

# MARCH 2023 ENEWS

## A YEAR OF BIG EVENTS



**RIYADH**  
**2023**

WORLD COMBAT GAMES

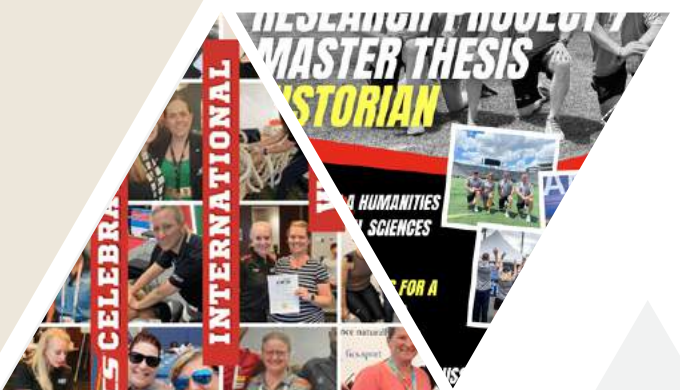
The most beautiful things in life are not things.

They're people and places and memories and pictures.

They're feeling and moments and laughter.



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# PRESIDENT'S MESSAGE

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

## 2023 year of opportunity

As my term as President of FICS comes to an end in June, I want to express my gratitude for your unwavering support throughout the years. Serving as your President has been an honor, and I am grateful for the opportunity to have worked with such a dedicated and passionate group of individuals.

While my term as President may be coming to a close, I remain committed to supporting FICS in any way I can. I plan to continue volunteering with the Games commission and supporting FICS whenever my services are required.

I want to provide you with an update on the last quarter. Firstly, I commend the symposium committee for their hard work organising an exciting program for the upcoming 2023 symposium in Paris. I urge all members to encourage delegates to sign up for the symposium and make it a resounding success.

Following the dissolution of GAISF, FICS has become one of the founding members of the new legal entity AIOS. New statutes have been drafted, and new bank accounts are in the process of being set up. I serve as the current vice president of AIOS, and will remain in this position on behalf of FICS, even after I step down from the presidency.

For the FICS ExCo Regional Representatives up for election in June 2023, we plan on keeping them engaged with FICS, so this is not goodbye. They are currently keeping busy planning their handover to the incoming representative, which will be ratified at the FICS General Assembly in June.



**I have enjoyed  
representative FICS  
and doing my part to  
build FICS'  
international  
recognition**

To all FICS members and stakeholders, I would like to stress the importance of regularly engaging with your local NCSCs, FICS membership commissions and FICS regional representatives. They are your voice at the Executive Council level, and if we all make the effort to stay in touch and get involved at the local level, this helps FICS support you at the international level.

As we approach the end of Dr Christine Foss's term as Education Chair in December 2023, we are opening up an Expression of Interest (EOI) for the Education Chair position. We hope to identify a suitable candidate before we meet in June in Paris. We encourage you to reach out to [admin@ficsport.org](mailto:admin@ficsport.org) if you have any suitable individuals in your respective regions. This is a chance to shadow Dr Foss before she hands over the reigns to the incoming person.

The Education Commission's is developing the ICSC curriculum and mapping this to University level, which will evaluate the standing and credential of the accreditation. This is a crucial step for future-proofing the organisation and relevance of FICS in the world of sports.

Furthermore, I am in the process of forming a past presidents' forum/group to provide a platform for engagement with past presidents for advice and historical knowledge questions/information. This will help FICS prevent the loss of intellectual property and provide an avenue to keep these dedicated individuals involved.

We are calling any interested members who are interested in joining a working group to draw up a thorough documentary about the history of FICS. We encourage members interested in contributing to this project to reach out to us.

In line with this, we aim to place an advertisement for a university student studying to be a historian or someone who can assist in leading this committee to bring the FICS story together.



**Thank you once again for  
your continued support  
and dedication to FICS.**

**It has been an honor to  
serve as your President.**

**I will do the official  
handover to the incoming  
President in June at the  
FICS General Assembly.**

*Bradley Sandler*

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

# MASTER THESIS HISTORIAN

**ARE YOU A HUMANITIES  
AND SOCIAL SCIENCES  
STUDENT?**

**ARE YOU LOOKING FOR A  
MASTER THESIS OR  
RESEARCH PROJECT?**

**WE WOULD LOVE TO DISCUSS THE  
OPPORTUNITY FOR YOU TO JOIN OUR TEAM  
TO COMPILE THE HISTORY OF FICS**



[admin@ficsport.org](mailto:admin@ficsport.org)



<https://fics.sport>



# SECRETARY GENERAL

BY: KEITH S. OVERLAND

I hope this newsletter finds you well. With just a few months until our General Assembly in June, I wanted to update you on some exciting initiatives that various commissions and leadership members have been working on.

One of our top priorities is developing and implementing our 2023-2025 strategic plan. To ensure that we progress towards our goals, the Executive Management Team (EMT) and commissions have collaborated to develop work plans and report on measurable metrics. Two joint meetings have already been held with the Commission Chairs to facilitate this. These meetings have been incredibly productive, with discussions around internal strategies, implementation plans, and progress updates. I am thrilled to see the steps already being taken towards achieving our strategic plan.

Another critical area of focus has been updating our organisation's structure and statutes. I want to thank Martin Isaksson, Nat Akmens, Brian Nook, and Trish Donoghue for dedicating a vast amount of time and effort to these essential projects that underpin our organisation. Their hard work and dedication will help us operate more effectively and efficiently in the future.

**Have you booked your ticket yet? 17 – 18 June 2023**

The FICS General Assembly and 2023 Global Symposium are just around the corner, and we're heading to Paris, France! Join us as to explore the Road to Paris Olympics 2024. We'll be presenting the stages of an athlete's journey as they prepare to compete at the highest level of their sport. Don't miss out on this exciting opportunity! Book your ticket now and join us in Paris for an unforgettable experience.



**Let's make 2023  
the year you  
unleash your full  
potential and  
achieve your  
dreams in the  
world of  
chiropractic.**

**17 – 18 June 2023**

**"In Person  
Symposium"**

**CLICK HERE PROGRAM**



Looking ahead, we plan to review and update our standard operating procedures (SOPs) and standing rules. This will help keep our written guidelines up-to-date and relevant for the organisation's day-to-day activities. By modernising our procedures, we can continue to deliver high-quality services to our members and remain at the forefront of sports chiropractic. At FICS, we recognise the importance of effective communication and collaboration between our working groups. To this end, we have developed an improved commission reporting system.

I want to remind all members that FICS is a membership-driven organisation, and your input and participation are critical to our success. Please reach out to your FICS regional representatives or the commissions that align with your interests and expertise to get involved in our various projects and initiatives.

## HAVE YOU APPLIED FOR THE GRANTS AVAILABLE?

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

4 grants available for doctors starting their first practice valued at USD 2,225 each. FICS are proud to partner with The Remarkable Practice (TRP) this year, to provide graduates with resources, qualifications, and funding to start their first practice. There are four (4) grants available for doctors starting their first practice, valued at USD 2,425 each.

Recipients receive support for their continuing education journey, small seeding funds for equipment, and one-on-one coaching sessions with a Remarkable Practice Coach to help support their journey as Chiropractic Professionals.



In other news, we are currently finalising plans for our General Assembly and Symposium, which promises to be an exciting event on many fronts. As our first large-scale live event in several years, we can expect to experience challenges and opportunities. However, I am confident that we will be more than up to the task.

I am also pleased to announce that we are in the process of interviewing for a development officer. This expert in non-dues revenue fundraising, events, and sponsorships will be a great asset to our organization. Please send me their contact information if you know someone who fits this description.

## Sports Chiropractic Foundation

Every Athlete Deserves Access to Sport Chiropractic

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](#)

**I want to thank all of our partners as we start another year together.**

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

Finally we are excited to announce that Dr Nick Taylor, one of our World Olympian Scholarship Program (WOSP) scholarship recipients and a previous Olympian who is currently practising as a DC, has agreed to be a FICS ambassador. He will speak in Paris and be there for all to meet.



**Thank you for your continued support and dedication to advancing chiropractic in sports medicine.**

**I look forward to seeing you at the General Assembly in June.**

*Keith Overland*

SECGEN@FICSPORT.ORG

# REMARKABLE!



Dr. Stephen Franson is a true champion of the Chiropractic Wellness Lifestyle who packs deep experience from over twenty years of clinical practice. Franson is an exceptional clinician, passionate teacher and dynamic leader in the Chiropractic Profession. Franson was listed as one of the Top 25 Most Influential Chiropractors in the World in 2017.

Known as “The Systems Guy”, Franson is the founder of The Remarkable Practice, an innovative coaching and consulting company that helps doctors create a remarkable practice as part of a remarkable life.

The Remarkable Practice is a Chiropractic Coaching organization focused on helping Chiropractors navigate the four (4) seasons of their chiropractic careers profitably and gracefully – from Launch to Build, Build to Scale, and Scale to Exit.

The Remarkable Practice is proud to partner with FICS to award four (4) Doctors starting their first practice with the opportunity for resources to support their journey.

Recipients receive support for their continuing education journey, small seeding funds for equipment, and one-on-one coaching sessions with a Remarkable Practice Coach to help support their journey as Chiropractic Professionals.

Grant valued at USD 2,425 each

**FIND OUT HOW?**  
**CLICK HERE**



ROAD TO

# Paris

**JUNE 17 - 18 2023**

**Hilton Paris La Defense**

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

**YOU'RE  
INVITED!**

# ROAD TO PARIS - 2023 June 17-18

## CLICK HERE PROGRAM



**SYMPOSIUM**



**2023 FICS**



**SYMPOSIUM**



**FICS.SPORT/PARIS-FICS-SYMPOSIUM/**



# FICS ISFC COMMISSION

BY: SIMON LAWSON - CHAIR

## IWGA PUBLISHES TWG 2022 EVENT EVALUATION REPORT

**The World Games 2022 delivered substantial economic and social impacts**

FICS is delighted to share with you the TWG22 Event Evaluation Report which outlines the many success stories of TWG22. Our partnership with IWGA has been instrumental in enabling sports chiropractors to help athletes reach their optimal performance naturally.

This recently published report by TWG22 showcases the success of the games for all participants, organisers, volunteers and support staff. At FICS, we take great pride in the contribution of our doctors, who generously gave their time and expertise to the FICS delegation attending these games.

The World Games held in Birmingham, AL, USA from 7 to 17 July 2022 provided an excellent competitive environment for 3,457 athletes from 99 nations and generated an economic impact of \$165 million in the Birmingham-Hoover Metro Area, according to the evaluation report released today by the International World Games Association (IWGA).

The widespread impacts of The World Games 2022 (TWG 2022) were measured by Edinburgh-based Quantum Consultancy which produced an independent evaluation commissioned by the IWGA and the Birmingham Organizing Committee (BOC). A similar study was produced to assess the impact of the previous edition of The World Games and aimed to capture the diverse impacts that a multi-sport event such as The World Games generates on a local, national and international scale.



*Despite facing adverse weather conditions, the FICS team remained resolute and adaptable, always ready to tackle any challenge.*



*Continue* .....➔➔

**Joachim Gossow, CEO of the IWGA**, described the purpose and goal of the study: "Together with BOC, we wanted to obtain figures and data from an independent source in order to be able to evaluate the success of our Games on the basis of facts." He added: "We are particularly pleased with the high level of athlete satisfaction with the event. 86 per cent said they were satisfied or very satisfied with the TWG 2022. This is significant for us because one of our principles is that we want to put the athletes at the centre and offer them competition conditions of the highest level. We have succeeded in doing that in cooperation with our participating Member Federations, the expertise of our partner service providers and the BOC."

According to Mr Gossow, the same goes for the second important mission of TWG: "We strive to engage with and inspire communities through the promotion of Sport Values." The survey showed that 7,600 volunteers engaged with the event and contributed more than 168,000 hours of their time to support the Games.

With regards to the host city Birmingham, 90 per cent of local citizens of Birmingham and Jefferson County felt proud that their city hosted The World Games 2022 and 89 per cent believe that The World Games had a positive impact on the area.

I would like to express my heartfelt gratitude to all FICS doctors, students, and supporters who have played a significant role in contributing to our incredible success story. Your unwavering dedication and commitment to helping athletes achieve their optimal performance through natural means have been invaluable.

We invite all interested doctors interested in attending TWG25, to consider volunteering for upcoming events in 2023 and 2024, as this will offer an excellent opportunity to evaluate your chances of being included in the FICS delegation for TWG25 in China. Let us continue to work together towards our shared vision of promoting optimal health and well-being for all athletes.

## Exciting news!

Dr. Tim Ray has been appointed by CSIT to join the Medical Commission. As an exceptional representative for FICS and Sports Chiropractic, his appointment will increase awareness of our profession on this important committee. We are proud and honored to share this announcement with you!

***Thank you Dr Ray for your service.***



*"FICS team worked hard to support the athletes, volunteers, coaches and organisers"*

[Download full report](#)



# PLANNING FOR 2025 GAMES

## IWGA Delegation visits the Host City of The World Games 2025



Finally back on site in Chengdu! Last week a working-level IWGA delegation, led by CEO Joachim Gossow, visited the host city of The World Games 2025 in the Peoples Republic of China. It was the first on-site working meeting between representatives of the International World Games Association and the Chinese National Organising Committee, as well as representatives of the city of Chengdu, since 2019.

For the International World Games Association, General Director Chantal Boehi, Deputy CEO Guillaume Felli and Sports Director Sebastian Garvens took part in the meeting too. Amongst other items, the talks focused on agreeing a roadmap for preparations for the Games, to be held from August 7th to 17th 2025.

In addition, the IWGA team visited and assessed the proposed possible venues for the multisport event. This included the Tianfu Sports Park, which according to the current planning status of the organisers is to become one of the hotspots of the Games.

[Read Full Media Release - CLICK HERE](#)



Interested in Joining the FICS delegation of Sports Chiropractors at The World Games 2025!

**GET INVOLVED** and gain valuable experience working with athletes by getting involved in international events throughout 2023 and 2024. Are you interested?





## 2023 GAMES HAVE STARTED



Dr Renita Rasmann, Estonia 😊



The tug of War Indoor World Championships was my first event through FICS. I went there with a lot of excitement as I had never seen Tug of War in real life. When I arrived, I was a little bit nervous since I'm younger than everyone else and might seem not experienced enough. I'm pleased to say that those worries were unnecessary. Dr Rob Scott was very welcoming and introduced me to the official team, who were extremely kind and treated me as a professional colleague.

They explained to me all the bits and pieces of Tug of War and the history of this sport. It was devastating to hear that it used to be part of the Olympics, and now the whole team has to work really hard to get it back to the Olympics.

Many thanks to the team for such a warm welcome, the great organisation of the event, and all the friendliness – it was my pleasure to be part of such an amazing team. In the end, they even pursued me to take part in the Outdoor World Championships in Switzerland."



Click through to the FICS website Blog to Read More....<https://fics.sport/2023-tug-of-war/>

*The start of a passion for working at international events.*

# MEMBERSHIP UPDATE

BY: NAT AKMENS  
MEMBERSHIP CHAIR & 2ND VICE PRESIDENT

## 2023 quarterly report

With the FICS membership year in full swing I would like to take this opportunity to welcome all new FICS members and give thanks to the support of our ongoing members.

As an organisation, FICS exists to serve its members, and we take great pride in organising a calendar of events for the year ahead. Our main events are hands-on seminars and international games that provide our members with once-in-a-lifetime experiences that are truly unforgettable.

We encourage you to take a look at our calendar of events and see if there are any international sporting events happening near you that you can volunteer for. When we have asked our members in the past what they enjoy most about their FICS membership benefits, one of the most common responses is "the enjoyment and friendships gained from attending international calibre events" which they gained from volunteering at FICS sanctioned events.

FICS is committed to providing you with opportunities to grow professionally and personally while giving back to the global sports community. By volunteering at our events, you will gain valuable experience, make new connections, and create lasting memories that you will cherish for years to come. We look forward to welcoming you to your first FICS event or seeing you return for your second, third, or even fifth event.



*"Enjoyment and 'once in a lifetime' experiences volunteering for FICS at events"*

We are delighted to announce that we have a new NCSC (National Chiropractic Sports Council) Applicant Member who will be presented at the General Assembly in Paris for voting in as a Full Member. This is an exciting development for FICS as we continue to expand our global presence and strengthen our partnerships with chiropractic sports councils worldwide.



It brings me great pleasure to officially welcome Denmark onboard, and I look forward to seeing an additional NCSC in Europe after the meetings.

Dr Corrie Myburgh has worked diligently behind the scenes to get everything set up and it looks like sports chiropractic will be strong in Denmark for the foreseeable future with him at the helm as inaugural President of KiroSport Denmark.

We have an NCSC (National Chiropractic Sports Council) from the Latin America region likely to reach Applicant Member status in the coming days, which is fantastic news for FICS and our global chiropractic sports community. Their application is a testament to their commitment to advancing sports chiropractic and supporting FICS in our mission to provide high-quality services and benefits to our members and partners.

We encourage all FICS members to attend the General Assembly in Paris and participate in the General Assembly. It is an excellent opportunity to engage with other members, share knowledge and insights, and have your say on the future of FICS.

The Membership Commission has already started its work for this year, and one of the critical projects at hand is undertaking a new Membership Survey. It has been five years since we last undertook a survey, and we would like to hear from you, our members, on what benefits you would like to see in the future. Your feedback will help us improve and tailor our services to meet your needs.

I am thrilled to report that since the last survey in 2018, FICS has made significant strides in providing benefits to our members and partners. The responses from that survey helped FICS put in place many more benefits that are now part of the framework of FICS membership. We have an even stronger foundation to provide even greater benefits to our members and partners in the future.

We encourage you to stay on the lookout for emails and social media posts from FICS to participate in the upcoming Membership Survey. Your input is essential in shaping FICS's future and our commitment to providing high-quality services and benefits to our members.

Thank you for your continued support, and I look forward to sharing more updates with you soon.

A handwritten signature in black ink, reading "Nat Akmens". The signature is written in a cursive, flowing style.

# Sports Chrio Foundation

» DONATE TODAY

## Sports Chiropractic Foundation

Every Athlete Deserves Access to Sport  
Chiropractic

Your support assists this Foundaiton in providing scholarships for  
chiropractic students, volunteer doctors at international sporting  
events, and sports chiropractic research.

**Scholarships for  
chiropractic students**

**Volunteer doctors at  
sporting events**

**Scholarships for  
chiropractic Master  
Programs**

**Grants for new practice  
start up**

Did you know? Doctors pay their own way to  
volunteer at International games.

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

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

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

*Yours in Sports Chiropractic Dr Audrey Yargui*



# SPONSORS/PARTNERS

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



**ERCHONIA**  
*World Leaders in Low Level Laser Technology*



**LIFE**  
University

**LOGAN**  
UNIVERSITY



**Federation Internationale de Chiropratique du Sport**  
Email: [admin@ficsport.org](mailto:admin@ficsport.org)

International Women's Day was held in March and is all about celebrating women and girls in shaping a more equal future; we all know that sport can be one of the most forceful elements of peace, and a powerful catalyst for social change. We will continue to celebrate women athletes and applaud when equality is achieved in pay, sponsorship and visibility.



# DISCOUNTS FOR FICS MEMBERS

**EXCLUSIVE**

A range of FICS benefits are available on our website by visiting the Sponsors page. Some benefits are exclusive to members and may only be accessed via the member's dashboard. Login to receive the below:



**HYPERICE**

15% DISCOUNT CODE FOR UK,  
Germany, Spain, Italy, France,  
Portugal & usa



25% OFF ANY NEW CHIROUP  
SUBSCRIPTION FOR 1 YEAR!

Online resource platform that exists to improve clinical outcomes. Simplify the way you educate your patients, and then market those outcomes to the people who matter most in your communities. It's an easy to use system which gives

<https://chiroup.com/fics>



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

# CHIROPRACTIC THE NATURAL SOLUTION



BY: CHIROUP

**The Chiroup Team recently released a toolkit for all Chiropractors to use. It contains a potent patient video, blog & infographic you can share with your community.**

A 2019 Pain Medicine journal found that patients participating in chiropractic care were 64% less likely to receive an opioid prescription than nonusers.

Chiropractic care is a natural and effective approach to healthcare that focuses on the alignment and function of the body's musculoskeletal system. One of the biggest benefits of chiropractic care is its ability to treat pain and discomfort without the need for drugs or surgery. Opioids can be highly addictive and come with a range of side effects, while chiropractic care uses gentle, targeted adjustments to relieve pain and promote healing.



## Patient video

ChiroUp partnered with Dr. Jeff Williams to create a powerful message about chiropractic care. Share this video on your website, social media, and more.



[See the entire toolkit here: Chiropractic - The Natural Solution](#)

This infographic outlines the video above, making it even easier to share with your patients. Click through to the toolbox to download



## 25% DISCOUNT

AS A FICS MEMBER, YOU CARE ABOUT THE FUTURE OF CHIROPRACTIC - SO DO WE. USE CODE "FICS" TO GET 25% OFF ANY NEW CHIROUP SUBSCRIPTION FOR 1 YEAR!

GET THE DISCOUNT



# BIOMECHANICAL TAPING™ CAN MODIFY MAGNITUDE AND VELOCITY OF FRONTAL AND TRANSVERSE PLANE MOTION OF THE HIP.

BY: DYNAMIC TAPE



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

High frontal plane knee projection angle and consequent dynamic valgus at the knee is often considered a contributing factor to excessive loading on a range of lower limb structures such as the anterior cruciate ligament or gluteal tendons/trochanteric bursa and associated structures.

The degree to which this contributes to the cause, or whether it may be a consequence of the condition varies. Similarly, the reason for the observed movement pattern may differ. In order to effectively address this with taping, the deficit must be clearly identified. Is there weakness of hip musculature? Often there isn't or strengthening doesn't alter the movement pattern. If quadriceps weakness results in the inability to control sagittal plane motion at the knee during the load acceptance phase, compensation into other planes and at other joints may ensue.

Taping or strengthening the hip doesn't address the deficit and would be unlikely to alter hip adduction or internal rotation whereas improving the ability to resist knee flexion forces during landing, which can be achieved with taping in the short term or strengthening and neuromotor training will likely improve control at the knee as well as proximal and/or distal joints.

## Continued ... Lack of a diagnosis does not a diagnosis make.

The first, critiqued here is an award winning study from the University of Canberra conducted by a team comprised of some world leaders in lateral hip pain and tendinopathy research.

Title: Does Dynamic Tape change the walking biomechanics of women with greater trochanteric pain syndrome? A double-blind randomised controlled crossover trial

Findings:

- Dynamic Tape significantly reduces hip adduction moment and movement displacement during walking gait.
- Dynamic Tape significantly reduces internal rotation and pelvic obliquity displacement during walking gait.
- Dynamic Tape may provide a small mechanical benefit to women with GTPS.
- Dynamic Tape provides a statistically significant reduction in pain.



**Figure left: A technique similar to that used in the study. The active tape is applied with the hip in extension, abduction and external rotation**

**Pros:** This study compared a more passive taping technique (taping in a more lengthened position) to an active technique (taping in a shortened position). The active technique should impart greater forces and biomechanical effects. The passive technique in this study was still applied in some hip external rotation so some mechanical effects would still be likely particularly if the subjects were collapsing a lot into hip adduction/internal rotation and flexion (as the tape would stretch more and resist more).

Having the two conditions helps account for expectation, skin contact and possible sensori-motor or neurophysiological effects however as

## Continued ... Lack of a diagnosis does not a diagnosis make.

subjects were their own control they may have had some expectation with the second technique following the first or could in fact have had some gait changes as a result of the first technique. This study investigated changes in velocity and magnitude of movement as well as changes in pain.

This study won Best New Investigator with Sports Medicine Australia ACT branch and Best Paper with the Australian Physiotherapy Association ACT branch.

**Cons:** Subjects were not grouped into those with greater HIR, HAM or HAA nor was a correlation between pain and the amount of change in biomechanical factors investigated i.e. did those who had a greater reduction in HAM for example have a greater reduction in pain.

Pain mechanisms were not described nor were subjects classified according to pain processes involved. Pain that was attributed more to peripheral sensitisation would be more load dependent and therefore likely to respond faster to an intervention aimed at managing load directly (via doing some of the work) or indirectly via a change in movement.

The authors proposed that a reduction in HAM and HAA may reduce compressive loading over the trochanteric region. It should also be recognised that there would be a reduction in tensile loading (overwork) if the tape is providing some of the force externally, even if the angle does not change.

Identifying subjects who have a larger degree of movement to begin with and excluding or grouping those not exhibiting that pattern may be more appropriate as the latter may not have the increase in compressive loading that is considered a contributing factor by the authors i.e. they do not need the tape that is being applied as they do not exhibit the movement pattern (kinematics) being addressed (and may result in a washout effect). That said, this group may still benefit from a reduction in tensile loading (kinetics) if the tape is applied in a way that it is still contributing to the abduction/external rotation force required to control the movement. This could help dissect out mechanisms involved both in the pathology (if movement and compressive loading changed but no changes in pain occur, perhaps the hypothesis is flawed), and the benefits of taping (was there more impact from changing the movement and possibly compression, or simply by generating some of the force reducing the tensile overload – kinematics vs kinetics)

From the images it appears that the line of pull of the tape was a little too high across the posterior gluteal region. Directing the tape across the posterior aspect of the hip joint would create a larger change in length of the tape and exert a more horizontal force vector resulting in greater hip extension, external rotation and abduction torque particularly during higher flexion angles of the hip which might assist in single leg loading tasks such as stairs.

## Continued ... Lack of a diagnosis does not a diagnosis make.

The trials were conducted only 20 minutes apart. Further improvements may have been gained with longer wear times and when combined with an appropriate, graduated loading program.

Subjects acted as their own controls. A washout period of 20 minutes was allocated between trials but carry over or new expectation created from Trial 1 could have affected the results of Trial 2

In a clinical setting patients are generally asked to keep the tape in place for several days such that they have a significant period of relative rest for the reactive tissues while still allowing functional stress to be applied to those tissues and healthy surrounding tissues, ideally in a more biomechanically efficient way.

Subjects also only had to have had pain for 3 months or more. Those whose pain had been present for a shorter period may require different intervention and education to accompany the taping than those whose pain had been present for a much longer period with potentially more compensation strategies, more weakness etc.

The same double layer of Dynamic Tape was used on all subjects not taking into account the body mass and loads being imposed. Furthermore, there was no identification of the deficit/s resulting in the movement pattern (if observed) aiming to be corrected.

**Questions:** Do we need to change that movement if it is not observed in this subject? Or perhaps a better question is:

Do we need to apply the same technique if that movement pattern is not observed? Possibly yes to manage tensile load (overwork) - then does our application need to change? For example if the hip is not adducting or internally rotating much, we may need to put them in maximal extension, abduction and external rotation and use ECO tape with higher stiffness to create sufficient resistance given their reduced range of movement.

If the movement is observed, what is the deficit that is causing it? The taping application should aim to address the deficit, not the movement per se. For example, the subject may be collapsing into hip adduction and internal rotation due to weak quadriceps and poor inner range knee extension control during the load acceptance phase. In this case, a technique to create a knee extension force would be more appropriate than a technique to create hip extension/abduction/external rotation force. Similarly, reduced talocrural dorsiflexion may limit the ability of the shank to translate over the foot resulting in an increase in pronation and subsequent internal rotation of the lower limb to allow forward progress. Again, in this case, taping the hip would not be addressing the deficit. It may produce some changes in loading and pain at the hip by doing some of the work of the overloaded and reactive gluteals but would need to be used in conjunction with interventions aimed at addressing the deficit/contributing factors.

## Continued ... Lack of a diagnosis does not a diagnosis make.

Ideally, studies could look at subjects who collapse significantly, who demonstrate weakness or overactivity in the gluteal muscles and whose pain is likely to be more load dependent. Tape could be worn for several days and perhaps reapplied over two or three weeks to allow some adaptation and recovery to occur with managed loading. This would help gain further insight into the causes and benefits i.e. is this movement related to the condition, does changing the movement improve the condition, does changing the forces/load change the condition, is changing both better, does this change muscle activity, do changes in load, gait and pain allow for greater improvements in muscle strength without overloading the gluteal tendons?

**Take Away:** This is an appropriate technique to consider when managing people with greater trochanteric pain syndrome. It can be fine tuned according to individual needs,

movements observed, weight of subject and forces involved (what activities are they doing) and an immediate change in pain is likely if the technique is applied correctly.

This may then allow for optimal loading with less pain, pain inhibition, compensation, fear of movement etc.

Best results might be achieved by identifying the deficit/s leading to the observed movement. Direct techniques to address loading at the hip (generating force externally as well as changes in lever arms and length-tension can lead to more efficient force production) as well as other techniques to address the deficit may yield better outcomes in an individual.

Direct soft tissue deloading techniques over the tendon/trochanteric interface may also help to further reduce compressive loading.

CORRECT · PROTECT · PERFORM



A video of a similar hip technique can be found here



## References

1. Robinson N, Spratford W, Welvaert M, Gaida J, Fearon A, Does Dynamic Tape change the walking biomechanics of women with greater trochanteric pain syndrome? A double-blind randomised controlled crossover trial, Gait and Posture (2019), <https://doi.org/10.1016/j.gaitpost.2019.02.031>

We kicked off the year with a bang by hosting the Upper and Lower Extremity Seminar in Germany!

A big shoutout to Joline Grawunder and the Germany NCSC for their invaluable local support.

# 2023 Seminars

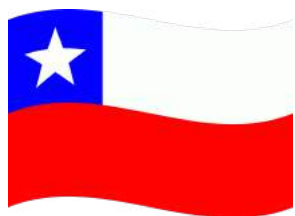
[CLICK HERE](#)



**Bavel, Netherlands**  
**Upper** Extremity  
15-16 April 2023



**Milan, Italy**  
**Lower** Extremity  
20-21 May 2023



**Santiago City, Chile**  
**Lower** Extremity  
03-04 June 2023



**Paris, France**  
**Lower** Extremity  
10-11 June 2023



**Adelaide, Australia**  
**Upper** Extremity  
5-6 August 2023



**Oxford, UK**  
**Lower** Extremity  
07-08 October 2023



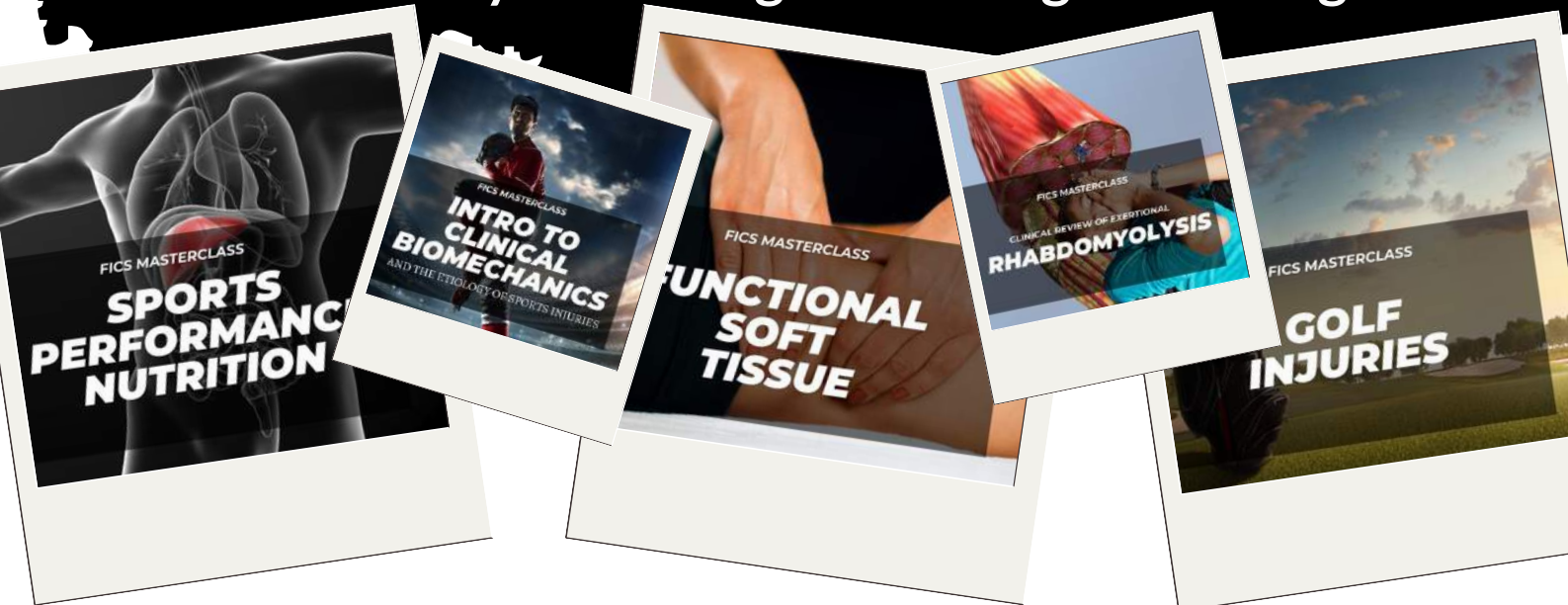
**Texas, USA**  
**Upper** Extremity Seminar  
02-03 December 2023

Masterclass Lower Extremity Taping  
03 March 2023

**CLICK HERE**

# Masterclass

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**Are you interested in sports chiropractic and staying on top of the latest knowledge and trends? Well, we've got you covered!**  
**Claim your coupon code from your FICS Members Dashboard**

The Masterclass series on the FICS website is designed to keep members engaged and knowledgeable with cutting-edge training in the treatment of athletes. FICS understand the importance of continuing education, and we want to invite you to take advantage of these masterclasses. Our goal is to help you grow your sports chiropractic skills and knowledge; We're proud to feature some of the best sports chiropractors in the world; You're in good hands.

You'll get a chance to hear from these experts as they share their stories, skills, shortcuts, failures, and successes.

Continuing education is key to expanding your thinking and staying current in the field. And, it's not just about expanding your knowledge; it's also about expanding your network!

If you have a specific topic that you'd like to see us cover, let us know! We'll reach out to an international speaker who specialises in that area and bring you the best training possible.

# Olympian Scholarship Program

## *In the spirit of the Olympic Movement*

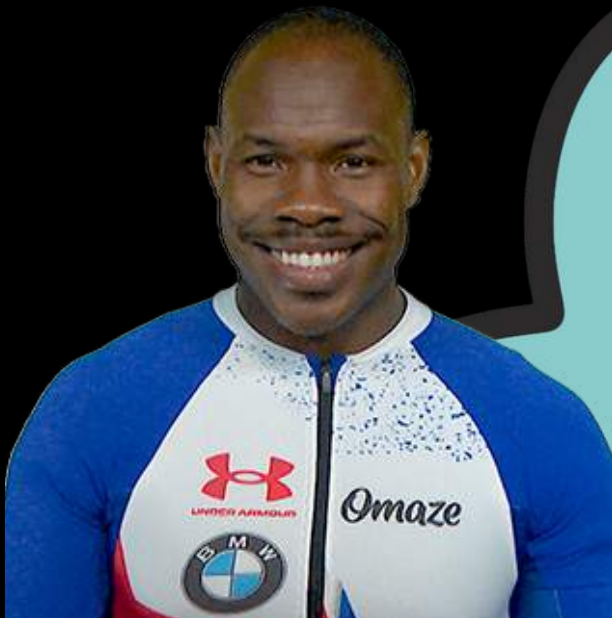


<https://sportschiro.foundation/olympic>

In partnership with ten Educational Institutions across USA, Canada & UK, FICS are honoured to support the Sports Chiropractic Foundation to provide education for Olympians through this Scholarship Program

Nicholas Taylor, our new Olympic Scholarship Ambassador! Nic is not only a bobsled Olympian but has also completed his Chiropractic scholarship with Life University.

As our ambassador, Nic will help us spread the word about the scholarship program and provide more athletes with the opportunity to pursue a career in Chiropractic. We believe that everyone should have the chance to follow their dreams, and Nic is a shining example of what can be achieved with dedication and hard work. We are honored to have Nic on board and can't wait to see the incredible impact he will have on the lives of athletes everywhere.



I'm thrilled to announce that I'll be speaking at the FICS symposium in Paris in June 2023, and I'd be honored to have you join me.

This symposium promises to be an incredible opportunity to network with fellow professionals, learn about the latest advances in sports chiropractic care, and engage in meaningful discussions that will help us further our shared mission of supporting athletes' optimal performance.

Don't miss out on this fantastic event, and I look forward to seeing you there!

# HONG KONG SPORTS CHIROPRACTIC COUNCIL

BY: DR MARTIN CAMARA REGIONAL REP

The Hong Kong Sports Chiropractic Council is in good hands under the leadership of Dr. Eric Chu, CEO of New York Chiropractic —part of the EC Healthcare Group, a public listed group of mini-hospitals and clinics that has posted consolidated 30% growth each year.

Their latest partnership is with McTimoney Chiropractic College, which just announced the opening of a college in Hong Kong.

NYCG will be the local partner that will provide the facilities and staff for the clinical portion of the program. An announcement was made during the Annual General Assembly of the Chiropractic Doctors Association of Hong Kong that they will be taking their first cohort in September of this year.

In attendance were Catherine Cunliffe, President of McTimoney; Matt Green, Head of Operations of the college; Richard Brown of the WFC; and myself.

The program has received recognition from the Hong Kong government, so their graduates can legally practice and will likewise have recognition from their European counterparts. The goal is to increase the number of chiropractors in Hong Kong to service the country's needs.

We look forward to the growth and development of sports chiropractic in the region. They have members serving the Olympic team of China and professional weightlifting, football, and baseball organizations.



# NEW ICSC GRADUATES

## JAN - MARCH 2023



# Congratulations

Allie Gledhill - Australia  
Shauna Dunbar - Canada  
Alesiha Serrano - Puerto Rico  
SIN Wen Xun - Malaysia  
Cole Mackie - New Zealand  
Armando Alcalá Soto - Spain  
Benjamin Sockander - Sweden  
Caroline Mulliner - Sweden  
Sam Williamson - UK  
Dean Hottum - USA

**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**



*Allie Gledhill and Shauna Dunbar recently took part in the March 2023 Germany ICSC Seminar to complete their ICSC journey.*

# DISCOUNTS FOR FICS MEMBERS

## STOPAIN CLINICAL PARTNERS WITH FICS TO PROVIDE TOPICAL PAIN RELIEF TO THE WORLD'S ELITE ATHLETES AND SPORTS CHIROPRACTORS



**ICSC members receive a 10% discount and every Stopain Clinical purchase results in a 10% donation to FICS. Visit [stopa.in/fics](http://stopa.in/fics)**



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.

Stopain Clinical is fast acting and works well with kinesiology tape, IASTM, and of course your healing hands. You and your athletes will love it!

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Currently available in the US – Use this link [stopa.in/fics](http://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](mailto:ptimko@stopainclinical.com)

# STUDENT MENTORING PROGRAM

## BY: FICS STUDENT COMMISSION

**With a huge response in applications for both mentee and mentor roles this year we are very excited about what the year holds!**

**There are multiple benefits in this program for mentees and mentors alike.**

**Some of these benefits include.**

### **Mentee:**

Unparalleled networking

1 on 1 attention from field doctors

Potential job opportunities

Potential preceptorship opportunities



Feb 2023 - FICS instructors lead a masterclass session at Murdoch University, providing students with pathways, skills and resources to pressure their career in Sports Chiropractic.

Dr Martin Isaksson, Dr Chiara Tomassoni, & Dr David Lourie joined forces to present an in person class on the "Art of Sports Chiropractic Assessment & Management of the Athlete".

Thank you to our expert instructors, to Murdoch University for hosting, and the fantastic group of doctors who made it a great day of learning!

We are looking forward to the new excitement coming out of Murdoch University students and their involvement in Sports Chiropractic.

**Student Mentor Testimonial**

I loved being a mentor for a young up and coming Sports Chiropractor. I was so fortunate to have incredible mentors when I was building my Sports Chiropractic career, and I just want to invest back into the lives of the next generation of Sport Chiropractors. The FICS mentor program is an absolute jewel.

**Dr. Gert Ferreira**

**FICS**  
INTERNATIONAL FEDERATION  
OF SPORTS CHIROPRACTIC

### **Mentor:**

- Opportunity to share gained knowledge
- Expand network
- Two way learning opportunities
- Tap into fresh ideas and evolving industry trends

**Student Mentor Testimonial**

I enjoy being a student mentor because it allows me to share the successes and mistakes I have made with other sports-minded doctors, enabling them to find an easier path to obtain their goals.

**Dr. Alan Sokoloff**

**FICS**  
INTERNATIONAL FEDERATION  
OF SPORTS CHIROPRACTIC

# STUDENT CHIROPRACTIC NEW VOLUNTEERS

## BY: FICS STUDENT COMMISSION

The FICS student commission has been fortunate enough expand our team with some new superstars joining our ranks.

Please join us in welcoming them by learning a little more about them.



*Zoe Campbell - Life U Georgia*

"I am from Sarasota, Florida (USA). I currently attend Life University in Georgia and am enrolled in both the D.C. and M.S. Sport Health Science programs. I originally got into sports chiropractic because I used to watch my dad play hockey when I was growing up

and saw first-hand how devastating injuries can affect your life. I wanted to help other hockey players in their path to recovery and be able to provide a drug-free and surgery-free alternative for them.

Now I am lucky enough to help treat the Life University and Kennesaw State University D1 athletes on a regular basis through the M.S. Sport Health Science program and am able to truly make a difference in those athlete's lives. I became involved in FICS after Dean Hottum, a former Sports Chiropractic Club officer, informed me of the FICS Student Scholarship program.

Just prior to applying, I was fortunate enough to travel to The World Games 2022 with some other Sports Chiropractic Club officers and shadow a few of the FICS Sports chiropractors there. That was the moment that I knew I wanted to be part of FICS and applied for the student scholarship.



*TWG22, Life University Students in the treatment area with Team Leader Lotta Langhoff briefing them on the way the team works*



Dr Ray Gaskey, pictured above with Nez Zealand Canoe athlete, working at The World Games 2022, is originally from New York and is a Life University Alum. I have been in practice in Atlanta, Georgia since 1998. Sports chiropractic, to me, is one of the most comprehensive forms of chiropractic.

The sports Chiropractic focus tends to involve more thorough evaluation and assessments with a wider and more complete treatment regimen, often including the most up-to-date therapy and modalities.

There are many great sports chiropractic organizations locally and nationally. Internationally, however, FICS represents the "top of the pyramid". Few sports chiropractic organizations besides can match FICS' worldwide diversity, reach and sports affiliations. **Fun fact:** I went to the same high school as Jerry Seinfeld (not same year however same school).



*Team Italy inline Hockey, TWG22, Ray Gaskey front centre*

# STUDENT CHIROPRACTIC NEW VOLUNTEERS

BY: FICS STUDENT COMMISSION

**Please join us in welcoming them by learning a little more about them.**



Dr Muhammed Yaseen Tagari is a qualified Chiropractor from, and lecturer at the University of Johannesburg working in private practice in South Africa. He is a management committee official for South Africa's NCSC – ChiroSport South Africa, and a commission member of FICS. Dr Tagari is currently serving his second term on the Board of Directors for the WCCS.

My interest in sports stems from my childhood when I was an avid soccer player, following some traumatic knee injuries and chiropractic treatment I was drawn into the field of sports chiropractic to help others as my chiropractor helped me. I now engage in martial arts sports such as Boxing Kung Fu and Jiu-Jitsu.

The reason for my involvement in FICS is from building up experience and interest with regard to the work of the organisation and sports chiropractic affiliations over the past years. As a student I held various executive and organisational roles including being UJs Student Chiropractic Sports Council Chairperson and President of their FICS student club, I have also coordinated and facilitated multiple sports-related chiropractic webinar series for students hosting numerous qualified local and international professionals. Thankfully I was also one of the recipients of the FICS International Sports Chiropractic Student Scholarships. All of these experiences have helped and driven me further along within the sports chiropractic world and I only see further and more development in the future.

An interesting fact about me is that I have been a delegate and representative with WFC and IFMSA organisations to the last 3 consecutive World Health Assemblies and will be a delegate at this year's upcoming assembly at the United Nations as well.



Oleg Gonorovski is from Israel and is in his final year of study with AECC UC Bournemouth.

He is a 2023 Scholarship holder and on the student commission learning the admin side of the organisation.

"I am interested in sports chiropractic because, as a former elite rower, I was surrounded by sports practitioners and witnessed first-hand the positive impact they have.

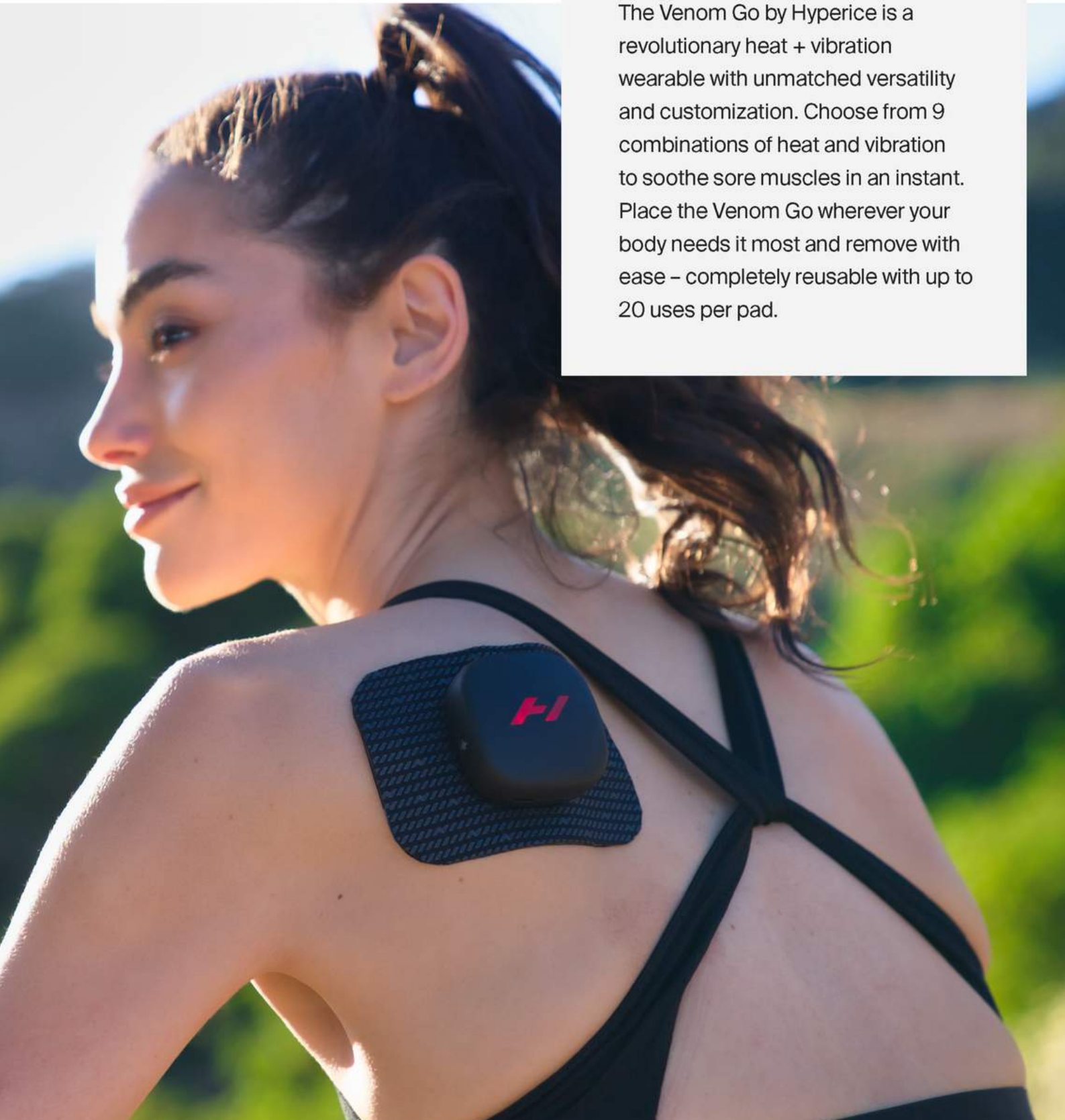
My dream is to always stay connected with professional sports and to help people, and sports chiropractic gives me the opportunity to do both. I want to be involved in FICS as I think that sports chiropractic is a great way to promote the chiropractic profession within the field of healthcare.

Finally a random fact about me: I really like DIY projects and recently designed and 3D printed a Biotensegrity spine model."



# Introducing Venom Go<sup>®</sup>

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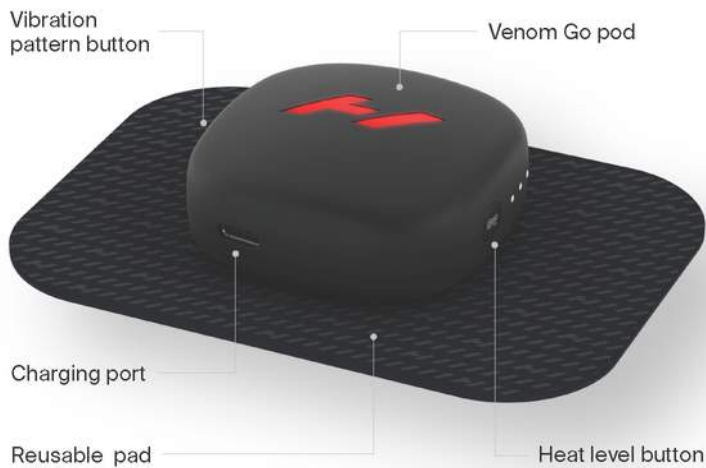


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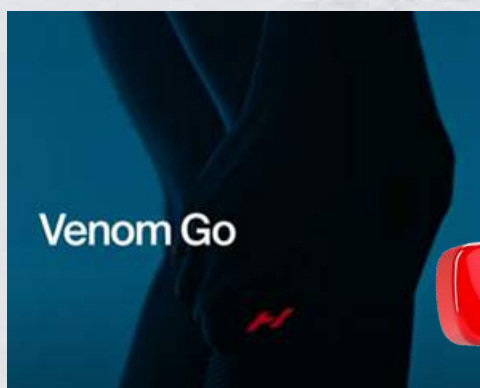


### Product details



### What's included

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



## YouTube Product demonstration

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# LOGAN UNIVERSITY ANNOUNCE NEW SEAN FOR THE COLLEGE OF CHIROPRACTIC

BY: NICOLE SCHULENBURG, FOR LOGAN UNIVERSITY

Logan University is pleased to announce that Kristina Petrocco-Napuli, DC, MS, FICC, FACC has been named Logan's Dean for the College of Chiropractic. Dr. Petrocco-Napuli has served as the interim Dean for the past six months and, leading up to that, as Assistant Dean for the College of Chiropractic.

Dr. Petrocco-Napuli completed her chiropractic degree from New York Chiropractic College (NYCC), and achieved a master's degree in Instructional Design, Development and Evaluation from Syracuse University. She currently maintains adjunct status for helping co-develop the NYCC's Master of Science in Human Anatomy and Physiology Instruction program. Dr. Petrocco-Napuli is the President of the ACA Council on Women's Health and was recently elected a Fellow in the International College of Chiropractors. In January 2022, Dr. Petrocco-Napuli was elected to a two-year term as Chair of the Council on Chiropractic Education.

Women's health has been Dr. Petrocco-Napuli's focus for more than two decades. She has also focused on the integration of practitioners in the patient centered model of care and evaluating methods of effectively working on a team of healthcare professionals.

In her new role as Dean of the College of Chiropractic, Dr. Petrocco-Napuli will provide strong, effective, approachable, and communicative leadership consistent with the mission and values of Logan University and the Baldrige Quality Excellence Framework. Logan looks forward to continuing to tap Dr. Petrocco-Napuli's knowledge and expertise as she focuses on strategic goals and objectives in a clear, measured way for current and future Doctor of Chiropractic students.



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

- Dr. Robert Silverman

DC, DACBN, DCBCN, MS, CCN, CNS, CSCS, CIISN, CKTP, CES, HKC, FAKTR  
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# CHIROPRACTIC RESEARCH

RECOMMENDED READING  
BY FICS RESEARCH COMMISSION

## Association Between First Attempt Buffalo Concussion Treadmill Test and Days to Recovery in 855 Children With Sport-Related Concussion: A Historical Cohort Study and Prognostic Factors Analysis



READ MORE

Lalji R, Hincapié CA, Macpherson A, Howitt S, Marshall C, Tamim H. Association Between First Attempt Buffalo Concussion Treadmill Test and Days to Recovery in 855 Children With Sport-Related Concussion: A Historical Cohort Study and Prognostic Factors Analysis. Clin J Sport Med. 2023 Mar 7. doi: 10.1097/JSM.0000000000001134.

**Objective:** Little is known about the prognostic value of the Buffalo Concussion Treadmill Test (BCTT) after the acute phase of sport-related concussion (SRC). We examined the added prognostic value of the BCTT performed 10 to 21 days after SRC in children, in addition to participant, injury, and clinical process characteristics on days to recovery.  
Design: Historical clinical cohort study.

## A Central Slip Injury in a Professional Basketball Player

Chu EC, Lin AFC, Mok S, Piong SZ, Ng G. A Central Slip Injury in a Professional Basketball Player. Cureus. 2023 Feb 19;15(2):e35197. doi: 10.7759/cureus.35197.



READ MORE

**Introduction:** Hand injuries are extremely prevalent in sports such as ball sports. Delayed diagnosis or improperly managed injuries have the potential to prolong the athlete's return to the competition and permanently damage their abilities.

# CHIROPRACTIC RESEARCH

RECOMMENDED READING  
BY FICS RESEARCH COMMISSION

## The potential future of ChatGPT and AI in Sports & Exercise Medicine manuscript generation

Anderson N, Belavy DL, Perle SM, Hendricks S, Hespanhol L, Verhagen E, Memon AR.



READ MORE

AI did not write this manuscript, or did it? Can we trick the AI text detector into generating texts? The potential future of ChatGPT and AI in Sports & Exercise Medicine manuscript generation.

BMJ Open Sport Exerc Med. 2023 Feb 16;9(1):e001568. doi: 10.1136/bmjsem-2023-001568.

**Introduction:** "Researching a topic and generating an academic paper is a nuanced skill. It can take months or years to produce and publish one, if it is ever published at all. What if there were a way to make this happen instantly? Artificial intelligence (AI) may hold a flame to quickly analyse a research topic and generate an academic paper. There are many forms of AI; this editorial discusses natural language model-based AI, such as ChatGPT, and their potential ability to generate academic papers."

## Olympic fencer with femoroacetabular impingement syndrome uses active rehabilitation to avoid surgery: A case report

Abdelkader N, Leonardelli C, Howitt S.  
J Bodyw Mov Ther. 2023 Jan;33:1-7. doi: 10.1016/j.jbmt.2022.09.002.



READ MORE

**Introduction:** Femoroacetabular impingement (FAI) syndrome is a musculoskeletal condition characterized by hip symptoms. Conservative therapy is indicated prior to surgical intervention. However, no literature has described conservative management of FAI in detail. This report provides a detailed active rehabilitation plan for an elite athlete with FAI to guide future research and clinicians.



**FICS NEWS - MARCH 2023**