



SPORTACCORD  
GOLD CLASS 2019  
WHERE SPORT MEETS  
CROCKER  
DAVID

SPORTACCORD  
GOLD CLASS 2019  
WHERE SPORT MEETS  
DAVID CROCKER  
CHIROPRATE

FICS E-NEWS  
JUNE EDITION 2019  
FICS-SPORT.ORG



WITH ALL THE  
NEWS FROM  
SPORTACCORD 2019

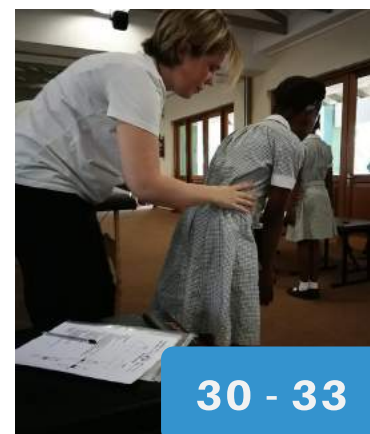
# THIS EDITION IS SPONSORED BY



JUNE 2019

## HIGHLIGHTS

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Head Office: MSI Maison du Sport International Avenue de Rhodanie 54, CH-1007 Lausanne (Suisse)

JUNE 2019

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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### **Gold Sponsors:**

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### **Silver Sponsors:**

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# PRESIDENT'S MESSAGE

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

At the last FICS News, we had just come out of Berlin, and what an incredible week that was. Since then, things have not slowed down. We have more event opportunities than ever before, including the CSIT workers games in Spain in the coming weeks and many new relationships with sporting federations. In addition to this, the new FICS sports qualification which was launched in Berlin has seen a fabulous response from members, with a large number already completing the new head injuries module to update their ICCSP to an ICSC.



Shortly after Berlin the annual SportAccord meeting was held. This year it was a home game for me, being in Australia. Make sure you read the report by Simon Lawson later in the newsletter. This was a phenomenal event for chiropractic with the efforts of previous year's work being reflected in the positive interactions that we had. Chiropractic really is a respected part of the sporting community at the highest level. It was very fitting that I had the opportunity to catch up with one of the FICS founders, Dr. Noel Patterson the following week on the other side of Australia at the ICSC hands on course in conjunction with the Sports Chiropractic Australia symposium and annual meeting.

Leadership is a popular topic of lectures and educational programs all around the world. In fact I have the distinct honor to speak on this topic at the upcoming WCCS conference. Connecting with Noel however gave me pause to consider the various stages that leadership might be required. Noel needed to be a pioneer, both in Australia and internationally with sports chiropractic, and without that type of leadership, there is no path for others to follow. Some leaders need to create structure and a platform for an organisation to build, whilst others are builders, who drive enthusiasm and growth in an organisation. It is important for leaders to understand what their role is within an organisation and those within an organisation to take a look at the phase that the organisation is in. Through understanding that phase, we can all buy in to the vision that each of those leaders has had.

“ Chiropractic really is a respected part of the sporting community at the highest level.



It is always a grounding thought for me to consider what the founding leaders of FICS not only did, but what their dreams and vision were for the organisation. It is this vision that drives the organisation forward, not the skills of any one person, but the belief in a cause that is greater than the individual.

Much of what you will be seeing at the moment in FICS is change. This is the phase that we are in, which respects where we have been and uses that as a foundation to move forward.

I thank all those that have built FICS to where it is today, and created a place for chiropractic to serve athletes.

We are nothing more than custodians of the positions that we hold and our mandate is to respect the past and build the future. Thank you also to each sports chiropractor currently engaged in building the future of our profession through sport.

*Pete Garbutt*



# SECRETARY GENERAL MESSAGE

Graeme Harrison-Brown - SecGen@ficsport.org

We find ourselves half way through the year once again and yet there is still a lot of work to be done within FICS to achieve our growth aspirations and increase our value proposition to members and stakeholders. The first step in this process was to redefine our strategic position which was accomplished in 2018 and reconfirmed in Berlin in March this year. The second step was to design and implement the infrastructure and service contracts required to support the strategy. The third step was to identify the processes and procedures that were limiting the organisations ability to function efficiently and that were impacting on our ability to deliver value to our members and stakeholders.



I am happy to say that we are well into the delivery of these two steps as part of the FICS 2019 rebuild project. This has enabled us to understand our problems and to work on developing solutions to improve our business model and interaction with our volunteer and membership base. The next six months will be a challenging time for the FICS Executive and Commission members as we implement changes to improve the way business is carried out. I would ask that you all be patient over the next six months as our dedicated volunteers adjust to the new ways of operating and reporting.

## Admin Services

Our new Admin Services contractor Corranga under the leadership of Trish Donoghue has exceeded our expectations with the implementation of standards and the application of quality and rigor to our finance and administrative business activities. In conjunction with the Executive and Finance Commission they have successfully established international bank accounts with UBS in Lausanne which will provide a longer term and more cost-effective solution for FICS.

Trish has been lifting the image of FICS through our newsletters, social media and personal interaction with stakeholders. The level of positive feedback from across the globe, the numbers of interactions through Facebook as a result of the Sport Accord coverage and the % increase in Instagram followers are unprecedented in FICS' history.

## eLearning System

The revised eLS went live with a few teething issues that are always expected in a project of this size. These will be resolved as more users interact with the system and feedback is provided.

On a positive note the number of people registering to convert from ICCSP to ICSC is increasing steadily and the number of new registrants for the ICSC is on the rise.

The new modular style of the registration process also allows FICS to look at different commercial options to capture non-sports chiropractic interest in specific modules.

Our challenge will be how we market this to the non FICS community. This will generate new revenue streams for FICS that will ultimately enable us to start supplementing our volunteer costs at games and events.

INTERNATIONAL CERTIFICATE IN SPORTS CHIROPRACTIC

**HEAD INJURY MODULE**  
Discount for ICCSP/ICSD  
Expires 30th September 2019

Head injuries in sport are far too common  
and far too important to not know the  
most current information.  
**STAY CURRENT**

## SECRETARY GENERAL MESSAGE

### Website

FICS is fortunate to have iMap Professionals as one of our sponsors and preferred IT provider as we have engaged them to rebuild the FICS web site to provide a more professional front to the organisation. Their technical skills combined with their digital marketing expertise will ensure that FICS moves into the digital age where it can continually provide accurate and up to date information to its members. The new site is planned for release by July this year.

### Contacts Database

FICS has finally created a single repository of information on all its members, affiliated organisations, sponsors and interested parties. This repository will be migrated to a relational database in the future that will provide greater benefits to FICS and its members. Each member will have a FICS membership number that will be used as their unique identifier when interacting with FICS.

So as you can see we have covered a lot of ground and have a number exciting activities still to complete this year that will only serve to make your organisation more efficient and move it closer to its strategic objectives.

*Graeme Harrison-Brown*

### Simon Lawson - International Sporting Federation Commission Chair

Sport Accord 2019 held in the Gold Coast, Australia from 05 - 10 May 2019 will once again go down as a successful engagement for FICS. Each year presents FICS with more opportunities to grow our network, expand our presence and further embrace the Olympic ideals.

Each year we extend ourselves into completely uncharted waters and continue to be surprised by the support and encouragement that we receive from the IF's that we have good relationships with; the new IF's; and the major organisations that drive world sport.

Our team this year did a fantastic job once again and certainly achieved all we set out to achieve and more....

### The 2019 Team

Dr Pete Garbutt (President)  
Mr Graeme Harrison-Brown (Sec-General)  
Dr Brian Nook (GAISF/IWGA Liaison/Board Member)  
Dr Simon Lawson (ISFC Chair)

Dr Luke Nelson (SCA President and Local representative)  
Dr Phoebe Henry (CSR lead and Local Representative)

Mrs Megan Jerrard (Media and Marketing Strategist - Corranga Pty Ltd)



Graeme Harrison-Brown, Pete Garbutt, Simon Lawson, Brian Nook



Luke Nelson and Phoebe Henry



Megan Jerrard doing the heavy lifting with the social media awareness during the event.



### Simon Lawson - International Sporting Federation Commission Chair

Sport Accord 2019 presented a number of unique and novel opportunities for FICS:

1. Social media and marketing exposure through the dedicated services of Megan Jerrard from Corranga who did an exceptional job of promoting FICS and creating a very obvious presence for FICS at SA'19. I'm sure a lot of you were aware of the Face Book and Instagram presence that Megan generated.

2. Corporate Social Responsibility projects. We strategically engaged Dr Phoebe Henry as part of our team to head up the CSR projects, to test the water and see what was possible and/or available for FICS to get involved in. We were received incredibly well with more options than we could have imagined. It is up to us now to decide which direction we would like to drive these CSR projects. There is certainly no shortage of options or opportunities. If you are at all interested in getting involved in any CSR or humanitarian projects, please contact Dr Henry or myself. I know Phoebe would love a helping hand or two.more.....

3. The second part of the CSR project was the opportunity that was afforded to us to get involved with the AIMS Sports Festival which runs during Sport Accord. This was an initiative created by Mr Stephan Fox (Vice President of GAISF) at Sport Accord 2018 (Bangkok). The purpose of the festival is to celebrate youth in sport from all cultures and back grounds as the youth are our future and

so is exercise and sport! FICS grabbed the opportunity to be involved this year. Although the festival is in its infancy, this is an amazing project for FICS to be involved in.

We would like to extend a very big thank you to Luke Nelson and his team from the SCA who provided FICS Sports Chiropractors to cover the two day event. Congratulations on a job well done.

### Looking Forward to SportAccord 2020

we have already booked our booth and signed our contract for attendance. Our goals for 2020 will include:

1. Participation in the AIMS Sports Festival.
2. Visible involvement in at least one of the CSR projects.
3. Providing a speaker to present at the Health Accord summit



CONGRATULATION CHENGDU!!  
#WeAreTheWorldGames. Birmingham  
Alabama #TWG2021

# SPORTACCORD GOLD COAST 2019



## SPORTACCORD 2019

### Simon Lawson - International Sporting Federation Commission Chair

SA 2019 proved to be a great success for the FICS team as we managed to:

- sign up a further 8 new International Sports Federations;
- managed to receive invitations to provide 10 FICS Sports Chiropractors to sit on various IF Medical Commissions (we are currently finalising the application process for those of you who may be interested in being selected as a FICS representative on one of these Medical Commissions. If you are, please drop me a line, I'd be happy to give you some more information on this exciting development);
- we had further meetings with the World Games in preparation for Birmingham 2021. For the first time, the World Games will be holding test events in the build up to the games – keep your eyes peeled for postings of these events, they should be great events to be involved with;
- we had advanced discussions over the inclusion of FICS Sports Chiropractors at the Youth Winter Olympics 2020, World Winter Masters Games 2020, CSIT Games 2021 and the biggest event for FICS this year, the newly launched GAISF World Urban Games to be held in Budapest in September 2019. We are still waiting for confirmation of the details but we will have a FICS team at these games – this will be a major step forward for FICS.

I would like to extend a special word of thanks to our team in the Gold Coast especially to our President, Pete Garbutt, Secretary General, Graeme Harrison-Brown and Brian Nook. Your support and energy over the week was remarkable.

Well done and thank you to Luke and Phoebe and last but certainly not least a massive thank you to Corranga who went above and beyond the call of duty to make us all look good and pull off a successful SA'19 – to Trish for all her work behind the scenes and to Megan for her outstanding contribution towards our social media and marketing.

A truly impressive team performance!  
Thank you!

Sport Accord 2020 will be held in Beijing. We have already started working on the detail and organisation for next year. We would like to see FICS presenting material at the HealthAccord summit at the Convention – this will be our big challenge for 2020 and our annual leap into uncharted waters – we're looking forward to the ride.....

**Respectfully submitted**  
**Dr Simon Lawson**  
**Chair ISFC**





## NIMBLE TOES JOG 2.0

The nimbleToes Jog 2.0 has been developed by Sebastian Bär – shoe maker and advocate – together with Lee Saxby – global no. 1 natural running coach – with one goal in mind; to support and enhance the function of the human foot during running and is based on two key features:

The nimbleToes Jog 2.0 has been developed by Sebastian Bär – shoe maker and advocate – together with Lee Saxby – global no. 1 natural running coach – with one goal in mind; to support and enhance the function of the human foot during running and is based on two key features:

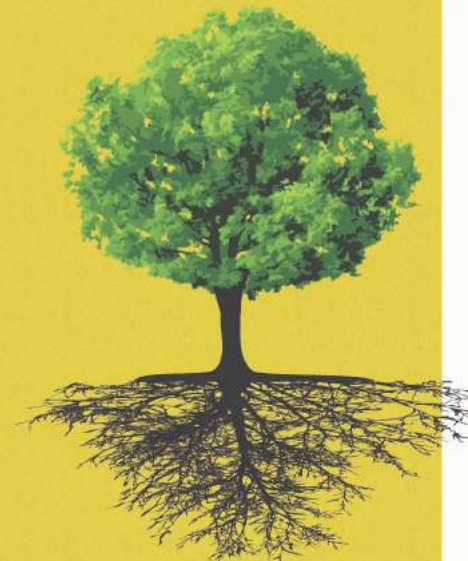
**1 Uncompromising toe freedom.** The asymmetrical design of this shoe with the widest area being across the toes has been created to mimic the biological design of the human foot which in combination with a toe box that is flat, wide and has no toe spring significantly enhances the natural function of the toes and their ability to anchor and stabilise the foot. We call this 'uncompromising toe freedom' and it is currently a unique feature in the running shoe industry.

**2. The 'Goldilocks principle' of sensory feedback.** Sensory feedback from the foot during running is important but too much input can be just as problematic as too little input, causing changes in natural technique that can lead to injury. With the 'goldilocks principle' at the forefront of our minds we have engineered the mid-sole of the nimbleToes Jog 2.0 to provide an amount of sensory feedback that is 'just right' for runners; allowing an appropriate amount of sensory feedback to the foot but at the same time significantly reducing the risk of any potential painful input.

The combination of these two key design features makes nimbleToes Jog 2.0, the world's first functional running shoe.



A tree is only as strong as its roots



[www.joe-nimble.com](http://www.joe-nimble.com)

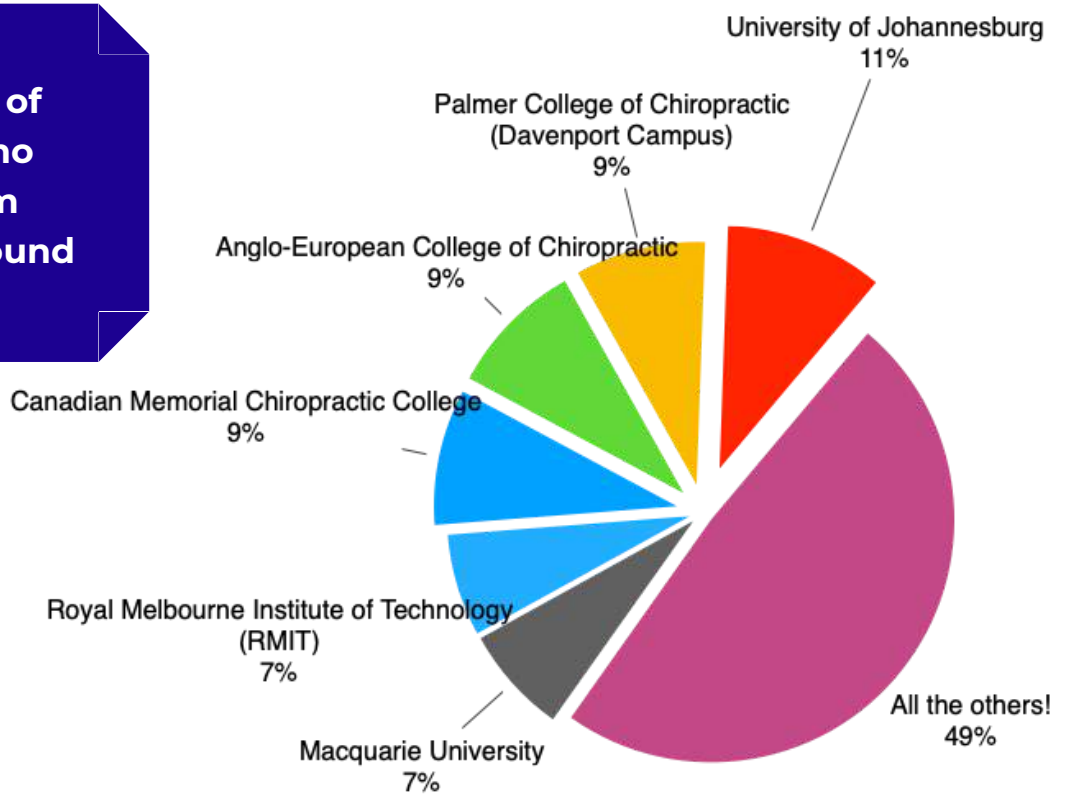
# FICS Membership

BY NATHAN AKMENS,  
CHAIR MEMBERSHIP COMMISSION

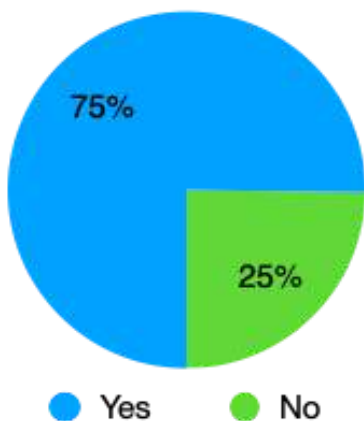
The FICS Membership Commission would like to thank all members who took the time to complete our membership survey! Your responses have helped provide invaluable feedback for our commission and the entire FICS organisation. Feedback that has already begun to help shape the future of FICS and the direction of international sports chiropractic.

We were delighted with the responses which totalled 269. Below is an insight into the responses we received:

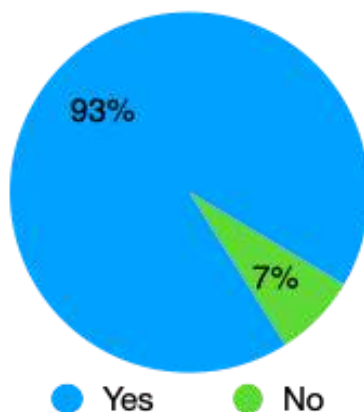
**Mixed grouping of respondents who graduated from institutions all around the world**



Multidisciplinary team?



Treatment in a sport/ event setting?

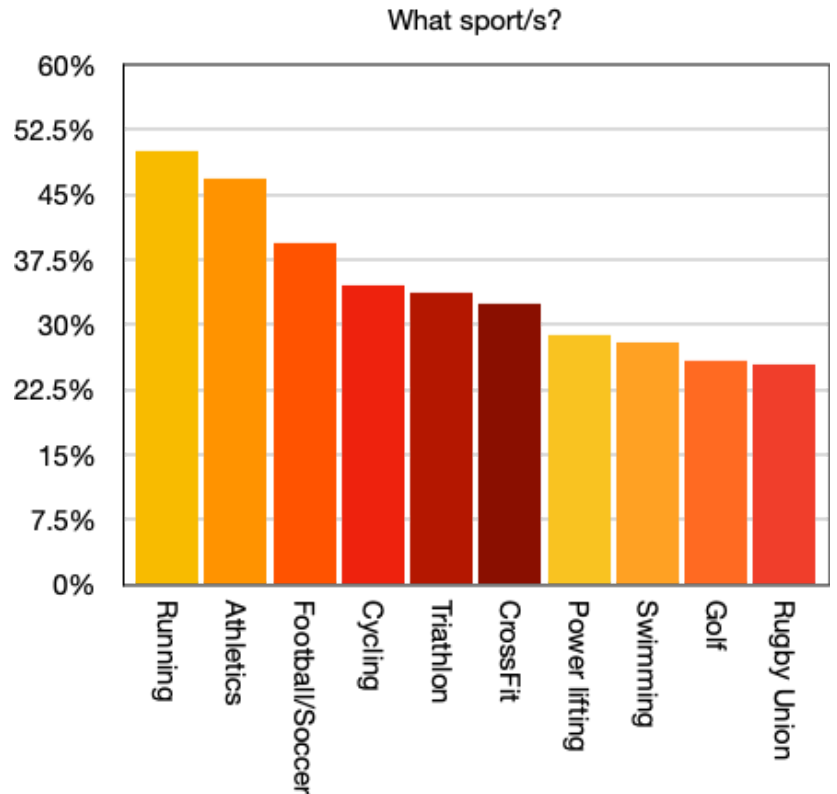


**Fantastic to see our membership participating field-side within sports with 93% of respondents having provided chiropractic treatment at an event, with a further 75% of these happening within a multidisciplinary setting.**

# FICS Membership continues.....

The top 10 sports/events being treated by our respondents include:

1. Running
2. Athletics
3. Football/soccer
4. Cycling
5. Triathlon
6. CrossFit
7. Powerlifting
8. Swimming
9. Golf
10. Rugby Union



Overwhelmingly the response on the ICCSP upper and lower extremity modules were positive, with respondents indicating they offer value for clinical skillset and preparedness for games/sporting event participation.

## FICS SPORT EVENTS

42% of the respondents who have completed their ICCSP have represented FICS at an event, top 5 most common events include:

1. World Games
2. IPF powerlifting
3. World Sport Games
4. Tug of war
5. Summer Olympics

## Reports from those attending FICS events:

Reports were overwhelmingly positive experience, comments included:

- 'Exceptional opportunity for professional bonding and a learning experience through inter-professional actions with athletes and coaching staff.'
- 'Incredible experience and learning experience being around top DC's in the sports arena that can translate into applied clinical knowledge the first day you get back to work.'
- 'Was an amazing experience with lots of collaboration between the chiropractic team and the other medical staff from the representative nations.'
- 'So many great sports learned about, great chiropractors from around the world, still in contact and learning from.'
- 'One of my professional career highlights.'

# FICS Membership continues.....

## CLINICAL SKILLS

Respondents felt the most clinically competent in:

- Chiropractic adjusting techniques
- Soft tissue techniques
- Upper and lower extremity conditions and management
- Examination
- Sports injury management
- Diagnosis

...and that benefit could be gained from additional training/valuable additional topics in future FICS seminars and educational content:

- Concussion
- Rehabilitation protocols
- Sports team leadership and how to work effectively within a collaborative team environment
- Imaging techniques

Fortunately with the newly relaunched e-Learning System and ICSC, all sports chiropractors can now benefit from up-skilling at any time [www.ficsport.org](http://www.ficsport.org).

## Feedback

For all those who left recommendations on ways to improve your experience with FICS thank you. We have listened and in many cases these ideas and suggestions are already being implemented, such as improved communication, social media use and the soon to be relaunched website.

All relevant feedback is due to reach the specific commissions within FICS and you can rest assured that FICS is working even harder to improve the skillset, awareness and range of opportunities for every sports chiropractor out there.

Once again thank you for the input and helpful suggestions, it is much appreciated!

Membership Commission

Submitted respectfully

Nat Akmens

Membership Commission Chair.

# FICS signs MoU with Canadian's Olympic Committee's Game

BY JAY GREENSTEIN

CORPORATE AND SOCIAL RESPONSIBILITY COMMISSION CHAIR

The World Olympian Scholarship Program (WOSP), a division of the Corporate Social Responsibility Commission, has signed an agreement with the Canadian's Olympic Committee's Game Plan program.

Game Plan, powered by Deloitte, is Canada's total athlete wellness program that strives to support national team athletes to live better and more holistic lives. Through the development of their skills and network, athletes are able to focus on health, education, and career opportunities both during their high-performance career and beyond. The program helps to develop mentally stronger athletes who apply what they have learned as leaders in sport for the betterment of themselves and their communities.

Game Plan is a collaboration between the Canadian Olympic Committee (COC), Canadian Paralympic Committee (CPC), Sport Canada and Canadian Olympic and Paralympic Sport Institute Network (COPSIN) to provide the best resources this country has to offer to our national team athletes - a team that has given so much and inspired so many.

One of those important resources is now the FICS World Olympian Scholarship Program, where Olympic athletes can apply to participating chiropractic schools for a full academic scholarship.

The WOSP commission is elated with this collaboration and we know it will provide incredibly positive impact to the Olympian, the participating chiropractic educational institutions, and the chiropractic profession at large.



A huge shout out there to Dr Brian Seaman for his contribution in making this happen.

[mygameplan.ca/](http://mygameplan.ca/)





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## Allistar Twigg

General Counsel—Sports and Commercial  
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M: +61 415 291 691  
[www.shglawyers.com.au](http://www.shglawyers.com.au)

# CSIT World Games

BY TIM RAY

FICS GAMES COMMISSION CHAIR



FICS members are ready and excited to participate in the sixth edition of the CSIT World Sport Games taking place from 2nd to 7th July 2019 in Tortosa, (Spain, Catalonia). The team consists of members from 7 countries.

We are proud to announce the FICS members selected to FICS at the 2019 World Sport Games:

Drs. Kimball Arritt, Marius Baniak, Leron Collins, Sara Cuperus, Anthony DeLuca, Rene Fejer, Joshua French, Lisa Goodman, Thomas Jeppesen, Lotte Langhoff, Mindy Mar, Adam Millsop, Scott Mooring, Freya Moran, Robert Nelson, Tim Ray, Robert Scott, Michael Simone, Jason Stuts, Jonathan Wilhelm, and Carly Mae Zuehlke. We will also be joined by local physiotherapists and local chiropractic doctors from the Barcelona Chiropractic college.

The 2019 CSIT World Sport Games is an international event which takes place every two years. These games while sanctioned by the International Olympic Committee, are created for amateur athletes of all ages and cultures. The goal and purpose of these games dates to the 1920's-30's International Workers' Olympiad and is based on the concept of celebrating an environment of culture, respect, tolerance and sustainability in creating friends through sport all over the world.

# CSIT World Games continues....



Tortosa is a centuries old city which lies on the banks of the Ebro river. It is known as the city of three cultures (Jewish, Arab and Christian) since the days of the Renaissance in the 16th century. Tortosa is one of the few places where the three great monotheistic cultures and religions coexisted in the Middle Ages: Christian, Muslim (Saracen) and Hebrew (Jewish). In 1148, once Ramon Berenguer IV had captured the city from the Muslims who had dominated it since the 8th century, the Saracen community could stay, like the Jews who had settled in Tortosa during the Roman period. The three communities coexisted relatively peacefully in Tortosa for centuries.

Tortosa is straddled by two natural parks, the Elbro Delta and Els Ports Natural Park in the heart of a declared Biosphere Reserve by UNESCO. Because of this the city is known for its numerous hiking, biking trails and sunset river cruises.

The games will host 18 official sports and 13 international sport federation championships. These will take place throughout Tortosa and the surrounding cities of Amposta, Deltebre, Gandesa, LaRapita and Mora d'Ebre.

# CSIT World Games continues....



FICS would like to acknowledge Performance Health and Dr. Dana MacKison for their generous sponsorship of medical supplies for these games.

Dr. Mackison and Performance Health have worked closely with FICS for months leading to the opening of the games to ensure all medical needs of the FICS team has been taken care of.



# CSIT World Games continues....



FICS would also like to recognize Ryan Kendrick and Keith Cronin of Dynamic Tape for their help and assistance to the World Sport Games by supplying our team with much needed Dynamic Tape.

The support of sponsors allows FICS to fulfill its mission and allows our members to provide the very best of service to the athletes of the 2019 World Sport Games.

We sincerely appreciate you all for your efforts!

Tim Ray  
FICS Games Commission Chair

An advertisement for Dynamic Tape is positioned in the bottom right. It features a woman with extensive tattoos on her left arm and shoulder, wearing a black sports bra and shorts. To her left are four rolls of Dynamic Tape in various colors. Above the rolls is the Dynamic Tape logo, which is circular and contains the text "CORRECT \* PROTECT", "DYNAMIC TapE", "The Biomechanical Tape", and "\* PERFORM \*". Below the rolls, the text reads: "New Look, Same Amazing Benefits. Take your clinical game to the next level with Dynamic Tape!" and the website "dynamictape.com".

CORRECT \* PROTECT  
DYNAMIC TapE  
The Biomechanical Tape  
\* PERFORM \*

New Look, Same Amazing Benefits.  
Take your clinical game to the next level with Dynamic Tape!  
dynamictape.com

# International Sport Chiro Certificate

BY BETH ANTOINE, FICS FELLOW

The ICSC revamp and update has been completed and the last two modules; Special Sports Populations and Sports Physiology are in the final stage of testing. These will be available for enrollment by 30 June.

Since launching the new program in March 2019, we have been delighted with the enrollments and the feedback to date. A huge thank you for the candidates providing feedback about their experience. It is with your feedback that we will continue to improve the quality of the learning environment.

The current price for the eLS is \$2,000 USD for FICS Members and \$3,500 USD for Non Members (inclusive of all 10 modules).

**This tuition price for FICS members will increase to \$2,500 USD on 1st October 2019 so encourage your members to jump in and register early.**

The price increase is representative of the newly designed program and lends itself to the improved quality and current information in the ICSC program. FICS has made efforts to keep our costs at an affordable rate while limiting annual increases. It is not uncommon to see tuition costs increase at rates of 2%-10% per year  
<https://tinyurl.com/yywg9ve2>

FICS has not increased the price of the e-learning courses since 2010 and this 25% increase falls in that lower range (2.5% per year). FICS wants to provide the highest quality and most current sports chiropractic information to our members and train high quality doctors.

## Fellowship

As the second year of the partnership between Northwestern Health Sciences University and FICS comes to a close, and with the completion of the new eLS, the focus of the FICS Education Commission and the Education Commission Fellow has shifted to continuing standardizing our two hands-on programs.

The hands-on programs will cover chiropractic manipulative therapy of the extremities, soft-tissue techniques and motion palpation. This standardization will help to ensure students are competent in these techniques and prepared to work as part of the medical team at an international event.



# ICSC Seminars

BY BETH ANTOINE, FICS FELLOW

We have two seminars locked in and confirmed for the coming months, Chile and UK. We are currently working on at least 2 to 3 other seminars this year and hope to be in a position to announce these before the end of July.

## In 2020 we have:

- France Upper Extremity 17-19 January 2020;
- Norway 24-26 January Lower Extremity
- Mexico will host the Upper and Lower Extremity Seminar 12-15 March 2020; and
- Australia 22nd - 24th May 2020 Upper Extremity, Melbourne.

If your NCSC would like to host a hands-on seminar, please reach out to the FICS Education Commission Fellow,



Beth Antoine at [bantoine@nwhealth.edu](mailto:bantoine@nwhealth.edu)

As the program continues to develop, we hope to be able to offer more opportunities for hands-on learning.

We look forward to another exciting year of development with the ICSC program and hope to see everyone at some of the hands-on seminar in the near future.



**2019  
15-18 August**

**CHILE**

**Upper & Lower  
Extremity**

**2019  
25 October**

**UK - Oxford**

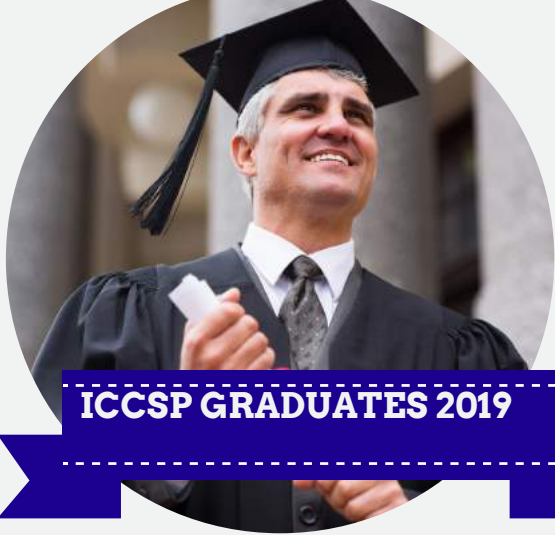
**Lower Extremity**

## **Perth Australia - 17-19 May 2019 Lower Extremity Module wrap up and thank you**

It was amazing to have the legendary FICS ex-president from 1990-1994, and hands on India Champion - Noel Patterson.

#sportschiropractic  
#SCASymp19#health  
#sportsmedicine

Thank you to Australian Chiropractors Association and Sports Chiropractic Association for a fantastic event.



**ICCSP GRADUATES 2019**

- Alex Mutu - Australia
- Alexander Tropea - Australia
- Dana Moore - Australia
- Nicholas Shannon - Australia
- Scott Aidan Leabeater - Australia
- Teghan Butler - Australia
- Travis Smith - Australia
- Alan Ceballos Echeagaray - México
- Bernardo R. Sañudo Díez - México
- Emanuel Ortiz Cárdenas - México
- Fernando de Jesús Martínez Tenorio - México
- Guillermo Huerta Rodriguez - México
- Gustavo Pineda Santacruz - México
- Jorge Santos Barro Medrano - México
- José Leopoldo Coca - México
- María Mercedes D'Acosta Montaña - México
- María Mercedes Montaña Benet - México
- Noé Marcopolo Velázquez Salguero - México
- Kylie Vincent - New Zealand
- Vianey Ana Raizha Salto Elizalde - Peru
- Chanelle Raine Scott-Crossley - South Africa
- Daniel Blumberg - South Africa
- Frederik Rademeyer - South Africa
- Gareth Hardie - South Africa
- Helen Coetzer - South Africa
- Hitesh Manga - South Africa
- James Lowe - South Africa
- Marius Ané de Wet - South Africa
- Matthew Greg Levine - South Africa
- Raydon Whitlock - South Africa
- Ryan Justin Kirtley - South Africa
- Justin Petzer - South Africa
- Alberto Fernández Villarejo - Spain
- Sara Pancorbo Martínez - Spain
- Dennis Springer - The Netherlands
- Scott Douglas Vanina - USA
- Courtney B Wells - USA
- Jordan Jace Knowlton-Key - USA
- Joy Maria Henry - USA



**ICSC GRADUATES 2019**

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- Cameron Benjamin Champion - Australia
- Li Jen Wong - Australia
- Mark Trbojevich - Australia
- Tara Maree - Australia
- Mark Poray - Canada
- Thomas S. Halyk - Netherland
- Paton Glen James - South Africa
- Steven Smilkstein - South Africa
- Jaidan Mays - South Africa
- Bernadette Coston - South Africa
- Diego Busto Rosillo - Spain
- Guillermo Busto Rosillo - Spain
- Melanie Lopes - United States
- Sara Cuperus - United States
- Tyler Jack - United States
- Alexander R Sundin - United States
- Emily Jane Wills - United States
- Elizabeth Moos - USA
- Gregory Amber - USA
- Landon Christy - USA
- Scott Douglas Vanina - USA
- Shea Stark - USA
- Scott Rosner - USA

**Have you registered for the ICSC online learning yet? I don't have you on my list.**

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# New Zealand

BY PETE GARBUTT REGIONAL REPRESENTATIVE

New Zealand Sports Chiropractic recently joined with the NZCA for their annual meeting. During this, NZSC president Dr. Robert Moore sat on a panel with Dr Andrea Dawson, Dr Margie Blacklow, Dr Karyn Brents and Dr Hamish Vodane. Discussion revolved around insights into the challenges and positives of a multidisciplinary practice and their experiences so far. Dr Laura Crowley of the NZCA said that the key takeaway for her was that open communication was essential for working in a team of practitioners but that it can be done very well. A recent episode on the 'icare chiropractic podcast' had interviewer Professor Dave Newell comment that one of the benefits that sports chiropractic can bring back to the rest of the profession is lessons from interprofessional integration. This is a great example of that in action.

The start of the year also so NZSC members provide support to athletes at Metcon Madness 2019 in Remuera, Auckland on Feb 16th.

A team of Chiropractors provided care to 80 athletes over the day. Very well received by competitors and event management, arrangements are already underway to have NZSC on board again next year.



# Announcement for the UAE

BY PAUL CHENING, DC



As President of the National Chiropractic Sports Council UAE, I would like to introduce to you my Vice-President, Dr Giovanni Bisanti DC (Dr of Chiropractic). Graduated in 1987 from Life Chiropractic College West, Dr Bisanti studied sports training and treated many professional athletes from the NFL & NBA whilst in the USA. In Italy, he was Chiropractor for the Olympic Men's Rowing Team and treated many players from Serie A soccer & Moto GP. He served as treasurer for Italy's representation of the Federation of Internationale de Chiropratique du Sport (FICS) and specialising as a functional neurologist (Carrick institute), dealing with paediatric cases.

The NCSC UAE aims to provide top-class chiropractic care for elite sports teams and individuals, at the local level as well as at the International Federation levels (World Games & Olympics). In many countries outside of the region, there are many chiropractic sports councils supporting their athletes. We now have this in the UAE!



# Swedish NCSC

BY DR ANNA LINNEA CARLSSON

In April this year, the first beach volley world tour was organised in Gothenburg, Sweden. We had a multidisciplinary team of medical doctors, physiotherapists and chiropractors to support the players during the weekend.



Some players got chiropractic care because of specific muscular-skeletal complaints while others were more interested in what chiropractic could do for their performance. A player from the Czech Republic felt relieved after the adjustment. After the tour he got on an airplane and a bus for 12 hours, ending up winning 2 games at the Ostrava World tour in Prague the day after!



An experienced Swedish beach volleyball player was really motivated to continue chiropractic care after the help he received at the games. He was amazed by the fact it didn't only relieve the pain but also improved strength through increasing the function of the nervous system. He said that he will "routinely check his spine in the future".



The European championship in beach volleyball for the top U20- players will be hosted in Gothenburg for the first time this year in June. A team of Chiropractors have submitted their interest of supplying the athletes care.

Respectfully submitted,  
Dr Anna Linnea Carlsson  
member of the Swedish NCSC (IKS).



# South Africa Endurance Academy – Endurocad

BY DR MOIRA ROBERTSON

SA Endurance Academy - Endurocad, was founded in 2013 by well-known South African Olympic Medalist, Elana Meyer. It was her vision and passion to start an endurance academy to identify South Africa's best endurance athletes and provide an academy of excellence that not only concentrated on developing their athletic skills into elite, global endurance athletes but also education and future careers for the athletes.

Endurocad has partnered with like-minded companies and associations to help support the athletes. Coaching, accommodation, education, success workshops, training facilities and medical services are just a few aspects to consider when running a professional academy.

Having an opportunity to attend one of Elana's presentations and meeting her personally, she openly stated during her athletic career how important it was for her to receive chiropractic care.

# South Africa Endurance Academy – Endurocad continues....

This sparked the opportunity for ChiroSport South Africa to get involved with Endurocad. All ChiroSport members around the country offered their services to Endurocad athletes in their area, with 2 main locations being the Western Cape and Johannesburg who treat the athletes every 2 weeks.

The response from the athletes and feedback have been very positive and the athletes have found that with the treatment provided they were able to continue to train successfully hence allowing them to have more successful outcomes and competition results.

We strive to continue to improve our care for the athletes and hope to see a few of these amazing athletes on the podium at the Olympics one day soon!



**CHIROPRACTIC  
CARE FOR  
INJURY  
PREVENTION**

# The FICS Foundation

## SUPPORTING CLINIC PROJECT IN SOUTH AFRICA

In 2018 the FICS Foundation Board of Directors voted to give a donation of \$1,000.00 to the Chiropractic Association of South Africa (CASA) and ChiroSport South Africa towards a strategic plan for an incredibly ambitious and exciting project. According to CASA, the FICS donation covered a significant portion of developing their business plan.

This project was initially conceived by Dr. Kendra DaSilva, the current president of CASA and Dr. Simon Lawson, the immediate past president CASA and FICS Commission Chair. They envisioned building a strictly community based clinic which would provide world class health care to the underprivileged (underserved) communities of Johannesburg. They also wanted to provide exceptional clinical experience for the chiropractic interns of the University of Johannesburg. In addition, they wanted to provide an employment opportunity to recent graduates.

Their concept was initially to include two areas of care, Pediatric and Sports Chiropractic. That has now expanded to include four primary pillars of care. This strong foundation encompasses the Internship Program, Straighten Up South Africa, Sports Chiropractic and Pediatrics.

“The clinic would make this a socially and clinically relevant experience for the interns.”

## Internship Program:

Currently, chiropractic interns in South Africa can only work in the student clinics of each chiropractic department. Interns are not allowed to work under a licensed chiropractor in their office. They also cannot work in multidisciplinary clinics, as Chiropractors are defined as an allied health profession and are not allowed to work within medical facilities.

This severely limits the intern's clinical experience. The clinic would allow interns the ability to see more relevant clinical cases as well as serving the needs of the community. They would be supervised by clinicians which would be approved by the governmental educational authority. The clinic would make this a socially and clinically relevant experience for the interns.



### Straighten Up South Africa:

This is a program derived from and with permission of Ron Kirk, founder of Straighten Up America. Dr. Luke Schmidt supervises this program. It is a free community service initiative endorsed by CASA which promotes improved spinal health, good posture, self-esteem, a vibrant quality of life as well as assisting with correct spinal development. The interns from both the Durban University of Technology and University of Johannesburg are supervised by qualified CASA chiropractors.

The program was started in 2016. It has grown rapidly in the past 3 years and is now offered in many primary schools in South Africa. The program can easily screen up to 500 “learners” a screening and has had between 2,500-3,000 learners this past year! “Learners” are screened and given exercises to promote good posture and spinal health. The clinic would give an added benefit of allowing those who may need follow up corrective care in addition to exercise.

#### **Straighten Up South Africa:**

<https://www.chiropractic.co.za/susa/>

### Sports Chiropractic:

ChiroSport is partnering with Endurocad South Africa

Endurocad SA is a nonprofit organization with primary goals of not only developing more elite, world class and Olympic South African athletes, but also offering high school and college training camps as well as community development projects (SA CAN RUN). In affiliation with Endurocad SA,

ChiroSport SA is developing training and physical fitness for middle and high school athletes. With the clinic, they will not only be able to offer exceptional sports chiropractic care, but also utilize high quality training and rehabilitation both within the facility and at the nearby high school and university track and training rooms.

#### **ChiroSport SA:**

<http://www.chirosport.co.za/sports-chiropractic>

#### **Endurocad South Africa**

<https://www.endurocad.co.za/>



## Continued ...

### Pediatric Care:

This clinic will allow access to good quality chiropractic care to children who would not normally have access to it. This will prevent musculoskeletal issues before they have a chance to develop. The clinic also plans to offer adult education and training as well as incorporating an early childhood learning center.

### Accessibility to the Clinic:

Clinic is centrally located to be near the University of Johannesburg. This gives easy access to the training facilities and sports complex. It is also near the Vorentoe High School which provides education to a large portion of those students who need care, training and postural education. The clinic is also near a major thoroughfare that connects the community in need with easier access and transportation to those from the community who need and would use the clinic.

### Politically:

The vision is to expand exposure to the medical community and interdisciplinary clinical sharing. The proposed site of the clinic is very close to the major health center, the Helen Joseph Hospital. The clinic plans on utilizing the hospital for the radiological, laboratory, medical and orthopedic referrals. CASA correctly believes this will increase exposure of chiropractic to the medical community at large and facilitate open interdisciplinary communication and cross referrals.

A public holding company is being established to manage all the funds for this project, so all contributions will go directly to this project and will not be utilized by either CASA or ChiroSport SA.





## Continued ...

### Support

CASA and ChiroSport SA are moving into Phase 2 of their program and they need our support. Of course, financial support is critical. However, they would also accept donations in kind for building supplies, equipment and supplies. They have planned for 15 treatment rooms. If a company would like to support this clinic with in kind donations, they would gladly accept any donations.

If a company would like to support a treatment room with equipment and/or supplies as well as continue to support the maintenance of the treatment room, the clinic would give naming rights to that room.

A preliminary list of equipment that is needed:

- Reception Equipment
- Waiting room children's area (bean bags, chairs, tables, toys etc.)
- Clinician and administrators office equipment
- 15 treatment rooms (adjusting tables etc.)
- Physical therapy/rehab & massage rooms (muscle stimulator/ultrasound, laser therapy, exercise equipment, bike, treadmill, etc.)
- Counselling room
- Adult learning centre (ABET)
- Pediatric assessment/treatment room

Chiropractic Association of South Africa: <https://www.chiropractic.co.za>

### Sotho for “Hands of the Community”



# RCCSS (C) Annual Conference



BY ALI MASOUMI DC, MSC (SPORTS MEDICINE), ICCSP  
RCCSS(C) RESIDENT

The Royal College of Chiropractic Sports Sciences will host its annual East Conference from November 8th to November 10th in the city of Toronto, Canada. The theme of this year's conference is on the sport of golf.

"Tee It Up", will feature expert speakers from all around the world who will discuss golf biomechanics, injuries, rehabilitation.



This year, we will begin with radiology and advanced sports imaging on Friday and end with a practical session with the world renowned Rotational Strength and Conditioning Specialist, Jason Glass.

The Conference Committee is committed to organize and deliver sports medicine events focusing on the latest scientific evidence where participants from different professional backgrounds learn, teach and interact with each other.

To check out our amazing line-up and register starting September 1st, please visit our website at [www.rccssc.ca](http://www.rccssc.ca).

Thank you

Conference Committee Team:

Drs. Melanie Lopes, Brad Muir, Scott Howitt, Lara deGraauw, Patrick Welsh, Chris Grant, Melissa Corso, Jenn Turner, Matt Wentzell, Ali Masoumi

[rccssc.ca/index.php/news-events/conferences](http://rccssc.ca/index.php/news-events/conferences)

# NAIG Games 2020

BY BILL NEILSON

The Royal College of Chiropractic Sports Sciences(Canada) is pleased to announce that Dr. Brian Seaman has been appointed as the Chair of Medical Services for the 2020 North American Indigenous Games. This event will be held in and around the area of Halifax, Nova Scotia, Canada, July 11-19, 2020. There will be 15 sports featured, in addition to two demonstration sports, with an estimated number of participants of 4500-5000.

Dr. Seaman was approached for this position, based on his experience and success, as the Chair of Medical Services for the 2011 Canada Winter Games. He will be selecting the individuals who will be volunteers on the NAIG Medical Committee, including the Chief Medical Officer (CMO) and the Chief Therapist(CT).

Dr. Seaman has volunteered at over 40 national and international level sporting events in addition to being selected to the medical teams for four Winter Olympic Games(1988, 2002, 2006, 2010) and the Pan American Games in 1999.



***CONGRATULATIONS***  
***Dr. Brian Seaman***  
***Named***  
***Chair of Medical***  
***Services***

North American   
**INDIGENOUS**  
**GAMES 2020**  
  
HALIFAX • NOVA SCOTIA

# FICS Games

BY TIM RAY - FICS GAMES COMMISSION CHAIR

What an amazing experience to work within a Sports Chiropractor team with other passionate professionals. FICS acknowledges and thanks all the generous individuals who sacrifice their time for something greater than themselves!

We are studiously trying to work on providing at least two sports chiropractors for every game on our books and any assistance is greatly accepted. We still have a large number of events which need teams so please let us know ASAP if you can assist. ➡➡ [Click through](#) to our website for the full details of all events.

- ➡ July - Urgent call for assistance filling the Powerlifting, Muay Thai and Lacrosse events.
- ➡ Aug - We have 07-10 Aug IPF in Luxembourg covered. All other 9 events are in urgent need of volunteers to fill the FICS teams.
- ➡ Sept - A large amount of interest in the Urban Games with no other applications still needed for the other 9 events.
- ➡ Nov - still have spots available in most events
- ➡ Dec - only one event to fill here.

If you are able to assist with any of these upcoming games, it would be truly appreciated.



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# Research

BY STEPHEN M. PERLE, D.C., M.S., ICCSP, EXECUTIVE COUNCIL,  
NORTH AMERICAN REPRESENTATIVE, CHAIR, RESEARCH COMMISSION

Corso M, Mior SA, Batley S, Tuff T, da Silva-Oolup S, Howitt S, et al. The effects of spinal manipulation on performance-related outcomes in healthy asymptomatic adult population: a systematic review of best evidence. *Chiropr Man Therap*. 2019;27:25.

**This paper is open access, thus free at <http://chiromt.com>**

This systematic review by Corso et al is something sports chiropractors might have eagerly awaited but will not be so happy to see. First and foremost from a mythological standpoint this systematic review meets all the standards for a well done systematic review. The standard for critical appraisal of a systematic review used world wide is called PRISMA which stands for Preferred Reporting Items for Systematic Reviews and Meta-Analyses. Details for this can be found <http://www.prisma-statement.org>

Corso M, Mior SA, Batley S, Tuff T, da Silva-Oolup S, Howitt S, et al. The effects of spinal manipulation on performance-related outcomes in healthy asymptomatic adult population: a systematic review of best evidence. *Chiropr Man Therap*. 2019;27:25  
The studies they found were critically appraised using the SIGN (Scottish Intercollegiate Guidelines Network) criteria. Just like PRISMA is a standard way to critically appraise a systematic review, SIGN is a method to critically appraise randomized controlled trials (RCT). The criteria can be found here: <https://www.sign.ac.uk/checklists-and-notes.html>

The search identified 52 studies, of those 32 were excluded for various reasons. The excluded ones had a “high risk of bias”. Bias in this context does not mean prejudice. It means that some element of the research method is poorly done in a way that makes the results of the study suspect. The most common reasons for excluding a study were problems with randomization, concealment, blinding, baseline characteristics, similarities between the groups being compared and the validity or reliability of the outcome measures used.

Now to the results. Simply put they are not what any sports chiropractor would expect. Most of the evidence found that SMT did not improve performance compared to sham or other interventions. There is early evidence that SMT improves ankle plantarflexion, increases quadriceps strength, biceps brachia EMG, lumbar joint position sense and basketball free thrown accuracy.

Final thoughts, this is not the end of the world, as more research needs to be done. In most of these studies the patients may not have been treated the way they would have in the real world. We also know that performance in the real world can be enhanced because the athlete thinks the treatment is helpful.

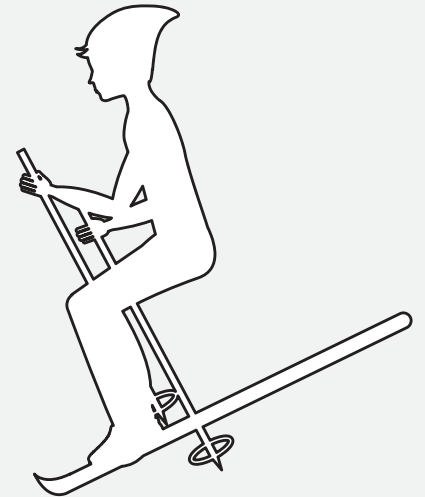
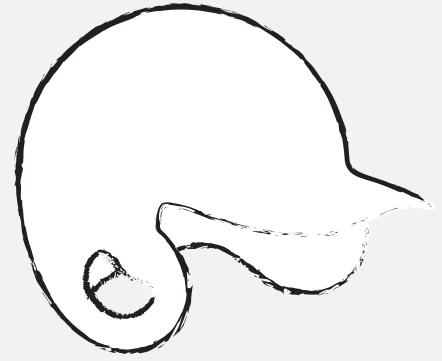


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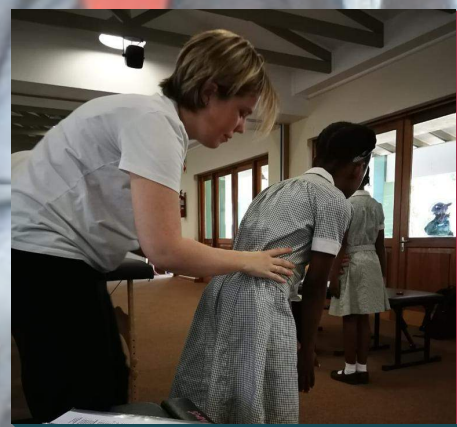
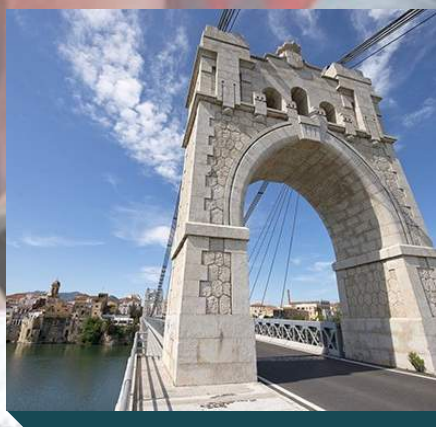


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## FICS E-NEWS JUNE 2019

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