

FÉDÉRATION INTERNATIONALE
DE CHIROPRATIQUE DU SPORT

FICS News

June 30, 2018

www.fics-sport.org

MAISON DU SPORT INTERNATIONAL, AVENUE DE RHODANIE 54, CH-1007 LAUSANNE



President's Message

Dr Peter Garbutt

I am reminded as I reflect on the past quarter, that the only constant in life is change. Those unable to adapt and move with change soon perish. FICS as an organisation has been on a path-

way of considerable change in recent years, and none greater than now. A very fruitful annual meeting and strategic planning day see the FICS Executive Council and commissions charged with clear objectives, meaningful direction and changes that will see a more professional and effective FICS.

A key outcome of the strategic planning process is a clear message of purpose for FICS. This is that 'Every athlete deserves access to sports chiropractic' I would hope that there isn't a single member that does not agree with this statement and in agreeing with this statement, can be a part of the FICS vision of making this a reality. Every day we see wonderful examples of access to sports chiropractic care being provided through the work of our members around the world. In this issue of the FICS News you will see the epitome of this vision in action through the China outreach program of Life University. I was excited to hear some of what was involved through FICS Vice President Dr. John Downes and congratulate him and his team on providing access to sports chiropractic to the athletes of China. This is the result of years of work and relationship building.

Congratulations also goes to our FICS Finance Chair, Dr. Luke Nelson who has recently been elected in as President for Sports Chiropractic Australia. Luke has done a wonderful job with the Finance Commission and is sure to extend the fine work from former SCA president Dr. James Matthews.

A very successful representation at SportAccord this year in Bangkok saw relationships built and agreements made on a previously unseen level. My thanks go to Dr. Brian Nook, Dr. Noel Patterson and the many others that have worked so hard in the past for our position in this very important forum, and Dr. Simon Lawson, International Federations Commission Chair for co-ordinating such a professional approach this year. As a profession our reputation continues to build positively, but we are playing a long game here and we are well short of the finish line. Please read Simon's report carefully and consider that every interaction that you have with an athlete, coach or sporting organisation is valuable to the future of chiropractic in sport and the ability for athletes to receive care.

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FICS At SportAccord 2018



Bangkok, Thailand - April 10-15

*Dr Simon Lawson,
FICS International Sports Federations Chair*

SportAccord 2018 marked the third year in a row that FICS occupied a booth. Three years ago, we were all debating the value of such an expense on the FICS budget and we are now seeing the invaluable returns!

SportAccord is an annual convention held in a different city around the world every year. It is billed as the "business of sport" and is essentially a convention for all the International Sports Federations to meet to exchange ideas, form collaborations and learn about the latest trends, technologies and directions in world sport from media to legal matters and health care. It is a convention aimed at keeping sport as one of the most commercially viable products in the world today.

It also happens to be the meeting place of GAISF (Global Assembly of International Sporting Federations).



I would encourage you to visit www.gaisf.org to learn more about this important body in world sport and have a read through the front-page article on FICS! This is the annual event where every International Sporting Federation and, sport wanting to be officially recognised as a sport, meets for their AGM. This is the reason why it is so important for FICS to not only be present but have a presence at SportAccord and this is where the significance of having a booth for the past three years proves to be invaluable.



FICS Delegation:

Dr Pete Garbutt – President
Dr Simon Lawson – Chair, International Sport Federations Commission
Dr Brian Nook – IWGA Liaison
Dr Martin Camara – IF Commission member/Asia Regional Representative
Ms Christina Davis – Administrator

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I'd like to welcome iMap on board as a new FICS partner, and thank you to our new Secretary General and his wealth of knowledge in the area which helped to identify the strength of a such a relationship to FICS.

The World Health Organisation adopted a new concept of 'Health' in 2011 as presented in a paper by Huber in that it should be that Health is defined as 'the ability to adapt and to self-manage, in the face of social, physical and emotional challenges'. By this definition, sport is health in motion. Our role as chiropractors is to enhance health, though seeking to provide every athlete with access to sports chiropractic.

Yours in sport



FICS At SportAccord *continued from page 1*

GAISF, is made up of 92 International Sporting Federations constituting full membership and 17 Associate members, of which FICS is one. Not being an actual sport, FICS can never qualify as a full member of GAISF, however, we share this enviable membership with organisations like the International World Games Association, International Masters Games Association, World Olympians Association, International Paralympic Committee and FIMS. This membership provides FICS access to all 92 International Sporting Federations and allows us the opportunity to have a seat at the table of world sport.



This year was another very successful SportAccord for FICS having made significant strides towards our goal. We came away having signed 5 new MOU's. Three of these were with Olympic recognised sports and managed to open discussion and negotiation with a further four Olympic recognised sports. We are now working with 6 out of the 17 Associate GAISF members and 20 of the 92 International Sporting Federations (9 of which are Olympic sports).

This success will result in FICS covering in excess of 25 World Championship events in the coming year.

Every year we learn more about this very delicate, intricate and politically charged world of sport and what the future can potentially hold for FICS. The more we learn, the more we think we understand. We were fortunate enough to have an official meeting with an IOC representative. These meetings do not happen by chance. The advice and direction suggested at these meetings is taken to heart and helps us develop and orchestrate our strategy for the path ahead. These meetings were all very positive and the feedback is that FICS is doing all the right things and ticking all the right boxes. We just need to keep doing what we're doing.

The biggest lesson's learned this year from SportAccord are certainly based on the **three P's**:

Presence – having a booth has illustrated that we are serious and that we are invested.

President – having a visibly present and interactive President is the key to any initial engagement within these circles and with our President, Dr Pete Garbutt, at the helm, we certainly hit the nail on the head.

Patience – this is not a new lesson but ,one that can not be stressed enough, to all of us. There are plenty of occasions where we feel we may have gained the fast track or been given an opportunity that we need to take full advantage of. This is a game of attrition and patience. We have to jump through the hoops and tick the boxes, there are no cheap or quick gains. Patience is critical to our success and we will succeed!



On behalf of this year's SportAccord'18 delegation, I would like to extend a special thank you to the President and the Executive of FICS for the privilege of representing our organisation on the world stage. It is an incredible honour. I would also like to thank Christina Davis for all her "behind the scenes" work that makes the delegation look as good as they are. Lastly, a big thank you to the delegation for their commitment on the road to reaching our goal.

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2018 FICS Student Scholarships



FICS, the international organization representing the specialty of sports chiropractic, is pleased to announce four US\$1,000 sponsorships for chiropractic students generously donated by **Logan University** (www.logan.edu), **Life University** (www.life.edu), **Standard Process** (www.strandardprocess.com) and **Dynamic Tape** (www.dynamictape.info). These scholarships are open to chiropractic students worldwide.

Requirements:

- (a) 500-750-word essay concerning the importance of sports chiropractic services to athletes in training and competition, and to the future growth of the chiropractic profession.
- (b) A description of personal participation in fitness and sports activities (100-200 words).
- (c) A description of contributions to sports chiropractic at the college and/or otherwise – e.g. participation in the student sports chiropractic council activities; volunteer services at the college at sporting events and otherwise; published news articles or research; any other activities promoting sports chiropractic (100-200 words).
- (d) Letter from faculty member teaching sports chiropractic and/or related subjects confirming good character and academic standard and recommending award.

Deadline for Applications October 31, 2018. Successful applicants notified by November 30, 2018.

Winners 2012:

Kelsey Dobesh, Logan College of Chiropractic, USA. **Casey Eisenbach**, Southern California University of Health Sciences, USA. **Kristian Frantzen**, Canadian Memorial Chiropractic College, Canada. **Andrew Hunt**, National University of Health Sciences, USA. **Kayleigh Knudson**, Palmer College of Chiropractic West, USA.

Winners 2013:

Roopali Hall, University of Bridgeport College of Chiropractic, USA. **Kelley Humphries**, Texas Chiropractic College, USA. **Bronwyn Hunt**, New Zealand College of Chiropractic, New Zealand. **Chelsea Warnecke**, Logan University, USA.

Winners 2014:

Dillon Cuppusamy, Durban University of Technology, South Africa. **Alyssa Fischbach**, Northwestern University of Health Sciences, USA. **Nicholas Le Lievre**, Macquarie University, Australia. **Eric Olson**, Texas Chiropractic College, USA.

Winners 2015:

Spencer Bell, Canadian Memorial Chiropractic College, Canada, **Richard Kan**, Macquarie University, Australia, **Arlene Muller**, Durban University of Technology, South Africa, **Kyle Neagle**, New York Chiropractic College, USA.

Winners 2016:

Nicholas Aunkst, New York Chiropractic College, USA, **Chloe Horwood-Little**, RMIT University, Australia, **Allison McFarlane**, Canadian Memorial Chiropractic College, Canada, **Tylah Strauss**, Durban University of Technology, South Africa.

Winners 2017:

Noah Emanuel, Northwestern Health Sciences University, USA, **Dominique Harmath**, Canadian Memorial Chiropractic College, Canada, **Michael Hobbs**, Macquarie University, Australia, **Enya Vogl**, Durban University of Technology, South Africa.

How to Apply? Use the Application Form available at Education/Student Scholarships at www.fics-sport.org and return it to **Christina Davis**, FICS Communications|Administration Manager at cdavis@fics-sport.org or at fax: 1-416-915-4129.

FICS Education Commission

Promoting High Standards of Education and Practice in Sports Chiropractic Globally

FICS's aim is to set an appropriate minimum standard in theoretical and practical sports chiropractic education for chiropractors wanting to develop special competence in the field of sports chiropractic and to be qualified to serve on FICS teams, or teams selected with assistance from FICS, at international events. The Education Commission is responsible for educational programs provided by FICS, liaising with FICS members and others concerning their programs, assisting in the development of minimal international standards for sports chiropractic education programs, and to define and assist the future of the specialty of sports chiropractic.

One of FICS primary objectives is promoting high standards of education and practice in sports chiropractic worldwide, in part through the development of postgraduate sports chiropractic programs. In order to promote this primary objective, the Education Commission recognizes the need to update and ensure educational content of the ICCSP program, providing doctors with the most current information in the specialty of sports chiropractic. We also recognize the importance of ensuring representation from all areas of the World on the Education Commission.

We would like to highlight the extraordinary membership of our Education Commission.

The Education Commission members are as follows:



Timothy Stark (USA)

Chair of the Education Commission

It is a high privilege to Chair the Education Commission for FICS. I'm honored to work with an exceptional Commission. I have Chaired the Education Commission during 2008-2013 and again 2015-present. Professionally, I am currently the Director of the Human Performance Center (HPC) at Northwestern Health Sciences University (NWHSU).

Our Center provides integrative sports care (Sports Chiro, Massage, Chinese Med., Sports Nutrition and Active Care) for five teams. These team include professional and amateur high-performance athletes. We also work with a local high school and college athletics department. The HPC has four Fellows. Each of the Fellows are a Doctor of Chiropractic with intentions to become leaders in Sports Chiropractic. More information can be found at; <https://www.nwhealth.edu/research/human-performance-center/about/>.

Prior to building and Directing the HPC, I was Dean of the NWHSU Chiropractic Program, 2013-2014. I was also in leadership and teaching positions at National University in Florida and Murdoch University in Western Australia. While teaching, I also enjoyed the research and publication process, mostly in the areas of Human Performance and Rehabilitation. I am currently enrolled in an MBA program via Capella, have a Masters of Philosophy in Human Performance from Murdoch University, and a Doctor of Chiropractic from NWHSU.

After graduating from NWHSU in 1996, I completed a two year residency in sports injuries and rehabilitation, at NWHSU. Subsequently I earned a Diplomate in Sports Chiropractic, a Certificate as a Strength and Conditioning Specialist and various technique specialties such as Garston Technique, FAKTR, Kinesiology taping, etc.

My involvement with FICS extends beyond the Education Commission. I have had the pleasure to serve as a sports chiropractic provider, alongside exceptional docs, at approximately a dozen events including 4 Olympics (Atlanta, Sydney, Salt Lake City, Rio), 3 World Games (Germany, Colombia, Poland), and other Games such as PanAm, Caribbean/Central American Games, etc.

Kazutoshi Isa (JPN)

Member-At-Large

I graduated from Cleveland Chiropractic College Los Angeles in 2005. Presently, I am the team trainer for Team Japan Wheelchair Rugby. I am also a member of the high performance staff for Japan Dance Sport Federation. I serve on the Education Commission as well as

FICS Member At Large. Finally, I own and operate Isa Sports Chiropractic in Urayasu, Japan.



Brian Nook (USA)

ExCo, IWGA Liaison

I am currently the Associate Dean of Academic Affairs at Palmer College of Chiropractic West in San Jose, California and the Past Dean/Head of College at the Australian College of Physical Education at Sydney Olympic Park. I was the School Dean for Chiropractic and Sports

Sciences at Murdoch University for 6 years and Associate Professor at Murdoch University for 10 years. I graduated from Northwestern College of Chiropractic (MN, USA) in 1983 and worked at the school teaching and completing research until 1985. I then moved to Schaller, Iowa with Dr. Deb Nook who had just graduated from University of Minnesota Veterinary School. We established active practices in the area. I ran a busy practiced in Schaller and the community of Holstein up to 1996 when I took leave to teach at the Technikon Natal Department of Chiropractic in Durban, South Africa. After three years, we returned to Schaller to continue in our practices.

I am a Diplomat in Sports Chiropractic and have been team physicians at many local, national, and international sporting

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events. I served as a team chiropractor at 4 Olympic Games (Barcelona, Atlanta, Sydney and Salt Lake City, 3 All African Games and 4 World Games.

I have a strong interest in the manipulative skills needed to practice chiropractic, not only in the application to the spine, but to all joints of the body especially the extremities. Developing this skill in students is an exciting challenge. I look forward to the awe of the students, the eagerness to learn, their appreciation of the unknown, the mastering of difficult skills, and the realization that the patient and the care they receive is the peak of professionalism.

Scott Howitt (CAN)

I hold an Honors Baccalaureate degree in Physical Education from the University of Western Ontario and a Masters degree in Human Health and Nutritional Sciences from the University of Guelph. I



graduated from the Canadian Memorial Chiropractic College, and completed a two-year post-graduate residency in Sports Sciences, and a three-year post-graduate program in Rehabilitative Sciences. In 2015, I was a member of the core medical team for the Canadian Pan Am team, and worked with various amateur and professional athletes including the Canadian Men's soccer team. Presently, I am the chiropractic representative for the Canadian Concussion Collaborative and for the National Advisory Council for Exercise is Medicine Canada.



Brett Jarosz (AUS)

I am a practicing sports chiropractor with a strong clinical interest in athletic and sporting injuries; neuro-orthopedic rehabilitation; corrective exercise therapy and optimizing athletic performance. Besides sports chiropractic, I also have practice interests in clinical neuroscience and

rehabilitation, as well as pre- and post-surgical rehabilitation.

I am in private practice, but also teach Rehabilitation & Exercise Therapy; Orthopaedic & Neurological Assessment; and Advanced Rehabilitation, in the chiropractic degrees at RMIT University in Melbourne. I am part of the Leadership Team for FNOR (Functional Neuro-Orthopedic Rehabilitation) and teach post-graduate clinical neuroscience and rehabilitation courses for the Carrick Institute of Clinical Neuroscience and Rehabilitation. In addition, I lecture for the International Federation of Sports Chiropractic, helping teach the Internationally Certified Chiropractic Sports Practitioner (ICCSPP) program in Australia and am part of the allied

health team for the World Surf League, working at the Rip Curl Pro Bells Beach.

In addition, I am the Director of www.erepsonline.com: an evidence-based rehabilitation and exercise therapy prescription software, with in-built outcome measures, for health professionals and have a number of publications within international peer-reviewed journals regarding sports chiropractic; clinical assessment and diagnosis; multi-modal management; ergogenic aids; and rehabilitation.

Kay Pearce (GBR)

I graduated from the AECC in 2001 with an Honours degree in Human Science and a Masters in Chiropractic. Following this I completed the International Chiropractic Sports Science Diploma (ICSSD) in Turin, Italy in 2006. My interests are in treating sporting injuries and I was selected as a "Gamesmaker" for the 2012 Paralympic games as part of the medical services team. I have worked trackside at numerous other national and international sporting events including the IAAF World Championships in London 2017.



Presently, I am the Clinical Director at Maristow Chiropractic Clinic and having completed a PgDip in MSK Ultrasound is now a visiting Tutor at the Centre for Ultrasound Studies, AECC University College. As the Director of Academic Affairs for the Sports and Exercise Faculty of the Royal College of Chiropractors, I am responsible for organizing CPD events, providing an opportunity for Members and Fellows to expand their professional knowledge and skill set.

I was a European Instructor for Graston Technique (2009-2012) and after forming Kinnective Limited in 2012 now regularly instructs elite sports teams across the UK in Instrument Assisted Soft Tissue Mobilisation (IASTM) techniques.

Beth Antoine (USA), FICS Education Commission Fellow

I bring 13 years of athletic training experience to my current fellowship position at Northwestern Health Sciences University, and have received my MS in Sports Psychology

(Minnesota State University, Mankato 2010) and my Doctorate of Chiropractic from Northwestern Health Sciences University (2015). In my current position as



as the FICS Education Commission Fellow, my primary focus is the development of new educational material for both the CCSP and the ICCSP in combination with FICS. My research centers on the relationship between concussion and psychiatric disorders and the long term impact on the individual. This research will allow me to link together my work as a practitioner and my passion for Sport Psychology.



Mustafa Agaoglu (TUR), ExCo

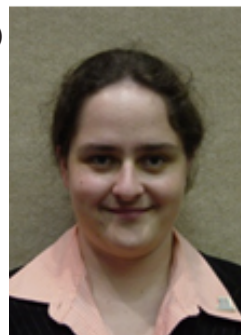
was born on September 2, 1969 in the most western city, Izmir, of Turkey. moved to United States, NY, among completing my elementary studies at the age of 10. continued to junior high, highschool and college in New York.

Among graduating from college in 1992 with a bachelors in science moved to Marietta, GA, for chiropractic studies. graduated from Life University in 1997 with a Doctor of Chiropractic degree. As was studying for the national boards had an opportunity to go abroad and practice in Lima, Peru. During the time period of my stay in Peru studied for national boards part I and later Florida State boards. received my license to practice in the State of Florida in 1999, in which year began my practice and stayed in South Florida until 2004. March 1st of 2004 relocated to Izmir, Turkey for mostly familial business purposes. started to organize a chiropractic movement in Turkey. A national association was formed under my leadership. have been pioneering chiropractic in this part of the World ever since. Currently am part of the World Chiropractic Federation public health committee. have been representing the Eastern Mediterranean region in the FICS Ex. Co. Since 2009. have served in the communications co. And now am serving in the education commission for FICS. am also the first vice president to the Eastern Mediterranean and Middle East Chiropractic Federation. The Turkish Chiropractic Association became a full member to the European Chiropractic Union under my leadership. And master minded the commencement of a chiropractic education program at the Bahçeşehir University, Health Sciences Institute, at a masters level with thesis. Currently am the assistant coordinator to the program and am also one of the instructors at the program.

Aside from my passion serving chiropractic have a beautiful wife, Altunay, who is a medical practitioner who approaches health care via holistic treatment modalities and classical homeopathy. have an eleven year old daughter, Simay. am a full time amateur athlete who competes in age groupers at an international level in half ironman distance. have completed a full ironman once and two marathon runs.

Charmaine Korporaal (RSA)

I am a Senior lecturer at the Department of Chiropractic and Somatology - Chiropractic Programme at the DUT. I am involved in programme management and administration, research and clinical supervision, lecturing both theory and practical subjects to the students in standard



classroom and practical environments as well as novel environments (hospital based training, off campus clinical training). Presently, I hold the position of FoHS Clinic Director (2015-present), overseeing the Dental, Chiropractic, Homoeopathy, Somatology and Radiography Clinics.

In addition to the above, I have participated at the following levels on various committees including the World Federation of Chiropractic, the International Chiropractic Regulatory Forum and the Public Health Committee of the WFC. Recently I was nominated as a representative of the WFC to sit on WHO committees. I have been involved in the organization of the WFC biannual conference in 2013 and act as a peer reviewer for all WFC conferences. I previously served on the European Council on Chiropractic Education (DUT representative 2009 – 2012), the ECCE as representative to the CCEI (2009-2011), the Executive of the Chiropractic Association of Federation de Chiropractic du Sport (Council member 2003 – 2006; Executive Secretary 2006 – 2012; Africa representative 2003 – 2016), and the Executive of the Chiropractic Association of South Africa (Council member 2001 – 2011, Vice President 2011 – 2014, President 2014 – 2015.) As a member of the DUT I have held the following positions: Programme : Head of Department Chiropractic and Somatology 2008-2011, Clinic Director Chiropractic Clinic 2001 – 2014, DRC 2000 – 2016, Teaching Learning and Undergraduate Committee 2011 – 2016, Community Engagement Committee, Public Relations Committee, Clinic Management Committee. Presently, I am a member of the FICS games, education, research and communications commissions and am a peer reviewer for the FICS scholarships awards, research awards and conference submissions.

Through my research involvement, both supervising masters dissertations and facilitating publication of the results of these masters dissertations, I have been invited to join the Editorial Boards of a number of journals. In order to keep myself current within sports chiropractic, I participate with the students at various sports events and practice part-time.

eLS Gets New Look

We are excited to announce that the online eLS system will be getting a fresh look and redesign in the next year. The new Education Commission Fellow, **Dr. Beth Antoine**, has been working hard to redesign and update the ICCSP online program.

The new program is based primarily on contemporary literature and will allow for easier updates. Anticipated release of the new online program is December 2018.

The first module that is being released is "Head Injuries in Sport. Other modules will include: Upper Extremity Injuries in Sport, Lower Extremity Injuries in Sport, Spine Injuries in Sport, Sports Imaging, Sports Physiology, International Sports Chiropractic, Rehabilitation of Sports Injuries, Special Sports Populations, and Professional Boundaries, Integrity in Sport and the Sports Medicine Team.

The new program will consist of approximately 77 hours of online content and contain 10 modules in total.

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Upcoming Hands-On Seminars

- **Upper Extremity Module**
19-21 October, 2018

United Kingdom (Oxford)

Speakers:

Dr. Alex Ruhe (GER)

Dr. Beth Antoine (USA)

- **Lower Extremity Module**
9-11 November, 2018

Malmo, Sweden

Speakers:

Dr. Tim Stark (USA/AUS)

Dr. Martin Isaksson (SWD)

- TBD, 2019 - Norway
- TBD, 2019 - Australia (Perth)

For more information please refer to the FICS Education webpage at <https://www.fics-sport.org/portal/index.php/en/education>. Please be aware website updates are being planned as the new eLS program is redesigned and this web page address may change at a future date.

ICCSP Graduates

Congratulations to the the new ICCSP graduates in April - June, 2018:

Pheobe Sheppard - Australia

Marius Ane de Wet - South Africa J

Johannes Frederik Rademeyer - South Africa

Peter Babilis - Australia

Nikos Poullis - United Kingdom

Jeremy Princi - Australia

Paul Dunford - Belgium

Jennifer Louise Barr - United Kingdom

ECU Convention 2018 Wrap-Up



*Dr Vasilios Gkolfinopoulos,
new ECU President elect and FICS member.*

The **2018 ECU Convention** was held in Budapest, May 25-28, and the theme for the academic programme was “The Seven Ages of Man”, which is a Shakespearian perspective on the stages of a life: from new-born to old. The three days of the convention provided an abundance of high quality presentations and workshops that explored a multitude of different topics along with social events that gave people an insight into the rich cultural heritage and cosmopolitan nature of Budapest.

Prior to the ECU convention FICS held its **FICS Sport Seminar** and **European NCSC Presidents meeting**. The FICS sports seminar included presentations by:

- **Dr Ståle Hauge** on;
 - The McGill Method; The detailed back assessment –converging on a precise diagnosis
 - A functional diagnostic procedure. To elicit functional movement deficits that may predispose for compensatory movement patterns and the development of back pain.
- **Dr John Downes** on;
 - A hands-on assessment protocol as a screening tool for performance of the neuromusculoskeletal system of the athlete / patient.

The **European NCSC Presidents Meeting** was held immediately after the Sports Seminar and was designed to bring FICS and the NCSC’s together to share information and to communicate to the Sports Councils the activities of FICS and what it means to them. The attendees included:

- **Dr Stale Hauge** - FICS European Regional Representative (standing in for Dr. Nathan Akmens – FICS Membership Commission)
- **Dr Simon Lawson** – Chair, FICS International Federations Commission via teleconference
- **Mr Graeme Harrison-Brown** – FICS Secretary-General
- **Christina Davis**, FICS Manager Administration|Communications – Secretary of Meeting
- **Dr Rob Finch** in place of Dr Tom Greenway, President – (RCCSS(F)
- **Dr Audrey Yargui** – President, French Sports Council
- **Dr Fabien Terrier** – Vice-President, French Sports Council
- **Dr Philippe Fleuriau** – Past President, French Sports Council



The **main agenda items** of the meeting included:

- FICS and its associate membership with the Global Association of International Sport Federations (GAISF) in which Dr. Lawson delivered a report on where FICS fits into the world of sport and what it means for our members in the future.
- How FICS expands and develops sports chiropractic in World Sport and on a national level.
- The International Federation Commission (IF) and how as part of the structure it has been merged with the Games Commission to make the International Sporting Federation Commission (ISF).
- Member countries in attendance reports;
 - UK (RCCSSF) – President Dr. Tom Greenway’s report presented by Dr. Rob Finch
 - France – (FCSC) – President Dr. Audrey Yargui
- How can FICS help the local NCSC, What do you desire from FICS?
 - The main items raised was the poor communication between FICS and the NCSC’s and the need for an improved social media presence.
- Membership Commission project update including the General Membership Survey.

The NCSC Presidents meeting was a positive event with the attendees being responsive to FICS sharing information with them on the initiatives of the organization and taking the time to listen to their needs and concerns. It was agreed by all that better communication with the members is necessary to ensure they understand what value their membership presents them and where the opportunities in the future lie for them to participate.

The **ECU Convention** kicked off in earnest on Friday 25th May with the opening ceremony providing attendees with an insight into the ancient art of Falconry. This included an indoor flying display of hawks that enthralled and amazed everyone.



*FICS 2nd VP and Member at Large, **Dr. John Downes***



Immediately following the ceremony, the business end of the conference geared up which saw numerous **TED** style presentations on a vast array of subjects including: Spinal disorder is no respect for age; Cervical spine and concussion/disc injuries; Motor control and musculoskeletal health in kindergarten children; How much pain reduction matters for neck pain patients undergoing chiropractic treatment; to name but a few. The only challenge for attendees was which topic to attend as people were spoiled by the available content.

Our own 2nd VP and Member at Large, **Dr. John Downes** gave a stellar presentation on Neuromechanics, Sensorimotor Deficits, and Global Assessment. The purpose of presentation was to review current research and publications regarding neuromechanics and sensorimotor deficits and introduce the concept of global assessment through mirror image isometric testing as a direct functional assessment of impaired neuromechanics.

For those that were unable to attend, Neuromechanics is the operational system for our motor control processes. Feedforward and Feedback pathways impacted by afferent inputs and cortical regulation are the practical outcomes driving movement and posture. Examining the components of neuromechanics and the potential operational deficits and their implications yield a pragmatic viewpoint regarding non-contact injury joint failure.

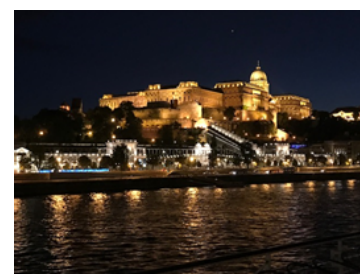
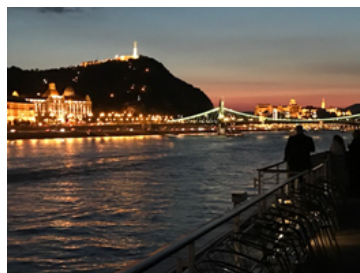
FICS also cemented its presence at the conference with an exhibition booth staffed by our Admin Services provider **Christina Davis**. The purpose of exhibiting FICS at events such as these is to raise awareness of the organisation and the value it presents to the Chiropractic profession overall. With the exhibition booth placed directly outside the main plenary hall Christina made sure our presence was known. There was ample time to take photos with all the key players and to make introductions to possible sponsors/partners for the future.

The Social evenings gave people a chance to mingle and share experiences while being absorbed in the culture and splendor of Budapest. The informal Hungarian night allowed people to experience the cultural side of Hungary while the Danube Cruise Gala Dinner showed Budapest in all its splendor with the lights of the city making a perfect back drop to the dinner and dancing. It was also a night to honor **Dr Øystein Ogre** for his leadership as President of the ECU and to welcome in the new President, **Dr Vasilios Gkolfinopoulos**.

ECU Convention 2018 continued....



*Dr Øystein OGRE honored
as ECU Past President*



FICS would like to thank the ECU and in particular Øistein Haagensen for providing the photos for the conference.

Global Association of International Sports Federations (GAISF) and International Federations (IF) Update

Member of:



The Global Association of International Sports Federations (GAISF) is the overarching, umbrella body representing all International Sporting Federations (ISF's) across the globe. FICS has been involved with the GAISF for many years and was successful in its application and approval as an Associate member of GAISF in 2003. Although FICS is a Federation and is recognized as a member of GAISF, it is not an ISF which means that FICS could never become a full member of GAISF. GAISF therefore created Associate membership for those Federations or organizations that can assist, support or offer a service to the full ISF members.

The previous leadership of FICS realized that this acknowledgment of membership with GAISF was an important issue strategically to position FICS for recognition by the IOC and GAISF and to assist in FICS ability to approach the ISFs to assist and work with them in providing sports chiropractic for their athletes at sporting events around the world. GAISF represents all international sports federations that meet the requirements of an international sports federation. In order to become a full member, the sports federation must meet the following criteria as determined by GAISF:

- Main Criteria 1: No Conflict – No Rivalry with existing GAISF Members (art 7.A.4.1)
- Main Criteria 2: Global Representation/Recognitions (art 7.A.4.8, 7.A.4.9, 7.A.4.10, 7.A.4.11)
 - For summer sports, at least 40 active Member National Federations from at least 3 continents
 - For winter sports, at least 25 active Member National Federations from at least 2 continents

GAISF currently has 92 Full members and 17 Associate members. The Full members are further categorized into different groups according to recognition by the International Olympic Committee (IOC). Their mission statement: GAISF was founded as General Assembly of the International Sports Federations in 1967. It is an Association composed of autonomous and independent International Sports Federations and other international sport and event related organizations.

GAISF's vision is to present a united voice of sport in support of the Olympic ideals and of the Olympic movement and promote sport at every level and in every corner of the world, from grassroots to elite, wherever its members have national organizations and events.

The Mission of GAISF has remained the same since its inception, that is to serve and represent the common interests of all International Federations and coordinate the efforts of all those that aspire to become IOC recognized and, eventually, wish to enter the Olympic Program.

In particular, the objectives of GAISF are

1. To facilitate and promote knowledge-sharing and exchange of information between its members.
2. To support the organization of the annual SportAccord and IF Forum.
3. To develop specific services for its Members.
4. To organize and coordinate multi-sports events and support the organization of multi-sports games by its Members.

The GAISF members are divided into 5 groups: ASOIF and AIOWF for those that are on the Olympic Summer and Winter Program, ARISF for those IFs that are recognized by the IOC, AIMS for those IFs that are not yet in any of the other groupings. Finally, the 5th group, being Associate members, brings together all members which are sport and sport-related organizations that organize events or support sport in various capacities.

This clearly defines why FICS is an associate member and the importance of our membership and attendance annually at Sport Accord, which is the meeting of GAISF. At this meeting we are able to meet with various ISFs, GAISF administration, IOC administration and other members of the sporting world. We encourage you to visit the GAISF website at www.gaisf.org to learn more about this organization. Currently GAISF has demonstrated their support for FICS by promoting us in a leading article about FICS to all of its members and anyone else that visits their website. This fantastic support originated when the Head of Administration of GAISF, Mr Philippe Gueisbuhler approached us to do an article about FICS to help promote our mission to their members.

Additionally, it is through the many years that FICS and their members have supported representatives of FICS to attend the annual Sport Accord meeting that we have been able to develop strong relationships with key ISFs. Through this work over the years, we have 20 of the 92 ISFs that we are working with in supporting their events and athletes. This is evidenced through the number of international sporting events and world championship's available to our members to provide sports chiropractic services. Nine of these ISFs are also recognized Olympic Sports.

We also work to support 6 of the 17 Associate members including the International World Games Association with a standing agreement to provide a FICS delegation at their event, International workers and Amateurs in sport confederation (CSIT) which we also have a standing agreement to provide a FICS delegation every 2 years for their event.

Our relationships with various ISFs have grown over the years from the conception and conversations with their Presidents and Secretary Generals to gain access to their athletes at their events and through the fantastic work and support of our members at these events. The number of events and additional ISFs that are now coming to us at SportAccord requesting our assistance continues to grow. This requires more support through the development of more National Chiropractic Sports Councils (NCSC's) and members that will dedicate their time to work at these events.

This hard work is important in the long-term goal of obtaining access to Olympic athletes in the poly clinic. The IOC is impressed with our work with the ISFs and GAISF and encourages us to continue our support and work so they can assess the possibility of our inclusion as core services in the poly clinic at future Olympic events. This will take time and patience is important as they must do their diligence on all IFs.

Encourage others to volunteer at our events and consider attending yourself. We need more people involved to demonstrate our depth and breadth as an organization. Continue to work at the national level to further our involvement with sport federations at that level and continue to support those that represent our profession with national Olympic organizations for their country as that is also important. We appreciate your support in any manner on this important progress for our profession and to support the Vision of FICS "every athlete deserves access to sports chiropractic" and our mission "to empower athletes so they can achieve their optimal performance naturally."

Press Release

FICS on TWIF Sepcialist Medical Commission



*Dr Rob Scott,
FICS IF Medical Commission Representative*

The **President of TWIF, Mr Anton Rabie**, met with the **FICS ISF Commission Chair, Dr Simon Lawson** at SportAccord'18 in Bangkok, in April, to agree on the appointment of **Dr Rob Scott** as the first official **FICS IF Medical Commission representative**. Dr Scott will form part of the panel of expert medical personnel that TWIF will call upon as their Medical Commission. His official duty will commence in September this year at the TWIF World Championships to be held in Cape Town, South Africa.

FICS would like to congratulate **Dr Rob Scott** on his appointment to this auspicious position as he leads the way for future FICS IF Medical Commission appointments.

THANK YOU TO OUR SPONSORS

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

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It is only with your support, financial and otherwise, that FICS can continue to grow and build the specialty of sports chiropractic, to help the athletes we serve and to improve access to chiropractic health care for all.
THANK YOU ONCE MORE.



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NFL Alumni sign Partnership with Northwestern

Former pro football players can receive pain relief and other care at university

BLOOMINGTON, Minn.—About 200 former National Football League players living in Minnesota will be eligible to receive care at Northwestern Health Sciences University for relief of pain and other conditions often caused or made worse by football injuries.

Northwestern and the Minnesota NFL Alumni signed a contract to provide care to the former players at the university's Human Performance Center, which offers treatments including chiropractic, massage therapy, acupuncture, Chinese medicine and nutrition, as well as rehabilitation and therapeutic exercise.

"This is an opportunity to improve our former players' lives, and I think many will take advantage of it," said Lee Nystrom, 66, vice president of the Minnesota Chapter of the NFL Alumni who played for the Green Bay Packers from 1973 to 1975.

He added: "As a former NFL player, I have seen firsthand some of the devastating effects of the game. We're always eager to do anything that we think can help our members live healthier lives. This is a great opportunity right here in the Twin Cities to help former NFL players in this region."

Tim Stark, a sports chiropractor and director of the Human Performance Center, said the former NFL players will be eligible to receive treatments for pain and other conditions on an unlimited basis.

"They can spend up to 90 minutes each time meeting with all of the professionals on our campus and in the Human Performance Center," Stark said. "We have been talking with the Minnesota NFL Alumni for two years, and we are excited to now make this agreement formal." He added: "A number of NFL Alumni members have aches and pains, basically from sacrificing their bodies to varying degrees for our entertainment. We are pleased to be able to provide integrated sports care to these high-performance athletes. Many of us love watching NFL football. But our commitment shouldn't end when the athlete stops playing. We'll now be able to contribute to these players and to their health."

The agreement with the Minnesota NFL Alumni expands agreements that the Human Performance Center already has with professional and high-level amateur sports teams, including: the Minnesota Vixen women's



Northwestern Health
Sciences University

professional football team, the Minnesota Freeze Australian rules football team, the USA Tug-Of-War Team, the British Virgin Islands Olympic Committee and other high-performance athletic organizations.

For more than 75 years, Northwestern Health Sciences University, based in Bloomington, Minn., has provided world-class professional education and research as well as comprehensive health and wellness services. Its more than 130 faculty members annually teach about 6,500 students pursuing degrees and continuing education in accredited programs in chiropractic, acupuncture, therapeutic massage, Chinese medicine, nutrition and other treatments. Northwestern has more than 7,500 graduates in the U.S. and 21 countries. It provides services to more than 40,000 patients annually through clinics in four states.

For more information, visit nwhealth.edu.

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Identifying and Modifying Predictors of Secondary Anterior Cruciate Ligament Injury

Ryan Kendrick BPhy, MPhtySt, Musculoskeletal Physiotherapist

Anterior Cruciate Injury is common in the athletic population, particularly the adolescent and young adult populations. Re-injury rate of the ipsilateral or contralateral limb is high. A systematic review and meta-analysis by Wiggins et al, 2016 reported a re-injury risk of 1 in 4 for athletes under 25 years of age returning to high risk sports.

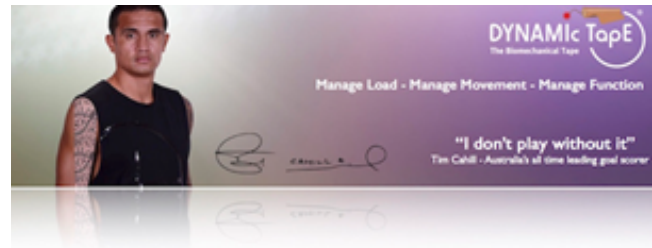
This high prevalence of secondary ACL injury is likely multifactorial. Risk factors can be extrinsic, related to the environment or equipment for example. Intrinsic factors can be anatomical, hormonal or biomechanical. Reported biomechanical predictors include high frontal plane knee valgus angle, greater asymmetry in knee extensor moment on initial contact and deficits in single leg postural stability. 'Soft' landings whereby more trunk, hip and knee flexion occurs is thought to reduce loading and injury risk (Leppänen, 2017) but has been shown to diminish performance (Dai et al 2015).

General unloading strategies occur in single leg, bilateral, sagittal plane and side to side jumping and landing tasks which attempt to shift load to the uninvolved limb or to proximal and distal joints. This may have a short term protective or pain relieving effect on the reconstructed knee but may increase risk of recurrence or of injury to the uninvolved limb.

The causes of the observed biomechanical risk factors post ACL reconstruction again are likely to have many contributory factors or vary from one candidate to the next. Dix et al in a 2018 systematic review and meta-analysis reported that lower extremity dynamic valgus is consistently related to hip strength in single leg ballistic activities although not in bilateral vertical drop and squat tasks. Oberländer et al (2013) report increased hip flexion and ankle plantar flexor moments and cite reduced knee extensor muscle strength and possibly kinesiphobia as potential causes.

Meyer (2018) demonstrated reduced energy absorption contribution of the knee extensors, 25% lower than the uninvolved limb along with reduced knee flexion and increased knee valgus.

Adding a cognitive task such as counting backwards in 1s or 7s has been shown to reduce jump performance and resulted in landing mechanics associated with increased loading of the ACL (Dai, 2018).



Therefore, directly contributing force via external means to compensate for the observed strength deficits in the hip abductors and external rotators or quadriceps might offer a protective effect by directly reducing intrinsic load absorption requirements, by preventing compensatory movement patterns that increase load on the ipsilateral ACL or shunt it to the contralateral side, or by improving postural stability.



Bittencourt et al, 2017 reported significant reduction in high frontal plane knee angles (dynamic valgus) during single leg squat in elite female volleyball players using Dynamic Taping to resist hip adduction and internal rotation. This can easily be seen clinically with tools such as Trace3D and DorsaVi as demonstrated in some videos here. Dynamic Tape has very strong resistance and recoil properties (very different to kinesiology tapes) that acts to decelerate motion and absorb load as lengthening occurs, stores the energy as elastic potential energy and then re-injects it into the kinetic chain as shortening commences.

Emerging research from the University of Chichester in the UK has just shown that taping the hamstrings to

Identifying and Modifying Predictors of Secondary Anterior Cruciate Ligament Injury continued...

resist knee extension and assist flexion resulted in the prevention of DOMS following a heavy eccentric loading program as indicated by Pressure Pain Thresholds (PPTs), muscle girth measurements and ROM providing preliminary support for the ability to modify loading by providing an additional elastic component in parallel to the musculotendinous unit.



Preliminary investigations using DorsaVi have also shown that where quadriceps weakness is identified, Dynamic Taping to resist the knee collapsing into flexion (i.e. applying an external knee extension moment) results in a reduction in both magnitude and velocity of frontal

plane motion. A similar technique in judo athletes showed significant improvements in semi-dynamic and dynamic postural tasks, flexibility and pain. This is supported by an ongoing multicentre study in Romania which shows improvement in reach distances during single leg squat.



Identifying the deficit and then taping the hip or knee as required appears to be able to assist in managing load, addressing movement patterns and improving dynamic stability. This requires no additional cognitive involvement from the athlete, may improve feelings of self-efficacy and reduce fear and may allow safe transition to more demanding activities to allow development of strength and neuromotor control that can only be obtained by performing such tasks.

FICS members in Australia and the USA can currently take advantage of a 20% discount off the MSRP here only.

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AECC University College

Clinic Faculty and Student Interns Provide Chiropractic care for the English Premiership Football Team AFC Bournemouth Cherries



AECC
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Dr Anglo Battiston, a graduate of Palmer College of Chiropractic (1995), is a specialist fellow (sport) of the European Academy of Chiropractic (EAC) and member of the International Federation of Sports Chiropractic (FICS). Now an avid armchair rugby critic and rugby coach, Angelo also lectures nationally and internationally. His extensive sports chiropractic experience includes being the programme developer and leader of the MSc Functional Musculo Skeletal Health offered at the AECC UC since 2012 (Certified ICCSP FICS members are eligible for advanced entry into this postgraduate Master's Degree program: www.aecc.ac.uk/Functional-MSK-Health). Angelo is also part of the research commission of FICS. As a Clinic Faculty member of the AECC University College Chiropractic Clinic, Angelo is the team chiropractor for the Bournemouth Cherries, who are playing their third consecutive year in the prestigious Premiership Football League.

The Bournemouth Cherries medical staff have sought out the AECC UC High Performance services for over a decade. "Many of the players are familiar with and use chiropractic care," stated Angelo, who is also an Internationally Certified Chiropractic Sports Practitioner (ICCSP). The Bournemouth Cherries players also have access to the rehabilitative equipment at the AECC UC HPC (High Performance Centre) and Angelo said that he regularly emphasises to the players that most athletes find they have increased speed, strength, and coordination, when they are regular chiropractic patients.

Angelo, who is the founder of the AECC UC's SPRiNT, a sports injuries team which is part of the chiropractic student intern special interest group, has provided intern services with supervisory clinicians to various medical teams for their numerous sporting events every year. Angelo is ably assisted by the clinic intern team, who have helped footballers throughout the championships to maintain and improve their flexibility and alleviate the cause of any number of back, calf, ankle, hamstring and other musculoskeletal problems, which are extremely common in the sport.



"I deeply appreciated the honour of working with these highly skilled athletes in a very competitive premiership championship," says Angelo. "It is a significant challenge that pays endless rewards. Even though these services were provided as an ongoing commitment to enhancing the intern's exposure to elite sport, our efforts were repaid by knowing we at the very least played a small role in helping these dedicated athletes compete at the highest possible level in one of sport's most prestigious football league."

The Football Medical & Performance Association (FMPA) have nominated The Cherries Medical and Performance Team Award in the English Premiership Football League for 2018. This award is designed to recognise the exceptional contribution of a medical and performance team within a Club. "It's all about team work" stated Angelo, "we have worked as a unit, pulled together as a team, achieved great results, worked through complex circumstances and been innovative. That this comes from fellow colleagues makes this a particularly rewarding accolade."

In addition to working with the Bournemouth Cherries, Angelo has also served on the medical staff of numerous teams participating in leading international sporting events, both in an official capacity (Le Azzurre – National Italian Ladies Rugby) and unofficially (Springboks 1996- 1997).

"As for the future," says Angelo, "it is my goal to work even harder and one day ensure that we as a profession are well represented as members of the medical staff working with all premiership football teams. In the meantime, my everyday passion is to teach students how help the people within their respective communities, no matter age, size, fitness, sport or skill level, to overcome physical challenges and achieve optimal health and wellness as chiropractors."

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Graeme Harrison-Brown
Secretary-General

CALL TO NCSCS FOR NOMINATIONS FOR FICS COMMISSIONS

FICS and its Executive Council are currently supported by standing **Commissions**, each of which consists of a Chairperson and up to 9 members.

This is an ongoing invitation to member NCSCs to nominate candidates for membership of any of our commissions. Please:

- Include the following in any nomination – full name and contact information (email and mobile) of NCSC member making the nomination and the nominee; cv and photo of nominee; name of commission; brief comment on why this nominee would be an asset to this commission.
- Send the nomination to the Commissions Selection Committee (CSC) via Christina Davis at cdavis@fics-sport.org.

All nominations are reviewed by the CSC which makes recommendations for approval by the FICS Executive Council and President. On one hand please note that a limited number of new positions arise each year. On the other hand the CSC and FICS are encouraging and will priority to well-qualified candidates.

Upper Extremity Module

Oct 19-21, 2018, Oxford, UK

Lower Extremity Module

November 9-11, 2018, Malmo, Sweden

- TBD, 2019 - Norway
- TBD, 2019 - Australia (Perth)

WFC/ACC Education Conference 2018

Oct 24-27, 2018, London, UK

FICS Assembly & Symposium

March 20, 2019, Berlin, Germany



Ju-Jitsu International Federation JJIF

PanAm Champs

Augt 30 - Sep 2, 2018, Cartegena, Colombia

German Open

Oct 6-7, 2018, Germany

World Championships Seniors,

Nov 26-28, 2018, Malmo, Sweden

Balkan Open

Sep 21-23, 2018, Athens, Greece

European Championships U18/U21

Oct 26-28, 2018, TBA



European Master Powerlifting Championships

July 3-7, 2018, Pilsen, Czech Republic

North American Powerlifting Championships

Jul 31-Aug 1, 2018, Mexico City, Mexico

European Open Bench Press Championships

Aug 9-12, 2018, Bordeaux, France

World Junior Powerlifting Championships

Sep 2-8, 2018, Potchefstroom, South Africa

Western European Championships Equipped/Classic

Sep 13-15, 2018, Hamar, Norway

Arnold Sports Festival Europe

September 28-30, 2018, Barcelona, Spain



Tug of War International Federation TWIF

World Outdoor Championships

Sep 19-22, 2018, Cape Town, South Africa



International Federation of Muaythai Amateur

Youth World Champs

Aug 3-11, 2018, Bangkok, Thailand

Pan American Championships

Oct 26-29, 2018, Acapulco, Mexico

Asian Championships

Dec 2, 2018, Macau, SAR



World Association of Kickboxing Organizations WAKO

Cadets

Sep 15-23, 2018, Lido, Italy



International Fistball Association IFA

Women's World Championships

July 24-28, 2018, Linz, Austria



International Waterski and Wakeboard Federation

Open Junior, Senior Champs

Aug 12-18, 2018, Napanee, Ontario Canada



World Flying Disc Federation WFDF

World Club Champs

July 14-21, 2018, Cincinnati, Ohio, USA

World Masters

29 July - 04 August, 2018, Winnipeg, Manitoba, Canada



International Federation of Gymnastics FIG

Artistic World Champs

25 Oct - 03 Nov, 2018, Doha, Qatar



Secretary-General Update

Mr Graeme Harrison-Brown

It has now been close to 6 months since I took up the role of Secretary General and started my journey with FICS. Even

though it has had its challenges and the learning curve has been extremely steep, I am still excited by the prospect of what the future holds for the organisation. The development of the Strategic Plan was my number one priority on my list of things to do and I am happy to report that we have completed the first stage of the process.

FICS held an intensive strategy planning day on the 25th April 2018 following the ExCo Annual General meeting on the Gold Coast. During the day the participants, which was made up of the ExCo, a number of Commission Chairs and some junior representatives, redefined the vision and mission for the organisation, established our Goals and SMART (Specific, Measurable, Attainable, Realistic and Time-Bound) Objectives, and we are now creating a plan to deliver against them.

So what does FICS now stand for?

Our new vision statement is: **Every athlete deserves access to sports chiropractic** and articulates our dreams and hopes for FICS. It reminds us of what we are trying to build and answers the question, "Where do we want to go?"

This is underpinned by our new mission of: **To empower athletes so they can achieve their optimal performance naturally.** This will be achieved through:

- Facilitating athletes access to sports chiropractic care which involves the treating and preventing of athletic injuries naturally
- Being the international (recognised) voice and leader of the specialty of sports chiropractic
- Providing mentored experiential learning to develop sports chiropractors
- Working with other special interest groups that are progressing sports chiropractic through their own endeavours
- Working with other healthcare professions to provide the best patient centred care possible

We have also made crucial decisions on which countries, sporting federations and organisations we will target over the coming years. This is so we can achieve our aspirational goals of being IOC recognised and included as an integral health care provider in future Olympics.

Yes, we want to see FICS volunteers eventually being an integral part of the health care pods for all games, including the Olympics, in future years. Positions that will be made exclusively available to FICS members. So, there is no better time than now to be a member of FICS.

Over the coming months we will share the FICS strategic plan with our members, sponsors and partners so they can leverage off our growth plans. Where you see an opportunity that we may have missed we would like to hear from you as a strategic plan is a dynamic document that is influenced by the environment we operate within.

During the last quarter we have also been busy creating policies and procedures for the organisation that will improve the way we do business. We want to be a transparent organisation that provides our volunteers, sponsors and partners with as much notification as possible of how we do business and what opportunities are available for you to participate in. We want to provide this information in a timely manner so you can be a participant and gain maximum benefit from your membership/sponsorship.

Our Liaison Officers or as I like to see them, Capability Development Managers, and Commission Chairs have been busy securing support from key sporting federations to ensure our access to a wider variety of sporting events in the future. It is through these initiatives and relationships that FICS becomes more relevant in the professional sporting world and opens the door to negotiating more favourable outcomes for our volunteers in years to come. Our International Sporting Federation Commission Chair (Dr. Simon Lawson) and roving Liaison Officer (Dr. Brian Nook) are leading the charge on this initiative with the Games Commission (Dr. Tim Ray) furiously identifying volunteers to fill positions and meet our obligations.

Our main challenge going forward will be to ensure we have enough volunteers and a commitment from them to see the event through once they have accepted a position. One of our aspirational goals is to attract sponsors so that we can have the financial resources to alleviate the personal burden on our volunteers.

So as we look to the next six months we will be focussed on making the changes to the organisation to enable us to achieve our goals. Our Commissions will be empowered to create an environment for growth and we will look to recruit more volunteers to assist in these endeavours. So if you think you have the skills to contribute to one of our commissions and want to be a part of the growth of FICS, get in contact with our admin services team at cdavis@fics-sport.org.

Africa Regional Wrap Up



ChiroSport South Africa and the ABSA Cape Epic 2018

According to Tread Magazine, “The Absa Cape Epic is a race, not a ride. It’s eight days of pressure, not pleasure. It’s not a point-to-point event, but it is a journey – of discovery. Every single participant at the 2018 Cape Epic, whether he/she finished or not, discovered something new about himself/herself and has a compelling story to tell. Each of 1344 riders from 52 countries that started the event, whether they finished it or not, left the race a little tougher and a lot wiser.”



We are in the privileged position to allow for Chiropractic students to fulfil the role of taking care of the soft tissue needs of the riders. It allows them to develop their skills in a field-side setting as well as observe different senior chiropractors at work. On the word of a chiropractic student, “being a part of the team, illustrates how we are able to work together towards a common goal and gives us a glimpse into the world of sports chiropractic at an elite, profile event level.”

The feedback from the participants this year has been overwhelmingly positive and we are slowly breaking ground when it comes to infiltrating more events to take sports chiropractic to. We are pleased to be part of two further events held this year and have been approached to be a part of the Absa Cape Epic 2019, which we are very excited about.



ChiroSport SA was proud to be selected as the official team of Chiropractors to the ABSA Pride team. The ABSA Pride team consisted of 130 riders, ranging from elite masters and veterans to amateur weekend warriors. The service included recovery sports massage services and chiropractic services to the Pride team on a daily basis which was achieved with the help of 4 Chiropractors and 16 Chiropractic students. The nature of the event and all the hard work that ChiroSport SA put into the preparation leading up to the event saw the team being busy often late into the night. A total of 355 treatments were recorded and were predominantly focused on the lumbar spine and lower extremities.





IPF World Equipped Bench Press Championships Potchefstroom - 23rd-28th April 2018

Powerlifting is a strength sport that consists of three attempts at maximal weight on three lifts: squat, bench press, and deadlift. Powerlifting has been a Paralympic sport (bench press only) since 1984 and, under the IPF, is also a World Games sport. In competition, lifts may be performed equipped or un-equipped (typically referred to as 'raw' lifting or 'classic' in the IPF specifically). Equipment in this context refers to a supportive bench shirt. In 1983 John Inzer invented the first piece of equipment distinct to powerlifters, the bench shirt. Equipped bench press competitions take place across the world.



Further stats showed that 83 of those were male, 33 females. The youngest participant treated being 17 years old and the eldest 76. Treatment regions included 31 cervical spine, 14 thoracic spine, 31 lumbar spine, 39 shoulder and 6 extremity patients. Out of all patients treated, 39 patients had seen a Chiropractor before and 36 patients had never seen a Chiropractor before, 82 of these patients treated were athletes and 19 of them being officials or spectators.

ChiroSport SA under the banner of FICS, was extremely fortunate and privileged to have worked at such a world class event and be able to provide Chiropractic treatment to some of the most elite equipped bench press athletes in the world. We look forward to continually improving and developing the involvement, level of support and standard of treatment to the IPF, here in South Africa.

The feedback we received from the athletes, officials and spectators has been nothing but positive, which is extremely motivating. We are fortunate to continually expose athletes of this caliber to Sports Chiropractic and the effects it has on their performance in the various different sporting codes in South Africa.



The IPF World Equipped Bench Press Championships were held at the Elgro Hotel in Potchefstroom, South Africa, from Monday 23rd April-Saturday 28th April 2018. ChiroSport SA took care of this event under the FICS umbrella as an official FICS event. ChiroSport SA were the primary health care practitioners at the IPF event and provided all the treatment to the competing athletes and support personnel. The event had 320 registered athletes and the competing categories were comprised of World Open, Sub-Junior, Junior and Master's Equipped Bench Press.

Due to the nature of this event and the number of athletes that needed to be treated, a total of 15 Sports Chiropractors worked at this event over the course of the week. A total of 287 patients were seen at the event of which, 125 of those patients were new patients and 162 follow up consultations.



ChiroSport SA is humbled to be given the opportunity to work at these IPF events as a NCSC member of FICS, which allows us to grow ChiroSport SA on an international level. We look forward to growing these relationships and strengthening the support and structural foundation of FICS and ChiroSport SA with these Sporting Federations.



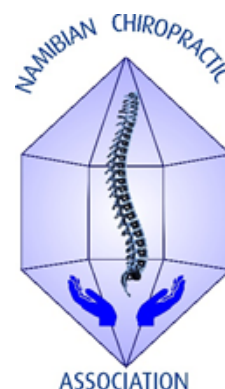
Namibian Chiropractic Association

Unfortunately we have not been involved in any major events, although we had hoped to be present at the Namibian Dance Sport Championships. Except for myself treating my daughter's sprained ankle, my services were not requested. We still need to create awareness in this sport in Namibia with regards to what our services can do for the dancers/athletes. I believe that once Dance Sport Namibia has been accepted as a member by the International Federation we will be able to build up a strong relationship. I am already in touch with the president of the local association.

Furthermore, I continue to treat Dolphin Swimming Club swimmers at national galas and the swimmers are really grateful for these services.

All 9 chiropractors in Namibia see lots of our top athletes in private practice, including some Olympians and Commonwealth Games participants.

As I mentioned in my last mail we are trying to get more input at regular forums the NNOC hosts every 3 to 4 months. Hopefully they will consider our recommendations for topics and speakers in the near future!



We definitely feel like the doors at this level are opening up for chiropractors, as the secretary of the NNOC is in contact with us.

We will continue to do the best we can to push our presence at all levels of sport to the best of our capacity.

Yours in sporting health
Elga Drews & Daryl Oehley

AROUND THE WORLD ASIA

Asia Regional Wrap Up



Hong Kong

Life University has established a sports clinic with the sports ministry of China. We have an official clinic responsible for preparing the China Olympic athletes for the future games with chiropractic care, including the upcoming Asia Games 2018 Jakarta.

As there are only 200 chiropractors in Hong Kong and China, we have developed several strategies to meet the upcoming demand of the China Team.

The Chiropractic Doctors Association of Hong Kong (CDAHK) is helping Life University to set up a chiropractic college with Open University Hong Kong. Life University has secured the initial agreement to prepare the Hong Kong Campus where chiropractors with different specialties will be trained. The Sports Council is likely to support the Team through sports education.



Dr Eric Chun Pu Chu spoke to the World Congress of Chiropractic Students (WCCS) at Life University on the PEAK program and the opportunity of China. The PEAK (Practice, Excellence, Art and Knowledge) program is designed to allow senior interns to complete their clinic requirements under the direction of the extension faculty in Hong Kong and China.



Hong Kong *continued*

This experience allows the intern to gain valuable insights into the nuances of running different types of practices and the rewards of providing quality chiropractic care. Our Hong Kong and China doctors act as mentors to the intern, helping to bridge the gap between the classroom, the college clinic and private practice. In many cases, the intern can obtain a job after they graduate and work as a junior doctor at the clinic.



Dr Eric Chu, Sports Chiropractic Council of Hong Kong

In the past years, CDAHK has provided scholarships for students to chiropractic colleges, to build future leaders for the chiropractic community and sports chiropractic. They are prepared to serve many of the major positions in the chiropractic community. Most of our nominated students are selected as the Dean's List and President's List students this year (Life University).

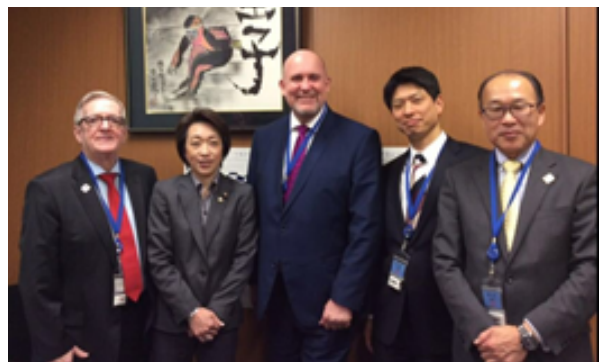


Japan

The Japanese Federation of Chiropractic Sports, our local NCSC and their partner organization, the Japanese Association of Chiropractors has reported significant achievements securing support for Chiropractic inclusion during the Tokyo 2020 Olympic Games.

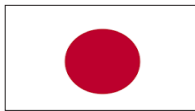
Although there are still many hurdles to overcome as Chiropractic is not yet a licensed profession in Japan, a Chiropractic Registry which was set in place by JAC several years ago is proving to be strategic and useful. This updated list of qualified chiropractors is handed personally to the Ministry of Health Labor and Welfare who they have established a good working relationship with over the years.

In fact, last month a high-level meeting between officers of the JAC, WFC, Tokyo Chiropractic College met with Seiko Hashimoto, a 7-time Olympian in both the Winter and Summer Olympic Games for skating, a member of the house of representatives and vice president of the Japanese Olympic Committee. They have also prepared a document for the MHLW and the



Dr Phillip Ebrall and Dr Yoshi from Tokyo Chiropractic College, Dr Kei Takeyachi of Japanese Association of Chiropractors and Richard Brown of the WFC with Mrs Seiko Hashimoto of the Japanese Olympic Committee

JOC which is an executive brief on chiropractic, sports chiropractic and a suggested Inclusion process for Chiropractors into the Polyclinics of the Olympics for Tokyo 2020.



Japan *continued*

In addition, JFOCS members headed by their President Dr. Miwa provided Chiropractic care for the Kaifugawa Full Marathon in Tokushima in February and the Tokyo Marathon Foundation in May. Plans for a seminar on sports nutrition for JFOCS members is currently being organized. Their speaker is a member of a committee of JOC on nutrition. This will help build bridges between JOC and JFOCS for future corroboration for the benefit of the athletes.



May 20th: Break Dance final qualification for Youth Olympic

Dr Kaz Isa, Japan

Break dance was included for the first time in the Youth Olympics. This was a new experience for me as I usually work with standard and Latin dancers. Loud music, a great atmosphere and young talented energetic dancers was the environment I had to work in. There were many overuse injuries on the dancer's cervical spine, wrists and elbows and FAJ. Most of the dancers don't usually receive any type of treatment which can limit their performance. My experience shows that it is not only the break dancer that can benefit from sports chiropractic, but also all types of dancers can benefit from chiropractic care. I highly recommend FICS sports chiropractors to approach dancers to help them improve their performance.

May 24-27th: Japan Parasports, Wheelchair Rugby

Dr Kaz Isa, Japan

The wheelchair rugby competition was held in Japan from May 24-27th where the world ranking 4-7th teams (Japan, GB, Sweden, France) competed for the title. Wheelchair Rugby is a mixed team sport for male and female quadriplegic athletes, many of whom have spinal cord injuries at the cervical level. This is the only wheelchair sport that allows full contact between the players.



Dr Kazutoshi Isa, FICS ExCo, Member At Large

I have been working for the team since last summer, and there are an athletic trainer, acupuncturist, physical therapist and chiropractor providing support. When I treat and train the athletes I have to consider the treatment very differently because Para-athletes may have limited range of motion, loss of sensation and/or muscle coordination. This is a whole new experience to me, and I am still learning from them. We will have World championships in Sydney from Aug 5-10th this year.



China

The FICS mission: **Empowering Athletes to Maximal Performance Naturally**, is grounded in the vision that **every athlete deserves access to sports chiropractic**.

Achieving that goal in a country where chiropractic is a recognized profession is one thing, achieving that goal in countries without recognition, regulation, or licensure is an entirely different challenge. As is the case with China and after years of discussions, planning and proposals, it appears progress is being made.

Team China, the athlete preparedness group for the Chinese Olympic Team has requested chiropractic services for their current and future Olympians. Beginning in March, Life University began the process of providing assessments and care to teams housed in Beijing.

My other hat in the world of chiropractic is serving as the vice president for global initiatives at Life University so I can work on both the short term and long-term goals with Team China.

In discussions with Dr. Pete Garbutt, President of FICS and Dr. Luke Nelson, the new President of SCA, the question of staffing has been raised if this opportunity expands to the other training centers outside of Beijing and support from SCA and FICS was very clear. Currently we are scheduled to support Team China at the Asian Games from August 18th to September 2nd and we'll provide an update to FICS following the games.

Opportunities with Team China through this endeavor will be circulated down to the NCSCs when they become available.

Dr John Downes,
FICS 2nd Vice President, Member At Large



Philippines

To mark the 10th year anniversary of IronMan in the Philippines, they are running a Special Edition Full Distance IronMan event on June 3, 2018 in Subic Bay, Philippines.

Over 750 athletes are expected to compete in the full distance race and another 1,500 in the half distance event

PCSC through it's local partner Intercare will be providing chiropractic and physical therapy services in the event expo center prior to the race day and at the finish line on race day itself.

There are 3 major island groups in the Philippines; Luzon, Visayas and Mindanao. The Davao 70.3 marks



Philippines *continued*

the first inaugural IronMan event in Mindanao effectively extending its presence in all major areas of the country. 1,746 athletes competed in this event last March 24, 2018 which had Maurico Mendez from Mexico bagging the Gold with a time of 3:50.32.

Chiropractic Care and Physical therapy through Intercare and the Philippine Sports Chiropractic Council was made available to all professional and age grouper athletes where we provided care for 71 athletes competing in this event. Care was very much appreciated by the participants.



Dr Camara, PSSC president is currently in discussions with the newly elected executives of the Philippine Olympic Committee to provide chiropractic care for the national elite athletes prior to and during International Multi-sport games. Dr Martin Camara met with the president of the POC, Ricky Vargas and his Secretary General Patrick Gregorio in the recently concluded SportAccord Conference last march in Bangkok.

AROUND THE WORLD LATIN AMERICA

Latin America Regional Wrap Up

Latin America and the Caribbean region is a large area that has a firm rhythm and growth potential with the ongoing development of Sports Chiropractic in the region. We will continue to see the development of more sports Chiropractors in the coming years and are starting to see greater participation in more events, not only in the region but worldwide.

To date we have seen events in Colombia and Cancún – México, and are expecting at least 2 more events this year in Mexico and another one in Chile.

Latin America now has more specialists emerging each year that treat athletes on a regular basis and in local and international tournaments.

There has been a lot of change in Latin American members as a result of sporting, environmental and political changes:

- In Brazil, the impact from the aftermath of the Olympic games held two years ago is now beginning to show. The large number of people involved with the games have returned to their normal practices and are more focussed on their local athletes which has impacted membership numbers. The NCSC has also changed and we are now looking to open up better communication channels to provide them and their members with more support and to build stronger relationships each year.

- Puerto Rico suffered through hurricane Maria in September 2017 and have had to focus all their efforts and energy cleaning up from the devastation they suffered. Puerto Rico's association have changed their board and they need to re-establish their sports Chiropractic's council to work again as part of the Latin American area. In the meantime, they can participate under the umbrella of the North American region.
- In Mexico there has been a lot of change in the Government, the economy has been relatively unstable, and they haven't had a regular Government budget for three years in a row. They are working on developing new programs with the educational committee from FICS to have the best international actualizations even though they are struggling with the economic crisis.
- In the last FICS Annual ExCo General Meeting, the Caribbean region was voted to be part of the Latin American region, now called: Latin American and the Caribbean Region.

We have already started the process of contacting Sport Chiropractors from the Caribbean region to develop

relationships and to start collaborating with them. It is our intention to build a bigger network in the area so we can contribute more to local and international games. FICS is committed to helping the athletes in the region by providing them with the same level of care that we do in other regions. We are also looking forward to working with the region's Sport Chiropractors to help their athletes to achieve their optimum levels of performance in their chosen sports.

We have also opened great communication lines with a Sport Chiropractor in Colombia and are looking forward to pursuing areas of opportunity to assist them in developing a Colombian National Council and achieve their National and International goals.

In the last FICS ExCo Annual General meeting in April 2018, the Latin American and Caribbean region exposed the challenges we are faced with. The ExCo showed its commitment to the region and proposed to assist in the development of a plan to help with the development of the region.

Dr Mercedes D'Acosta

FICS ExCo Latin American and Caribbean Region

AROUND THE WORLD MIDDLE EAST

Middle Eastern Regional Wrap Up



United Arab Emirates

Dr. Paul Cheung - A Personal Reflection

Wanting a new challenge and adventure in life I moved with my family to Dubai in the United Arab Emirates in August 2016 from the UK. This was my chance to take sport chiropractic to another country and to see where it would end up. Little did I know that I would end up rubbing shoulders with the sporting elite.

It wasn't long after my arrival that I became interested in polo, the Sport of Kings, as a few polo riders came to see me after having sustained falls during practise and matches. This led to the patron of the Bin Draï Polo Team asking me to look after him and his riders during the 2017 season.



Dr Paul Cheung, UAE



United Arab Emirates continued

Polo is an extremely challenging sport demanding strength, endurance, balance, great coordination and accuracy as the players must strike a moving ball with a long mallet whilst galloping on a horse! They make golf look easy! Add to this the need for a rider to have the instant ability to trust, communicate and control the horses, as they change their mounts a few times during a match.

Working pitch-side, under the shade of the team tent at matches was great fun, as it attracted curiosity and enquiries from visiting teams. Explaining the benefits of chiropractic to improving human performance resonated with a lot of the riders. The benefits of sports chiropractic were backed up by the patron who said that his neck and shoulder was so much better with range of motion and control, it opened up his field of vision during play, which he didn't have before.

I also had a fantastic time at the World Games in Poland last summer, working with an amazing chiropractic team. As a result of working with gymnasts at these games our clinic is now seeing more young athletes for care and prevention.

In February 2018, I flew to the Kingdom of Saudi Arabia to look after the drivers of the Race of Champions event in Riyadh. This is where top drivers from Formula1, NASCAR, Indianapolis 500, World Rallying, Touring Cars, Le Mans, and DTM compete against each other in a specially designed track, in different sports cars, for the title. It was great to work with David Coulthard again as I originally started working and travelling with him in 2007 when he, along with Mark Webber, were drivers in the Red Bull F1 Racing Team. Though David has retired from F1 and DTM racing, his reflexes and excellent car control surpassed current and recent champions, and he won the Race of Champions in Riyadh.

Another driver of note, is Terry Grant, a stunt driver and holder of the longest barrel-roll stunt in a Jaguar SUV. You would not believe the things he does with cars and if you are a fan of Mission Impossible & James Bond films, Terry is the man who does most of the amazing car stunts you see. When he is not filming, he is crash testing cars for car manufacturers! No wonder he always looks forward to seeing me at the events.

The next Race of Champions will be in Miami (dates to be confirmed in December).



There are other sports-related projects in the pipeline. Dubai is a young and fast-growing Emirate, and with its enthusiasm for sports and health care, no doubt sport chiropractic will see its way further into these new developments.



Bahrain

Amy Bowzaylo and her team of Chiropractors, physios, massage therapists, TCM and exercise rehab specialists, have been busy in Bahrain with the following activities:

As the Director of Performance Improvement for the second year for BSBK Ducati Superbikes Championships 6 race series. Her team provides care and guidance during the series and on race day and through their good work managed to shave 9.5 seconds off 1 racer's time.

As the Head of Medical for the Bahrain Rugby Football Club she provides care during training and at games for rugby, football (soccer), netball and Gaelic football. This year the 1st team she supports won the West Asia Rugby Premiership. Her team also travelled as a club to Sri Lanka for a Charity trip delivering rugby kit to schools, donating to an orphanage and a home for the elderly.

Amy is the Head of Performance Improvement and Concussion Management for the Lift Bahrain Boxing Gym and White-Collar Boxing Series. Her team provides care during training and at fights and manage the return to play for concussed athletes.

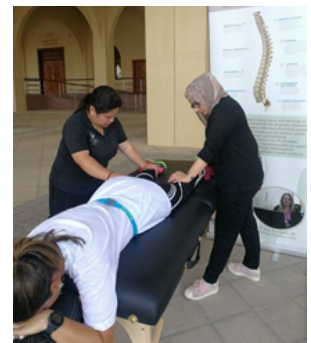
Her team sponsors 2 Palestinian brother Triathletes, one of whom won the Junior Pan Arab Championship this year. The team provides year round care for the 2 young men.

Amy's team also worked at:

- The Women's Power Summit Run and the Charity 27km walk providing care during and after each race.
- The F1 race in Bahrain for my 5th year as resident Chiropractor.
- The Poly Clinic at the Islamic Games in Baku Last May where she worked for 10 days treating athletes.
- Supporting the Bahrain Road Runners and Bahrain Triathlon Club with race day care which consists of about 10 to 15 races each season.



Dr Amy Bowzaylo, Bahrain



North American Regional Wrap Up



Canada

2018 Commonwealth Games

Janice Drover, RCCSS Canada

Jingeri is the Yugambeh word meaning “Greetings all of you!” which welcomed the Commonwealth to the 2018 Gold Coast Commonwealth Games! These were the first words that we heard as we were welcomed at the airport in Brisbane, Australia on March 25th, 2018, after a 28-hour day of travelling, by Borobi the games Mascot, as well as many smiling volunteers.

This began my three-and-a-half-week journey as the Sport Chiropractor on the Core Medical Team for Canada. I was not the only Fellow present at these games, Dr. John Vargo travelled to Australia as part of the IST for Athletics and we had the pleasure of meeting in the village on numerous occasions!

The 2018 Gold Coast Commonwealth Games hosted over 6600 athletes and team officials from 71 nations and territories. For the first time in the history of major games, there were an equal number of medal opportunities for both men and women and hosted the largest integrated games with 18 sports and 7 para sports. Canada finished third in these games with a total of 82 medals behind the host country Australia and England as second place finishers!

Our core medical team for Canada was composed of 4 physicians, 2 athletic therapists, 1 physiotherapist, 2 registered massage therapists and myself. Our team was truly Canadian with the country being represented from Coast to Coast and well as gender balanced and all representatives of our Sports professional associations. We also had an Australian physiotherapist join our team for the duration of the games through a program designed by the organizing committee to encourage international knowledge transfer. The therapy staff consisted of myself, the physiotherapists and the two athletic therapists. We were all assigned to our own particular sports for field of play coverage and when not at a venue we divided our time equally in the clinic. Our clinic was open from 8am-11pm daily and was always staffed by one core physician and therapist. Practitioners who had travelled with their own NSF's also treated out of the Canadian Medical Clinic which enabled us to meet and interact with many other practitioners.



Dr Janice Drover, Canada

I had the privilege of working with the Canadian Weightlifting and Diving teams and assisted the primary therapist with boxing and beach volleyball. I also had the opportunity to work with athletes from many different sports in the clinic environment.

I have so many highlights from this trip but I think the most valuable piece to share is what I feel our role is as Sports Chiropractors on a Core Team in a multi-sport games environment. First and foremost is that we are an equal partner in the therapy staff. As a Sport Chiro in this environment we have to use our whole scope of practice, which is bigger than just adjusting. I was fortunate to have a CMO and CT who trusted my skill set and I was expected to use soft tissue techniques, modalities, stretching and exercise prescription as well as traditional chiropractic techniques. This does not mean that I did not adjust athletes, because that was certainly part of my treatment, especially if an athlete was a previous chiropractic patient or if it was clinically indicated. It means that we have to be open to listening and exploring a variety of treatment modalities for an athlete dependent on their needs, versus our skill set, and to change our technique or bring in another practitioner if their skill set is better suited to the athlete.

I was fortunate enough to work with an amazing team at these Games. We were all able to co-manage athletes with



Canada *continued*

ease to the benefit of everyone involved. I would endear anyone who wants to work in a multi-sport environment to get involved in multi-disciplinary health care team where you get to co-manage athletes with other providers. I had a lot of athletes who were used to receiving chiropractic care at home who were thrilled that there was a chiropractor included on the team. Most of them are used to travelling with a very small team and were not used to having access to chiropractic on the road. This meant that besides my own teams and clinic time my services were well utilised by the NSF therapists if their athletes were asking specifically for chiropractic care.



Canadian Core Health Services Team



*left to right: Tali Darsigny - Silver medalist 58kg class
Me Maude Charron - Gold Medalist 63 kg
Rachel Leblanc- Bazinet - bronze medalist 53kg*

My 3 ½ weeks in Australia gave me just enough of a tease to know that I have to go back again someday! I'd like to send a big thank you out to Dr. Dory Boyer (CMO) Dave Blatz (CT) and Antoine Atallah for assembling an amazing core medical team. I could not have asked for a better experience!

Treating athletes with low back pain?

Have a look at the New Guidelines recently released in Canada

Glenn M Harris, ExCo Member, North America, Canada

Recently the Canadian Chiropractic Guideline Initiative (CCGI) released new guidelines for the management of low back pain.

What is the CCGI?

From the website, <https://www.chiropractic.ca/guidelines-best-practice/about-us/>

Vision

To enhance the health of Canadians by fostering excellence in chiropractic care.

Mission

To develop evidence-based clinical practice guidelines and best practice recommendations, and facilitate their dissemination and implementation within the chiropractic profession.

The article recently published in Journal of Manipulative and Physiological Therapeutics (JMPT) titled "Spinal Manipulative Therapy and Other Conservative Treatments for Low Back Pain: A Guideline From the Canadian Chiropractic Guideline Initiative" was authored by André E. Bussi res, DC, FCCS(C), PhD, et al. (1)

Key Findings:

The recommendations were divided in acute back pain (0 - 3 months), chronic back pain (>3 months) and chronic back related leg pain.

For patients presenting with chronic leg pain related to the back, it is recommended that we offer education, advice, Spinal Manipulative Therapy (SMT) and exercise. For acute back pain, it is recommended that SMT be utilized, as well as staying active and postural advice, self-management strategies, education and reassurance. This can be combined with usual medical care when deemed beneficial. For chronic back pain, it was suggested to educate and offer advice and SMT. Alternatively, multimodal care (usual medical care, exercise myofascial release) combined with SMT could be utilized.

The CCGI has numerous guidelines available open source at <https://www.chiropractic.ca/guidelines-best-practice/>. There are podcast and additional resources available to assist clinical decision making and management decisions. Have a look.

1. Bussi res AE, Stewart G, Al-Zoubi F, Decina P, Descarreaux M, Haskett D, Hincapi  C, Pag  I, Passmore S, Srbely J, Stupar M, Weisberg J, Ornelas J. Spinal Manipulative Therapy and Other Conservative Treatments for Low Back Pain: A Guideline From the Canadian Chiropractic Guideline Initiative. J Manipulative Physiol Ther. 2018 May;41(4):265-293. doi: 10.1016/j.jmpt.2017.12.004. Epub 2018 Mar 30. PubMed PMID: 29606335.



Canada *continued*

U19 Women's 2018 World Floorball Championships Switzerland

Dr Patrick Welsh, Canada

The U19 Women's 2018 World Floorball Championships was held in May in St. Gallen and Herisau, Switzerland, and featured the top 16 qualified teams from around the world.

Floorball has been organized through the International Floorball Federation (IFF) since 1986 and is currently played in almost 80 countries, with 55 members of the IFF. Floorball was recently recognised by the International Olympic Committee and the IFF is currently taking steps to have floorball included in the 2024 or 2028 Summer Olympics.



Dr. Patrick Welsh traveled with Team Canada to the World Championships in Switzerland and as the team's sports chiropractor, he was responsible for managing acute injuries on the sideline, treating ongoing/chronic issues, and making return-to-play decisions. Dr. Welsh worked alongside the team's physician, Dr. Jonathon Koo, who managed medical and anti-doping related issues.

During the games the athletes required a variety of different treatments including manipulation, soft-tissue therapy, taping, and rehabilitation. Many of the players were already familiar with chiropractic care having previously used chiropractic services back home. For several athletes though this was their first sports chiropractic experience with many of the athletes being pleased to learn that a sports chiropractor could provide a wide range of interventions to enable them to operate at their best. They all saw the benefit of having this type of access right on the sidelines where assessments could be made for acute injuries such as ankle sprains, contusions, and minor cuts and abrasions.



Floorball as a sport continues to grow and is often used by hockey players to train in the off-season, or as a non-contact alternative to ice hockey (https://www.omha.net/news_article/show/808746).

Unfortunately, sports chiropractic was under represented at these World Championships as the 15 other teams participating in the tournament travelled with team physiotherapists and/or fitness coaches. During discussions with the other team physiotherapists, it became evident that some practitioners were not aware that chiropractors worked in sport settings as well. These practitioners thought it was a great opportunity to collaborate with other professionals and to highlight our unique skill set. This event was an ideal opportunity to showcase the value of sports chiropractic to floorball.



The next opportunity to represent the skills of sport chiropractors in Floorball will be at the U19 Men's 2019 World Floorball Championships to be held in Halifax, Nova Scotia.

Every athlete deserves access to sport chiropractic!



Canada *continued*

RCCSS(C) is excited to announce the next Toronto Conference



While last year's Hockey conference was a predictably huge success, it only seems fitting with this summer's World Cup that this year's theme will in fact be Soccer!

Keep checking in at www.rccssc.ca or follow us @ Twitter and Instagram links for updates on speakers.

For those that have attended in the past, like FICS President, Pete Garbutt, everyone would attest to the fact that these RCCSS(C) conferences are first rate events with top notch, interdisciplinary and engaging speakers, up to date content and fun and interactive 2 Slides in 2 minute competition.

See you in Toronto in November!





USA

Professional Soccer Chiropractic Society



ACASC member, Dr. Norm Eng, is the founder of The Professional Soccer Chiropractic Society (PSCS), which is an association of the world's most skilled chiropractors whose purpose is to provide chiropractic care to soccer (a.k.a. football) players at the amateur and professional levels. PSCS' strives to integrate and advance the application of the latest in education and research for chiropractic sports medicine in soccer throughout the world. In addition, PSCS aims to unite sports chiropractors across the globe in professional soccer and establish best practice guidelines. These men and women help take an integrative approach with other healthcare professionals to provide best practices so athletes can play at their optimal level. More information on the Professional Soccer Society can be found at: <https://prosoccerchiro.com>

West Sports Council provides care at premier cycling event 16th year in a row!

The Sea Otter Classic, held at the former Laguna Seca Raceway in Monterey, Calif., has grown to become the world's largest bicycling festivals. The West Campus Sports Council has provided chiropractic sports-care services for 16 years in a row.

Sea Otter Classic cyclists compete in a variety of events, including: mountain-bike, cross-country, downhill, dual-slam and short-track racing.

Student-members of the Sports Council chapter at Palmer College's West campus in San Jose, Calif., along with interns from the campus-based Palmer Chiropractic Clinics, teamed up with faculty-clinicians to provide chiropractic sports-care for the 16th year in a row at the 26th annual Sea Otter Classic, April 19-22, at the former Laguna Seca Raceway in Monterey, Calif.

Regarded as the world's largest bicycling festival, the Sea Otter Classic is a four-day event that draws approximately 10,000 fans and features an estimated 50,000 athletes who compete in a variety of cycling events, including: mountain-bike, cross-country, downhill, dual-slam and short-track racing. Road cyclists compete in circuit, criterium, and road racing. Participants range from professional racers to recreational cyclists of all ages and skill levels.

Providing care at the Sea Otter Classic is truly a "team" effort. During the course of the event, Sports Council members often interact with members of the Monterey County Fire Department (above) or First Aid team (below).

More than 80 Sports Council members participated in the delivery of care for at least one of the four days.



"The Sea Otter Classic provides our students with a great opportunity to experience high-volume and high-intensity patient-care situations they don't typically experience in the classroom, or the clinic," said Dr. Moossavi, a West faculty-member since 1993. He has served as a clinician every day of every Sea Otter Classic, since the Sports Council's inaugural event in 2003 – which equates to 66 days!

The Sea Otter Classic features events for riders of all ages — and many visited one of the two Sports Council tents to receive care during the course of the four-day event.

Working in conjunction with EMTs, the Salinas Fire Department, and other health providers, the Sports Council team provided chiropractic care (and minor first-aid) for approximately 400 athletes.



USA *continued*

"I can't count how many athletes we treated who came back with a medal around their neck, and told us our care was instrumental in helping them win that medal!" said Iannick Rémillard, ATC, Sports Council event coordinator.

No Sea Otter Classic is complete without Sports Council clinician Mehdi Moossavi, D.C., leading his traditional stretching exercises! Dr. Moossavi, a West faculty-member and '92 alumnus, has served as a clinician every day of every Sea Otter Classic, since the Sports Council's initial Sea Otter event in 2003 – which equates to 66 days!

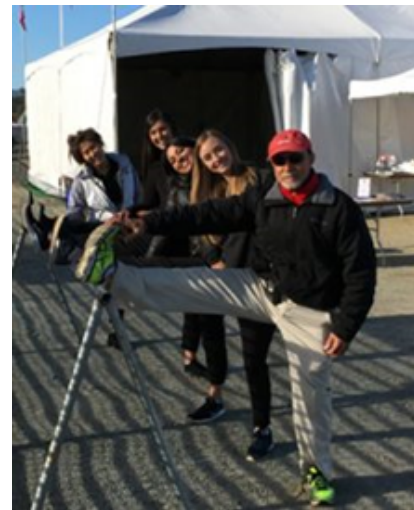
"The Sea Otter is one of our unique Sports Council events, because you see a lot of acute injuries, and because of the multidisciplinary dynamic of the collective group involved with caring for the athletes, and fans, which include EMTs, paramedics, ski patrol, and, sometimes local police or fire departments – which adds up to a great learning experience for anyone interested in sports chiropractic," added Rémillard.

"Palmer's involvement in the Sea Otter Classic event for nearly two decades, and how Palmer's participation helps maximize the Sea Otter experience for the competitors, has truly been amazing," said Jeffery Frost, Sea Otter Classic athlete services director.



"The professional approach of the students and staff, and their tireless efforts, have become a hallmark of the Sea Otter race-experience for participants."

<http://blogs.palmer.edu/news/2018/05/16/west-sports-council-provides-care-at-premier-cycling-event-16th-year-in-a-row/>



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USA *continued*

Palmer West dean to present Global Perspective on Sports Chiropractic at Homecoming



Dr Brian Nook, FICS ExCo

In addition to his position at Palmer, Dr. Nook also serves as “Chef de Mission” of The International Federation of Sports Chiropractic (FICS). He has provided care at multiple international sports-events during his distinguished three-plus-decades chiropractic career, which includes four Olympic Games, three All-African Games, and four World Games (which features sports not included in the Olympics).

The most recent example is the 2017 World Games in Wroclaw, Poland, where Dr. Nook served as director of the Sports Chiropractic Services team. The 39-sport-event featured more than 3,000 athletes from more than 100 countries. The FICS delegation team included 40 chiropractors from 13 nations – each of whom volunteered their services.

Chiropractors selected to provide care at the World Games are required to complete postgraduate work in the field of sports chiropractic. Care for the athletes consisted of assessment for any musculoskeletal conditions and functional deficiencies, followed by therapeutic treatment, including chiropractic adjustments, mobilization, exercise, stretching, soft-tissue work, strapping and functional taping as indicated.

Many doctors have earned accolades for their achievements in the field of sports chiropractic. Only a select few, however, have the distinction of providing care for athletes at events that include the unique sports of fistball, korfbal, netball, and beach handball.

In addition to his position as associate dean at Palmer College’s West campus, Dr. Brian Nook also serves as “Chef de Mission” of The International Federation of Sports Chiropractic (FICS). Dr. Nook, a featured speaker at the upcoming West Homecoming (May 4-6), has provided care at four Olympic Games, three All-African Games, and four World Games.

That’s what places Brian Nook, D.C., DACBSP®, associate dean of academic affairs at Palmer’s West campus, in a league of his own!



“I was honored to be selected by FICS to, once again, lead the FICS delegation involved with the delivery of care to athletes at the World Games in Poland,” said Dr. Nook, who maintained a sports-focused practice in Iowa for 17 years, before serving as an academic dean at Murdoch University as well as the Australian College of Physical Education.

World Games 2017 marked the fourth time that sports-chiropractic care was provided, a service that began 12 years ago — and at each event, FICS has collected data on the



USA *continued*

athletes who receive care.

“We provide information on the number and type of treatments and conditions we see to the International Federations,” said Dr. Nook, who received the “FICS Sports Chiropractor of the Year” award in 1992, and was recognized as “FICS Chiropractor of the Year” in 1993.

“The research we perform at each Games leads to publication in referred medical journals, which is valuable to educating the public, the federations and athletes about the efficacy of chiropractic on the athletes’ performance in competition,” said Dr. Nook, who was assisted by then-students (and now West alumni) Nav Sohi and Adam Postmus at the World Games in Poland.

<http://blogs.palmer.edu/news/2018/04/10/west-dean-to-present-global-perspective-on-sports-chiropractic-at-homecoming/>



ACA Sports Council Awards

This year marked the first time the ACASC COTY award recipient was chosen from a pool of peer-nominated candidates. The award was presented at the Annual ACA Sports Council Symposium last October to Dr. Timothy Stark. He has a long track record of service to education and research as faculty at Northwestern University, to athletes with work at multiple international events including the World Games and the Olympic polyclinic, and to the profession with leadership commitments to multiple organizations in sports chiropractic.



The ACA Sports Council Hall of Fame Award honors the ultimate achievement in sports and fitness, for on-going outstanding service to the profession and the ACA Sports Council, and accomplishment in sports chiropractic. This award was presented to Dr. Ira Shapiro, who has been a staple in our sports chiropractic community, as well as his community in New Jersey. He has served on multiple medical teams for the Olympics, and has worked countless events throughout the course of his career.

He has served as mentor to many docs and has always made himself available to work, teach or volunteer. The award was presented to Dr. Shapiro by HOF members Drs. Tom Hyde and John Danchik, with the help of past president and past COTY recipient Dr. Bill Bonsall. It was an honor for all who attended to be in the presence of these docs, as well as the other HOF members, Drs. Phil Santiago, Robin Hunter and John Nash.



Australia

Interview - Dr Luke Nelson

FICS Commssion Chair to SCA President; A Personal Account



Dr Luke Nelson, Victoria Australia resident, Ex FICS Finance Commission Chair, SCA President and Doctor of Chiropractic

During a casual conversation recently between FICS' Dr. Jay Greenstein and Luke Nelson on the finer points of hair styling, the irrepressible Jay asked Luke about his rise from Sports Chiropractor to SCA President so we could get an insider's view on what makes a volunteer tick.

What does SCA stand for?

SCA stands for Sports Chiropractic Australia and has been around for a number of decades, possibly as early the 80's and it has continued to grow in momentum with each year and with each President that has presided over it. It could now be considered to be the largest national sports chiropractic organization in the world

with approximately 300 members. The increase in numbers has come from a lot of people jumping on board since our symposium and the increased student engagement over the years. A lot of the ground work for this growth can be attributed to my predecessors in James Matthews, John Tann and Pete Garbutt, the current FICS President. These previous Presidents did a great job in terms of building the momentum and drawing people to SCA and the organisation is currently going from strength to strength. This is great as it is always good for a new president to take on the role when things are on the way up as opposed to on the way down and you are trying to pick things up. So I am very honoured to have been instated as the current President for the SCA at our symposium in April.

How did you get from Sports Chiropractor to President?

My journey began straight after graduating from university when I saw a FICS seminar advertising for a sport chiropractic module. I think the lower limb was the first one that I took and I thought "this looks pretty cool". I had always had a strong interest in sports and was always active myself so went along to the FICS seminar and was blown away by the content. My thoughts were "this is just a whole other world that I have been exposed to in terms of the wealth of information", and that just sucked me in. I think I only missed one FICS seminar since that time, and that might when I was on my honeymoon. I had to make excuses for that one miss which isn't too bad a run over 15 years.

My involvement really came from attending those seminars and just putting my hand up to volunteer for as much as I could. I initially started out on the Victorian state board of SCA as in Australia the SCA is split up into state boards and Victoria was my home state. I did that for a few years and then stepped up into a new role, which was the education chair of SCA. This was part of the gradual expansion that SCA had done over the years.

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Australia continued

As part of that role I was organising the national symposiums and doing webinars and anything else required. I held that position for a couple of years and then came the opportunity to put my hand up to step into the president's role. I put two hands up in the air as I was very keen to take that role and here we are today.

What does it mean to you to be involved both personally and professionally?

Before answering the why, people need to understand that when taking on any of these types of volunteer roles you need to consider the personal commitment and the impact on your personal and professional life.

Firstly, it takes a very understanding spouse and I have to thank my wife, Louise, for everything that she's put up with for me to be able to do what I love.

For me personally, one of the reasons why I'm a chiropractor and in sports chiropractic is that I love to help people. In clinic that's helping people achieve what they want to. That carries over into my involvement with organizations, in that it is helping people to achieve what they want to as well. So it is helping in the sports chiropractic realm and it's helping other sports' chiropractors get opportunities that they haven't had in the past. It's being involved with sports and educating and upskilling other sports chiropractors so that they can be the chiropractors they want to be and deliver the best care to their patients and athletes.

I guess it all comes down to ... *my why is helping people, because it gives me a good feeling of purpose and self-worth.*

I am also involved with FICS and in Sports Medicine Australia in the state committee. This is all volunteer work and it takes a lot of time out of my life so being organised is important.

The upside to my volunteer work is the fantastic friends I have made on the journey through FICS and the SCA. It's expanding that network and being able to reach out to my fellow chiropractors to see who can look after my patients that are traveling overseas to another country.

It's also about hearing about other people's experiences in their countries and sharing mine with them that makes it all worthwhile.

What is your involvement with FICS?

I have been the chair of the finance commission for FICS for the last three years. My main responsibility is to insure



the fiscal health of the organisation which involves the monthly checking of income and expenses and setting of budgets. It is then about making sure that FICS is keeping to the budget. It has been a good role and as a business owner myself I had some understanding of finance so that certainly helped in performing the role. About a month ago the commission was lucky to have an external accountant, Charmaine Daniel, appointed to the Commission as a volunteer specialist advisor. She has brought a whole new level of experience to the organisation and something that I think will really will really benefit the commission and also



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Australia *continued*

and also FICS as an organisation.

What do you see as the biggest opportunities for FICS?

I see a number of opportunities and positives for FICS that include:

- Sponsorship as the biggest financial opportunity in that it is an untapped resource and the organisation has been doing some really good work in getting people thinking along these commercial lines.
- A healthy education offering and with the ICSSP program and the great work Tim Stark and his team have done updating and refreshing the content it will only get stronger. This is an offering that I wish I had in my early days. The opportunities for the young docs and students these days are far superior
- to what I had. There's great opportunity and plenty of potential there for growth in FICS.
- The introduction of new people with new skills is a big positive for the organisation. The level of involvement from these people with others in the organisation was more than I have experienced previously. I remember sending a message to the President saying this is fantastic and it has actually inspired me to implement a lot of the changes within the SCA.
- Strategic Planning session where I was fortunate to be an observer and that just blew me away with just how thorough things were done, the background work that was done prior to the session and the facilitation by Hayden from Mindavation. I took a lot away from the sessions and am going to be doing a similar thing within the SCA. My intent on taking the organisation to the next level and maturing it by using his experiences from FICS. FICS is probably more advanced than what the SCA is, but there are certainly things that I will be implementing in SCA that will help the organisation mature.

Do you think there are a lot of synergies between SCA and FICS?

I think we are all going for the same goal. We all want to provide access to chiropractic care and a level playing field for all athletes around the world. That is something that we are a little behind here in Australia, having those same opportunities to provide chiropractic care to athletes in events that you have in the States. But with FICS representing SCA on the world stage it is then up to the Sport Councils to act in their own country. I think

that the saying that represents it best is “think globally, act locally” and that's what SCA really wants to do.

What is your vision, your dream for the SCA and what does it look like?

For the SCA some of the goals we set ourselves were:

- Increasing membership numbers. We are just below 300 now but I think 500 is easily achievable in the next couple of years.
- To see chiropractic involved in league sport. This might not happen in my term, but within the next decade I would love to see chiropractors involved with all the league teams in Australia.
- Chiropractors getting involved with the Olympics and the Commonwealth games. We recently had our Commonwealth games here in Australia, and unfortunately chiropractic was not a part of the services offered.
- To become a regular part of the multi-disciplinary sports medicine team. One of my goals as president of the SCA is forming stronger allegiances and alliances with a number of the other big sporting medicine organizations in Australia; the sports docs, the sports physios, sports podiatrists, the sports nutritionist, and just showing that we can play as part of the team.



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Australia continued

I think one of the issues with chiropractors in general, is that we have probably played by ourselves and stuck in our own little circle for too long. This lack of openness and being unwelcoming to others has meant chiropractors have been excluded from opportunities and we can only blame ourselves. That is something that I know is going to take time to resolve and yet in Australia more doors are being opened than closed at the moment. Not being included in the Commonwealth games wasn't great as we have plenty of capable sports chiropractors in this country and we could have easily taken on the roles there. It is just a matter of forging those relationships.

On a good note though, there are a few things that are in the pipeline that look really promising.

What advice would you give to a chiropractor that's not currently involved in either SCA or FICS about why they should be involved?

I have given a few talks to universities and different student bodies and some people would come up to me and say they didn't want to be a sports chiropractor. I say to them that is fine as you don't have to be a sports chiropractor to be involved in SCA. The organisation is all about providing evidence-based care to your patients and so that's very much what we stand for in terms of the seminars and our webinars. It's not just about treating athletes; it's about treating your week-end warrior or even just your everyday person. Your general population patient sprains their ankle so how are you going to manage that? It's not just for those who want to work in sports, but for those that do, I certainly urge you to become part of SCA. It's really important that chiropractors form a very strong group and all head in the same direction. One of the issues faced in Australia in the past is that we have had a lot of individuals doing some great work within sporting organizations, but then once they leave that's it. There has been no succession planning and no organisational involvement which has led to some missed opportunities.

The organisations are both very much about forming really strong bonds with our members and using that to take the whole profession forward. They are about providing opportunities for students and generations of sports chiropractors to come. So whether you want to be a sports chiropractor, or whether you just want to do general chiropractic, you are all welcome.

To see the whole video interview with Luke Nelson please follow the link:

<https://www.youtube.com/watch?v=iKw0QDSdclI>

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