of professionalism, forwards and backline rugby union players are becoming athletically similar. According to Brooks et al (2006) second row players reported the least hamstring injuries (by default props must have reported (winged) more than expected). Brooks' (2006) study supported the notion that the Nordic Hamstring Strengthening Exercise may reduce the incidence and severity of hamstring muscle injuries sustained during training and competition.

The prevention and management of hamstring injuries as clearly stated by the authors of the research paper in review, remains relatively murky. Their commentary included the use of both the L- Protocol as developed by Askling et al (2013) and the Nordic Hamstring Strengthening Exercise as feasible options in overall management plans implemented to address this injury.

Craddock and Buchholtz (2018) comment that there are some interesting findings from with the implementation of one of either of these protocols when assessing the athlete as both will provide clinicians with stronger outcome measures, however what resonates along my complex critical reflection trajectory is the need to be

mindful (no pun intended) as astute evidence-informed chiropractors on embracing the need towards regularly accessing, reading and then digesting the most up-to-date information, treatment and rehabilitation practices when managing any injury not only the hamstring strain.

From experience my own clinical application when addressing the athlete with a hamstring strain was essentially backed up by the postulations of Turl and George (1998) who pay homage to adverse neural tension as a possible contributor to the repetitiveness or reoccurrence of the hamstring strain. Their study still resonates deeply when reflecting upon my own style of practice in the late 1990's to the present as it has now partially dovetailed nicely with some of the findings from study by Niazi et al (2018) as succinctly reviewed by Pollard (2018).



"there are some interesting findings from with the implementation of one of either of these protocols when assessing the athlete as both will provide clinicians with stronger outcome measures"

## Continued ...

More recently the literature indicates that the clinician (chiropractors included) should not forget the psychological effects that an injury impacts upon a player and the impediments that this may have on their confidence and performance.

As Craddock and Buchholtz (2018) clearly iterated in this paper the psychological readiness should be another key criterion for return-to-play that we must take into consideration. Aptly stated by Noakes (2011), "...in the CGM (central governor model - the brain), exercise is seen as a behaviour that is regulated by complex systems in the central nervous system specifically to ensure that exercise terminates before there is a catastrophic biological failure..." so that hamstring strain may well be an insurance policy dare I state innately stored for use before ("catastrophic") failure.

In conclusion, yes, use the Nordic Hamstring Strengthening Exercise as a criterion to returning to play and as a possible predictor to further or future injury, but, only as part of the compendium of approaches when managing an athlete's hamstring strain.

### References

Askling CM, Tengvar M, Thorstensson A. Acute hamstring injuries in Swedish elite football: a prospective randomised controlled clinical trial comparing two rehabilitation protocols. Br J Sports Med 2013, 47(15):953-959. [doi:10.1136/bjsports-2013-092676] in Craddock, N and Buchholtz, K., Preventing the seemingly unpreventable - challenging the return-to-play criteria for recurrent hamstring strain prevention. SAJSM VOL. 30 NO. 1 2018

## We're just getting warmed up



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# Interviews

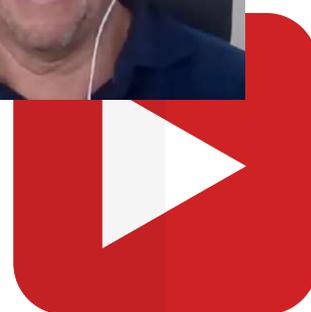
BY JAY GREENSTEIN

FICS WORLD OLYMPIANS SCHOLARSHIP PROGRAM CHAIR

Hey everyone! This is Jay coming to you from Washington D.C. I recently caught up with a couple of friends about the world of sports chiropractic.



You can view the full interview on YouTube.



Dr Brain Nook is an old friend and an experience hand within the FICS family. He has been all over the world and gives a quick update on what's been happening in his world over the last decade or so.

He has had phenomenal instructors and achieved some outstanding achievements. Don't miss this interview.

[CLICK HERE TO CATCH THE WHOLE INTERVIEW ON YOUTUBE.](#)



Sanna has just stepped onto the Marketing and Communication Commission, as the commission chair and is predicting a good year ahead. The commission is keen to make everyone aware of who FICS are by creating a marketing team that will build brand awareness.

She is looking forward to hearing from all the young and expedrienced sports chiropractors out there, as being a new member with FICS she is keen to extend the FICS family.

[CLICK HERE TO CATCH THE WHOLE INTERVIEW ON YOUTUBE.](#)

# Asian Wrap Up

BY MARTIN CAMARA - ASIAN REGIONAL REPRESENTATIVE



## Taiwan

# Doctors of Chiropractic vs Yonex

BY DR. JACKIE HUANG

The 2018 Chinese Taipei Open was a super 300 level professional badminton tournament with total prize purse of US\$500,000. This tournament has been held since 1908 and was organized by the Chinese Taipei Badminton Association and sanctioned by the Badminton World Federation.



This year, there was an exciting new addition to the tournament: Chiropractic services was provided for the very first time by the tournament hosts! During the six days match, a total of nine doctors of chiropractic from Taiwan Chiropractic Doctors' Society (TCDS) were here to help players by ridding them of nerve interference and body dysfunction to achieve their highest levels of performance. Besides the players, numerous coaches and staff members also came and experienced what chiropractic is and what it can do for their body, mind, and spirit. And "thumbs- up" from everyone after the consultation and treatment is indicative of how they feel going away.

"We serve with humble heart!" said Jason Chiang, President of TCDS. "TCDS has served the Taiwan public since 1997 and is continuing to promote the concept of back to nature and preventative care. Chiropractic profession is not just adjusting the body but promoting a lifestyle of respecting our own bodies."



Through the organizer's encouragement, there came a Malaysian player who visited the TCDS service center after each of his matches from day 1 all the way to the end of the tournament. The Doctors didn't know who he is and had no idea that he will end up being the men's singles champion!. The player turned out to be Lee Zii Jia, whose world ranking is No.42, but he defeated the world No.4 in the semifinal and world No.33 in the final. That was his personal best result to date and it made us a little bit surprised and also proud of our assistance to him after we discovered who he is.

After the great experiences during this tournament, TCDS is eagerly and confidently looking forward to future collaborations with more local and international sports organizations and individual athletes. We hope there will be many more opportunities to serve both off the court or even courtside here at this tournament over the future years. TCDS strives to increase its visibility and the public's recognition of our profession here in Taiwan and we will continue to push the government to establish legislation of the chiropractic profession.

# Asian Wrap Up

## 2018 Asian Muay Thai Championships, Macao

BY DR. MIGUEL CAMARA (PHILIPPINES)

The 2018 Asian Muay Thai Championships were held in Macao. The tournament hosted a total of 125 athletes from 20 different countries. Out of all participating countries, Thailand went home with the most medals tallying up a total medal percentage of 80% of their athletes!

Chiropractic services were once again offered during this five day event. Many athletes were encouraged to come in for their adjustments before their bouts to bring them to their optimal physical level. A combination of IASTM, soft tissue release, Dynamic Taping, and chiropractic adjustments were all utilized to bring the competitors to the top of their game. The FICS team, composed of Miguel Camara(Philippines) and Yoshi Hojo (Japan) also encouraged coaches, trainers, referees, and staff to come in for their chiropractic treatments. Aside from treating the athletes, the team also wanted to help educate others about what chiropractic is and how we can help through different sports.

Many athletes ranging from different countries came in to get treated. Among them, 3 champions came in to get regularly adjusted before their fights. All athletes were ecstatic about our presence and are already looking forward to the next major event that we can participate in.

Mervyn Tan, executive board member of the International Federation of Muaythai Amateur's (IFMA), noted that it is very important to have chiropractic at these events simply because it helps the fighters not just with the recovery process, but also helps them with the preparation of the event itself. We look forward to working with IFMA and the Muaythai community in future events and helping raise awareness in chiropractic through different sports.



# Asian Wrap Up

## Japan - Sports Chiropractors



BY DR KEI TAKEYACHI

The Japanese Association of Chiropractors has its research division called, the Japanese Society of Chiropractic Science (JSCS) and the 9th JSCS research conference was held and over 100 members have participated in Makuhari Messe, Chiba on November 11th and 12th 2018. Keynote speakers were; Professor Masayoshi Tsuruoka of Teikyo-Heisei University who is also a chairperson of JSCS presented "Does chiropractic manipulation affect the ascending sensory pathways?". Other speakers are Mr Yosuke Maruyama PT, MS of Teikyo-Heisei University, Mr Yoshinori Himaki of Medical Professions Division, the Japanese Ministry of Health, Labour and Welfare, and Dr Nobuhiro Watanabe DC, PhD of Tokyo Metropolitan Geriatric Medical Center presented "A mechanism of skin touch stimulation for inhibiting nociceptive transmission".

Invited speaker for the second day was Dr Martin Camara, - FICS asian representative on the topic of Sports Chiropractic for the Elite Athlete. The presentation was divided into 2 parts, The first was based on on his experience with the Philippine Olympics Committee and the second was a technique workshop.

The mission statement of FICS - "Every Athlete Deserves Access to Sports Chiropractic Care"



was well received by the community - and I believe that JFOCS and FICS was viewed as positively by the attendees of the conference. FICS President Dr Peter Garbutt flew in on the third day for a series of meetings arranged by JFOCS, FICS' national sports organization for the country.

Private meeting with JFOCS executive represented by Takehiko Miwa and JAC president Dr Kei Takeyachi on how to work better together in the spirit of mutual cooperation. There was open communication on how to cooperate for 2 large International sporting events happening in Japan over the next 2 years, The Word Cup of Rugby will be in Japan in September of 2019 and the Summer Olympics the year after.

JFOCS and FICS also met officials of Medical Professions Division, the Japanese Ministry of Health, Labour and Welfare (MHLW) and Dr Kiyohiko Toyama, a chairperson of the Japan Chiropractic Register as well as a member of parliament. This JCR's standard is viewed as an important process in assuring Quality and Safety issues for Chiropractic for Japan.

FICS, JFOCS and JAC representatives visited Ms Hashimoto. They also visited Ms Seiko Hashimoto, seven-time Olympian and a member of parliament and vice-president of Japanese Olympic Committee along with Dr Takehiko Miwa, JFOCS president and Dr Kei Takeyachi, Japanese Association of Chiropractors (JAC) president and WFC executive council member.

# Asian Wrap Up

## Philippines - Sports Chiropractors

BY DR MARTIN CAMARA

The PCSC remains active with relationships providing sports Chiropractic Care to elite athletes through official National Sport Associations. They were able to work with athletes of the Philippine Jujitsu federation preparing to compete in Malmo Sweden for the World Championships 3 months prior to their departure from the Philippines.

Continued coordination with the FICS Team assigned to this event for their continued care - makes for smooth coordinated process of Chiropractic Care delivered by FICS in 2 different world regions. As a side note one of our Chiropractic Advocates - Meggie Ochoa won a Gold Medal in Malmo and was elected into the International Jujitsu Federation board responsible for Social Advocacy.

PCSC also is working with the Philippine Penchat Silat Association providing sports chiropractic care for their 10 athletes preparing for the World Championships this December. PCSC president Dr Martin Camara was a speaker in Japan on Sports Chiropractic as mentioned in the report from Japan.

Dr Martin Camara was also a speaker in Davao City Manila in a conference on Integrated Medicine run by the PITAHC, Department of Health on Chiropractic for Athletes. The conference was attended by 300 medical and allied medical doctors involved in CAM therapies. He was able to use the venue to brief the former secretary of health Dr Ubial, the current director General of PITAHC - Dr Annabelle DeGuzman and other undersecretaries and assistant secretaries with the Department of Health on the benefits of Chiropractic Care for the General Public and Athletes in particular.

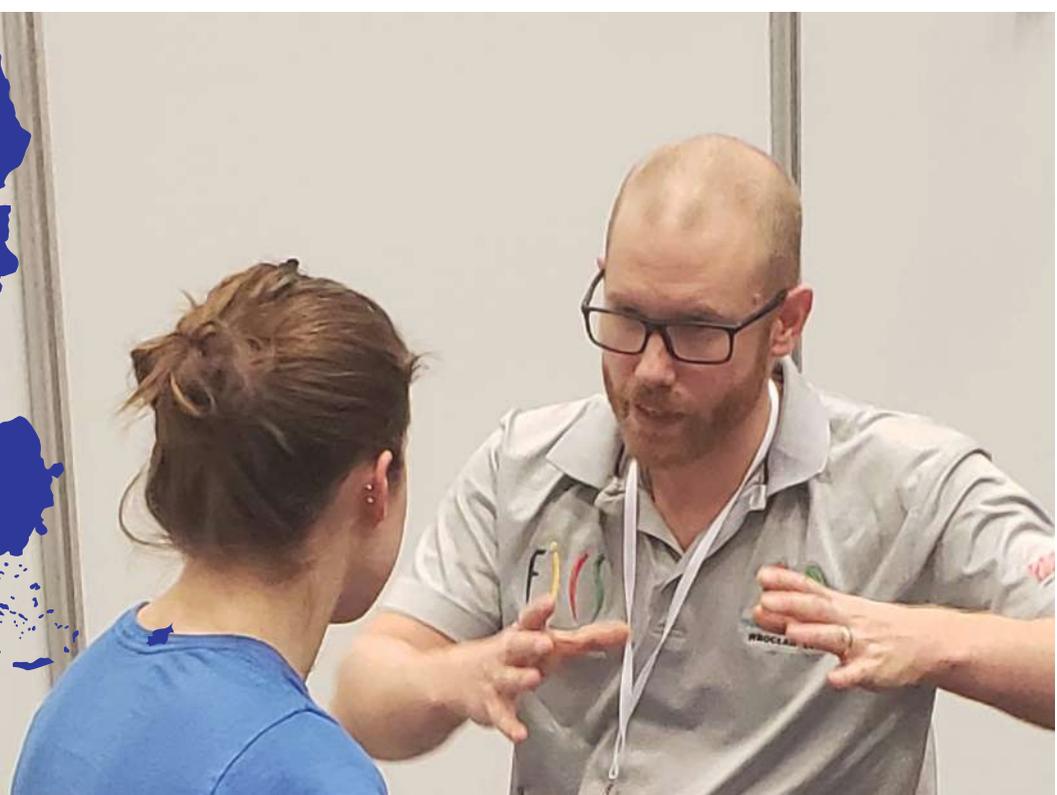


# IPF World Championships

BY MARTIN ISAKSSON - EUROPE REGIONAL REPRESENTATIVE

IPF World Championships, 5-10 November 2018  
Halmstad Sweden

The Swedish NCSC and with the assistance of Dr Timothy Stark (US), took care of the athletes during the IPF World Championships in Halmstad Sweden. As usual our presence was well received by the athletes and we became very busy straight away. It was a very well-run program and IPF's hospitality was great as always.



# International Sporting Federations Commission

BY DR SIMON LAWSON - COMMISSION CHAIR

As part of the restructure and reorganisation of FICS that has taken place over the past year, a decision was made to combine the International Federations and Games Commission's to form the new International Sporting Federations Commission (ISFC). It has taken a year to finally get this commission in place and functioning. I am proud to report that the ISFC has recently completed its inaugural quarterly commission meeting and is up and running.

The structure of the new commission is designed to create a greater reach across the globe to enhance communication and network structures both within FICS and the broader International Sporting Federation's community; to empower more leadership and inclusion in FICS; streamline our service offering and delivery, and maximise our resources.

FICS is very fortunate to be an Associate member of GAISF (Global Association of International Sporting Federations). GAISF is the overarching umbrella body of all sporting federations in this world. By being an Associate member, we are afforded access to all recognised and accredited International Sporting Federations (ISF). Not only are we afforded access but, GAISF is there to encourage, develop and promote relationships between FICS and the ISF's.

The ISFC's role is to identify ISF's with which we wish to align; engage with the ISF; and develop a relationship through offering our professional services to the athletes and administration staff of their ISF. The ultimate focus and goal for us is to gain full International Olympic Committee recognition and accreditation for FICS. We are in this for the long term. We have been patient and focused and are moving in the right direction, step by step.



“The structure of the new commission is designed to create a greater reach across the globe to enhance communication and network structures”

## Continued ... International Sporting Federations Commission

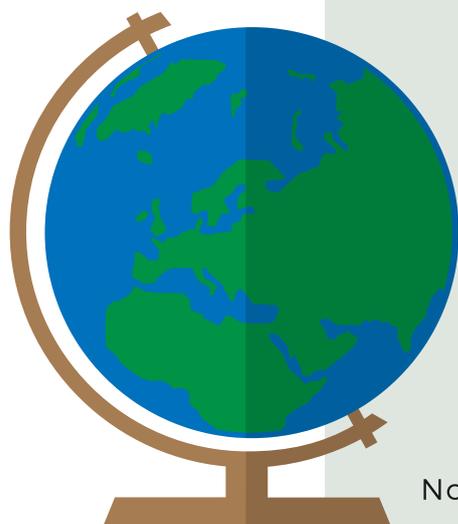
The most important event for us is SportAccord which is an annual convention. It sees the coming together of all the ISF's to meet, share ideas and promote the business of sport. This forum provides a unique opportunity for the FICS delegation to engage with the Presidents of the ISF's as well as the leaders of GAISF and the IOC. This week is critical for the opportunity to strengthen existing relationships and forge new and meaningful connections within the world of sport. SportAccord 2019 will be held in the Gold Coast, Australia in May. The organisation and planning is well underway.

The ISFC has been structured to maximise FICS' resources across the globe and enable better communication between FICS, it's NCSC's and the ISF's. The ISFC Commission members will be engaging regularly with the NCSC's in their region to help cover National Federation regional and national championship events. This will ultimately feed into the ISF's international and world championship events, as well as major multi-sport events, providing FICS and its members with more opportunity and more access to athletes across the globe.

We have a very dynamic and energetic team who can't wait to get going to serve the FICS members and grow our presence within World Sport.

### **FICS currently has agreements with the following ISF's:**

- IWWF – Waterski and Wakeboarding
- WFDF – Flying Disc
- IFAF – American Football
- IFSC – Speed Climbing (IOC)
- IFA - Fistbal
- JJIF - JuJitsu
- WAKO – Kick Boxing
- IPF – Power Lifting
- ISA – Surfing (IOC)
- TWIF – Tug of War
- IFMA - MuayThai
- Dance Sport



### **2019 ISFC Commission**

Chair: Dr Simon Lawson (RSA)

Co-Committee Chairs:

Games Committee Chair: Dr Tim Ray (USA)

Federations Committee Chair: Dr Simon Lawson (RSA)

GAISF's/IWGA Liaison: Dr Brian Nook (USA/AUS/RSA)

Committee Members/Regional representatives:

Africa Dr Jason Fyfer (RSA)

Asia Dr Martin Camara (Phil)

Europe Dr Audrey Yargui (FRA); Dr Lotte Langhoff (DEN)

North America Dr Christine Foss (USA); Dr Craig Couillard (USA)

South America & Carribean Dr Mercedes D'Acosta (MEX)

Middle East Dr Paul Cheung (UAE)

Pacific Dr David Lourie (AUS)

# International Games Commission

BY DR TIM RAY, COMMISSION CHAIR

Season's Greetings from the Chair of the International Games Commission. I wish you happiness, health and much success in the coming New Year. I would like to offer my sincere thanks for all the FICS members who took it upon themselves to advance sports chiropractic throughout the world in 2018. Because of your selfless contributions in taking time from your families and practices to work FICS sanctioned events, FICS was able to fulfill its mission to bring sports chiropractic to more sports and athletes than at any other time since FICS began.

In 2018 FICS served in over 20 regional and world championships in over a dozen countries. I am particularly proud of national chiropractic sports federations who began sending volunteers this year. I welcome members of the national chiropractic sports councils from Mexico, Norway, Philippines, and Japan.

I would like to give a special thanks to the members of the national sports councils of the United States, Republic of South Africa, United Kingdom, Sweden, France and Denmark who on a regular and consistent basis fill our openings with volunteers. Without their unwavering support FICS would be unable to support its mission statement.

I would like to voice my sincere gratitude to all the national sports councils. You represent the foundation of all we are trying to accomplish. You are our strength. Your voluntary contributions are the cornerstone from which we all succeed. In my mind, this is where the rubber meets the road, where we alter ignorance to awareness in the thoughts and minds of one athlete at a time. It is through your undying grassroots efforts at local, regional and national service to athletes where you live sports chiropractic is recognized. To the national sports councils of Australia, South Africa and Sweden, you amaze me. You have my sincere appreciation and unrelenting admiration in tribute to your astounding work and ongoing accomplishments.

My wish for you in this coming year is that you continue to use your gifts borne out of your diligent work, that you continue to work with pride on what is placed in front of you, and you always share by lending a hand to those who follow us in providing them another step forward and entrance through doors of opportunity. Thank you for the opportunity to serve you. I look forward to working with you in the future. We have much to do.

“ I would like to voice my sincere gratitude to all the national sports councils.”



# Ally Challenge-PGA Tour 2018

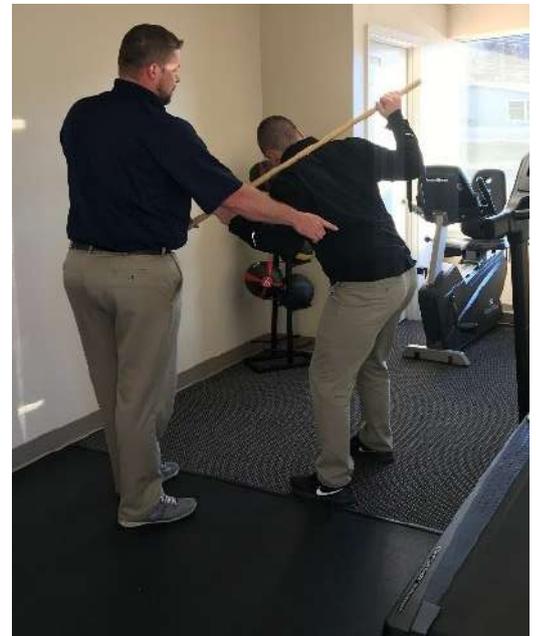
BY DR. BUSCH, CEO AND CLINICAL DIRECTOR FOR PERFORMANCE SPORT & SPINE HEADQUARTERED IN FRONT ROYAL, VIRGINIA.



A new tournament in The PGA Tour Champions 2018 schedule was held at Warwick Hills Golf & Country Club in Grand Blanc Michigan on September 13-16, and a FICS Sports Chiropractor was credentialed to assist the athletes in the Player Performance Center. Dr. Jeremy Busch is a Sports Diplomate who is a part of the Professional Sports Care Team that is contracted as the Chiropractic provider for the PGA Tour. Every PGA Tour tournament on the FedEx and Champions Tour schedule has two Physical Therapists and One Sports Chiropractor credentialed to provide player support. Dr. Busch was the Sports Chiropractor for the Ally Challenge.

The Ally Challenge was launched with a Pro-Am competition and the following three days were competition rounds. Dr. Busch was present for the Pro-Am and the first two days of competitive rounds. The work days were 12 hours of intensity providing all chiropractic and PM&R needs for the PGA Professionals. Treatments mostly consisted of targeted soft tissue work (manual therapy), CMTs, and post treatment movement cueing (therapeutic exercises), but every athlete had their own expectations and needs. "It was an amazing experience seeing this multi-disciplinary team work together for the athlete's benefit," said Dr. Busch regarding his experience. "It was also refreshing to see the professionals rely on the musculoskeletal care we provide to help them optimize their performance," continued Dr. Busch. Most of the treatments were provided pre and post round; however, there were a few times during this tournament when the PGA Professional needed treatment during the round.

Two pieces of advice Dr. Busch has for anyone interested working at this level is to become highly proficient with regional exams and extremely effective with communication skills. "The PGA Professionals had an incredible knowledge of Chiropractic and Physical Therapy, so they were extremely effective at assessing my competency before I even laid hands on them," commented Dr. Busch.



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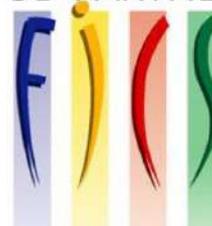
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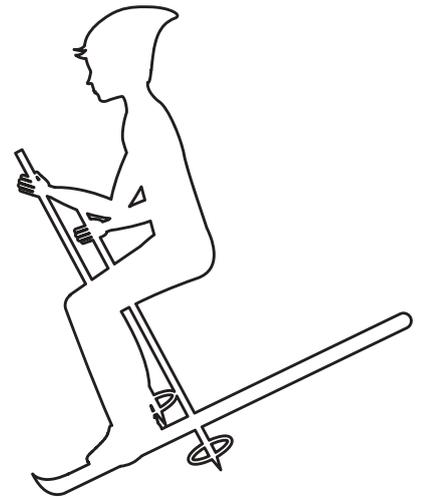
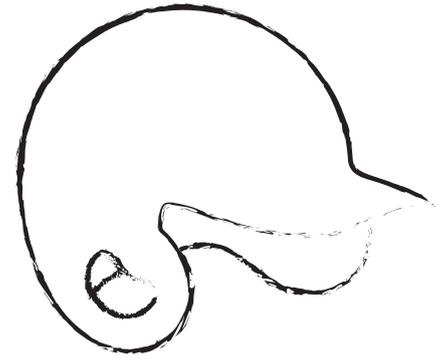
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# World Lifesaving Championships, Glenelg 19 November - 2 December 2018.

BY LUKE NELSON

Despite a rocky start, with a huge storm destroying 3 of our marquees, the Sports Chiro Aus crew took it in their stride, and put together a hugely successful championship.

26 chiropractors and 8 chiropractic students travelled from all around Australia to assist at this event. And they were certainly run off their feet with over 1,500 patients treated over the 1.5 weeks! There was a diverse range of ages, nationalities and injuries seen by our volunteers, with all those treated very appreciative of our assistance, a number taking to social media to do so!

SCA also received great social media coverage with World Surf Lifesaving and Glenelg Surf Lifesaving promoting our services.

A big thank you has to go to Adam Floreani for the huge amount of work he put in, both in the lead up to, and for the duration of the tournament. It was an epic achievement Adam, and the success was testament to the detailed planning you performed pre event.

Also thank you to Lorenzo Campagna for his work in organizing with ASICS, our Sports Chiro Australia event uniforms and kit. I think everyone would agree the uniforms looked great, and helped portray us as a highly professional group!



With a successful event, we hope that this championship provides further opportunities for chiropractors to be involved in future Surf lifesaving events both in Australia and Worldwide, with the next World championships to be held in Riccione, Italy in 2020.

Other events covered by SCA in the last few months included:

- IronMan 70.3 Sunshine Coast
- IronMan 70.3 Western Sydney
- Powerlifting Australia National Championships
- Queensland Allstar Alliance event and National championships

# Sports Chiro Australia

BY LUKE NELSON

Sports Chiro Australia committee held their inaugural Strategic Planning session in September 2018, led by renowned facilitator Haydn Thomas from Mindavation. Earlier this year, Haydn had led the strategic planning session for FICS on the Gold Coast, so was well equipped to help mould SCA's future plans.

There were a variety of outcomes from this meeting including:

- Renaming to Sports Chiro Australia
- Identifying our vision statement: Helping active Australians.
- Creating our Mission Statement: To enhance the health of physically active Australians through chiropractic care and to increase integration and cooperation in the sports healthcare community
- Gaining a greater sense of direction and identifying key focus areas for potential growth of the organization.

As 2018 draws to a close, we look back at the year that has been. Some of the highlights for Sports Chiro Australia this past 12 months include:

- Reaching 400 members for the first time!
- A successful 2018 SCA symposium with over 200 attendees present, a record for this event!
- SCA volunteers covering 23 events, treating tens of thousands of athletes
- The massive success that was the World Lifesaving Championships in Glenelg, with over 1,500 athletes treated.
- Growth in sponsors with MediRent supplying recovery boots at all our events
- A very productive strategic planning meeting conducted with Haydn Thomas from Mindavation, setting goals for the coming years.

Personally I would like to thank everyone that has contributed to this organization in 2018, that has taken it from strength to strength. From simply being a member and supporting us, to all those that volunteered at our events throughout the year. Most importantly, I would like to thank the Sports Chiro Australia committee and state chairs for all the hours of volunteer work, I am very lucky to have you beside me.

From all the SCA committee, we wish you all a safe and happy holidays, and come back recharged for a big 2019 ahead for Sports Chiro Australia.



[CLICK HERE TO CATCH THE YOUTUBE VIDEO WE MADE FOR MEMBERS.](#)



# LIEBHERR 2018 World Team Table Tennis Championships.

BY GLENN EKSTRAND DC., MSC., DNS-D

The tournament was played between April 29th - 6th of May in Halmstad Sweden, between 144 teams in 3 divisions. China were favourites and both the men and female teams won as anticipated. We were 4 sports chiropractors from the Swedish NCSC (IKS) who did our best to serve the players during the week. The top nations, including Sweden, had their own medical teams but we were gratefully there for all the other countries. As usual many officials took the opportunity to get a chiropractic check-up as well.

It's always a privilege to meet athletes from so many different corners of the world and also to be able to work side by side and learn from colleagues. The event was an absolute success from all respects but the one thing that historically always will be remembered is that North and South Korea, instead of competing on the table against each other in the quarter finals, requested to form a unified team against Japan in the semi-finals. The strict tournament regulations was put a side and the teams received standing ovations and support to this historic move.



# RCCSS (C) East Conference - Kick it 3rd - 4th November 2018

BY GLEN M. HARRIS - REGIONAL REPRESENTATIVE NORTH AMERICA  
ACKNOWLEDGEMENT BRAD MUIR FOR HIS CONTRIBUTION TO THIS ARTICLE

Kick it, kicked off with a Bend it Like Beckham start as former Canadian Men's National Soccer Coach, Michael Findlay, and his former team captain, Nik Ledgerwood opened the days festivities. Michael outlined his formula to building a winning soccer culture and Nik, fresh off knee surgery, gave the crowd an intimate look at his often difficult journey from small town western Canada to the European professional ranks and ultimately team Canada and how that now shapes him as a soccer coach and mentor to young players.

Dr. Janice Drover, now former president of the RCCSS, moderated a lively, and often colourful grand rounds panel featuring the Men's National Team medical staff including Orthopedic Surgeon, Dave Simon, physiotherapist Greg Bay and the RCCSS' own Cam Borody. The panel bounced back and forth between practitioners as they reviewed several on and off field scenarios and how they managed each as a team and as individuals within the team.

The Saturday afternoon session started with the return of last year's crowd favourite, Patrick Welsh and Taylor Tuff, the RCCSS version of Jay and Dan, reviewing their selections of the Top 10 Sports Med Papers of the Year. There was no sophomore slump or own goal for these two as they once again entertained the conference patrons. This was followed by the ever popular 2 Slides in 2 Minutes by the RCCSS Residents with the winner taking away Toronto Raptors tickets again this year.

PHOTO CREDITS MIKE MURRAY



PAST PRESIDENT, DROVER ON THE LEFT, MODERATES A SESSION.



ADVANCE IMAGING SESSION, DR. WILLIAM HSU

“

"Dr. Janice Drover, now former president of the RCCSS, moderated a lively, and often colourful grand rounds panel "

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## Continued ...RCCSS (C) East Conference

Alex Hodgins, the sports psychologist for the Women's National Team, outlined his strategies working with athletes at the most elite level in their sport, a perfect segue for Melissa Tancredi's retelling of her emotional journey from Beijing to Rio highlighted by an Olympic Silver medal.

Melissa, an incredible striker for Team Canada and now doctor of chiropractic, gave us a very moving look at her personal ups and downs through this process and to her ultimate success in the sport she loves. It was a fabulous way to end the day and get ready for Sunday.



**DR. PATRICK WELSH REVIEWS THE FOOT/ANKLE COMPLEX**

The Sunday morning of the conference started with an incredible talk by Jennifer Sygo on nutrition and brain health, a timely topic in this era of concussion research and management.

This was followed by Craig Sale and Keith Baar and the unbelievable work they are doing on bone and tissue health in their respective labs in Nottingham Trent University in England and UC Davis School of Medicine in California. Keith's work that included taking ACL samples post surgery and regrowing them in his lab for later study was fascinating.

The next session kicked off with Richard Bucciarelli and Paul Laursen and their fantastic talks on overspeed and HIIT training for soccer players. The 2018 conference closed out with a returning veteran to the RCCSS lineup as well as a veteran in the world of high performance training and rehabilitation for soccer athletes, Mike Young.

## The new Board of the Royal College of Chiropractic Sport Science (Canada) (RCCSS) (C)



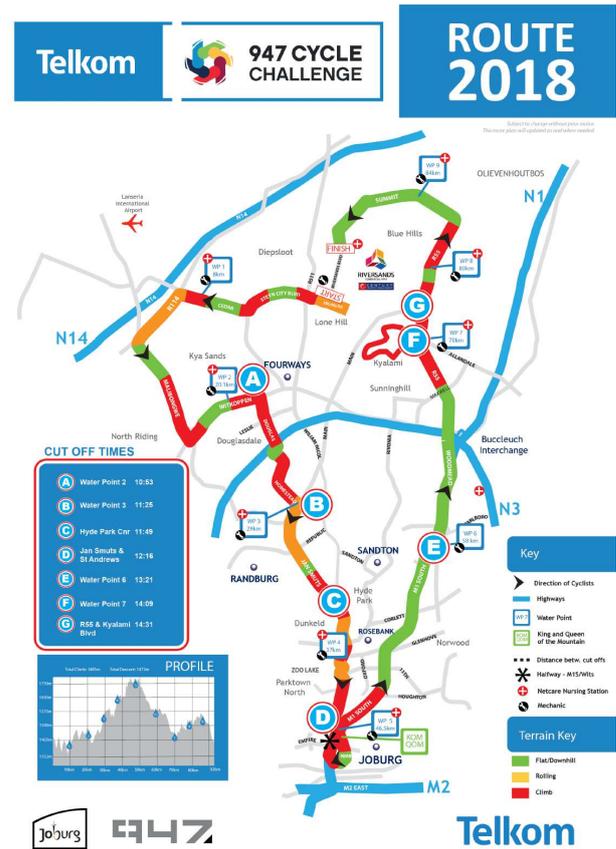
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Appointment: Past President - Dr. Janice Drover

# 947 Cycle Challenge 2018

BY DR KERRIE-ANN SMITH.

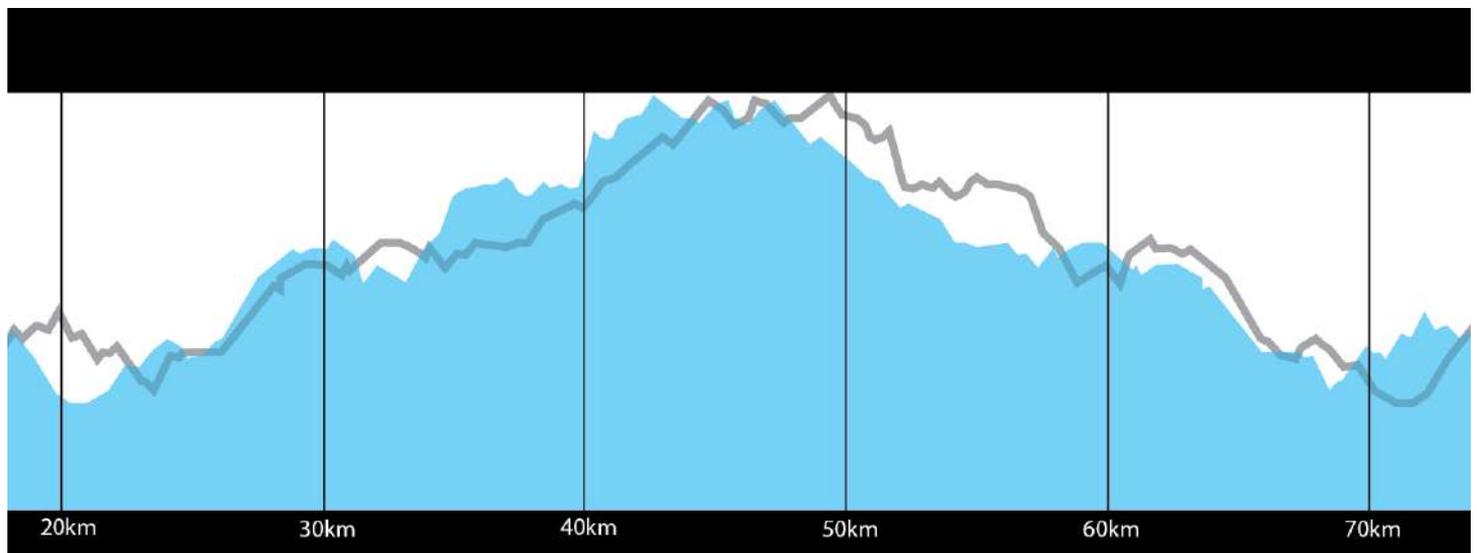
Every year, a group of amazing cyclists take part in the Telkom 947 Cycle Challenge either for fun or to raise awareness for various causes and charities. There were more than 28 000 cycling enthusiasts that celebrated the 22nd edition of the Telkom 947 Cycle Challenge on Sunday, 18th November 2018 at Riversands Commercial Park, Kyalami, Johannesburg. With 947 shutting down some of the busiest roads on the continent, cyclists had no choice but to be at the start line this year.

Chiroport SA and the Student Chiropractic Sports Council of the University of Johannesburg worked at the annual 947 Road Race. This year we were placed in the Voltaren Recovery Zone in the Hospitality area. The event always brings our sports Chiropractors and our students interesting cases to discuss and an abundance of experience in the world of sports Chiropractic.



- Our students were placed at the following stations throughout the course of the race:
- Water point 3; 6 students
  - Water point 5; 5 students
  - Water point 6; 6 students
  - Water point 7; 5 students
  - Water point 8; 8 students
  - Finish; 32 students, 4 Chiroport SA doctors

**We delivered a total of 183 Chiropractic treatments to patients at the finish line.**



CONTINUED ON NEXT PAGE

## Continued ...947 Cycle Challenge

The below data is a representation of the region treated and how many patients per region were treated:

### Region Numbers of Patients Treated

Cervical spine 137  
Thoracic spine 106  
Lumbar spine 143  
RPIN/LPIN 71  
Extremities: Upper Limb 4  
Extremities: Lower Limb 45  
TMJ 0

Active Release 69  
Ischemic Compression 26  
Strip Massage 5  
Massage (in conjunction with other treatment) 174  
Massage (alone, no other treatment) 25  
Strapping 1

Referral for x-rays 0  
Mobilisation 10  
Cross Friction 10  
Ice 2  
Heat 2  
Traction 11  
PNF Stretch 17  
Stretching 24  
Rip and Grip 2  
Passive release 2  
Blocking 0  
Killer Technique 1



In conclusion, this event is an asset to ChiroSport SA and the student Chiropractic sports council and is always a great way of wrapping up the year. With the hard work and experience of our ChiroSport SA doctors and diligence of our students combined, we are always able to provide the best treatment to the cyclists of the 947 Road Cycle Race.

Telkom



947 CYCLE  
CHALLENGE

ROUTE  
2018

# World Tug of War Championships Cape Town

19TH-22ND SEPTEMBER 2018

BY DR KERRIE-ANN SMITH.

Another great Tug of War event from a Chiropractic perspective and the spectacular views of Table Mountain and Camps Bay made it one of the best venues to work at. Some of sport's toughest men and women were competing in the 24th World Tug-of-War Championships in Cape Town. The competition began on Wednesday the 19th and ran until Saturday the 22nd of September at Camps Bay High School.

Organisers said more than 1100 athletes from 20 different countries entered, which includes South Africa, Australia, Belgium, England, France, Germany, Italy, Basque Country, Latvia, Lithuania, Netherlands, Nigeria, Scotland, Sri Lanka, Sweden, Switzerland, the US, Chinese Taipei, China, and Zimbabwe. Switzerland were the defending champions. The 2018 gold medal was won by Chinese Taipei and silver by the Netherlands.

The championships involved 13 different weight divisions, the men and women's divisions, the under-19 and under-23 teams, as well as the mixed division. The mixed division is comprised of four men and four women in each team.

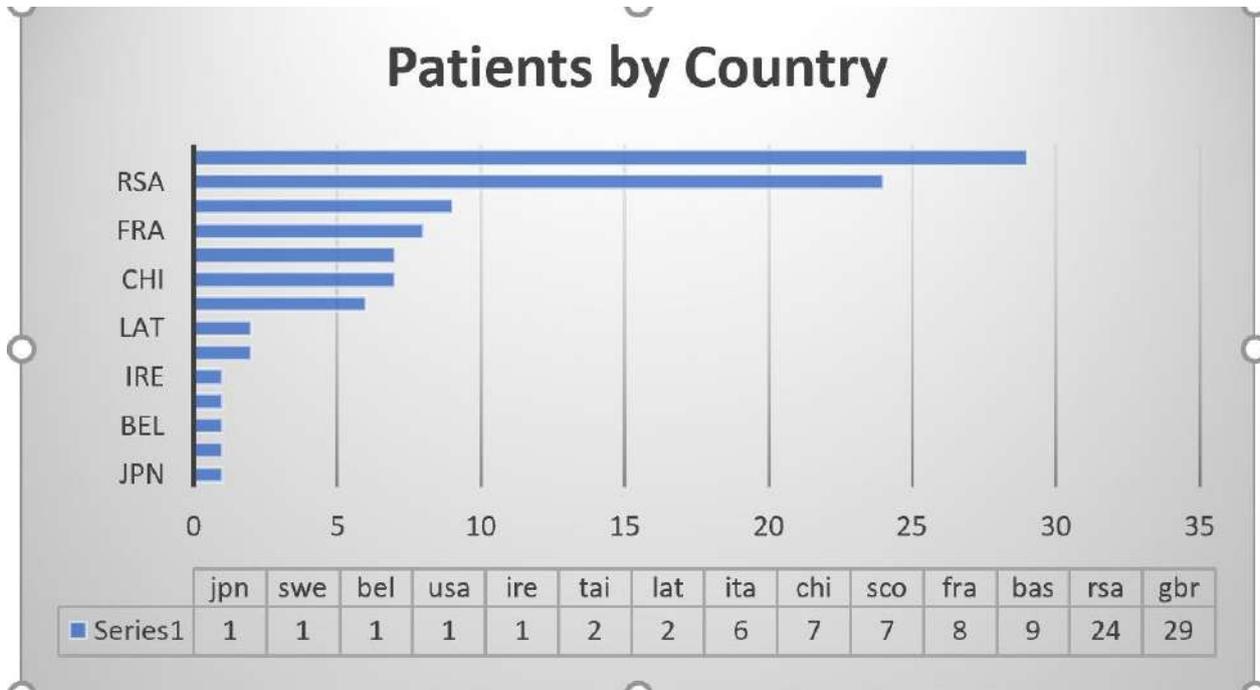
This year was the fifth time that South Africa hosted the world championships and it sees a return to the city where South Africa hosted its first world championships in 1976. Now, 42 years later, it is extra-special for South Africa to play hosts in Cape Town.



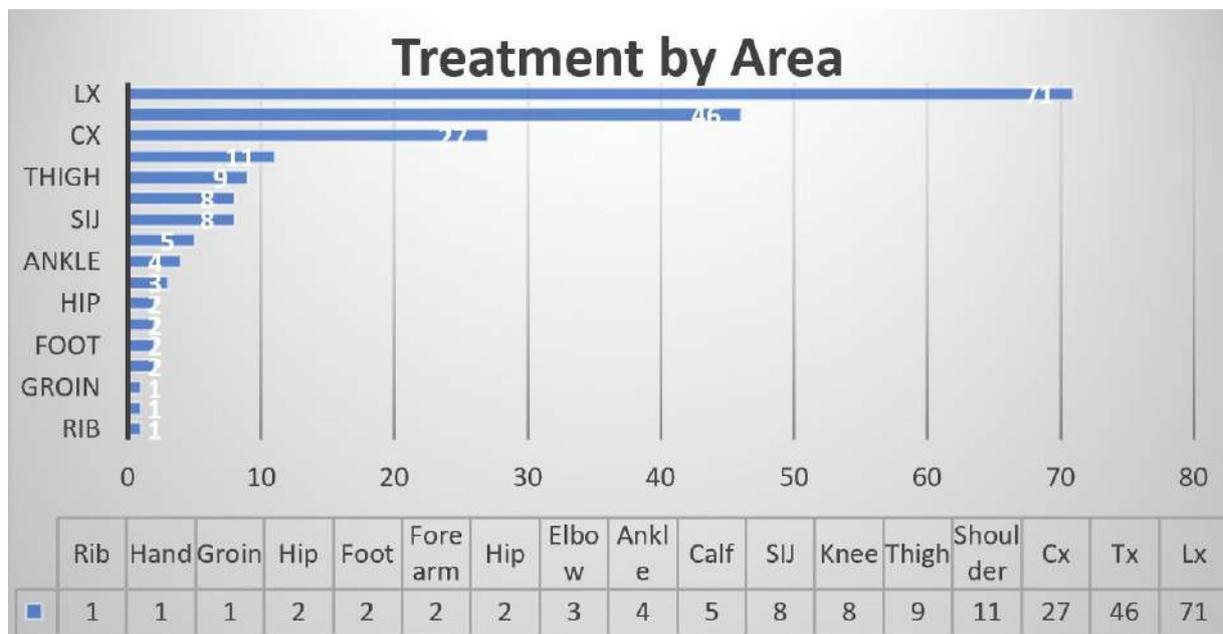
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## Continued.....World Tug of War Championships Cape Town

There were a total of 8 Sports Chiropractors available for the event. Seven of them were local South African's and the chef de mission, Dr Rob Scott, from England. The local Chiropractors were Dr Theunis Greyvensteyn, Dr Rob Beffa, Dr Hilton Lazar, Dr Jesse Roberts, Dr Kevin Aron, Dr Charmaine Dell, Dr Hannah Berry and Dr Kerrie-Ann Smith. A total of 100 athletes were treated and a total of 143 treatments were performed. The predominant injury and complaint of the tournament was lower back pain, specifically right sided pain.



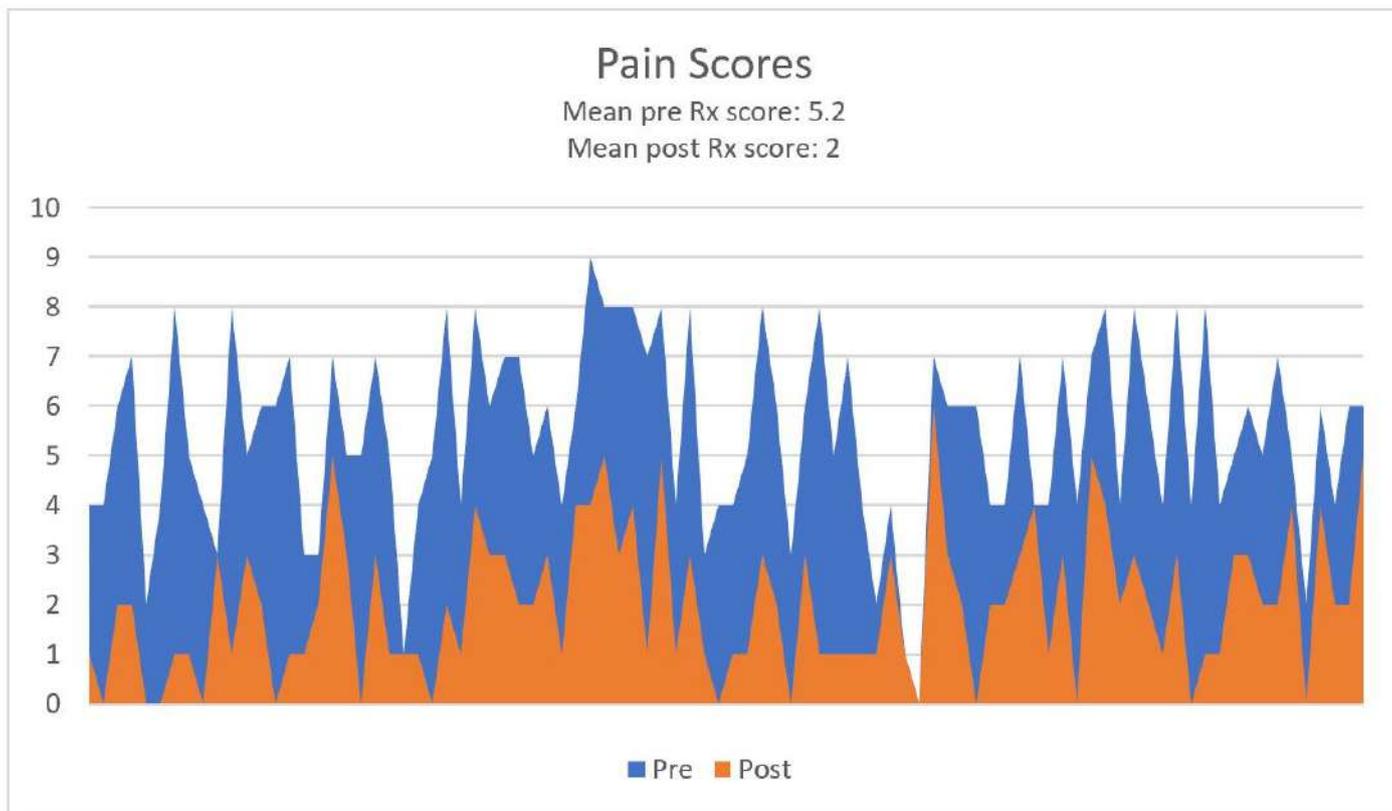
The bulk of treatments were performed on the English pullers. This was possibly due to the fact that most of the pullers knew and had been treated by Dr Rob Scott at previous Tug of war events, they all therefore wanted treatment frequently. It was concluded that the reason why certain injuries occurred was due to the athletes not investing in any form of medical help or Chiropractic care during training and in the run up to the event.



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## Continued.....World Tug of War Championships Cape Town

Every treatment was recorded by area of complaint and from the above data the lumbar spine is still the biggest area of concern. These figures suggest that there could be more work done in training and offering general advice to strengthen the low back, and indeed, the spine in general.



The patient's pain scores were also measured using a standard VAS scoring system. This was done before and after every first treatment and although the figures above only represent that first treatment, they show an average of 60% decrease in pain as a result of one treatment.

A big thanks goes to Dr Rob Scott and the team of Chiropractors for heading up the event and Chiroprort SA for providing all the equipment for the event.

A few of the members of the Chiropractic Team: Rob Scott, Jesse Roberts, Kerrie-Ann Smith, Kevin Aron, Hilton Lazar are below.



**Wishing you all a Safe and Restful Christmas and  
New Year Period with family and friends.  
Thank you for being part of the FICS family**



**Joyeux Noël.  
Frohe Weihnachten  
Merry Christmas  
Merikurisumasu  
Vrolijk Kerstfeest  
buon Natale  
Maligayang Pasko**



## **FICS E-NEWS DECEMBER 2018**

**As the leaders in Sport Chiropractic we strive to provide equitable access to sports chiropractic care, education, mentoring and research to all athletes and sports chiropractors regionally, nationally and internationally.**