

LEARNING *Together*





SEEK OUT THE *moments* THAT ENRICH YOUR LIFE THE MOST



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PRESIDENT

BY: MARTIN ISAKSSON

Since assuming the role of President at FICS in June 2023, my journey has been one of active outreach, establishing open lines of dialogue with NCSC boards and Presidents. My ambitious goal is to connect with every NCSC board before our upcoming leadership meeting in July 2024.

It is imperative that FICS takes the lead in steering discussions within regions and engages proactively with our counterparts. This approach is crucial for fostering growth and elevating the relevance of our organisation. FICS leadership needs your involvement to be your voice on the global stage.

The FICS Executive Council comprises members like you, representing your region and bringing that distinctive voice to the table when charting the strategic approach to advance sports chiropractic. This is not the result of one person's effort, but the culmination of the FICS mission set over 30 years ago. Countless hours from dedicated doctors who started in the back row attended meetings. They gradually moved forward until today, when FICS is at the forefront of global discussions, invited to speak at podiums, travel with teams to events, and have athletes advocating for our profession to be part of polo clinics.



Don't wait for others to create opportunities for your growth; actively make and organise meetings and initiatives. In this process, contact me or any of our FICS leadership for support. Don't be discouraged if things don't happen immediately; like anything in life, it is often a process, and sometimes, certain things need to be in place before we can move forward.

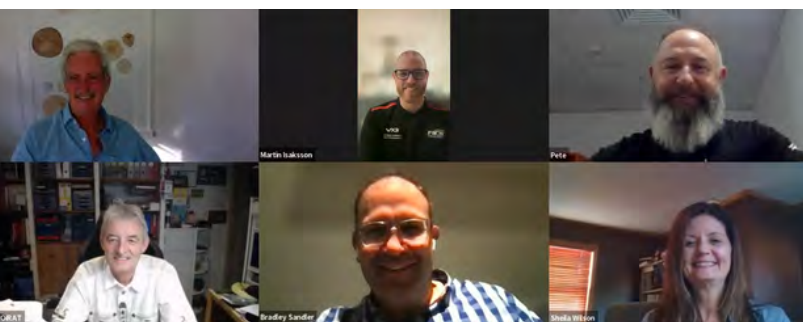
What does it mean to be a volunteer?

I draw inspiration from the insightful article by Dr. Simon Lawson included in this E-News. Dr. Lawson narrates the story of the hours of volunteer work from past and present members and leadership that have brought us to this point. As we embark on this next chapter, I implore everyone not to forget what being a volunteer truly means.

Recently, I met with all the Past Presidents of FICS, a practice we will actively continue a couple of times a year. Although there were two apologies at this last meeting, these gatherings ensure that FICS leverages the power of our past and corporate knowledge to appreciate our story and pay it homage.

This is the President's legacy I wish to leave — to build on the foundations already laid, strengthen them, and then construct the next floor. I stand on the shoulders of giants and am honoured to be your President.

Sincerely Martin Isaksson



**Top Left to Right: Dr David Pierson (USA)
Dr Martin Isaksson (Sweden), Dr Pete Garbutt (Aust),
Bottom row: Dr Roland Noirat (Switzerland)
Dr Bradley Sandler (South Africa), Dr Sheila Wilson (USA)**

VOLUNTEERISM

BY: SIMON LAWSON - CHAIR ISFC COMMISSION

Volunteerism: will it remain the Cornerstone of a growing, dynamic organisation etched from humble and noble values?



It could be argued that the definition of Volunteerism is simple “the principle of donating time and energy for the benefit of other people in the community as a social responsibility rather than for any financial reward.” Simply put: a FICS member!

We are all very privileged and honoured to be a part of a phenomenally unique global organisation in FICS. We all work in a profession where we are our own CEO's, our own bosses. We call the shots and make telling differences to our patients' and athletes' lives every single day! So, what draws a group of high-powered, highly effective and successful professionals with a deep desire for philanthropic endeavours together to give freely of their time and expertise for the advancement of Sports Chiropractic around the globe to benefit every single athlete in order not only to enhance but, to produce the best performances that their bodies are capable of!

I am not aware of another truly global organisation that functions as effectively and as impactfully on pure volunteerism as FICS does. This is a true testament to the type of person and the quality of character it takes to be a member of this organisation. It's certainly not everyone's cup of tea and proves challenging to every single one of us on so many levels, especially in the current tumultuous times in which we live. Perhaps this is the allure?

FICS faces a number of big challenges ahead. One's which could easily spell the end of this amazingly unique organisation, if we do not identify and adapt to the challenges of this rapidly changing and demanding climate in which we currently find ourselves.

More and more we are witness to the moral and ethical decay of our cultures and communities. It is going to take the calibre of our members to stand firm and uphold our moral and ethical values in order to protect the ethos and fundamental values on which FICS was founded and currently continues to exist.

It was brought to my attention in a recent event feedback session, that there was a rumour that FICS had negotiated financial remuneration for the provision of FICS Doctors at an event on a “per doctor: per day” basis and that the FICS Doctors working at the event, outside of their accommodation, meals and accreditation had received nothing towards their travel costs or luggage expenses. The insinuation was that FICS was profiting off their service whilst they were left out of pocket for incurred expenses.

A similar rumour seemed to have emanated from a similar event earlier in 2023. It is of paramount importance that FICS addresses this matter in all seriousness and puts to bed with no uncertainty these scandalous rumours, which run the risk of tearing right through the fundamental essence of our ethos and reason for being.

Continue

Continued ... Volunteerism: will it remain the Cornerstone of a growing, dynamic organisation etched from humble and noble values?



LEARN MORE

FICS is fully aware of the financial strains placed specifically on our members as well as on the organisation's leadership due to us being a volunteer organisation. We are very sensitive to the current economic environment and the impact that this is having on all of our stakeholders as well as the International Sporting Federations (IF's) that we provide a world-class service to.

I am happy to report that we have made some significant strides towards securing financial support from a number of the IF's that we have supported for many years and have strong and meaningful relations with, built out of and based on the foundations and ethos of this organisation. The initial goal is to ensure that all FICS events are accessible to all of our members; that your travel costs do not prohibit you or deny you from fulfilling your passion to work with world class athletes across the globe as a FICS Sports Chiropractor. This in itself has proven to be a significant challenge but one I'm hoping we are going to conquer in the coming months.

Please rest assured that FICS leadership is working to ensure we provide you, as our most valued entity, the most seamless, enjoyable and rewarding experience possible when you give of your precious time and expertise – a selfless gift that reinforces the true values of this organisation born out of humble and noble characteristics which continue to cement the cornerstone of FICS.

Sincerely, Simon Lawson



SAVE THE DATE IN YOUR CALENDAR NOW!

15-16 March 2025

FICS in collaboration with the Malaysian NCSC and the Malaysian Ministry of Youth and Sport Kuala Lumpur will host the 2025 face-to-face symposium! Mark your calendars now and keep an eye on our website for updates



SAVE THE DATE



FICS 2025 SYMPOSIUM

**NAVIGATING THE
WORLD OF SPORT**

**MARCH
15-16 2025**

**SUNWAY RESORT, HOTEL AND SPA
KUALA LUMPUR**



SCCM

Sports Chiropractic Council Malaysia

SECRETARY GENERAL

BY: KEITH S. OVERLAND

2023 has been a year of growth and strength for FICS. After more than two years of the global pandemic, our members had been impacted in ways that no one could have envisioned. Unfortunately, in the world of nonprofit membership organisations during the same period, some did not have the depth and breadth to survive. However, FICS was able to survive, thrive, and grow stronger in many ways.

In this message, I review some highlights from our last September newsletter and inform you of some plans for the year ahead.

In 2023, FICS members enthusiastically embraced hands-on learning, participating in ten (10) ICSC seminars worldwide. Their passion extended beyond the classroom as they actively volunteered at twenty-one (21) sporting events, rekindling their commitment to the field of play. As we enter 2024, the momentum continues, with ten (10) ICSC seminars already scheduled across North America, Africa, Europe, Asia, and the Pacific. Our calendar is dynamically expanding, featuring many international multi-sport and championship events, reflecting FICS members' ongoing dedication and global impact.

In alignment with the unwavering dedication of our members, FICS leadership has been actively engaged in educating the broader chiropractic community and representing chiropractic at the international sports federation level. Comprising dedicated volunteers, both past and present, the FICS leadership has invested countless hours to realise FICS's overarching mission. This mission aims to showcase the indispensable impact of sports chiropractic care by seamlessly integrating it within the broader medical care paradigm.



“FICS Leadership participated in key global events”

“These engagements signify our ongoing commitment to staying connected with influential decision-makers in the realm of international sport.”

The ultimate goal is to enhance the overall well-being of athletes at every level, ranging from grassroots to the elite echelons.

FICS Leadership actively participated in key global events, including The World Federation of Chiropractic Congress in Australia and the International Federations Forum meetings in Switzerland. Their impactful contributions have not only garnered invitations to speak at prestigious events such as the 2024 meetings of the European Chiropractic Union and the World Congress of Chiropractic Students but also reinforced our dedication to advancing knowledge and collaboration within the chiropractic and sports communities. These engagements signify our ongoing commitment to staying connected with influential decision-makers in the realm of international sport.



Left to Right: Immediate Past President Dr Bradley Sandler, President Dr Martin Isaksson, ISFC Liaison Dr Brian Nook. Representing FICS at The International Federations (SportAccord) Forum Lausanne November 2023



Incoming FICS Education Chair, Dr Faye Deane. Presenting at WFC Congress Australia, August 2023

In addition to delivering care to athletes and coaches during events, FICS is dedicated to fostering learning opportunities. This commitment includes providing mentorship and opportunities to members of FICS student clubs at our educational institutions. We actively deploy sports chiropractic instructors to share their expertise within chiropractic organisations, ensuring that as many members as possible have the opportunity to expand their skills.

FICS not only places a high priority on continuous education for sports chiropractors in the field, but we are expanding our scholarship offerings with the invaluable support of the Sports Chiropractic Foundation and our sponsors. These scholarships aim to provide our students and members with opportunities for ongoing growth. In a meaningful collaboration with Logan and Parker University, we take pride in continuing our commitment to offer fully funded scholarships for doctors holding the ICSC designation, allowing them to pursue a Master's Degree in a sports medicine-related field. This initiative underscores our dedication to supporting education and advancing expertise in sports chiropractic, a commitment we aim to enhance further.

Have you explored the incredible opportunities for Olympians to receive a fully funded scholarship? This scholarship covers tuition costs for Olympians interested in pursuing a career as a chiropractor through university education. If you have any past or present Olympic athletes among your patients, this is an opportunity they should certainly learn more about.

Explore the FICS website, your gateway to all things FICS. Currently, we are enhancing the user experience through updates. The front page has been redesigned, and we are progressively implementing these changes across the entire website. Feel free to look and share any questions or feedback on your experience. We value your input and strive to ensure easy navigation and accessibility for all visitors.

Discover the latest seminars and courses available in the FICS shop.

Get ready for an exciting event in Portugal in July 2024! FICS is bringing its leadership to Porto just before the seminar, coinciding with the launch of the new ICSC curriculum. This is not your ordinary seminar – picture six (6) master instructors, some of the best doctors in high-level sports globally. Don't miss this unparalleled opportunity to learn from the experts.

FICS is in talks with sponsors, and there's a special treat for you. We'll be hosting Masterclasses on the Friday event and Saturday morning. Whether you already have your ICSC or you're a chiropractor eager to delve into Dynamic Taping and Shockwave Therapy, these Masterclasses are designed for you.

Registration for the Masterclasses opens in January 2024. Mark your calendars for an extraordinary learning experience!

In conclusion, I would like to express my gratitude for our remarkable leadership team at FICS. The EMT and EXCO are tirelessly working for our members every day. Beyond their clinical responsibilities, they volunteer their time to review and update organisational policies. Moreover, they collaborate with national sports chiropractic councils to enhance membership benefits and resources, ensuring the best possible experience for you. As we strive towards our vision of "Every athlete deserves access to sports chiropractic," our member's leadership remains dedicated to keeping FICS at the forefront of sports chiropractic.

I extend heartfelt wishes for a joyful and healthy holiday season and a fantastic New Year to our FICS members, volunteers, administration, business partners, and sponsors.

For more information about FICS, visit our website and I am happy for you to also reach out to me.

Sincerely Keith Overland



**Be Part of the
FICS Family**

[Learn About the ICSC Certificate](#)

MEMBERSHIP UPDATE

BY: KIRSTY BELLOBRA, MEMBERSHIP CHAIR

It has been a big year for the Membership Commission. After holding the position as Chair for over 7 years, Dr Nat Akmens stepped away from chairing the Membership Commission to focus on his role as FICS First Vice President. With very big shoes to fill, I took over as Chair in June this year. Nat has been an incredible asset for not only the Membership Commission but for FICS and all of our members as a whole. Thank you for what you have done and I'm excited to continue what you started all those years ago.



This year marked the addition of two new National Chiropractic Sports Councils (NCSCs) to our ever-growing FICS family – Denmark and Puerto Rico. During the FICS General Assembly in Paris, we warmly welcomed these nations as they officially became Full Member NCSC's. Heartfelt gratitude goes to Dr. Corrie Myburgh (Denmark) and Dr. Aleisha Serrano (Puerto Rico) for their outstanding efforts in organising their respective councils. This gathering provided an opportunity for the NCSC Presidents to convene face-to-face and engage in another productive strategic planning session.

Looking back at 2023, we dedicated ourselves to workshopping and implementing initiatives outlined in the Strategic Plan 2023 – 2025 document, striving to enhance the benefits for all our members. Collaborating closely with our NCSCs, we focused on refining the membership application process to foster growth within each country's NCSC. We are currently working on rolling out the membership online Case Study Presentations and putting the finishing touches on our upcoming 2024 Member's Survey, which we aim to release in the coming month.

The significant impact of our 2019 Member's Survey in instigating positive transformations cannot be emphasised enough. As we prepare for the 2024 survey, we eagerly look forward to collecting perspectives from our current members regarding their FICS experiences and future aspirations. This undertaking will serve as a compass for the Membership Commission, helping us address your vital questions, understand the benefits you seek as FICS members, and implement changes based on your valuable feedback.

In 2024, the Membership Commission will focus on the questions and insights from this survey. We want to encourage everyone to take a moment to contribute when the survey is released. The Commission will continue supporting new NCSC startups on their journey toward Full Membership, nurturing communication and group meet-ups for existing NCSCs, and sustaining the momentum in ongoing projects such as the membership benefits calendar, educational initiatives, and volunteering opportunities.

The success of FICS hinges on the relentless efforts of those working behind the scenes. I sincerely thank the dedicated team of chiropractors and students who form the backbone of the Commission. FICS remains steadfast in its commitment to offering you opportunities for professional and personal growth, all while contributing to the global sporting community. A warm welcome to our new FICS members. I am excited about the promising year ahead.

Sincerely Kirsty Bellobra

FICS EDUCATION COMMISSION

BY: DR CHRISTINE FOSS

Outgoing FICS Education Chair Message

Friends and Colleagues,

December 2023 marks the end of my four-year term as Chair of the FICS Education Commission. It has truly been a role I have cherished. Education is a passion for me, and raising the bar of sports chiropractic globally through education has been a responsibility I have not taken lightly.

In the past four (4) years, I have travelled to many countries and met many of you. This has been an experience I would not trade for anything. I have seen motivated, engaged, and capable doctors who strive for excellence. This really has made all the days of weary travel and content writing sleepless nights worth it all.

I wanted to take a moment and extend my thanks and appreciation for the pleasure of working for FICS and all the really amazing people involved. All the friends I have met across the globe in the name of sports chiropractic are invaluable.

I trust that under the guiding hands of the future co-education chairs, the educational division of FICS will continue to blossom and grow.

It is with great enthusiasm that I welcome the new co-commission chairs of education to step in, take the ball and run for the goal.

Explode and expand the programs offered and, in doing that, continue to elevate the face of sports chiropractic globally. Drs James Geisleman and Faye Deane, best of luck to you in your endeavours, and if you need anything, I am here. Many thanks to everyone, and have a happy holiday season.

Sincerely Christine Foss



"Education is the passport to the future, for tomorrow belongs to those who prepare for it today"

Malcolm X



FICS EDUCATION COMMISSION

BY: DR JAMES GEISELMAN, DC, MS, DACBN, CCSP, ICSC, CES, CNC, NREMT

FICS Education Co-Chair Message Hitting the ground running!

As one of the two Co-Chairs for the FICS Education Committee, let me begin by saying ***"Thank You"*** for the warm welcome! I had a wonderful time meeting so many of you in Paris at the 2023 FICS Symposium, and I am excited to give you all an update on what Dr Faye Deane and I have been working on since Paris!

Faye and I have been hard at work transitioning into our new roles, and we first need to thank Dr Christine Foss for all of her help these last few months.

Since Paris, Faye and I have gradually started taking on some of the Education responsibilities and have started taking the lead on several key, and major, initiatives that I would like to briefly share with you all.

1. We are currently updating the online ICSC and Hands-On Modules. Part of this updating includes creating learning outcomes and assessments for all of our modules and classes, which is vital and time-intensive as we strengthen our program's curriculum, ensuring that FICS is the leader in sports chiropractic.
2. We have also been working hard planning our 2024 Train the Trainer event in Porto, Portugal. Our goal here is to create a learning platform for all of our Master Instructors to share with them the exciting new course creations and assessments as we continue to grow the FICS platform internationally.
3. We have started addressing the need for universal guidelines for sports chiropractic and working on a position statement that we hope to publish in 2024 (more information to come).
4. Finally, we have been exploring more continuing education opportunities for our sports doctors worldwide.

I would love to hear from you. If you have any questions, comments, or concerns, please feel free to reach out to us. I am looking forward to seeing you all at one of our upcoming events in 2024, so if you see me, please make sure you stop me to say "hi".

Sincerely James Geiselman



CONTACT US

FICS EDUCATION COMMISSION

BY: DR FAYE DEANE

FICS Education Co-Chair Message Hitting the ground running!

As 2024 approaches, I embrace my role as the incoming Co-Chair for Education for FICS with great enthusiasm. Working alongside my colleague Dr James Geiselman, with support from the Executive Council and existing Chair, Dr Christine Foss, we have reviewed the current educational offering of FICS and will be taking proactive steps over the coming months to ensure that the educational programme remains relevant, effective and aligned with the evolving needs of its members.

Education is such a fundamental element of FICS, underpinning all its guiding principles, core values and ultimately, its ability to achieve its vision 'ensuring every athlete has access to sports chiropractic'.

Dr Christine Foss, whose reputation precedes her, has demonstrated an unwavering dedication and commitment to advancing sports chiropractic education over her 4-year term and James and I would like to thank Christine for leaving us in such a strong position moving forward. I am looking forward to her continual involvement with FICS.

I am excited about all that is planned for 2024 and delighted to announce that FICS has developed a collaboration with the European Chiropractic Union (ECU), allowing our members to showcase their experiences via online Master Classes, shining the light on sports chiropractic. President Martin Isakson and I look forward to participating in the ECU2024 Convention in Valencia (9-11th May), discussing novel topics in sports chiropractic, which we look forward to sharing with members shortly thereafter.

The Education Commission is set to hit the ground running in the New Year as we plan for a Master Instructor training programme review, including developing a cutting-edge online 'Train the trainer' programme to be introduced following our Global Symposium in Porto in July. We aim to increase the number of proficient and competent instructors we have across the globe to deliver ICSC hands-on modules. This program represents a significant step forward in our commitment to excellence in education and our member's professional development.

Through the "Train the Trainer" approach, we aim to enhance the quality of instruction across our organisation and provide our instructors with the tools to become mentors and leaders in their respective fields.



CONTACT US

Our goal is to ensure that all FICS members receive the highest quality education and training, enabling them to diffuse said expertise to chiropractors enrolled on our courses, so that sports chiropractors can provide the best possible care to athletes at all levels.

Furthermore, in addition to our online ICSC theory modules, we are building a comprehensive sports chiropractic education curriculum. This curriculum will encompass both online and practical components, standardising education internationally and ensuring that chiropractors receive a well-rounded and practical education in sports chiropractic care. Our goal is to create a curriculum that meets the highest educational standards, addresses emerging needs and is recognized globally.

To complement this curriculum, we are also in the process of defining competencies for sports chiropractors. These competencies will serve as a framework for evaluating and authentically assessing the knowledge and skills of sports chiropractors, helping to ensure that they are well-prepared to provide quality care to athletes.

It was also a privilege to provide an update on FICS' behalf at the World Federation of Chiropractic General Assembly in Brisbane in October. Having the opportunity to showcase the educational achievements and future strategic direction of FICS on an international stage was a highlight of the year. What's more, it was well received, particularly by the less represented nations who actively sought an opportunity to question the widening participation and development of National Chiropractic Sports Councils (NCSC).

I firmly believe that the future of chiropractic, especially in the context of sports, lies in our ability to work together, share knowledge, and inspire the next generation of practitioners and leaders.

If you have any questions regarding FICS education, please don't hesitate to reach out to James and I. We both look forward to working with all of our members in the coming months and hopefully meeting many of you in Porto!



Sincerely Faye Deane



CONTACT US

Congratulations!



Dr Jorge Segall Bessudo

AWARDED: 2024 ICSC Master's Degree Scholarship



Please join us in congratulating Dr Jorge Segall Bessudo on being awarded the 2024 ICSC Master's Degree Scholarship, in partnership with Logan University.

"First and foremost, I would like to express my deepest gratitude for being awarded this prestigious scholarship for a Masters in Sports Science and Rehabilitation at Logan University. It is truly an honor. I want to thank FICS for this great opportunity, Logan University and all the committee for selecting me.

This scholarship will enable me to immerse deeper into this field, acquire advanced knowledge, and develop the necessary skills to make a meaningful difference in the lives of athletes and individuals seeking high quality care. I am committed to utilizing this scholarship to its fullest potential, and pledge to uphold FICS name and standards.

I extend my deepest gratitude to the scholarship committee I am truly humbled and honored."

Congratulations



Dr Athena Plakotaris

AWARDED: 2024 ICSC Master's Degree Scholarship



FICS are pleased to announce Dr Athena Plakotaris as the recipient of the 2024 ICSC Master's Degree Scholarship, in partnership with **Parker University**

She says: "I am immensely grateful for this wonderful opportunity I have been given. I am eager to broaden my knowledge that will add to my skill set but more importantly enable me to help, not only athletes, but the vast community I am lucky enough to work in.

Thank you to FICS and Parker University for trusting me, and for always striving to encourage us to continue our education and to enhance the skills we have learnt. I look forward to the journey this will take me on and how it will further ignite my passion, curiosity and desire to positively impact the lives of others through chiropractic care."

2024 Seminars



ICSC LOWER EXTREMITY SEMINAR
for Chiropractors
3-4 February 2024
Kortenbergh BELGIUM
CE Credits - 22 ECU



ICSC UPPER EXTREMITY SEMINAR
for Chiropractors
2 - 3 March 2024
FLORIDA NUHS College
CE Credits - PACE States + Florida



ICSC UPPER EXTREMITY SEMINAR
for Chiropractors
9-10 March 2024
MADRID, SPAIN
CE Credits - 22.5 ECU



ICSC UPPER EXTREMITY SEMINAR
for Chiropractors
15-16 June 2024
AUCKLAND, NEW ZEALAND
SPORTS CHIROPRACTIC NEW ZEALAND
CE Credits - 22.5 ECU



ICSC LOWER EXTREMITY SEMINAR
for Chiropractors
13 - 14 July 2024
PORTO, PORTUGAL
Earn up to 22 CE Credits



ICSC UPPER EXTREMITY SEMINAR
for Chiropractors
10-11 AUGUST 2024
MALAYSIA KUALA LUMPUR
CE Credits - 22.5 ECU



ICSC LOWER EXTREMITY SEMINAR
for Chiropractors
17-18 AUGUST 2024
AUSTRALIA, SYDNEY
CE Credits - 22 ECU



ICSC LOWER EXTREMITY SEMINAR
for Chiropractors
05-06 OCTOBER 2024
OXFORD UNITED KINGDOM
CE Credits - 22 ECU



ICSC UPPER EXTREMITY SEMINAR
for Chiropractors
19-20 October 2024
Puerto Rico
CE Credits - 22.5 ECU



ICSC LOWER EXTREMITY SEMINAR
for Chiropractors
13 - 14 July 2024
PORTO, PORTUGAL
Earn up to 22 CE Credits

*For more information
and registration, visit
the FICS shop.*

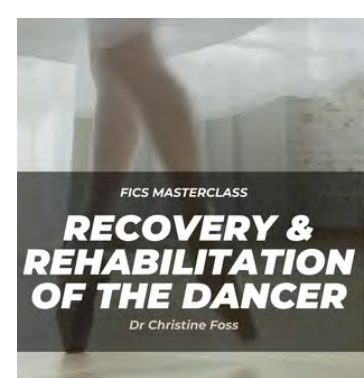
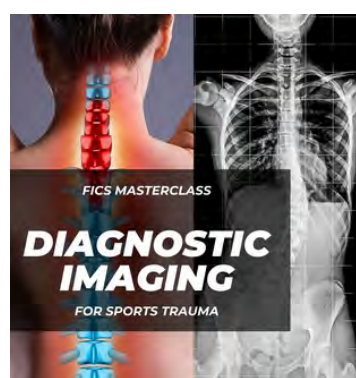
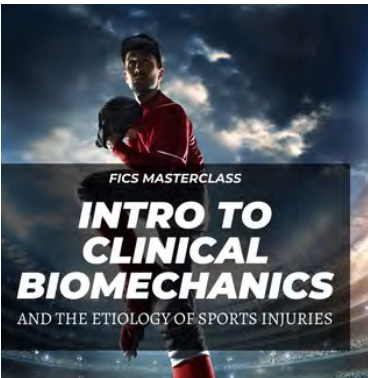
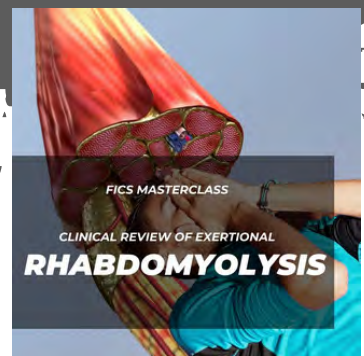
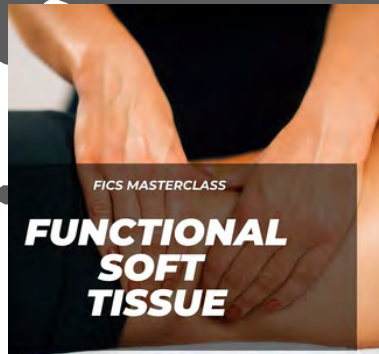
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Masterclass

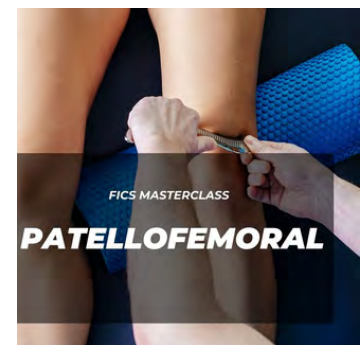
Your link to short courses on different injuries!



Explore the exciting world of sports chiropractic and stay ahead of the curve with the latest knowledge and trends.

Your passion for optimal well-being meets its match with our comprehensive coverage!

Claim a free masterclass from your members section on the FICS learning dashboard



The Masterclasses on the FICS website, are meticulously crafted to keep our members not only engaged but at the forefront of cutting-edge training in athlete treatment. Recognising the significance of ongoing education, FICS extends a warm invitation for you to harness the invaluable insights offered in these masterclasses.

Embark on a journey to elevate your sports chiropractic skills and knowledge, guided by some of the world's foremost experts in the field.



THE WORLDS MOST ADVANCED NON-THERMAL LASERS ARE HERE FOR YOU

Erchonia's non-thermal lasers are THE MOST effective, versatile, and scientifically proven devices on the market. We hold 21 US FDA market clearances including Nociceptive MSK Pain, Lower Back Pain, Neck & Shoulder Pain & Post-op Pain.

- ✓ Professional Devices
- ✓ Prehab / Rehab
- ✓ Easy to set up
- ✓ US FDA-cleared
- ✓ Safe with no side effects

21
FDA
CLEARANCES

[ENQUIRE TODAY](#)

Erchonia FDA studies are Level One (510k) gold standard i.e., randomised, double blind, placebo controlled (using LED) and multi centred.

Erchonia Lasers are true Non-Thermal Lasers and cause no pain or health risks.

Erchonia lasers not only reduce acute/chronic pain, reduce inflammation and accelerate healing, but they also increase human performance.



FX405

The FX 405, the most energetic laser outside of the US, combining the healing properties of red 635nm together with the anti-microbial properties of violet 405nm



EVRL / XLR8

The EVRL and XLR8 cordless handheld devices are the only non-thermal laser to be FDA Market Cleared for treating chronic / acute back, neck, and shoulder pain, and pain associated with surgery.



BASESTATION

Includes your choice of 3 handheld lasers. This combination allows you to treat multiple patients simultaneously, and/or to carry out advanced protocols on patients by using multiple lasers on several points of the body at the same time.

FICS ISFC COMMISSION

BY: SIMON LAWSON - CHAIR



Are you FICSated? We are!

It's been another interesting year on the Games front. Many more lessons were learnt for us; situations experienced and negotiated; and for the most part, very successful. As the International Sporting Federations start to find their feet again and understand the new playing field and rules of world sport post-pandemic, and for most of them, post the restructuring of world sport, FICS seems to be emerging stronger and more connected than ever before.

Our FICS team of Dr Martin Isaksson (President); Dr Bradley Sandler (President Emeritus); Dr Brian Nook (Liaison to IWGA) and Dr Nils Osseiran (Company Secretary) recently returned from an incredibly productive and positive IF Forum in Lausanne, Switzerland. In past years, this event has almost been downplayed as a very much poorer and less important cousin of Sport Accord. It is quite visibly not the case any longer. Our time served and the effort that was expended to produce a booth at a number of Sport Accord editions was important and certainly beneficial.

However, the time has come where, we no longer have to ensure that we are seen at these events. We most definitely need a presence but the tide is finally turning and we now find ourselves being singled out and approached by the different sporting organisations and International Federations instead of us chasing them around anxiously waiting for a perfect opportunity to "bump" into them or catch them with their guard down for a second, in order to engage in a conversation about FICS and what we can do for them. We are now getting stuck in a corner with Federation after Federation approaching us to develop relationships and secure our services for their events for the coming year. This is a massive turn in the tide which leaves me in awe that the years of seemingly thankless toil to open these doors is finally starting to bare fruit.



Left to right: Dr Nils Osseiran; Dr Brian Nook; Ivo Ferriani, President International Bobsleigh; and Skeleton Federation, Dr Martin Isaksson, Dr Bradley Sandler.



Left to right: Dr Bradley Sandler; Joachim Gossow IWGA CEO; Dr Martin Isaksson; Dr Brian Nook; and Guillaume Felli Deputy CEO

We have had some very stressful moments this year in terms of securing and confirming events and their details in time for our members to commit to time out of practice, making travel arrangements, etc. We are very aware of this impact on our members and can only apologise for the frustration, disappointment and inconvenience this has caused some of our members this year. Please keep in mind and understand that we can only act once we have confirmation and details supplied by the IF for the event. We are constantly working to streamline this system so that commitments are made and secured well in advance, giving our members sufficient time to plan and commit to these events. We hope you will notice some meaningful changes in 2024.

Negotiations regarding financial contributions towards FICS are well advanced with certain stakeholders and IF's. The goal, initially, is to ensure that none of our members are out of pocket when attending these events. This will include all travel and baggage costs. We need to ensure that the FICS experience is as seamless and as enjoyable as possible for all of our members whilst at the same time making it as economically palatable as possible – your volunteerism and dedication to FICS and the spread of Sports Chiropractic around the world is the most significant gift that you can give. FICS is forever indebted to you for this precious gift! Thank you.

I have to take this opportunity to thank the Games team (especially Trish and most definitely Julia, an invaluable addition to the team this year) for their patience, support and ability to remain calm and composed when everything seems like it has completely fallen apart in a catastrophe, and yet somehow, in true FICS fashion, we pull it all together to make it work seamlessly! None more so than the World Combat Games in Riyaad, Saudi Arabia. We were literally about to pull the plug with two (2) weeks to go when, all of a sudden, some of the promises made to us came through, and we were able to get a team to this magnificent event. FICS, as always, pulled it off and was a shining light at these games.

We would like to thank Dr Lotte Langhof and her team for their professionalism and dedication to providing world-class, equitable sports chiropractic care to every athlete at the games. Please keep an eye out for the stats from this event.



Trish has worked tirelessly this year to fine-tune and constantly develop our FicsRx data capture system. Thank you to our members who have embraced this ground-breaking change for FICS. It has been fascinating to see the stats coming in from these events and to be able to turn these numbers into meaningful stories to show and tell the IF's what we're actually doing for them and their athletes, the impact we're having and the extent of our value to their athletes.



At the end of the day FICS will always be excessively grateful to all those passionate and dedicated leaders who have gone before and laid the stepping stones that are finally starting to get us where we need to be. But, in the same breath, FICS is also very aware of the team behind the team, behind the team. Without the contribution of every single FICS member; from our newest, most recent graduate or student member; to our NCSC's; our administrative team; our non-Chiropractic members who feel the passion and share the vision and belief of the success of FICS; our dedicated Commission members; our Executive Committee; right up to our President and his EMT, we have all played, and need to continue to play a significant role in the current celebrated success and ongoing future success of FICS!

**Merry Christmas and every best wish
for a hugely successful 2024!**

**PS – keep an eye open for the events calendar for
2024 which should drop any day if it hasn't already!**

We're FICSated! Are you!

Sincerely Simon Lawson

Thankyou



12th Korfball World Championships, Chinese Taipei, Taiwan A Heartfelt Thank You for WKC 2023 Partnership

Dear Simon Lawson, FICS ISFC, Jackie Huang, "Sunshine" Lau Siew Qin & Judy Hsu

On behalf of the International Korfball Federation, I wish to extend our heartfelt thanks for your invaluable and unparalleled contributions to the success of the World Korfball Championship 2023 in Taipei.

In the face of the numerous challenges and high demands of this event, you demonstrated exceptional professionalism and unwavering dedication while fulfilling your responsibilities. Your relentless efforts played a pivotal role in ensuring the seamless execution of this championship, which held tremendous importance for the athletes involved. Without your tireless work throughout these two weeks, this event would not have achieved the extraordinary success it ultimately attained.

Your passion and tireless commitment to the field of chiropractic care were truly commendable. Your exceptional performance and positive approach served as a source of inspiration to all those involved. We genuinely hope that your experiences at the World Korfball Championship 2023 will leave a lasting and positive impact on your willingness to contribute in future IKF events.

Your expertise and dedication are held in the highest possible standards and we were amazed by your tremendous capacity. You have done the work of four people always with a friendly approach and a beautiful smile. We hope to continue fostering partnerships with the FICS in the future, as we believe such collaborations are essential for the advancement of both chiropractic care and the sporting world. Simon, thank you for making this possible.

Once again, I extend our deepest appreciation for your admirable, unparalleled, and tireless service and dedication to the chiropractic field.

Best wishes, and we look forward to the opportunity to meet with you again in the near future!

With gratitude

Joana Faria

Secretary General & CEO

International Korfball Federation

The IKF is recognized by the International Olympic Committee, a member of the Association of IOC Recognized International Sports Federations (ARISF), the International World Games Association (IWGA) and recognized by SportAccord.



Games HIGHLIGHTS - Oct - Dec 2023

Relive the highlights of our memorable events from September to December 2023! While the Games calendar for 2024 is still in the works, fasten your seatbelts because thrilling updates are on the horizon.

Stay tuned for the excitement that lies ahead!



**THEY WILL ALWAYS
REMEMBER HOW
YOU MADE THEM FEEL AND THE
MOMENTS YOU SHARED.**



2023 GAMES

DURING THE LAST QUARTER WE HAD OTHER DEDICATED TEAMS FROM THE FICS FAMILY ATTENDING EVENTS TO SUPPORT ATHLETES.

Thank you



12th Korfball World Championships,
Chinese Taipei, Taiwan
Drs Jackie Huang, "Sunshine" Lau Siew Qin
& Judy Hsu

JJIF European Championships Adults,
Zagreb, Croatia
Drs Audrey Yargui & José Verstraeten



WCG Riyadh, Saudi Arabia,
Left to Right: Drs Fraser Oakman, Audrey Yargui, Lotte
Langhoff, Aouregan Loge, Renita Rasmann, JinJiang Li



Dr. Jenn Turner, Dr. Sean Duquette,
Dr. Cam Borody, FICS Canada Regional Rep
Dr. Janice Drover
PanAm Games 2023



IPF - Equipped Open Powerlifting World Championships,
Vilnius/Lithuania
Front Dr Roland Claes with
Drs Aouregan Loge & Fraser Oakman



WAKO Senior World Championships
Algarve coast, Portugal
Left to right Drs Shea Stark, Carlos Tavares, Ryan Cevola

The start of a passion for working at international events.

2023 IPF WORLD EQUIPPED OPEN POWERLIFTING CHAMPIONSHIPS IN DRUSKININKAI, LITHUANIA

DR. ROLAND CLAES (BELGIUM), DC FICS ICSC, FEAC

Just wanted to give you a quick update on how our team of FICS sports chiropractors rocked it at the 2023 IPF World Equipped Open Powerlifting Championships in Druskininkai, Lithuania.

Team Members: Dr. Aouregan Logé (France) & Dr. Fraser Oakman (Australia, now living in Germany) were absolutely stellar! Our FICS team brought their A-game: professionalism, spot-on care, and an incredible attitude. Athletes, coaches and officials loved them! They provided top-notch services, from hands-on therapy to tailored exercises, keeping these powerlifting powerhouses in top form.

What's even cooler? The team seamlessly blended in with coaches and IPF & LPF officials, impacting athlete performance and well-being. Athletes were singing their praises, reporting better performance and recovery.

In a nutshell, our sports chiropractors nailed it, showcasing FICS excellence on the global stage. Let's give them a big shoutout for making us shine!



The start of a passion for working at international events.

PANAM GAMES

🎉🌟 Big congratulations and thank you to all sports chiropractors in Chile who are actively supporting the Pan American Games. As a part of their broader sports medicine team, sports chiropractic is making a difference at the heart of the games.

Chiropractors were working with their teams from various countries, providing healthcare services to all participating delegations and athletes. Together, they're helping the athletes enhance their performance naturally. Here some of their stories below. 🏆🌟



MY EXPERIENCE

BY: A. CARLO GUADAGNO DC DACBSP® ICSC FICC

Santiago is nestled within the majestic Andes and is the capital of Chile, an oddly shaped country that extends 4000 miles on the Pacific coast of South America but is only 61 miles wide. Host to the 19th edition of the Panamerican Games, the most important multisport event of the Americas, which featured more than 6,000 of the best athletes of the continent competing across 38 sports with qualification to the Paris 2024 Summer Olympics on the line.

I had the honor to serve the elite athletes of TEAM USA as a Volunteer Chiropractor with the USOPC medical staff. I found that the medical staff colleagues I had the opportunity to work alongside were selfless, cooperative, and friendly. All were passionate about our mutual goals to do everything we could to help our athletes. The Pan Am Games were incredibly successful for Team USA. Our job was to keep our athletes healthy and ready to compete.

Here are some interesting Games statistics.

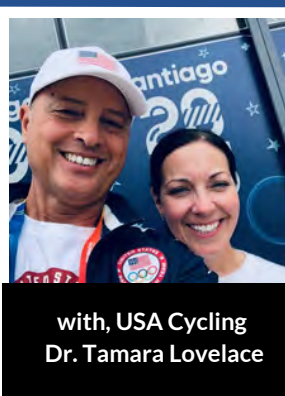
- Number of countries = 41
- Number of athletes = 6,800
- Number of sports Team USA competed in = 43
- Number of Team USA medals = 286 (124 gold, 75 silver, 87 bronze)
- Paris Olympic Qualifiers for Team USA = men's and women's water polo, our artistic swimming duet, 5 boxers, 4 sport climbers, a rhythmic gymnast, a modern pentathlete, and a breakdancer.
- Most common injuries = hip, shoulder, low back
- Most common illnesses = allergic rhinitis, URI, nasopharyngitis



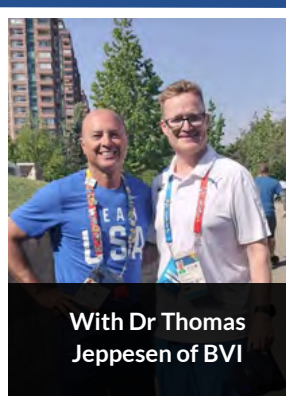
Below are some of the many memories I shared. Great moments often catch us unaware, beautifully wrapped in the people we meet and share memories with.



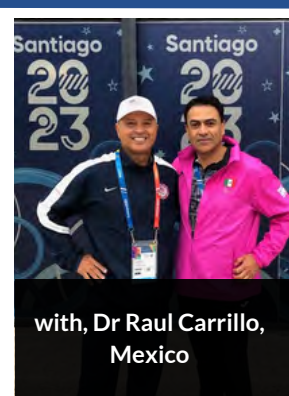
Members of SOCHIQUEDE
(Sociedad Chilena de
Quiropractica Deportiva)



with, USA Cycling
Dr. Tamara Lovelace



With Dr Thomas
Jeppesen of BVI



with, Dr Raul Carrillo,
Mexico



USA Track and Field Dr.
Leo Kormanik II

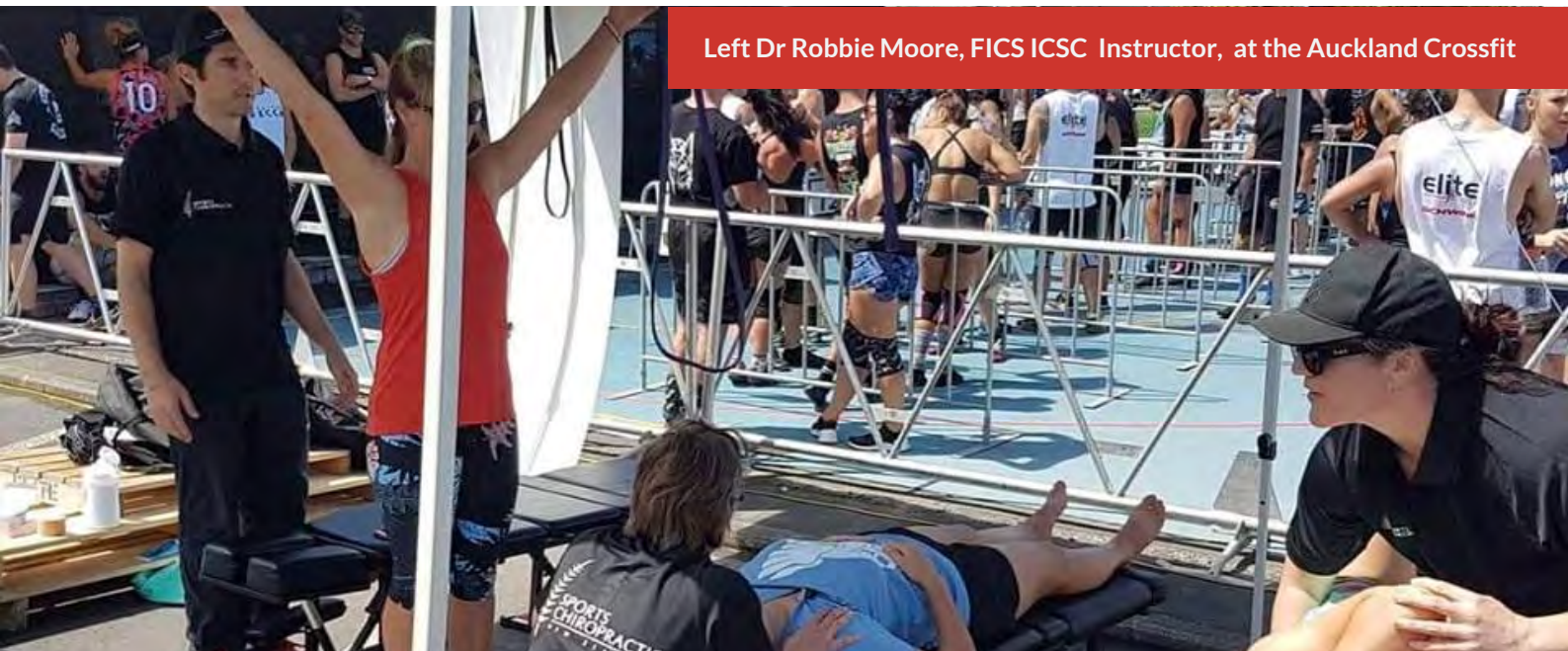
NEW ZEALAND SPORTS CHIROPRACTIC

BY: NEKI PATEL, BSC DC ICCSP ICSC HSCNZ
FICS EXCO PACIFIC REGIONAL REP.

The Skycity Stampede are a Queenstown-based Ice Hockey that competes in the New Zealand Ice Hockey League (NZIHL). They are 8-time national champions, and since the team's inception almost 20 years ago, they have been supported through Chiropractic care from Queenstown Health. For the past two years, Dr Cole Mackie, a FICS Chiropractor, has overseen medical care, overseeing and coordinating with both Physiotherapy and Acupuncture. Since taking over medical care for the team, they have won two consecutive national titles (2022 and 2023).

"The key to taking care of Ice Hockey players is to work on reducing the risk of injury. But because it is such a high-impact sport, traumas are going to occur. Therefore, it is vital when injuries do occur to ensure a fast and efficient return to play protocol with continued management through the rest of the season. said Dr Mackie

The NZIHL has also selected Dr Mackie to travel to Istanbul, Turkey, as the Chiropractor for the U18 Men's team next year. *"I am excited to get my first taste travelling abroad and represent FICS and sports chiropractic on the international stage". said Dr Mackie.*



Left Dr Robbie Moore, FICS ICSC Instructor, at the Auckland Crossfit

Dr Madison Hooper, positioned on the far right in the photo, is a recent graduate dedicated to expanding her skills in sports chiropractic. Embarking on her ICSC journey, she has successfully completed both the Upper and Lower ICSC extremity seminars.

Madison is actively honing her skills through practical experience, particularly in working with athletes. Notably, she contributes her expertise to the women's Southern Football League champions in New Zealand.

Dr Madison Hooper with Women's Southern Football League





Sports Chiropractic Foundation

Every Athlete Deserves Access to Sport Chiropractic

⚡ There are more grants available, so if you're a sports chiropractor with a game-changing idea, be sure to apply at <https://sportschiro.foundation/grant!> ⚡

Scholarships for chiropractic students

Volunteer doctors at sporting events

Grants for new practice start up

Scholarships for chiropractic Master Programs

Did you know? Doctors pay their own travel expenses and take time out of practice to volunteer at International games.

The Sports Chiropractic Foundation provides an opportunity to raise funds to support a range of activities that will enhance the support of athletes at international events.

[CLICK FOR MORE INFORMATION](#)



🌟 HAVE YOU SEEN THE GRANTS AVAILABLE 🌟

We're thrilled to announce that Dr. Kaila Alvarez was awarded one of The Remarkable Practice Grant for her innovative mobile chiropractic practice!

With a mission to reach patients in their homes and schools, Dr. Alvarez is truly changing the game for athletes with tight schedules. As part of this grant, she'll receive seed funding and two coaching sessions with The Remarkable Practice Team, which is widely regarded as the best chiropractic business coaching program on the planet! 🌍

Sports Chiro Foundation



SPONSORS/PARTNERS

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



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PICKLEBALL AND CHIROPRACTIC CARE

BY: CHIROUP

Pickleball, originally a niche backyard game, has recently gained global popularity. Its accessibility across ages and skill levels has contributed to this surge. However, as the number of pickleball enthusiasts continues to grow, there is a concerning increase in reported injuries among players.

Chiropractors can play a role in helping people prevent injuries associated with pickleball by providing the following services and guidance.

Musculoskeletal Assessment: Chiropractors can assess an individual's musculoskeletal health to identify any existing imbalances, weaknesses, or alignment issues that might make them more susceptible to injuries during pickleball. This assessment can help create a personalized injury prevention plan.

Joint Mobility: Chiropractors can help improve joint mobility, particularly in areas prone to injury in pickleball, such as the shoulders, elbows, wrists, and knees. This increased mobility can enhance flexibility and reduce the chances of injury.

Stretching and Strengthening Exercises: Chiropractors can prescribe specific stretching and strengthening exercises tailored to the individual's needs. These exercises can target muscle groups used in pickleball, enhancing strength and flexibility, which can prevent injuries.

Education: Chiropractors can educate pickleball players about proper warm-up and cool-down routines, emphasizing the importance of dynamic stretching and injury prevention strategies. They can also guide equipment selection and proper technique to minimize injury risk.

Nutritional Guidance: Chiropractors can provide nutritional advice to promote healthy joints, muscles, and overall well-being, indirectly preventing injury.



We encourage you to download and share the below infographic with your patients:

PREVENTING PICKLEBALL INJURIES

As most pickleball players can attest, swinging a racquet a few hundred times and chasing a ball around a court can lead to some painful problems. The most common injuries are sprains and strains of the hips, knees, dominant shoulder and elbow, and low back.

INJURIES

HAND & WRIST INJURIES
Attach a long lever to a small joint and swiftly hit a ball - What could go wrong? Anything from overuse strains to broken bones.

ELBOW TENDINITIS
Firmly gripping a racquet places stress on the bony bumps where your wrist and forearm muscles attach to your elbow. This is often a site of tendinitis within pickleball players.

KNEE PAIN
Running and pivoting places tremendous torque on your knees. This stress can damage ligaments and irritate joint cartilage.

BACK PAIN
Continually bending forward and quickly rotating places tremendous stress on your spine's soft tissues and joints. Injuries to muscles, ligaments, and discs are common.

ROTATOR CUFF PROBLEMS
Repeatedly raising your arm can pinch sensitive tendons and bursa. Unchecked, small irritations can transition to more significant tears over time.

TIPS

CONSIDER THE FOLLOWING INJURY-PREVENTION TIPS:

- ✓ Stretch and get some blood flowing with a 10-minute warm-up before hitting the court.
- ✓ Choose shoes with proper arch support, or consider aftermarket insoles or custom orthotics.
- ✓ Warm-up before the match with the exercises below.
- ✓ Make sure you are well hydrated before, during, and after your match. Dehydrate your fluids, whether you feel thirsty or not. (Alcohol and caffeine don't help.)
- ✓ Learn and practice proper pickleball techniques, including your grip, swing, and footwork.
- ✓ Some mild soreness is acceptable, but don't hesitate to stop in the middle of a match if you experience more significant or sharp pain.

CHIROUP

EXERCISES

MANY PICKLEBALL-RELATED INJURIES CAN BE PREVENTED WITH PROPER WARM-UP. THE FOLLOWING STRETCHES CAN HELP YOU LOOSEN UP BEFORE YOUR NEXT MATCH.

CROSS BODY: While sitting or standing, bring your involved arm across the front of your upper chest as shown in the picture. Hold the affected elbow with your uninjured arm and gently pull across your chest until a stretch is felt in the back of your shoulder. Relax and stretch the arm further across your body. Perform as directed.

WRIST WAVES: Interlock your fingers then elevate both arms as though you were resting the underside of your forearms on a table at chest level. Your palms should be facing down, elbows out to the side. Begin performing a "wave" by flexing one of your wrists and letting it flow through the opposite wrist. Allow relaxed movement from your wrists, elbows, and shoulders as you perform a smooth wave moving from one arm to the other. Initiate this flowing movement from one hand for 30 seconds, then the other for 30 seconds. Repeat as directed.

WRIST FLEXION STRETCH: Straighten your arm in front of you with your hand at chest level, palm up. Keep your elbow locked and use your opposite hand to grasp your fingers and gently pull down on your fingers until you feel a stretch in your forearm. Keep your elbow straight throughout the exercise. Against the resistance of your opposite hand, contract your wrist and fingers upward for seven seconds. Relax and increase the stretch on your wrist and forearm by pulling downward and backward on your fingers. "Lock in" to the new position and repeat three contract/relax cycles twice per day or as directed.

WRIST EXTENSION STRETCH: Begin standing with your arm straightened in front of you at chest level. Keep your elbow straight and flex your wrist so that your fingers are pointed toward the floor. With your opposite hand, grasp the back of your hand and bend your wrist and fingers downward into flexion. You may rotate your wrist toward your small finger to further increase the stretch. Against the resistance of your opposite hand, attempt to straighten your wrist for seven seconds. Relax and stretch your wrist and fingers further. "Lock in" to this new position and repeat three contract/relax cycles twice per day or as directed.

UPPER BODY STRETCH: Stand and reach straight up overhead with both arms while grasping a broomstick or golf club. Your hands and feet should be shoulder-width apart. Slowly rotate your entire body to one side, hold that position for 3-5 seconds, then slowly rotate to the other side. Return to center and bend first to the right and then left. Repeat as directed.

HIP SWINGS: Stand on one leg and lean slightly forward to place your outstretched hands on a wall, counter, or another stable object at chest level. Swing your free leg in front of you in a slow "pendulum" motion, aligned with the plane of the wall. Try to keep your low back stable and slightly arched to avoid twisting or slouching. Swing your leg as far as possible in each direction for 10-15 seconds, then repeat on the opposite side.

HAMSTRING STRETCH: Stand with your feet propped up on an elevated surface, keeping your knee and back straight as shown in the picture. Slowly lean forward at your hips, not through your back, until a stretch is felt in the hamstring. Contract your hamstring to push your feet downward for seven seconds. Relax and lean forward through your hips to further stretch your hamstring. Keep your knee and back straight throughout this exercise. Perform as directed.

CALF STRETCH: Stand facing a wall with your hands on the wall at head level. Your affected leg to be stretched should be back and straight with your heel on the floor. Your unaffected leg may be bent in front of you for support. While keeping your back straight, lean forward until you feel a stretch in your calf. Against the resistance of the floor, attempt to push the toes of your trailing foot into the floor for seven seconds. Do not lift your heel off of the floor. Relax and lean further forward to increase the stretch. "Lock in" to this new position and repeat three contract/relax cycles on each side twice per day or as directed.

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CAN DYNAMIC TAPE CHANGE MECHANICS – ASKED AND ANSWERED AGAIN!



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BUT IT ONLY ATTACHES TO THE SKIN!

The often touted argument that tape only attaches to the skin and therefore cannot do anything mechanically fails to pass the 'Pub Test' nor scientific scrutiny. Taping proponents will then seek to shelter behind neurophysiological effects resulting from the contact of the tape with the skin. Notwithstanding that many applications due to the properties of the tape or the manner in which they are applied leave no opportunity to inject a force into the kinetic chain and therefore must rely on a non-mechanical effect, be it 'neurophysiological', placebo or other even a cursory examination of taping techniques and literature will demonstrate that mechanical changes can be produced quickly and easily.

That is not to say that these changes result in clinical improvement nor is it to say that they do not. Previous newsletters and research commentaries have demonstrated the importance of sound clinical reasoning in the application of a technique that is indicated, appropriate and applied correctly in order to achieve pre-determined clinical aims.



Continued ... Can Dynamic Tape change mechanics?

WHAT ARE WE TALKING ABOUT?

What do we mean when we talk of mechanical changes? These can include influencing parameters such as range of motion, velocity, joint moments, plantar pressures, stiffness and resistance to motion to name a few. Changes to these parameters can potentially influence other factors such as work of muscle, mechanical load (compressive, tensile or shear) on structures, force generation efficiency (e.g. length-tension curve) or force transfer efficiency (lever arm length, stiffness of joint, close packed-vs loose packed position).

Simple buddy strapping of the fingers with a rigid strapping tape will quickly change range of motion and an attempt to abduct the fingers will result in increased work of muscle when compared to the untaped fingers (Pub test). The effect becomes a little harder to identify when range of motion is preserved through the use of an elastic tape.

A recent study from authors at Central Queensland and Monash Universities adds further support to the growing number of studies that have formed the subject of recent newsletters showing incremental increase in force or mechanical changes with increasing layers of Dynamic Tape.

Steven Obst and co-workers in their study "***The immediate effect of multidirectional elastic tape on the passive mechanical properties of the ankle joint***" recently presented at the Sports Medicine Australia (SMA) conference and published in the Journal of Sports Sciences examined the influence of multidirectional elastic tape (MET) on passive mechanical properties of the ankle during dorsiflexion.

The study used a plantarflexion technique similar to that shown in the photo above which commences on the plantar surface of the distal foot, crosses the ankle joint posteriorly, runs up the Achilles Tendon to finish on the proximal calf. The tape is applied with the foot in full plantar flexion such that it will resist dorsiflexion and recoil into plantar flexion.

The authors compared no tape to taping with low, medium and high degrees of tension. While this is not a recommendation of Dynamic Tape (and in fact excessive tension can take the tape beyond the highly elastic phase into a phase where it deforms more and returns less energy), it is interesting to observe the outcomes to make some judgements as to the influence of mechanics vs the influence of the tape's contact with the skin.

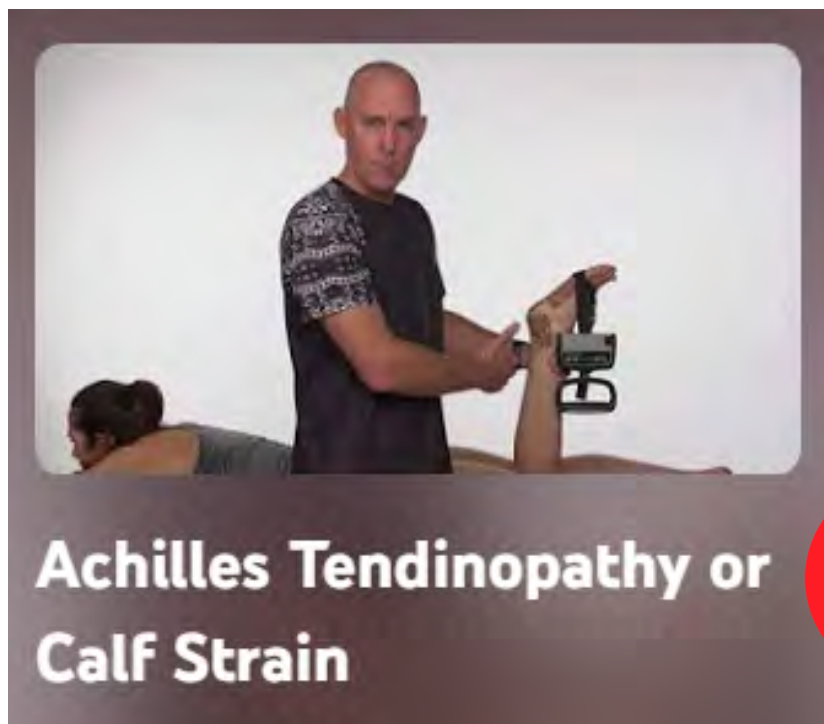
The results showed an increase in low-torque stiffness and area under the loading curve. There was also an incremental increase in stretch resistance and elastic energy stored with increasing pre-tension ranging from 5.5% to 12.5%.

Continued ...Can Dynamic Tape change mechanics?

While significant the authors raise the question of whether this translates to improvements in muscle-tendon unit performance. It is worth noting however that as eluded to earlier, more force is not acquired by further tension on the tape but rather by applying additional layers of tape.

Given that the tape was in contact with the same areas of skin and looked the same, it would likely account for expectation and changes due to neurophysiological effects. While it is recognised that more tension may increase stimulation of mechanoreceptors for example, the more likely and obvious explanation for the increased resistance is due to the increased mechanical forces being imparted by the Dynamic Tape.

Increasing the number of layers of tape can result in high forces being obtained and a significant reduction in eccentric demand placed upon the plantar flexors. This makes it well worth considering in your load management strategies of calf and Achilles tendon injuries. For videos demonstrating this and the techniques we refer you to this playlist



This study also highlights the need to have resistance generated early in the movement. Many tapes offer little resistance until they are stretched significantly and therefore care must be taken when extrapolating results that use the high resistance of Dynamic Tape to other products.

Reference: Obst S, Ho M, Kean C, Blanchfield T, Cash J, Fisher L, Hawtin I, Randall S, Heales L. The immediate effect of multidirectional elastic tape on the passive mechanical properties of the ankle joint. *J Sports Sci.* 2023 Nov 18:1-9. doi: 10.1080/02640414.2023.2283291. Epub ahead of print. PMID: 37979195.

ICSC GRADUATES

OCT – DECEMBER 2023

Claudio Andres Gutiérrez Herrera
Cristián Andrés Rojas Troncoso
Nicolas Espinoza Constanzo
Carolina García Sánchez
Marcela Valentina González Cid
HAIRO EDUARDO GUERRA CABELLO
Claudio Esteban Aravena Espinosa
Jérémy Bonnivard-Holingue
Eduardo Tonatiuh Vallejo Diaz
Joaquin Sanchez Hernadez
Daniel Hammerson
Sophie Donaldson
Ashley Wells
Tomas Robert Marshall
Glenn Bailey
DINA AL HASHIMI
Piers Reeve-Tucker
Petter Messel



Daniel Chau completed his
ICSC in September 2023
He is looking forward to
2024 games

Taraz-Lee Jaya Gopan
Jack Kennedy
Lok Yin Chau
Charlotte Pon
Nicole Bell
Sam Tiley
Kirsten Petrie
Debbye Atkins
LiKia Brown
Maria Sørensen

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International sporting events?

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

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Stopain Clinical was formulated with the Sports Chiropractor and their athletes top of mind. It is the 'one and only' topical pain relief solution that helps athletes from 'head to toe' – two separate formulas with one for muscle aches, joint pain, and arthritis and a separate, unique topical gel formulation for Migraine and Headache relief.

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Here are the stats...

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Currently available in the US – Use this link stopa.in/fics to get started. FICS members receive a 10% discount and every Stopain Clinical purchase will result in a 10% donation to FICS. If you are located in another country please email us directly and we will do our best to bring Stopain Clinical to your area – ptimko@stopainclinical.com



2024 STUDENT SCHOLARSHIPS ANNOUNCED

BY: GILLIAN JOHNSTON, SCHOLARSHIP CHAIR

In 2024, the FICS scholarship committee faced the challenging task of selecting recipients from a pool of global applicants, reflecting the widespread interest in the field. The difficulty in decision-making stemmed from the exceptional quality of applications, underscoring the remarkable talent by students worldwide.

To those applicants who were not selected, please don't be disheartened. We were genuinely impressed by each application and encourage you to consider reapplying next year or to persist in pursuing your interest in Sports Chiropractic.

The four distinguished senior scholarship recipients are granted complimentary access to the online modules of the ICSC, a significant and valuable boost valued at 2,500 CHF, marking the commencement of their journey into sports chiropractic. Moreover, securing an honorary position on one of the FICS commissions offers these students a unique glimpse into the meticulous groundwork involved in creating opportunities on a global scale. I believe, this is the most invaluable aspect of their prize, allowing them to delve behind the scenes of FICS and actively participate in the operations of this international organisation, fostering networking opportunities for students worldwide. The \$500 cash prize, while often utilised for attending FICS ICSC hands-on modules, also serves as a means for these scholarship recipients to indulge in a well-deserved celebration of their remarkable achievements.

The Emerging Student Scholarship is presented to an individual in the initial phases of their chiropractic studies (excluding the final two years), providing them with a substantial 1,000 CHF contribution towards their tuition fees and the invaluable support of a dedicated FICS mentor throughout the duration of their scholarship year. Previous recipients of the Emerging Scholarship have attested to the immeasurable value of the mentorship experience, with many maintaining enduring connections with their mentors to this day.

If you weren't selected this year, keep a lookout for updates on our social media and emails, where we will share details for next year's application. All the necessary information, along with helpful tips for your application, can be found on the Sports Chiropractic Foundation website. Even if you missed out on the scholarship, FICS remains dedicated to providing incredible opportunities for students interested in sports chiropractic.

Winning the scholarship isn't the only path to benefit from FICS. I strongly encourage students passionate about sports chiropractic to consider applying for the FICS mentoring program (check the website for details) and becoming part of the FICS student club on your campus. FICS is committed to supporting enthusiastic students, so never hesitate to reach out with any questions!

"I applied for the scholarship when I was a student and was not successful, but it still opened many doors to FICS and the world of sports chiropractic, and it is one of the reasons I'm in the role I am today."

Sincerely Gill

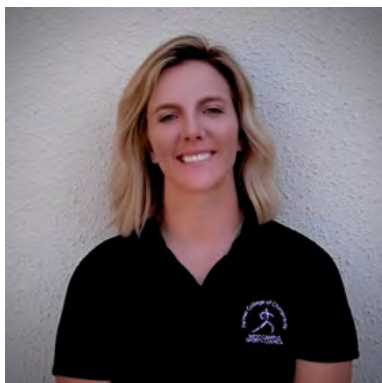
CONGRATULATIONS 2024 STUDENT SCHOLARSHIPS

VISIT THE FOUNDATION WEBSITE TO HEAR
THE STUDENT ACCEPTANCE SPEECH

CLICK HERE



Thujivan Kathiravelu,
UK



Christina Landreth
USA



Chong Zen Haw
Malaysia



Lori Lousie Niemand
South Africa

Get ready for a wave of excitement as we announce the recipients of the 2024 Student Scholarships! These bright minds are thrilled to dive headfirst into the dynamic realm of sports chiropractic, propelling their educational aspirations and fanning the flames of their passion for working with athletes.

A heartfelt shout-out to every student who submitted applications – your talent and dedication have truly set the bar high. Witnessing the enthusiasm and passion of these young chiropractic students approaching graduation is not just inspiring, but it's a promising glimpse into the future of sports chiropractic.

At FICS, we are not just about the present; we are fervently dedicated to investing in the students of today because we wholeheartedly believe they are the trailblazing leaders of tomorrow. Join us in celebrating the promising journey these scholars are embarking upon!

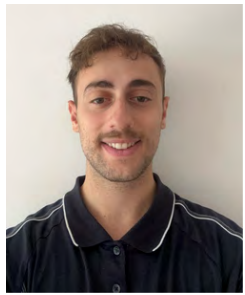
2024 EMERGING SCHOLARSHIP WINNER



Kyle Vorster, South Africa

*"What this award means to me. The question can be answered very plainly and easily by just saying **everything**. At this stage in our chiropractic journey, we are still being moulded into professionals who will not only be the future of the chiropractic profession but also be the people who will be able to make a positive change in the world, a little push from anyone above you, goes a very long way. This scholarship is my push and acts of positive reinforcement that prove to me that I am indeed on the correct path in my life and that all my previous decisions led up to this single, breathtaking moment. A moment that I will forever be able to treasure and look back to when that inevitable struggle and final push comes ahead."*

READ MORE



STUDENT PERSPECTIVE OF ICSC UPPER EXTREMITY SEMINAR

BY: SANTO PERROTTA. RMIT UNIVERSITY

As a fourth-year chiropractic student attending the FICS ICSC Upper Extremity seminar in Adelaide in August 2023, I was very excited to expand my knowledge and develop new skills.

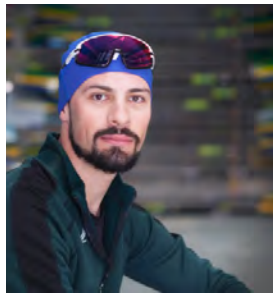
Prior to attending the face-to-face portion of the seminar, we were provided with online content to view and complete which enabled an in-depth understanding of the theory and evidence behind the concepts and techniques we would be learning. This made the face-to-face experience far more interactive and engaging since all the theories had been taught, and we were able to focus on more hands-on learning and practice techniques.

Learning from highly regarded and knowledgeable chiropractors within the profession created a learning environment where we could ask questions about all things chiropractic and be met with fantastic answers. Across the weekend, we covered various aspects of upper extremity learning, including assessment, soft tissue techniques, mobilisation, taping, rehabilitation and even a module on concussion.

I personally enjoyed the module on concussion and how to assess for concussion in an on-field or office setting with the latest evidence-based methods. Learning about the neurology of concussion was also a highlight, as it gave a greater understanding of why symptoms present the way they do and what we can do as chiropractors to provide safe and high-quality care to patients. I also enjoyed how to mobilise and assess the shoulder, elbow, wrist and hand since these are skills that can be translated directly into practice and benefit a large variety of patients.

All the chiropractors who took their time to help us learn were fantastic; as a student, I felt very comfortable asking any questions, knowing they would take their time to answer and guide me in the best way possible.

To say this weekend was awesome would be an understatement; it far exceeded my expectations and was most definitely worthwhile. The new skills I learned about, covering the upper extremity and all things chiropractic, are something that I know will benefit me greatly in the future. I'm looking forward to attending the FICS ICSC Lower Extremity seminar in 2024 and hope to continue my learning more.



STUDENT PERSPECTIVE: YEARS REFLECTION - ICSC STUDENT SCHOLARSHIP

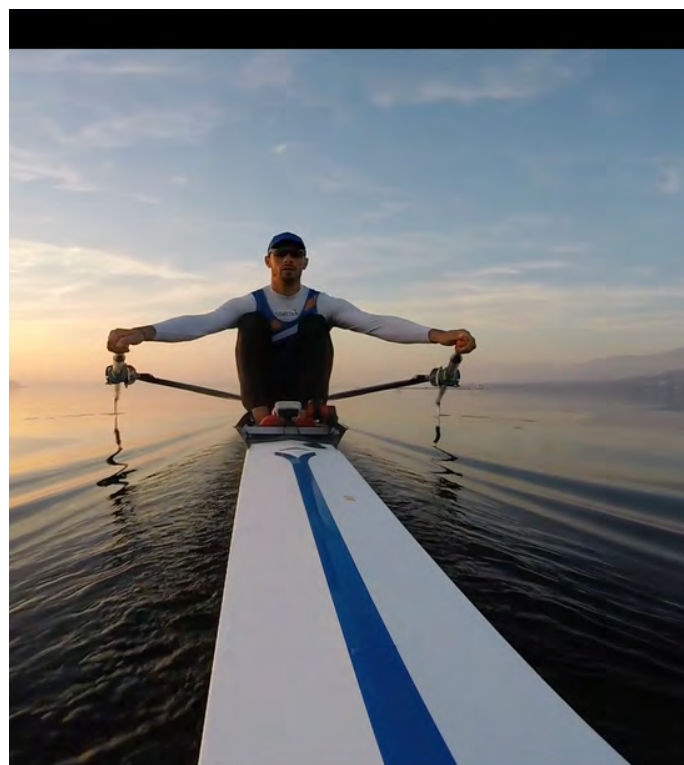
BY: OLEG GONOROVSKI

Sports chiropractic is very important to me personally. When I was an elite athlete representing Israel at World Championships and international competitions for 6+ years, I developed an injury in my lower back while training. Many different medical practitioners treated me, but my chiropractor was the one who ultimately put me back on track. I would never have been able to continue training without his help. This experience is why I decided to become a chiropractor myself and why my dream is to help athletes achieve their goals.

My name is Oleg Gonorovski and I have recently graduated from the AECC UC in the UK. At the age of 17, after trying to play basketball for a year and realising that ball games are not working well for my body, I was invited to try rowing. It was something alien and exotic for Israel as we didn't have a lot of suitable water resources to row on. I fell in love with the sport straight away, mainly due to the calmness and the presence feeling that I had when going rowing in a single boat. It appears that I was not bad at rowing, and I found myself relatively quickly becoming faster than my peers and getting into the national team by travelling to international events. In my opinion, the transition between doing no sports and going full power on a professional level was too quick; this is why I probably got a lower back injury during a weightlifting session in the gym. I was taken directly to a chiropractor the same evening. As a result of the treatment, I was able to walk by myself out of the clinic, as compared to the way I was carried in on my father's shoulder.

I was extremely happy with the way that the treatment went and a chiropractor was my first point of contact when things went wrong. Since then, I decided to become a chiropractor myself. In Israel, chiropractors and rowing are still having the more or less same level of popularity (we have just sub 300 chiropractors for the whole country). As I initially was, most of the public is not aware of this profession.

Now, more than a decade from the date of my injury I see what a wonderful profession we have and how powerful it is. Beside helping people, I feel present around the table while seeing patients during the treatment flow, just as like I had with rowing in the single boat before.



YEARS REFLECTION OLEG GONOROVSKI CONT.....

I truly believe that, as a future sports chiropractor, I will be an ambassador of the profession to other healthcare professionals and the sports teams during the sports events and on a daily basis too. During my rowing career, I always tried to advocate for my country in the best possible way; now, I will be able to do it for the chiropractic profession, too.

In 2022, I was honoured by receiving one of the FICS Student Scholarships. In addition to the prize, I was invited to play a role in the FICS Student Commission. It was a great year, and I felt like I was a part of the team with an equal voice in the decision-making. I started the ICSC program and plan to finish the online part in the upcoming months.

In addition to my passion for becoming a practitioner on the sports field, my goal is to open a clinic based on a multidisciplinary model oriented towards working with athletes and physically active people. This clinic would have a strong emphasis on teamwork and cooperation between sports practitioners. My past experiences partially inform this idea as part of the Israeli Olympic project, where I benefitted from their integrated sports medicine facilities. I was inspired by the way it functioned. First, there is a qualified sports doctor that acts as the “gatekeeper” of the clinic. This doctor takes the athletes' history and decides which kind of treatments they need. The athlete is then referred to the respective medical practitioners, all located in the same clinic, including orthopedic surgeons, nutritionists, sports psychologists, massage therapists, physiotherapists, osteopaths, and sports scientists. This way, the athlete has comprehensive care in one convenient location.

In my opinion, sports chiropractic would be a great addition to a clinic like this due to its specialised techniques and approaches. This kind of model also has the potential to increase collaboration between chiropractic and the healthcare and sports systems. For example, this model can be used for the general population in hospitals or with different sports federations.

In conclusion, I truly believe that we have a wonderful profession, and I am really grateful for the opportunity to become a part of FICS. I am surrounded by like-minded people who are united in their views and making a change in the sports world.

Sincerely Oleg Gonorovski

Oleg is one of the 2023 Student Scholarship holders and has been awarded a placement within FICS on the Scholarship Judging panel after participating as an observer for the 2024 scholarship selections. He has been extended a full placement on a FICS commission.





STUDENT REPORT

INTERNATIONAL MEDICAL UNIVERSITY (IMU)

BY: SOH YI XIAN & DR THOMAS SHAWN HALYK

In October, the IMU student body, Dr Thomas Halyk (Chairperson of Sports Chiropractic Council Malaysia and Faculty member) held a presentation for all chiropractic students to introduce them to the opportunity of the 2024 FICS Student Scholarship and help answer any questions they had. Dr Halyk initiated the presentation by introducing FICS and ICSC to the students. He also shared his personal experiences and insights related to sports chiropractic.

The purpose of this presentation was to introduce all IMU chiropractic students to the International Federation of Sports Chiropractic (FICS), International Certificate in Sports Chiropractic (ICSC), and FICS Student Scholarships.

The presentation also provided comprehensive step-to-step guidance on the FICS student scholarship application process. To allow many students as possible to receive this information, the session was conducted online and recorded via Microsoft Teams.

Following this, Soh Yi Xian (2023 Emerging Student Scholarship recipient) continued the presentation by introducing the 2024 FICS Student Scholarship. Detailed information and step-by-step guidance on the application process for the 2024 FICS Student Scholarship were provided.

The presentation concluded with an engaging Q&A session, providing students with the opportunity to seek clarification and gain a better understanding of the FICS, ICSC, as well as the FICS student scholarship.

In conclusion, I hope this presentation will raise more interest of sports chiropractic among IMU's chiropractic students, inspiring more IMU's chiropractic students to apply this scholarship and become more involved in the sports chiropractic field. There were quite a few chiropractic students reached out to me for more information not only about the scholarship but also the FICS and ICSC. Therefore, I believe there will be a lot more scholarship applications from IMU this year. I hope there will be more and more chiropractic students from IMU actively participating in sports chiropractic and contributing to the advancement of sports chiropractic field, particularly in Malaysia.

FICS Student Scholarship 2024
(31 October 2023)

Categories of FICS Student Scholarship

- Master Scholarship (3 winners)**
 - Final 2 years of study
 - Eligibility: ICSC International Certificate in Sports Chiropractic (3rd Year, Malaysia)
 - FICS Conference (12 months)
 - USD 100,000 prize
- Emerging Student Scholarship (1 winner)**
 - Early years of studies (not yet master's degree 2 years of study)
 - Eligibility: FICS Master
 - USD 1,000 (unrestricted funds to PhD)

Application Process

- Deadline: 31 October 2023
- Application (Step-by-Step):
 - 1) Application form
 - 2) Importance of Sports Chiropractic (Essay)
 - 3) Personal participation
 - 4) Contributions to Sports Chiropractic
 - 5) Faculty reference

2) Importance of Sports Chiropractic (Essay)

- 600-750 words
- Header: Name, title & Full name (every page)
- Write an essay concerning the importance of sports chiropractic services to athletes in training and competition and to the future growth of the chiropractic profession
- Consider what the future of sports chiropractic could be and how you, as a student, will contribute to this future
- Well-referenced (Citation: Reference list) + Your ideas & opinion

3) Personal Participation

- 100-200 words
- Header: Title & Full name (every page)
- Description of Personal participation in Sports, Fitness & Physical activities
- How your personal participation has/will assist you in your sports chiropractic career

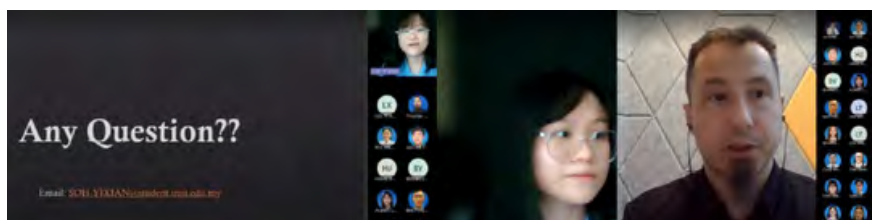
4) Contribution to Sports Chiropractic

- 100-200 words
- Header: Title & Full name (every page)
- Description of your Contributions to sports chiropractic
- e.g. Any Activities promoting sports chiropractic, Volunteer services in sporting events, Published new articles/research

5) Faculty Reference

- Reference letter from Faculty member (Lecturer)
- Must be on IMU letterhead + Signature
- Confirming Student's character, Academic performance, Involvement in related research & sports chiropractic events, & Recommending award

Pictured below : Left to right - Soh Yi Xian & Dr Thomas Halyk





STUDENT REPORT - CHIROSport



BY: LORI NIEMAND

On the 14th of October, ChiroSport SA hosted a hands-on seminar for the DUT students. This event was open to master's students who have an interest in sports chiropractic and treating athletes.

The ChiroSport practitioners ran stations on various assessments, adjusting techniques, strapping, treatment plans and concussions. The students thoroughly enjoyed this interactive event! This was a first for DUT and will now be hosted on an annual occasion.



Thank you to the ChiroSport practitioners for their time and effort in planning this event, and many who travelled to Durban to help out! On behalf of the chiropractic students at DUT, thank you to ChiroSport and all the associations who make something like this possible.

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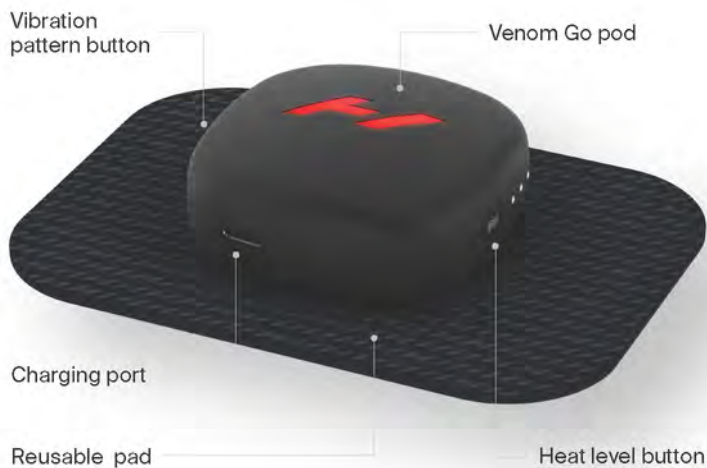


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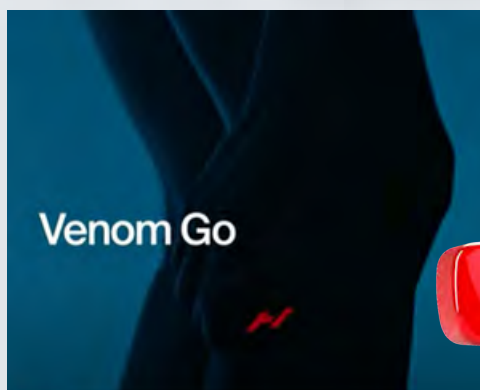


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2023 WORLD COMBAT GAMES

🌟 Step into the shoes of JJ, FICS member and chiropractor from the USA, as he takes you on a journey through the unforgettable moments of the World Combat Games.



MY EXPERIENCE

BY: JINJIANG LI DC. MS. DACBSP®CCEP. ICSC

I'm thrilled to share my incredible experience as an FICS sports chiropractor at the 2023 World Combat Games in Riyadh, Saudi Arabia. This groundbreaking event not only showcased the remarkable skills of combat sports athletes but also marked a historic collaboration between FICS sports chiropractors and the Games' medical team. Through this partnership, we elevated athletes' performance and sparked hope for the future of sports chiropractic care in Saudi Arabia.

Right to left: JJ with Medical Service Team Manager
Hit play to watch my story?

Being part of a team of six esteemed sports chiropractors from Denmark, France, Germany, and Italy, alongside the Games' medical professionals, was a true honor. Together, we provided comprehensive chiropractic and sports medicine care to some of the world's most talented athletes. Over the intense 10-day competition, I witnessed firsthand the tireless dedication and unwavering commitment of our doctors to optimizing athletes' musculoskeletal health.

Each doctor employed their specialized manual therapies, advanced soft tissue techniques, and tailored exercise rehabilitation to help athletes reach their peak performance and achieve swift recovery from injuries. Beyond individual accomplishments, this endeavor created something beautiful. The collaboration of diverse minds not only enhanced patient care but also forged deep bonds that transcended borders, forming a vibrant global network united in the mission to advance athlete well-being.

The natural beauty of Riyadh left me with a lifetime of memories. I am genuinely in love with the local Saudi colleagues, volunteers, and staff. Their kindness and welcoming gestures made my stay comfortable and unforgettable. I want to express my gratitude to the FICS Games committee and our WCG team doctors for accepting and supporting me as I am.

I would also like to extend an invitation to fellow sports chiropractors worldwide to join me in celebrating the exceptional work done by sports chiropractors at FICS games! Their work ethics and dedication has set new standards, imparting warmth along every step taken toward athletic excellence. As we relish this remarkable moment, let's champion integration efforts so that optimal healthcare support is readily accessible across all sporting disciplines!

[LEARN MORE](#)


Stay inspired, and keep serving!
Get ICSC accredited and join me working as a International Sports Chiropractor at International games.

HONG KONG CHIRO SPORTS COUNCIL

BY: DR WILLIAM WAN, MEMBER HKSC

Dr. Wan has represented the Federation at numerous international events, demonstrating his commitment to improving athletic performance and overall wellbeing through chiropractic care.

Participation in the 19th Asian Games.

I attended the 19th Asian Games in Hangzhou as a part of the Sports Federation and Olympic Committee of Hong Kong, China. My presence and professional expertise contributed to the optimal performance of athletes, highlighting the significance of chiropractic care in sports. I was actively involved in promoting the visibility and recognition of the chiropractic profession within the Asian sporting community.

Women's Baseball World Cup in Canada Thunder Bay - pictured left.

I also attended the Women's Baseball World Cup in Thunder Bay, Canada, to provide care for athletes and advocate for the importance of chiropractic care in women's sports. This event was another opportunity for me to showcase the valuable contributions chiropractic care can make to athletic performance and injury prevention.



Youth Baseball Tournament in China

In my pursuit of promoting chiropractic care to the younger generation, I participated in the Youth Baseball Tournament in China. My involvement in the government emphasised the importance of chiropractic care from a young age, especially for those engaging in sports activities. This event is crucial in promoting early intervention and prevention with the government, which are key to maintaining health and enhancing athletic performance.





CLASS 4 LASER THERAPY: DEBUNKING MYTHS WITH CLINICAL EVIDENCE

In the evolving landscape of laser therapy, the allure of cutting-edge technology can sometimes overshadow the foundational principles guiding therapeutic efficacy and safety. Class 4 lasers, with their high-power credentials, have been gaining popularity in the market, promising deeper penetration, superior biostimulation effects, and uncompromising safety. But how much of this is marketing buzz, and how much is substantiated by scientific research? In this article, we'll delve deep into the claims surrounding Class 4 lasers, comparing them against their Class 2/3 counterparts, and decipher the myths from the realities. Our objective is to arm practitioners and patients with evidence-based knowledge, ensuring informed decisions in the realm of laser therapy.

Biostimulation and High-Power Lasers: Dissecting the Truth

Diving deeper into the subject, Jan Tunér and Lars Hode's publication on laser therapy concludes that the range for therapeutic biostimulation is between 0.5 to 1 J/cm² on open wounds and 2-4 J/cm² on skin. To provide some perspective, for a patient to achieve the upper limit of 4 joules essential for biostimulation, merely a one-second treatment with a 4-watt laser or a 0.5-second treatment with a 10-watt laser would suffice.

In line with this, a quintessential study showcased in Photomedicine and Laser Surgery employed 685nm and 830nm lasers to study tissue repair in tendons of mice. The authors divided their subjects into six distinct categories: two as placebo, two under the 685nm (red) laser at 3 joules and 10 joules, and two subjected to the 830nm (infrared) laser at similar energy levels. A comparative analysis of the results revealed superior outcomes with the 685nm laser at 3 J/cm², while the 830nm laser at 10 J/cm² yielded the least favorable results for healing. Similar findings have been published since at least 1989, when Shiroto stated that "an increase in irradiation dose may decrease biostimulatory effects."

Such findings resonate with the Arndt-Schulz Law which proclaims that while weak stimuli can invigorate biological activity, stronger stimuli might dampen it. More generally, laser therapy devices can reach a limit, termed bio-inhibition, beyond which they no longer effectively influence the intended physiological structures. This threshold, as detailed by Farouk Al-Watban in several studies, is well-established in literature. High-powered lasers, with their substantial power outputs, risk surpassing this limit.

Furthermore, there is evidence to suggest that wavelengths exceeding 730nm are unable to provide the minimum 1.7eV energy per photon required for therapeutic biostimulation via photochemical means.

To give an example, a study by Moriyama et. al investigated the efficacy of Non-Thermal in modulating inducible nitric oxide synthase (iNOS) expression as a molecular marker of the inflammation signaling pathway. The authors concluded that the time-integrated iNOS signal during the acute inflammation phase was not affected by Non-Thermal using near-infrared wavelength at 785, 808, and 905nm, whereas Non-Thermal mediated by 635nm showed a significant upregulation of iNOS.

THIS IS THE FUTURE,

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

Considering the low quantum energy per photon for the 785 to 905nm range, equal to 1.52 to 1.37eV, they can apparently not induce direct photochemistry as the minimum quantum energy for cis-trans isomerization is on the order of 1.7eV.

Similarly, Tiina Karu's seminal work *Ten Lectures on Basic Science of Laser Phototherapy* draws attention to a pivotal study by Rochkind et. al. This study discovered that wavelengths 540nm and 632nm significantly influenced the action potential of nerves. Conversely, wavelengths 904nm, along with CW radiation at 830, 880, and 950nm, displayed no such impact.

These studies suggest that high-powered lasers, which often operate within these longer wavelengths, may not primarily function through inducing photochemical reactions. Instead, they might rely on alternative mechanisms, such as the therapeutic influence of localised heat generation. However, this approach may be less efficacious compared to biostimulation by photochemistry.

The Lack of Evidence Behind High-Power Laser Penetration Claims

Proponents of high-powered laser devices often assert that their equipment offers superior power and depth of penetration than Non-Thermal devices. Yet, there is a glaring absence of evidence to suggest that these high-priced devices, which can fetch up to \$50,000, outperform Non-Thermal.

Manufacturers of potent lasers often remove the collecting lens, a strategic move to prevent potential skin burns. Furthermore, users must employ a manual scanning technique, moving the device continuously over the skin to avoid injuring the tissue. This methodology indicates that high-powered lasers aren't penetrating as deeply as one might assume. This perspective is supported by Tuner and Hode in their piece *Confounders and Magicians* where they remark upon the 980nm wavelength's reduced penetration capability due to the high absorption by water in the skin's upper layers, thereby increasing the risk of overheating. Orazio Svelto, in his book *Principles of Lasers*, also highlights the significant absorption properties of water in relation to near-infrared wavelengths.

Further evidence comes from a pivotal MRI study by Dr. Rodrigo Neira, published in the *American Journal of Cosmetic Surgery*. This research showed that an 8mW 635nm laser, placed 6 to 8 inches from the skin, could emulsify deep fat up to 6cm and reduce the appearance of scar tissue. Abdominal MRIs taken at intervals of 0, 4, and 6 minutes on both T-1 and T-2 weighted sequences corroborated these observations. Dr. Robert Jackson's study in the *AJCS* provided additional validation for these findings.

Contrastingly, an article in *Dynamic Chiropractic* titled *Basic Principles of Non-Thermal Laser Therapy* claimed that red light at 640nm primarily affects the skin and might be suitable for addressing cuts, scars, trigger points, and acupoints, but with a typical penetration depth of less than 10mm.



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This article however, lacked supporting research, starkly contrasting with the evidence endorsed by the FDA and the findings of the previously mentioned studies. This raises the question of whether some individuals in the field might be drawing conclusions based more on existing literature and affiliations rather than their own original research. This sentiment is echoed by Tunér and Hode, who observed that several individuals in the laser community offer insights without extensive clinical or cellular research to support their claims.

Safety Concerns and the Power Spectrum: The Fine Line Between Therapeutic and Harmful Laser Exposure

The long-term safety of high-powered lasers remains under discussion, as existing research has not provided definitive support for their use. A significant portion of the reference materials pertaining to high-powered lasers often cites studies done on low-level, low-energy lasers, instead of their high-powered equivalents.

A study from January 2006 in *Lasers in Surgery and Medicine* highlights potential risks, suggesting that merely 10 joules could damage cellular DNA and compromise cell viability. Notably, the laser featured in this study was a 3mW type with a divergent beam, indicating its relative safety compared to lasers with narrow parallel beams.

Furthermore, a well-established medical consensus, bolstered by the ASLMS study from January 2006, is the understanding that skin heating leads to the generation of free radicals.

Conclusion

In the realm of laser therapy, it is crucial to differentiate between marketing hype and scientifically backed facts. Our exploration of Class 4 lasers has shed light on the many misconceptions surrounding their depth of penetration, biostimulation effects, and overall safety. As consumers and healthcare professionals, it's essential to base decisions on rigorous clinical evidence, ensuring optimal results and patient well-being. The key takeaway? Always challenge claims, stay updated with emerging research, and prioritize safety and efficacy over brand promises.



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Patient and provider characteristics associated with therapeutic intervention selection in a chiropractic clinical encounter: a cross-sectional analysis of the COAST and O-COAST study data

Background: Chiropractors use a variety of therapeutic interventions in clinical practice. How the selection of interventions differs across musculoskeletal regions or with different patient and provider characteristics is currently unclear. This study aimed to describe how frequently different interventions are used for patients presenting for chiropractic care, and patient and provider characteristics associated with intervention selection.

Keywords: Chiropractic; Musculoskeletal disorders; Patient characteristics; Provider characteristics; Therapeutic intervention.



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Comparative effects of Bowen therapy and tennis ball technique on pain and functional disability in patients with thoracic myofascial pain syndrome

Background: Thoracic myofascial pain syndrome is a clinical problem arising from the muscles and soft tissues of thoracic region, which include the mid and upper back area. Risk factors associated with myofascial pain syndrome are muscle overuse and repetitive strain, poor posture, trauma or injury, emotional and psychological stresses. The management of myofascial pain syndrome (MPS) typically involves a multidimensional approach that focuses on relieving pain, reducing muscle tension, and improving muscle function. Bowen therapy and tennis ball technique are also recommended for treating myofascial pain syndrome.

Keywords: Myofascial pain syndrome, Myofascial trigger points, Pain, Disability

CHIROPRACTIC RESEARCH

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The prevalence of foot pain and association with baseline characteristics in people participating in education and supervised exercise for knee or hip osteoarthritis: a cross-sectional study of 26,003 participants from the GLA:D® registry.

Background: Osteoarthritis (OA) affecting the knee or hip is highly prevalent in the general population and has an associated high disease burden. Early identification of modifiable risk factors that prevent, limit, or resolve disease symptoms is critical. Foot pain may represent a potentially modifiable factor however, little is known about the prevalence of foot pain in people with knee or hip OA nor whether foot pain is associated with clinical characteristics. The main aim of this study was, therefore to determine the prevalence of foot pain in people with knee or hip OA attending an education and supervised exercise-based intervention in Denmark (GLA:D®) and determine if baseline demographic or clinical characteristics are associated with foot pain.

Keywords: Cross-sectional; Foot; Hip; Knee; Osteoarthritis; Pain.



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Hamstring Injury Treatments and Management in Athletes: A Systematic Review of the Current Literature.

Background: The field of sports medicine presents a varied landscape of research on hamstring injuries in athletes, characterized by inconclusive and sometimes conflicting findings on effective treatment and rehabilitation strategies. This discordance prompted the current systematic investigation.

Level of evidence: Level IV. See Instructions for Authors for a complete description of levels of evidence.

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