

MARCH 2021  
E-NEWS

# ATHLETE'S JOURNEY

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



# WHAT YOU'LL FIND IN THIS EDITION:



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**MARCH 2021**

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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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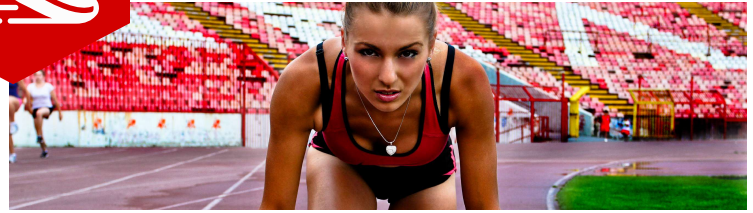
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# **FICS** SYMPOSIUM: ATHLETES JOURNEY

THE FIRST-EVER VIRTUAL GLOBAL SPORTS CHIROPRACTIC SYMPOSIUM

7 - 9 MAY 2021

**20+ STAR  
SPEAKERS  
INCLUDING**

**Mikaela Cojuangco Jaworski**, IOC Board Member

**Jill Cook PhD.** - Managing Lower Limb Tendinopathy

**Carla Stecco MD Orthopedist** - Fascia and Pain

Sports chiropractors hold a unique place in the athletes journey, assisting the athlete at every stage. Whether it's triaging pitch-side, providing treatment at the clinic or **preparing them for the Olympics**, this virtual symposium is designed to help you fill in the gaps in your knowledge. Our star studded speaker lineup will take you through the athletes journey from injury to peak performance, **explaining the sports chiropractors role every step of the way.**

**REGISTER NOW**



[HTTPS://FICS.SPORT/ATHLETES-JOURNEY-SYMPOSIUM](https://fics.sport/athletes-journey-symposium)



# PRESIDENT'S MESSAGE

BY: MUSTAFA H AGAOGLU - PRES@FICSPORT.ORG



Last year about now we had met covid-19 but didn't know much about it. A year later I think we have adapted to some degree living under curfews and restrictions. It wasn't a year to make gains but holding our ground, maintaining in sleep mode can actually be considered a success. However, I believe FICS has made some gains throughout this year to secure its future.

Nearing the end of the first quarter of the year a lot has happened. We are preparing for the May global symposium. Keith, Christine and Trish has been playing a priceless role in setting everything up and coordinating the flow of the organization. I expect this symposium to

be a great success for FICS, its members and the profession overall. Please do make sure you all register and help us make this a success for you and your NCSC members.

The education commission has been working indefatigably organizing the online educational content. All of the ICSC content is up for revision, with many of the updates already finished. Just so you all are aware the 20 % discount on the purchase of the ICSC online program will expire on June 30th, 2021. Please do share this with your colleagues, students and all of those interested parties. It is all available on the website.

It seems like just the other day when Trish had worked so hard with the website yet she did it again. The whole website has been changed only to improve and be better. Don't be shy and do visit the website and send us your feedback.

To help our members get their required CE credits we have begun partnerships with educational institutions CE credits for the ICSC program. As more institutions join the club the visibility of the ICSC program will increase. All of you have shown great leadership in your regions and countries. As a team we need to keep motivated, stay focused and keep striding forward for a better and improved future for ourselves, our patients, our profession, sports chiropractic and FICS.

*Mustafa H Agaoğlu*

***I truly believe FICS is moving in the right direction. Hopefully, we'll get some playtime as well out on the fields as the pandemic reality eases and as we normalize somewhat. It has been a challenging year for everyone.***

# SECRETARY GENERAL

BY: KEITH S. OVERLAND, DC

It is my pleasure to invite you to participate in FICS 2021 Global symposium. "Athletes Journey" Every step of the way - May 7-9 2021. Register before the 26th of April to take advantage of the early bird specials: <https://fics.sport/athletes-journey-symposium/>

If you are a member of your National Chiropractic Sports Council registered with FICS, individual or one of our member chiropractic institutions you likely qualify for an additional discounted registration fee. Reach out to Trish in the admin office if you did not receive your special discount coupon.

FICS leaders from across the globe have spent many hours developing what we believe will be a symposium you will not want to miss. In fact, even if you cannot attend all of the live classes and events you will have 30 days to take the opportunity to watch all programs and events. We have worked diligently to present the major highlights of the symposium at times when many members can attend live from anywhere around the globe. We are very fortunate to be able to present some of the foremost sports chiropractic and sports medicine speakers in the world. Many are experts you have heard about but they have never all been together one time at an event such as ours.

You will hear from our keynote speaker Mikee Cojuangco Jaworski from the Philippines who sits on the executive board of the International Olympic Committee. Besides being a gold medalist in multiple regional games, Mikee is an avid advocate for women in sport and a chiropractic patient who understands the importance of FICS mission; Every athlete deserves access to chiropractic care. Additionally, the symposium offers over 20 speakers providing up to 12.5 continuing educational credits/points for license renewal including a fantastic talk by Dr Carla Stecco, an orthopedist, who is an author and leader in myofascial research.

Speakers will cover topics that will inform the student, new graduate and experienced doctor of in areas focused on sports chiropractic research, treatment approaches and their efficacy, differential diagnostics, and the benefits of patient centered

2020! A year of Transition



***Pre symposium programs for any ICSC certified doctors who need to take hours/classes for certification renewal. These 2.5 hour classes will be held live twice, to cater for different time zones.***

***CE credits available for this ICSC head injury update.***



## Continued ... SecGen Message

multidisciplinary collaboration for use both in your office or on the field.

The symposium will feature two-panel discussions. The first will discuss the sports chiropractors journey where the attendee can learn about the experience of volunteering at an international sporting event; from the application process to the closing ceremony. The second is focused on the use of time tested as well as new and innovative treatment options for a sports chiropractic office. Included is a discussion on the importance of providing these treatments and how to ethically grow practice revenue by doing so.

We hope you will also take the opportunity to meet the many representatives of FICS business partners who will have an “exhibit booth” and be available to provide you information via chat rooms on their products and services. You can even expect some great deals and the occasional complimentary samples.

If you visit each exhibitor once and leave your business card, you will be entered into our symposium raffle and be eligible to win some fantastic prizes!! We will be showcasing some exciting sponsors who have products and

services which can benefit your chiropractic practice and your care of athletes.

Lastly, at our closing ceremony, will be held as a breakfast, lunch or cocktail event (depending on your time zone). The main purpose of the closing event is to honor the 2020/2021 doctors, chiropractic programs and organizations who continued to make an important mark in sports chiropractic with their outstanding service.

As your secretary-general, I hope you will attend this exciting and powerful learning opportunity. The goal of this event is to help FICS members take one more step in the journey towards providing high-quality chiropractic care to athletes around the world and having a wonderful learning experience doing so!!!

Thank you for being a member and partner of FICS. Your support will make our common goals of providing chiropractic care to all without any unnecessary and arbitrary barriers.

*Keith Overland*



Register Now for the  
First-Ever FICS Virtual  
**Sports Chiropractic  
Symposium**

(7 – 9 May, 2021)

REGISTER NOW



## FICS - EDUCATION UPDATE

BY: CHRISTINE FOSS, COMMISSION CHAIR

The last three months have been super crazy; however, we were excited to launch our new learning platform at the beginning of March 2021. Like all new platforms, there were some post-launch teething problems, however, this is slowly settling and our members are enjoying a more robust learning experience. This updated platform supports a higher quality of education, less downtime for our users, and the ability to purchase modules and gain access immediately.



The education commission will be working on the final updates to the several modules with the aim to have all modules updated by end of 2021.

Doctors who are looking forward to the return to games, need to ensure that their head injury and concussion knowledge is up to date. An ICSC head injury update has been scheduled for the Pre May Symposium and will be presented live twice. US doctors who attend the live session will be able to claim 2.5 CE credits via ChiroCredit. Europe, the Pacific and Africa just need to ensure they register and if they cannot make the live session can watch the recording and take the post-seminar quiz within 12 days. All members will receive a certificate of attendance for the seminar.

**Seminars:** FICS are embracing and using the technology available to us to deliver hybrid hands-on seminars. This approach allows for a virtual presentation for the theory section, which will be scheduled for the month before the delivery of the face to face sessions. A number of seminars are already locked and in the coming month will be announcing more locations. We aim to reach as many countries over the 2021-2022 period to assist doctors to complete the requirements of the ICSC.

Now is a great time to become a certified sports chiropractor! Take a look at the program and start the journey! We are here to help you through the process and assist you in becoming a specialist in sports chiropractic.

Check out the website for full details of a location near you.



SPAIN - MADRID ICSC UPPER EXTREMITY SEMINAR



MEXICO - MEXICO CITY ICSC UPPER AND LOWER EXTREMITY SEMINAR



AUSTRALIA ICSC UPPER AND LOWER EXTREMITY SEMINAR



SWITZERLAND LAUSANNE - ICSC UPPER EXTREMITY SEMINAR





# Continual Education Credits (CE)

**CE** is important because it ensures you continue to not only expand your thinking but keep you current and expand your networks. **CE** is an ongoing process throughout a professional's career and the education commission are pleased to announce that we have signed 3 partnerships in the US for the recognition of two of the ICSC modules.

We are eager to now take this model and expand to Europe, the Pacific and Africa in the coming year to build on the recognition of the ICSC program and provide recognition for doctors undertaking the learning.



## ICSC program Continual Education Credits. ICSC01 (6.5 points) and ICSC10 (2.5 points)

**A special thank you to Dr Tom Ventimiglia for his tireless work in making this happen.  
The commission is working on the next set of partnerships and hopes to expand.  
FICS reach for more opportunities for members.**

Doctors holding their CCSP can apply for credit with Certain States Boards in the United States. These modules are valid for CE credits in "pre-approved" states, so long as it falls within the scope of practice as outlined by the corresponding state board. It remains the attendees' responsibility to contact the state board(s) from which they seek continuing education credits for purposes of ensuring said board(s) approves both the delivery method and content as they relate to this event.

**REGION I:** New Hampshire, Vermont, Rhode Island, Massachusetts, Connecticut, New York, New Jersey, Pennsylvania, Delaware, Maryland, CO, CT, DC, DE, ID, IL, IA, MD, MA, MT, NE, ND, NH, NJ, NY, OH, OR, PA, RI, SC, UT, VT, VA, WA, WY, Puerto Rico

**REGION II:** Arkansas, Illinois, Kansas, Kentucky, Michigan, Minnesota, Nebraska, Ohio, Missouri, Indiana

**REGION III:** Virginia, North Carolina, South Carolina, Georgia, Florida, Louisiana, Mississippi, Alabama, Tennessee, Texas,

**In Health,**

**Christine Foss DC, M.S.Ed., ATC, DACBSP, ICSC FICS Education Commission Chair**



# I'm Speaking at the First-Ever FICS Virtual Sports Chiropractic Symposium

(7 – 9 May, 2021)

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## Game Changers: New Research from the Past Year for Managing Common / Sports Injuries



For the past decade, Dr. Bertelsman and Dr. Steele have been harvesting best practice recipes from emerging literature. As new data is published, their team updates the corresponding condition management recipe. This fast-paced and entertaining 1-hour presentation will cover what the past 24 months of literature has revealed about the best practice management for the most common clinical presentations.

This presentation will include demonstrations of the essential skills for successfully managing the most common MSK complaints. This workshop will review current “best practices” for evaluating, treating, and directing simple in-office or home-based rehab. Attendees will leave this class with greater understanding and confidence about how to manage the most common presenting problems.



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ATHLETE'S JOURNEY

# Symposium Agenda

LECTURES &amp; BREAKOUT SESSIONS.

Q&amp;A WITH EACH SPEAKER.

## FASICA AND PAIN

CARLA STECCO

A review of fascia structure and function is the foundation of the lecture. Diving into the gross examination of the fascia, changes in fascia structure and matrix after injury. Further discussion on the interventions that are most compatible with the recovery of fascial injury. Lastly, fascial research initiatives and updates that would reflect treatment protocols within the fascial layers.

Discussion of fascial layers and the components of its matrix; Research updates and discussion; Plausible treatment interventions in fascial recovery; Superficial, and deep fascial layer differentiation in treatment plans

MD, ORTHOPEDIST

### EVERY STEP OF THE WAY

Orthopedic Surgeon, Professor of Human Anatomy at the University of Padova. Founder Member of the Fascial Manipulation Association and of the Fascial Research Society. From 2000 she organizes and personally holds theoretical-practical courses about the Fascial Manipulation technique both in Italy and in other countries



Author of two books about the Fascial Manipulation (Piccin ed), translated in 8 languages, and of some chapters about the fascial anatomy or the Fascial Manipulation Technique. Author of the first photographic atlas about fasciae: "Functional atlas of human fasciae" (2015, Elsevier ed.).



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ATHLETE'S JOURNEY

# Symposium Agenda

LECTURES &amp; BREAKOUT SESSIONS.

Q&amp;A WITH EACH SPEAKER.

## Epigenetics in Sports Performance

ROBERT SILVERMAN

- What determines health and performance for our athletes
- What best describes epigenetics
- Which APOE has the highest predictability for Alzheimer's disease
- What MTHFR gene mutation may increase the risk of
- Wavelengths which have the most positive effect on cells

[Watch Dr. Silverman's free live talk on non thermal low level laser therapy in Sports Chiropractic, and how laser therapy can be applied to your practice.](#)

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### EVERY STEP OF THE WAY

Chiropractic doctor, clinical nutritionist, national / international speaker, author of Amazon's #1 bestseller "Inside-Out Health," founder and CEO of Westchester Integrative Health Ctr. He graduated magna cum laude from the University of Bridgeport College of Chiropractic and has a Masters of Science in human nutrition.



“2015 ACA Sports Council “Sports Chiropractor of the Year”. advisory board for the Functional Medicine University and seasoned health and wellness expert on both the speaking circuits and the media. A frequently published author in peer-reviewed journals and other mainstream publications.







# INNOVATIVE PATIENT CARE AND THEIR REVENUE STREAMS BENEFITS FOR FICS MEMBERS



**Drive new revenue through retail sales of Hyperice's in-demand wellness and recovery technology with our new pilot program.**

**Join me at the Panel Discussion at the FICS global Symposium to find out more.**

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## ALL THINGS MARKETING

BY: MIKA JANHUNEN, COMMISSION CHAIR

The first quarter of 2021 has been busy for us in the marketing commission. We welcomed two new members, Jesse Bruins Roberts (SA) and Nikos Poullis (Cyprus) and the boys are making a great impact with their skills and enthusiasm. Our social media presence is steadily growing, thanks to the great work by our content creation teams and a special mention to Megan Jerrard (AUS) for her contribution. We are growing our engagement with sports chiropractors and chiropractic students world wide and we are starting to see the benefits of the last 12 months of hard graft.



The Sports Chiropractic Chat Shows are back for Season 2, with live chats on Facebook and Youtube and replays available for those who missed the live sessions. It has been great fun to chat with a variety of guests from around the world and reception and feedback have been entirely positive. Furthermore, I have had some help on the mic, as Dr. Jay Greenstein (USA) has agreed to co-host the shows, Dr. Henry Pollard (AUS), our Research Commission Chair has delved into the world of research and we even had a special episode with the current student scholarship winners, hosted by our Student Commission Chair, Dr. Gillian Johnston (SA) recently.

Now, our current focus is the upcoming 2021 FICS Virtual Symposium - Athletes Journey. Marketing Commission, with the help of our Head of Marketing, Paul Timko (USA) has been planning and organising the event in the last 3 months and working tirelessly in making it an exciting prospect for all attendees. And, oh boy, what an exciting lineup of speakers we have. This will blow the socks off your feet and I really hope that you will attend and join in this amazing event. I have to say, my appreciation towards people who work in marketing full time has gone up in leaps and bounds as I have learned what is required to make an event like this come together. A huge high five and thank you to everyone who has contributed and helped us along the way so far - we are almost there, now it's the time for the sprint finish to the line in May. We will now be featuring various symposium speakers in the chat shows during the lead up to the event for your sneak peeks into what's in store for you later.

The FICS website has been completely overhauled and refreshed, thanks again go to Trish at the office, who has turned her formidable skills into web design as well. I am certain you agree, that the new website is fantastic and really captures the youthful and professional ethos of the organisation. Please go and check out the new design and all the new features at <https://fics.sport>

As always, stay tuned, get involved and share our content across social media - it all helps us spread the word and in gaining the fully deserved recognition for sports chiropractic across the world.





# REPLAY THE FICS LIVE CHAT SHOWS!!



**FICS GOES LIVE EACH WEEK ON FACEBOOK, WITH NEW GUESTS EVERY WEEK FROM ACROSS THE SPORTS CHIROPRACTIC COMMUNITY. CATCH THE REPLAYS OF OUR MOST RECENT INTERVIEWS, TALKS, AND SESSIONS!**



GET BACK IN THE GAME WITH 'TRUE' NON-THERMAL LASER



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Join Dr. Robert Silverman LIVE for a talk on non thermal low level laser therapy in Sports Chiropractic, and how laser therapy can be applied to your practice.

**[CLICK TO PLAY](#)**



Dr Henry Pollard

Alex Lee

We're LIVE right now with Dr Henry Pollard and Dr. Alex Lee, to chat about their passion for sports chiropractic clinical research! This is a great opportunity to meet another member of the FICS research commission team.

**[CLICK TO PLAY](#)**

# REPLAY THE FICS LIVE CHAT SHOWS CONTINUED



Join Dr Gillian Johnston, Chair of the FICS Student Commission, for a LIVE chat with each of the FICS 2021 Student Scholarship winners.

We're joined by Samuel Tiley, Lizandi Schoeman, Alecia Beckford-Stewart, & Louisa Conradi for their first impressions of FICS and how they are finding their journey out in the real world.

[\*\*CLICK TO PLAY\*\*](#)



We're chatting LIVE with dR. Mika Janhunen & Dr Gillian Johnston, Chair of the FICS Student Commission, about mentorship and sports chiro students!

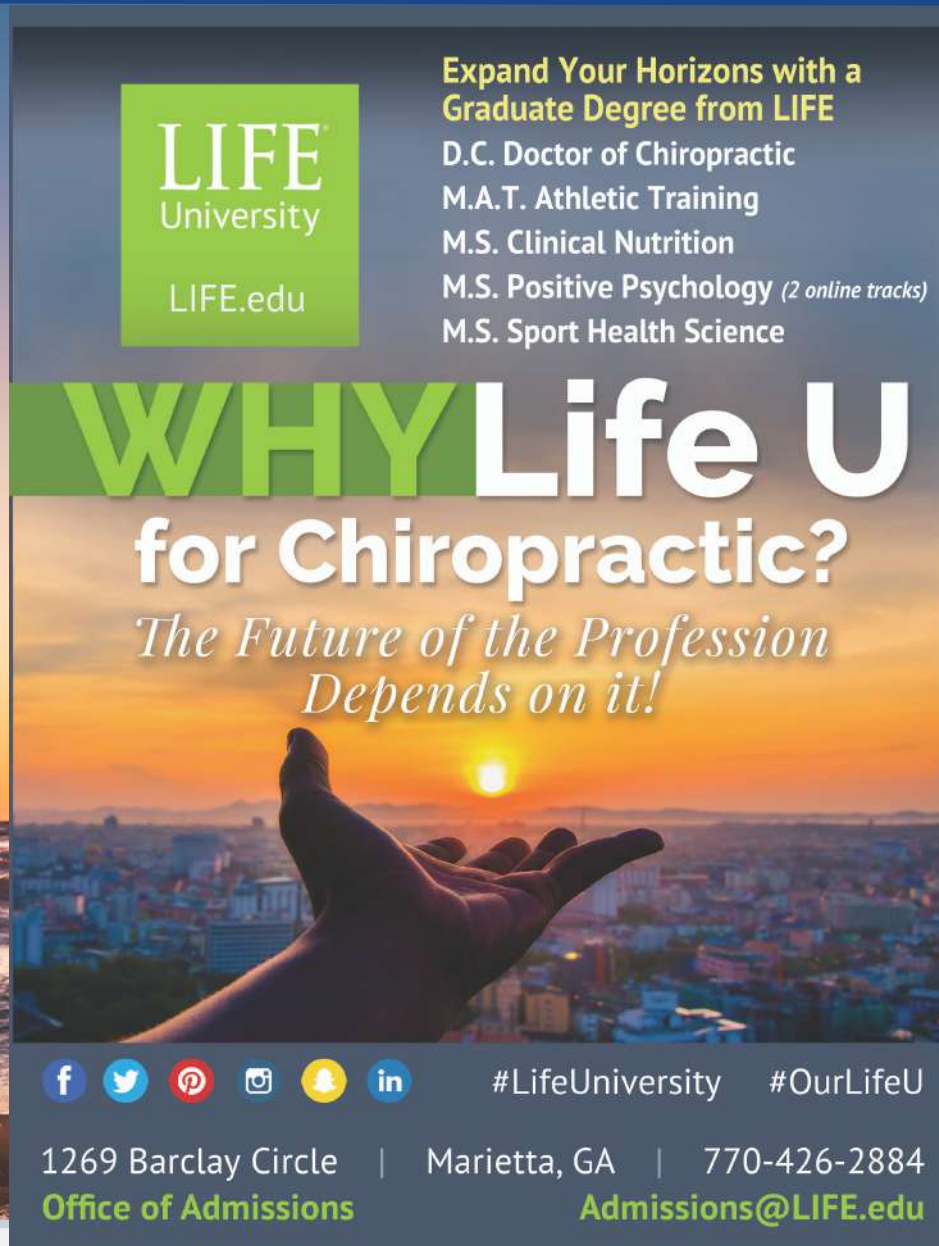
[\*\*CLICK TO PLAY\*\*](#)



Join us LIVE as Dr Henry Pollard chats with Claudio Merkier about his passion for sports chiropractic clinical research - join us to meet the members of our research commission!

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Life University (LIFE) isn't called the "not-so-little University that's changing the world" for nothing. This "little" metro-Atlanta University actually operates the largest single campus chiropractic program in the world! LIFE's vitalistic vision and chiropractic program set the standard for excellence in contemporary healthcare education.

Through LIFE's combination of sciences, philosophy, practice management and real-world clinical applications, it gives students an engaging curriculum that one could only describe as exceptional.

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**"For more information on LIFE's Doctor of Chiropractic program, and their 19 graduate and undergraduate offerings, visit LIFE.edu."**



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# FICS Student Commisison

**By: Gillian Johnston - Chair**

It has been another busy 3 months for the student commission, with many of our projects progressing nicely. We have launched round 1 of the mentoring program. If you missed out on this first round, don't worry as round 2 will open later in the year. Check out the new FICS website to stay up-to-date with all the exciting benefits we are offering students and don't forget to connect with us on Facebook.



**The Student Commission is responsible for the creation of opportunities for students studying chiropractic, who are interested in sports chiropractic. Below is the information on how to stay connected; education; and sports opportunities. We will assist you in setting up a student club within your University/College and you will be expanding your networks in no time.**



[Mentoring Program - Find out more](#)

[Networking](#)

[ICSC Study Group](#)

[Download Student Manual](#)

**Join the FICS Student Facebook group to stay up-to-date.**



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## STUDENT SCHOLARSHIPS

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**Information on scholarships available, submission process, and current scholarship holders.**

[Information on Student Scholarships](#)



**NEW ICSC GRADUATES  
JANUARY - MARCH 2021**

**What's your dream event  
to work at?  
The Olympics?  
The World Games?**

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

## *Congratulations*

Debbie Tan - Australia  
Phillip Graziano - Australia  
Stephen Lee - Australia  
Aaron Nardella - Canada  
Amarpaul Dhaliwal - Canada  
Todd Marshall - Canada  
Nakatsuka Hirofumi - Japan  
Kylie Vincent - New Zealand  
Jacques Botes - Netherlands  
Bruno Alvarenga - Portugal

Sabrina Benzineb - France  
Damien Morisson - France  
Eleonore THOMAS - France  
Philippe MESTANIER - France  
Chanelle Scott-Crossley - South Africa  
Santos Barro Medrano Jorge - Mexico  
de Jesús Martínez Tenorio Fernando - Mexico  
Branon McMichael - USA  
James Griselman - USA  
Jason Peloquin - USA  
Michael Simone - USA  
Danny Adams - UK

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working at  
International  
Games as part of  
the FICS Sports  
Chiropractic Team  
MUST hold their  
ICSC, current first  
aid and have  
completed a head  
injury module in  
the last 2 years.  
Next update  
coming your way.  
More information  
visit the  
symposium  
website.**

## **Pre Symposium: May 7**

### **ICSC Head Injury Update: Protocols and Procedures in the Care of Concussion**

INSTRUCTORS: SCOTT HOWITT & JORDAN KNOWLTON-KEY

CE CREDITS: 2.5

Sports Chiropractors are required to complete an update in Head Injury in Concussion management every two years to be eligible to work at international events. This course will review the latest updates in concussion assessment and treatment. Examination of the concussed patient both on the field and off. Further examination of Visual ocular motor reflex examination procedures in the determination of the prodromal concussion. The learner will also be reacquainted with the onset, cause, and mechanism of concussion. Traumatic brain injury signs, symptoms and interventions will be detailed. Lastly, recognition of emergent head injury will be reviewed.

#### **2.5 hour session:**

- 30 minutes - Mechanism of concussion
- 30 minutes - VOMS assessments skills
- 20 minutes - Head trauma recognition
- 20 minutes - Concussion treatment protocols





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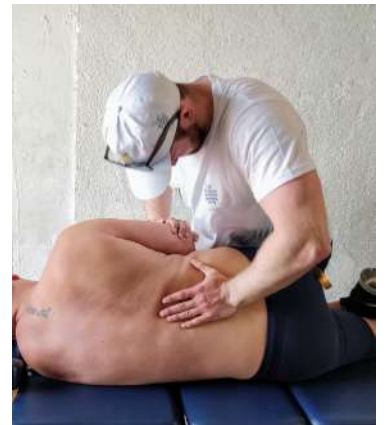


# AECC Gradutor - Josh French shares his story

My name is Josh French and I am a sports chiropractor working in Surrey, UK. I graduated from AECC in 2017, and in 2020 I started working with Millwall FC who are a professional football club in the 2nd division here in the UK.

My journey into becoming a sports chiropractor began early during my chiropractic degree. I have always been passionate about sports, playing rugby and golf throughout my childhood. I realised quite early on during my chiropractic studies that the elements of the degree related to sports injury diagnosis and management were resonating with me the most. Once I realised this, I researched more about being a sports chiropractor. This research led me to FICS and the ICSC qualification (or the ICCSP as it was called at the time). I loved the idea of being able to work at the Olympic games one day and of being able to work with a professional sports team, and the ICSC qualification that FICS offers is obviously an essential step along this path. I began the ICSC while I was still at University and completed it about 12 months after I graduated.

At AECC, during my final year I had the opportunity to work with AFC Bournemouth (another professional football team) as an intern chiropractor. This was an incredible experience and I was so grateful to be receiving early exposure to working within a professional sports medical team. I learnt so much from talking to the Physiotherapists and sports therapists that were working within the team. On top of this, the facilities available to the players for rehabilitation purposes were outstanding - reduced gravity treadmills, underwater treadmills and so much more.



***"The most important thing I learnt however was the importance of communication and working in a collaborative manner. Without these qualities, no chiropractor will last long in a professional sports medical team."***



After I graduated and started working in private practice, I volunteered at some local sports clubs including an elite level Judo academy and a local football team. This was an integral step along my path to professional sports as it allowed me to gain some much needed practical experience with a whole host of different sports injuries. With the Judo team for example, rib injuries became a regular occurrence!



Working with these teams allowed me to gain the necessary experience to not only advance my skills but also complete the ICSC qualification. Once I completed the ICSC, I applied to work at the 2019 World Sports Games in Spain and was fortunate enough to be selected. This was an incredible experience, spending the week working alongside sports chiropractors from around the world to ensure athletes competing at the games were injury-free and performance-ready.

In late 2019, I started treating one of the footballers at Millwall FC and helped him to recover from an ankle issue he was having. He was so happy with his treatment that he helped me get in contact with the Head Physio at Millwall. After a phone call we arranged a day for me to come up to the club and have what I thought was just going to be a meeting or an interview. Upon arriving at the club and meeting the Head Physio, I found out that I was being plunged straight into the deep end and was going to be assessing a player with a neck injury that had so far not responded to any treatments. Needless to say I was nervous, and having three physios, a sports therapist, a strength and conditioning coach and five players looking over my shoulder and watching my every move did not make this any easier! Luckily for me, the player responded well and this led to me working as the first team chiropractor at Millwall FC from 2020. My time with Millwall has been interrupted by various COVID related lockdowns but has been such an amazing experience.



# Chiropractic at the Rio 2016 Paralympics. The story of gold medal powerlifter, Majid Farzin

By: Dr James Nicola, B. CLIN SC., B CHIRO. SC., B. APP SC. (HUMAN MVT), I.C.S.C, P.A.K Certified



Being selected to serve as a chiropractor in the Olympic Village Polyclinic for the Rio 2016 Paralympics was the highlight of my professional career.

It was a privilege to work in a fully collaborative manner with a team of other world leading health professionals, such as sports physicians, physiotherapists, osteopaths, podiatrists, radiologists and others. All these health professionals worked together for the betterment of the athletes and support staff who came to the Polyclinic and this highlighted to me what best practice integrative healthcare might look like.

I met so many inspiring athletes at these games who blew me away through both their athletic feats and their iron will to overcome the obstacles in their lives, all with a positive and encouraging attitude. Every one of these athletes has a story to tell. I was fortunate enough to treat a number of gold and silver medallists and I would like to share my experience with one of these amazing athletes, Majid Farzin, a powerlifter from Iran.

Majid was already an established champion with a silver medal in the 2008 Beijing Paralympics and gold medals at the 2012 London Paralympics and the 2010 Kuala Lumpur IPC World Championships when he came into the Polyclinic just hours before he was scheduled to compete in the men's 80kg weight category powerlifting final (which is, essentially, a maximal one rep bench press). Majid was experiencing strong neck pain and muscular cramping and felt unsure if he would even be able to attempt a lift.

***"When athletes come into the Polyclinic they are triaged to a particular professional discipline and Majid was triaged to a physiotherapist colleague whom I befriended at the Paralympics through sharing our professional experiences at the games and bouncing different ideas off each other."***



## The story of gold medal powerlifter, Majid Farzin.....conditions.....



After the physiotherapist's initial therapy, Majid was still experiencing significant pain and was still feeling anxious about being able to compete. Time was ticking with the bus to the competition venue scheduled to leave. My colleague called me over and asked if there was anything else I might be able to add as a chiropractor. Manual manipulation usually figures as a first-line treatment technique in my treatments but in this case, with Majid in such strong pain and his competition so close, I decided to opt for low-force techniques of the cervical spine and gentle manual manipulation of the thoracic spine. (I have manually adjusted elite athletes' cervical spines moments before competition in the past but, in these cases, I had also treated them prior so I had a reference point as to their ease of manipulation and general response. Hence, I had some meaningful information regarding the likelihood of flare-up). For Majid I utilised a technique whereby digital pressure is applied to fixated cervical spinal segments in a vector of correction with modulated force based on the patient's breath cycle. I also used an activator and some Applied Kinesiology techniques to address the acute muscular imbalances that were present. We were so pressured with the lack of time available that both I and my physiotherapist colleague continued to work on Majid at the same time. After I hurriedly finished my treatment, we stood Majid up and asked him how he felt. A smile came to his face and he said, "better".

Majid left us and went on to win a gold medal and break both the Paralympic and World records for his 80kg weight class with a 240kg lift, three times his body weight. This lift also resulted in Majid's name being registered in the Guinness World Records Book. To put some context to this achievement, Majid's lift was the second highest lift in the entire Rio Paralympic powerlifting competition, second only to the winner of the 107kg plus weight category. Put another way, Majid lifted heavier than all three immediate weight categories above him with only the winner of the heaviest, unlimited weight class lifting heavier than him.



***"This soft-spoken, gentle giant of powerlifting may be restricted to a wheelchair, but he is one of the most inspiring men I have ever come across. I am thankful to have met such a man and perhaps helped him in some way to achieve, as he has proved on numerous other occasions, what he is capable of."***

It was quite an emotional moment when Majid came to visit me in the Polyclinic with his gold medal the next day - a tear or two may have been shed. On this second visit, I also gave Majid some more treatment with full spine manipulation as indicated.

DR JAMES NICOLA, SPORTS CHIROPRACTOR (AICE 2021)



# Turkey

By: Mustafa H. Agaoglu & Umut Yasa

Umut Yasa is the general secretary of the Turkish Chiropractic Association. He has been on the education commission of FICS for nearly two years. He lives and practices in Izmir, Turkey. He is first a physiotherapist. He completed his chiropractic education at the Bahçeşehir University of İstanbul, Turkey. He has been a sports practitioner throughout most of his professional career and now he cares for two of the best athletes in Turkey in two different disciplines of sports.



Emre Sakçı is a European champion also a Turkish national record holder in 50 and 100 meters breaststroke. Emre incorporates chiropractic care into his heavy load training program as he prepares for the 2021 Olympics. Emel Dereli is a Turkish national with a current national record holder in shot put. She has competed in multiple European Championships.

“

*“I met Umut after my shoulder surgery. I know how difficult the road to recovery is after surgeries. He had a tremendous impact on my healing and recovery. I now realize chiropractic care to be vital in athletics and how it benefits the performance of the athlete”. Emel Dereli*





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# Get Back in the Game with 'TRUE' Non Thermal Low Level Laser Therapy

Robert G. Silverman, DC, DACBN, DCBCN, MS, CCN, CNS, CSCS, CIISN, CKTP, CES, HKC, FAKTR

## ABSTRACT:

Professional athletes have gruelling schedules that often don't allow for adequate rest and recovery between matches. The fatigue of a long season can erode skills and lead to career-damaging injuries. Fortunately, today there's a proven way to reduce fatigue and speed recovery from injuries. Low-level laser therapy (Non-thermal laser) accelerates healing, reduces pain and swelling, improves fatigue, and puts athletes back in action sooner.

Low-level laser therapy, also known as photobiomodulation therapy (PBMT), is a non-invasive treatment that uses a single, focused wavelength of light—a laser. Low-level laser therapy can accelerate joint and soft tissue repair and improve markers of muscle fatigue.

## How Laser Therapy Heals

Just as light triggers photosynthesis in a plant and makes it grow, laser light is absorbed by specialised light receptors in your cells and triggers positive chemical changes. Current research says laser therapy works by stimulating mitochondria (the tiny powerplants that provide energy) in the cells...

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# Challenges to Athletes During the Home Confinement Caused by the COVID-19 Pandemic

Leonardo V. Andreato, PhD<sup>1,\*</sup>, Danilo R. Coimbra, PhD<sup>2,\*</sup>, and Alexandro Andrade, PhD<sup>1,\*</sup>

## ABSTRACT:

The world is currently facing a serious coronavirus pandemic (COVID-19). This novel coronavirus is a new virus for which effective drugs and vaccines have not yet been developed. Amateur and professional athletic events around the world have been stopped, and teams and athletes have had to adopt social withdrawal measures, interrupting their training and preparation routines for competitions. Given this alarming scenario, this article aims to alert athletes to the importance of maintaining a conditioning routine during this confinement period.



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