



FÉDÉRATION INTERNATIONALE
DE CHIROPRATIQUE DU SPORT

MARCH 2017

FICS News

www.fics-sport.org

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



President's Message Peter Garbutt

There were high expectations for the FICS Assembly and Symposium in Washington DC, the event that would set the tone for 2017 and lead us into the year.

Now it has come and gone. For all of us that managed to dodge the weather, that unseasonal 2-day snowstorm that cancelled many flights, I think you'll agree that Washington DC was a resounding success.

The positivity that fills the room when you bring 160 like-minded sports chiropractors and friends together to learn and to socialise is special to say the least.

Throughout the day we had great and positive insights from sports healthcare professionals and Olympian chiropractic patients on the role that we can and do play in the success of sporting events and individual athletic careers.

The practical breakout sessions received rave reviews for their entertainment as well as practical information. Thank you to Jay Shah MD, Todd Riddle DC and Matthew Antonucci DC, all who donated their time.

Further special thank yous to Christina Davis and David Chapman-Smith, and to our DC program team led by Angela Salcedo and Kelly Lange from the ACA Sports Council for their tireless work in bringing this together.

FICS is not given to mediocrity, but is an organization striving for the best. We are promoting the highest level of integrity in evidence-based care, collaborating with others to serve the best interests of the athletic public and, as a result, of the profession. We understand the need for more and better post-graduate education and research, and are promoting this as much as possible. This striving for the best means that when we give out awards they must have truly been earned.

There are many aspects of being FICS President, but one of the most rewarding is presenting well-earned awards. There were a number at the Assembly and Symposium, and you will read more about them later in this FICS News.

There were research awards, two FICS Honor Awards to Dr Mustafa Agaoglu of Turkey and Dr Jon Tan of Australia, and the Past President's Gold Medal Award to Dr Sheila Wilson. There was a special award to a medical colleague Dr Marc-Daniel Gutekunst for his wonderful work on scholarships for Olympians to study chiropractic. There was the first Roberto Clemente Sports Chiropractic Award for a career of

Continued on page 2

FICS Was Flying in Washington DC

The FICS General Assembly of Members and Symposium in Washington DC on March 15, attended by over 150 delegates from 18 countries, was an outstanding success – large, addressing important issues, at times controversial, but always exciting.

There were new discoveries, such as the charismatic Olympian Seun Adigun, now a student at Texas Chiropractic College on a FICS Olympians Scholarship, who spoke of how chiropractic supported her as an elite athlete. She ran for Nigeria in the 100m hurdles at the London 2012 Olympics, and leads a Nigerian Bobsled team to the Pyeongchang Winter Olympics in South Korea in 2018.



There were influential friends, such as Dr Jack Taunton, Chief Medical Officer for the Vancouver Winter Olympic Games in 2010. He was the first to introduce chiropractic services in a Games polyclinic, and spoke to the Symposium on how and why, and the challenges he and chiropractors faced.



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PRESIDENT'S MESSAGE CONTINUED...

outstanding voluntary work in sports chiropractic, won by Dr Philip Santiago.

Every winner was absolutely deserving, and it was a great honor for me to join with others in presenting these awards. One quick illustration of the spirit and quality with which these awards were earned is that the recipient of the Roberto Clemente Award immediately donated his prize money to the FICS Foundation.



Pete Garbutt presents the FICS Report to the WFC Assembly and opens the FICS Assembly



The FICS Symposium, ending on a high with Jay Greenstein's leadership lecture and the explosive arrival of the Washington Redskins Cheerleaders, was followed by a WFC Congress that delivered an outstanding and uplifting celebration of chiropractic – diverse like other professions, but united and alive as only chiropractors can be.

The year ahead is exciting. In April we have a delegation at the SportAccord Convention, with FICS representing the profession at the largest business in sport convention in the world alongside the international sports federations and others including the IOC. This is where we get to sign up events for our members. The big one on the horizon is the World Games in Wroclaw, Poland in July at which there will be 35 FICS chiropractors caring for around 4,500 athletes from over 100 countries.

There are many other games events, and educational programs throughout the world. Enjoy this quarterly update and its news of global sports chiropractic. I am inspired by the news from the marvellous ambassadors FICS now has in all world regions. I believe you will be too.

Yours in Sports Chiropractic

Pete ☺



What and where is this? See page 26

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There was important new sports chiropractic research presented, and major awards given including the first Roberto Clemente Sports Chiropractic Award.

The day ended on a high note with a motivational leadership address from Dr Jay Greenstein, chiropractor to the Washington Redskins Cheerleaders, and then entertainment from the Cheerleaders themselves.

This is a report on the Washington DC meetings.

They began with a FICS Executive Council Meeting and an NCSC Presidents' Meeting on March 13 and 14. They were followed by *DC 2017*, the combined 3-day conference of the World Federation of Chiropractic (WFC), the American Chiropractic Association (ACA) and the Association of Chiropractic Colleges (ACC) with some 1,500 delegates. Most of the FICS Symposium delegates stayed on for that.

Executive Council Meeting – March 13 & 14

Chaired by FICS President Dr Peter Garbutt, this was the first face to face meeting of the regional representatives elected by the members for the new 4-year term 2017-2020. New members are Dr Martin Camara (the Philippines, for Asia), Dr Martin Isaksson (Sweden, Europe), Dr Maria Mercedes D'Acosta (Mexico, Latin America) and Dr Stephen Perle (USA, North America).

FICS Commission Chairs were present, and many observers since ExCo meetings are open to all members. There were warm welcomes to FICS Past President Dr David Pierson, and two young doctors of chiropractic who will lead a new Students Commission – Dr Andrew Strachan (Logan, 2016) of the USA and Dr Sanna Svensson (Murdoch, 2016) of Sweden.

Dr Perle led a half-day strategic planning session, and annual reports were received from the seven FICs world regions, the commissions, and the Secretary-General.

The first evening the ExCo went 10-pin bowling to build team spirit, with top performances coming from Pete Garbutt, Marcelo Botelho and Glen Harris in that order. The second evening was the annual ExCo Dinner, with guests including many of the speakers for the Symposium the following day.

NCSC Presidents' Meeting – March 14

This was a well-attended half-day afternoon meeting led by Dr Martin Isaksson, one of the two ExCo representatives for Europe and Past President of the Swedish Sports Chiropractic Council.

It was good to see presidents who were truly representative of the profession in terms of region, age and gender. The seven women presidents present from the five world regions of Africa, Asia, Europe, Latin American and North America were Drs Elga Drews, Namibia; Dr Jackie Huang, Taiwan; Anette Kristvik, Norway; Maria Mercedes D'Acosta, Mexico; Aleisha Serrano, Puerto Rico; Janice Drover, Canada; and Kelly Lange, USA.

General Assembly – March 15

Features of a busy agenda for the 2-hour Assembly 8:30 to 10:30 am prior to the Symposium included:

- Approval of audited statements for 2016 showing that FICS was in a sound financial position, with a surplus in 2016 and a significant reserve fund.
- Tabling of a motion to amend the FICS Statutes to allow a second NCSC member from a country in exceptional circumstances
- Acceptance of an annual report from the FICS Foundation, given by its President Dr Sheila Wilson
- Acceptance of a new NCSC member – the Irish Chiropractic Sports Council led by President Dr Shane Lawlor

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FICS WAS FLYING IN WASHINGTON DC - EXCO MEETING PHOTOS



Executive at work – Pete Garbutt, Marcelo Botelho, Ståle Hauge, Brad Sandler and John Downes



Stephen Perle leads the ExCo Planning Session



FICS WAS FLYING IN WASHINGTON DC - NCSC PRESIDENTS MEETING PHOTOS



Jackie Huang (Taiwan) with Rick Lau (Hong Kong) (left) and colleague



Kelly Lange (USA), Simon Lawson (South Africa), Elga Drews (Namibia) and Mustafa Agaoglu (Turkey)



Mustafa Agaoglu (Turkey), Philippe Roulet (Switzerland), James Matthews (Australia), Marcelo Botelho (Brazil), Janice Drover (Canada) and Anette Kristvik (Norway)



Maria Mercedes D'Acosta (Mexico) and Martin Camara (Philippines)



Martin Isaksson (Sweden) and European rep FICS ExCo chairs the NCSC Presidents' Meeting

- Presentation of the Past President's Gold Medal Award to Dr Sheila Wilson
- A World Federation of Chiropractic report from WFC Secretary-General Dr Richard Brown. He, like Dr Peter Garbutt in his FICS report to the WFC Assembly the previous day, stressed the importance of the WFC and FICS continuing to work closely together. During 25 years in practice in the UK Dr Brown had a large sports chiropractic practice, and served in the polyclinic at the 2012 London Olympics.
- Honor Awards to Dr Mustafa Agaoglu of Turkey, a pioneer for sports chiropractic and chiropractic in general in his country where he is now Associate Coordinator of Clinical Training at Turkey's first chiropractic school at Bahcesehir University in Istanbul, and Dr Jonathan Tan of Australia, now Past President of Sports Chiropractic Australia. Under Dr Tan sports chiropractic has flourished in Australia, and he has volunteered much time and talent to FICS in recent years.
- Election of four members at large to the ExCo – Drs John Downes, USA, Kaz Isa, Japan, Brian Nook, USA, and Angela Salcedo, USA.

FICS Symposium – March 15

This and the other FICS meetings had been moved from the Washington Hilton Hotel to the nearby Embassy Row Hotel just a month before the meetings when registration numbers of 150 meant that the space available at the Hilton was too small.

An untimely 2-day snowstorm that had played havoc with travel kept some away, but when Session 1 on *Chiropractic at the Olympics* opened the room was full. Excellent speakers included:

- *Patients.* One was Seun Adigun, an African American raised in Chicago with Nigerian parents and dual citizenship in Nigeria and the USA. She spoke of how important the availability of chiropractic services were to her as a track and field Olympian at London 2012.



Matt Centrowitz (center) with FICS Student Commission Chairs Dr Sanna Svensson and Dr Andrew Strachan

A second, who actually spoke in the afternoon having been delayed by the weather, was Matt Centrowitz Jr, the American who won the men's 1,500m Gold medal at the Rio Olympics last year. He recounted how he had had regular chiropractic care since teenage years. At college he began to have a series of minor injuries in training, and realized that what had changed was that he was not getting his chiropractic care. On resuming his care the problems were gone. He is currently a patient of Dr Ted Forcum in Oregon. Speaking with him was his father, also Matt Centrowitz, and also a US Olympian in track and field.

- *An Olympic Games CMO.* Dr Jack Taunton, Chief Medical Officer for Vancouver 2010, told how, after his rewarding experience of integrating medical and chiropractic care in his practice in Vancouver, Canada, he went to the Torino Winter Olympics in 2006 to explain to the IOC Medical Commission that he was including chiropractic in the medical services for the Vancouver Olympics. He received a frosty hearing. However it happened, with success, and he told why and how.
- *An Olympic Games Chiropractic Lead.* Dr Marcelo Botelho of Brazil, a chiropractic and medical doctor and Chiropractic Lead for Rio 2016, spoke of his experiences and lessons learned. Rio 2016 was the first Olympics to include sports chiropractors in the host medical services in a country where chiropractic is not regulated by law.
- *An Olympic Games Host Medical Team Chiropractor.* Dr Ulrik Sandstrom of the UK, who worked in the polyclinics at both London 2012 and Rio 2016, described the challenges, rewards, and lessons learned. The key challenge for many chiropractors is moving from the all-powerful position of their private practices to being a humble and consummate team player. It is all about working and co-managing with the other health professionals, and at this level staying within the core scope of practice. That is principally skilled joint adjustment, the service that cannot be delivered by others in the physical therapies team.

Award to Dr Marc-Daniel Gutekunst

Prior to lunch there was a special Honor Award given to Dr Gutekunst for his important and outstanding work with Dr Tom Hyde and others to establish the FICS Olympians





Dr Tom Hyde accepts the award for Dr Gutekunst

Scholarships Program. To quote the words of FICS President Dr Peter Garbutt when making the award:

FICS has an Olympian Scholarship Program, under which full fees paid scholarships to study chiropractic are available to appropriately qualified Olympians. You have heard today from Seun Adigan now a chiropractic student under this program. Currently 9 North American colleges offer these scholarships.

Many people have been important to the development of this exciting program. A leader has been Dr Tom Hyde. FICS has one of its commissions devoted to the program, and that is chaired by Dr Angela Salcedo. There are the many college presidents involved.

Key to the development and growing success of the whole program however is a non-chiropractor – who FICS wishes to recognize and thank with a special honor award today.

This is an epidemiologist from Atlanta Dr Marc-Daniel Gutekunst. Dr Gutekunst is the Co Chair and CEO of ATLANTA 1996, the official legacy institution formed after the 1996 Atlanta Summer Olympic Games.

One of ATLANTA 1996's main goals was to provide scholarships in many fields of study for students from Africa. When Tom Hyde approached him suggesting scholarships for Olympians to study chiropractic he was not only supportive – he threw his considerable energy and ability into the project.

This was not only into planning, but into hands on work – for example reviewing some 300 applications that have been received from Olympians under the program. His level of support has been remarkable.

Sadly, because of poor health, Dr Gutekunst cannot be with us today. He has expressed his deep regrets for this. However his close friend and partner in this Olympian Scholarship Program is here, and it is my pleasure to now ask Dr Tom Hyde to come forward and accept the FICS Honor Award to Dr Marc-Daniel Gutekunst.

The first afternoon session featured a choice of 3 workshops all of which were packed and enthusiastically received. At

some meetings the afternoon sessions see a thinning of the attendance. Not so in Washington DC.

Workshop presenters were Dr Jah Shah on dry needling for myofascial pain, Dr Todd Riddle on FAKTR together with biomechanical taping, generously sponsored by **Dynamic Tape**, and Dr Matthew Antonucci on chiropractic management of post-concussion, generously sponsored by the **Carrrick Institute** and **Brain Plasticity Centers**.

The final afternoon session began with welcomes from two of FICS' Gold Sponsors, from Dr John Nab of **Standard Process** and Ed Terris of **KT Tape**, then featured:

- Presentations from two FICS leaders on the games events that are a central part of FICS activities and the interest of individual sports chiropractors active in FICS. Dr Brian Nook (USA) described the World Games, held

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Dr Simon Lawson



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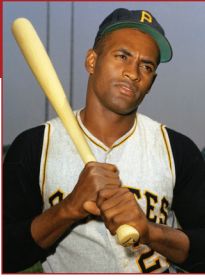
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SANTIAGO WINS ROBERTO CLEMENTE AWARD



Dr Philip Santiago of Lake Hiawatha, New Jersey, USA, is the first winner of the Roberto Clemente Sports Chiropractic Award, a prestigious new international award for outstanding voluntary service in sports chiropractic.

The award, given by FICS (the Fédération Internationale de Chiropratique du Sport) and the FICS Foundation and sponsored by Logan University, was presented at the FICS Assembly and Symposium in Washington DC on March 15 by Roberto Clemente Jr and the presidents of FICS and its Foundation, Dr Peter Garbutt of Australia and Dr Sheila Wilson of the USA.

The award ceremony began with a video introducing Roberto Clemente, and was chaired by Dr Aleisha Serrano, President of the Puerto Rican Sports Chiropractic Council.

The award is named after one of baseball's most famous stars, the Puerto Rican Roberto Clemente who played right field for the Pittsburgh Pirates for 18 seasons, won the National League's MVP, numerous Golden Glove awards, and was World Series MVP in 1971. His final season was in 1972, ending with his tragic death in an airplane accident while delivering aid to earthquake victims in Nicaragua.

He was a noted philanthropist and an outspoken supporter of chiropractic, which he credited with keeping his career alive



Aleisha Serrano



Roberto Clemente Jr



Dr Santiago with Roberto Clemente Jr

SANTIAGO WINS ROBERTO CLEMENTE AWARD CONTINUED...



Dr Clay McDonald, President, Logan University, sponsor of the Clemente Award and whose Dr Pat Montgomery gave first chiropractic care to Roberto Clemente.

after he had not been able to find other relief for a disabling back injury suffered in a car accident.

Dr Santiago, chosen from 13 final candidates after an international call for nominations, is a 1978 graduate of New York Chiropractic College who has served as Chairman of the Department of Sports Medicine at NYCC for over 35 years since 1981.

He is widely recognized as one of the foremost leaders in the development and delivery of postgraduate sports chiropractic education, first in the USA and later internationally.

He has provided extensive voluntary chiropractic care to athletes and teams in his own community, nationally and internationally up to and including the Olympic Games, serving on the USOC medical team at the Barcelona Olympics in 1992.

Besides this Dr Santiago has held leadership positions in many sports chiropractic organizations, and served as a mentor to many who are now sports chiropractic leaders themselves. His many previous awards include being the first member of the New Jersey Chiropractic Society's Sports Chiropractic Hall of Fame (2003) and a member of the ACA Sports Chiropractic Hall of Fame (2005).

Part of the award is \$1,000-00 to benefit a sports -related organization of the recipient's choice, which Dr Santiago has directed to the New Jersey/New York Track Club. Another part is \$1,000 to the winner, which he has donated to the FICS Foundation.

"I want to thank FICS for cementing my father's legacy in the world of chiropractic," says Roberto Clemente Jr in a letter to FICS following the award, "and to thank Puerto Rican chiropractor Dr Edgar Rivera for his research bringing to my attention how important the connection with chiropractic was for my father."

Nominations for the next award, to be given at a FICS Symposium in two years' time and again generously sponsored by Logan University, will open next year at the FICS website www.fics-sport.org.



FICS President Dr Pete Garbutt announces Dr Santiago the recipient of the Roberto Clemente Award



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every 4 years under the banner of the IOC for sports chiropractors aspiring to get into the Olympics, which will be served by a 35-member FICS team this coming July in Wroclaw, Poland. Dr Simon Lawson (South Africa), Chair, FICS International Federations Commission, described the role of FICS teams at regional and world championships.

- Next came the research. There were six 8-minute presentations of the prize-winning research papers followed by delivery of the awards. See the research report on page 13 For further details.
- A high point of the day was then the ceremony to present the inaugural Roberto Clemente Sports Chiropractic Award, with Clemente's son Roberto Clemente Jr having traveled to Washington DC to make the presentation to the surprise winner, Dr Philip Santiago of the USA.

See the separate item on this prestigious new award, to recognize a career of outstanding voluntary service to sports chiropractic.

- The Symposium closed with a motivational and enthusiastically received address on the qualities that produce successful leadership from Dr Jay Greenstein. Jay is not only the successful owner/director of the chain of Sport

& Spine Rehab interdisciplinary clinics in the Washington DC area but also chiropractor to the Washington Redskins Cheerleaders.

As he finished the music started, and six of the Cheerleaders rounded out the program with an impressive display of dance, high kicks and spinal flexibility.



Jay Greenstein

So ended the 2017 FICS Assembly and Symposium, a memorable day in the history of FICS. Fortunately it has all been recorded by a professional videographer on video, which will be edited and available soon.

Whether or not you were in Washington DC for this great occasion with fellow sports chiropractors from around the world, plan now to be at the next FICS Assembly and Symposium in two years' time.

The exact venue and date have not been set, but will likely be Amsterdam in the Netherlands during May 2019, together with the European Chiropractors Union and the World Federation of Chiropractic.



ASSEMBLY & SYMPOSIUM PICTURES – GENERAL



ASSEMBLY & SYMPOSIUM PICTURES — GENERAL



RESEARCH AWARD WINNERS AT FICS SYMPOSIUM

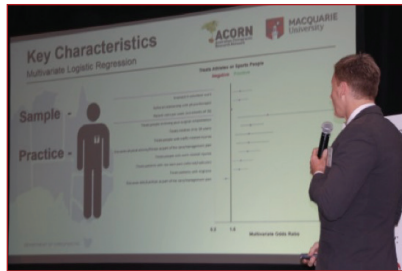
DR STEPHEN PERLE, CHAIR, FICS RESEARCH COMMISSION



This year's FICS Symposium research competition, sponsored by Life University and with papers presented at the Symposium in Washington DC on March 15, saw 16 submissions.

Congratulations to the authors of the winning papers which were:

- **First Place:** *Characteristics of Australian chiropractors treating athletes: Results from a practice-based research network*, Katie de Luca (Newcastle U), Michael Swain (Macquarie U) et al., Australia
- **Tied Second Place:** *A descriptive study of sports chiropractors*, Luke Nelson (Private Practice), Australia; and *Concussion knowledge among sport chiropractors*, Mohsen Kazemi, (CMCC), Canada
- **Student Award:** *Sport specific rehabilitation for a paralympic rugby prospect: a case study*, Lacey Hatfield, (Logan University), USA
- **Best Poster Award:** *Can manipulative vertebral therapy enhance sports performance? A systematic review*, Marcelo Botelho (Private Practice), Brazil
- **Best Student Poster Award:** *Chiropractic intervention and rehabilitative exercises in an adolescent with a recent incomplete spinal cord injury: a case report*, Rebecca Skiljan.



Michael Swain presents his first prize winning paper

Michael Swain presented the winning paper, research with the following objective and findings:

Objective: A wide range of medical professions provides sports injury management; with 12.5% of chiropractic patient visits in Australia being specifically for sports injuries. This study reports analyses from a PBRN (practice-based research network) to determine practitioner and practice-related factors associated with the frequent treatment of athletes by Australian chiropractors.

Methods: A 21-item questionnaire collecting information pertaining to practitioner characteristics was distributed to registered chiropractors across Australia, as part of the Australian Chiropractic Research Network (ACORN) project. Statistical analyses compared the dependent variable of the frequency of treating athletes against independent variables.

Results: 936 (49.5%) chiropractors reported frequently treating athletes. These chiropractors were more likely to be male, perform more patient care hours and visits per week and be involved in volunteer work. Chiropractors frequently treating athletes were also more likely to perform multi-modal management, have multi-disciplinary relations, use diagnostic equipment and discuss nutrition and medication use.

Conclusion: Approximately one in two Australian chiropractors treat athletes frequently. The findings of the current ACORN survey describe a multi-disciplinary, multi-modal management approach by Australian sports chiropractors

Luke Nelson's paper was also a descriptive study of chiropractors in Australia, but specifically of the 240 sports chiropractors holding the FICS ICCSP qualification. On a response rate of 63% (152 surveys completed) he found that 90.8% of practitioners delivered multimodal treatments; with manipulation (100%) and soft tissue therapy (97.4%) the most commonly utilized modalities.

76% prescribed rehabilitative exercises, 68.3% gave ergonomic and 39.4% nutritional advice. 96.7% read health care research. 100% treated non-spinal (extremity) musculoskeletal conditions, 20.4% currently worked with a sports team full time, 64.5% of chiropractors currently treat professional and 79% treat semi professional athletes.

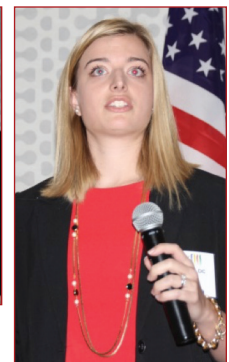
This responds to criticisms heard in Australia that sports chiropractors are unimodal in their treatment approach (manipulation only), treat the spine only, are non-evidenced based and do not work as part of the healthcare team.

All award-winning papers will be published in the open-access, online journal Chiropractic and Manual Therapies when fully prepared.

There is an urgent need for more and better sports-chiropractic related research, so congratulations to all who submitted research and to Life University for sponsoring the competition. Congratulation also to the researchers from the UK and USA whose research is reported in this FICS News under *Around the World*.



(from left) Stephen Perle, Luke Nelson, Mohsen Kazemi and FICS President Pete Garbutt



Lacey Hatfield

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David Chapman-Smith
General Counsel & Acting
Secretary-General

ICCSP GRADUATES

***Congratulations to the following new ICCSP
graduates for the period January to March 2017:***

Kevin Anthony Aaron – South Africa
Adam Arnaud – France
Matthew Bateman – UK
Paul Birdsey – South Africa
Guy-Antoine Klooster – Netherlands
Elyas Mohseni – Australia
Daniel Rhys Morgan – UK
Lucy Rodwell – UK
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**ICCSP Upper
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June 23, 2017
Lausanne, Switzerland



**ICCSP Upper/Lower
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September, 2017
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**ICCSP Lower
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October 27, 2017
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**World Masters Powerlifting
Championships**

October 2-7, 2017
Orebro, Sweden

**World Open Powerlifting
Championships**

November 13-19, 2017
Prague, Czechia



**International Tug
of War Tournament**

June 24, 2017
Switzerland

**TTV Fam. Janssens 25 Years
International Tournament**

May 11, 2018
Belgium



**Ju-Jitsu Grand Slam -
Paris Open**

April 29 – 30, 2017
Paris, France



June 13-18, 2017
Riga, Latvia



July 20-30, 2017
Wroclaw, Poland



WELCOME TO KT TAPE - A MESSAGE FROM TED FORCUM DC



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Continued on page 29



UPDATE FROM THE SECRETARY-GENERAL

BY DAVID CHAPMAN-SMITH, GENERAL COUNSEL AND ACTING SECRETARY-GENERAL



Foundation Supporting chiropractic Improving global sports performance

Have you donated to the FICS Foundation?

This is the charitable foundation affiliated with FICS, registered in the USA, and established to support the work and goals of FICS - including postgraduate education, research, athlete assistance and reimbursing some of the expenses of volunteer sports chiropractors serving on FICS games teams.

A number of individuals, including me, contribute on a monthly basis. **Please donate now** – either a one time donation or sign up for a monthly donation on your credit card at any level you can manage. Go to the donation button at the homepage at www.fics-sport.org. That is **Now**.

The FICS Foundation's annual report, delivered by Foundation President Dr Sheila Wilson at the FICS Assembly on Wednesday March 15, contained amended bylaws that made FICS member NCSCs the members of the Foundation, and was accepted unanimously at the Assembly.

A further link between FICS and the Foundation is that each organization has a liaison officer to the executive of the other. FICS First Vice-President Dr Marcelo Botelho is the liaison to the Foundation, Foundation President Dr Wilson the liaison to FICS.

Following the Washington DC meetings:

- The Foundation's officers are Dr Philip Santiago (USA), Chair, Dr Peter Dixon (UK) Vice Chair, Dr Sheila Wilson (USA), President, Dr Sherri LaShomb (USA), Secretary-Treasurer, Dr Marcelo Botelho (Brazil), FICS Liaison, ex officio.
- Other Board members are Dr John Danchik (USA), formerly Chair, Dr Ted Forcum (USA) and Dr Joe Pelino (Canada).
- The Foundation plans at least one major fundraising event in the USA later this year – details to come by the time of the next FICS News June 30.

The FICS Foundation's preliminary work in 2015-16 was modest but successful. It received approximately US\$20,000 and from this has supported disabled athletes at the community level in the Congo and elite level in the Philippines.

Two of the three Filipino para powerlifters given chiropractic care and funding support in partnership with the Philippines Paralympic Organization for training and competition to gain



*Dr Sheila Wilson
presents the Founda-
tion report*

selection for the Rio Paralympics were successful – they fulfilled their dreams by going to Rio.

The Foundation is now truly established and, with your funding support, is positioned to achieve great things for athletes and sports chiropractic.

Welcome Seun Adigun

Seun Adigun, an Olympian athlete on a FICS and Texas Chiropractic College scholarship who is studying to become a doctor of chiropractic, was chosen to speak at the recent FICS Symposium representing Olympians on this FICS Scholarship Program.

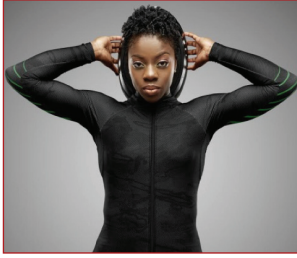
She was outstanding, both for what she said about how chiropractic had supported her in her athletic career, and how she said it. Who exactly is this elite athlete with a charismatic presence and personality, soon to join the profession?

Raised in Chicago, Seun is a first-generation Nigerian-American who competed as a track & field athlete for the University of Houston Cougars. She specialized in the 100m hurdles where she became a NCAA All-American, and NCAA Regional Record holder.

Upon graduation with a BS in Exercise Science – Health Professions, Seun competed for Nigeria where she was crowned the 3x National Champion, and 2x African Champion in the 100m hurdles. She went on to represent the country in this event at the 2012 Summer Olympic Games in London.

Seun concurrently coached the men & women's track team at University of Houston while completing a M Ed in Physical Education – Motor Behavior. She resigned from coaching after 5 seasons to pursue a Doctorate of Chiropractic from Texas Chiropractic College. She is currently finishing up a dual degree program for a DC and MS in Exercise Health – Sports Science.





In December 2016, she helped start the first ever African Bobsled Team, by becoming the driver of a history-making Nigerian Women's Bobsled, aspiring to the 2018 Winter Olympic Games.

Welcome Seun.

FICS General Assembly of Members

The General Assembly (GA) is held every two years, and elsewhere in this News there is a summary of the main events of the GA held in Washington DC on March 15. I want to expand on two of them.

Election of the Members-at-Large.

The FICS Statutes wisely provide for a blended Executive Council (ExCo). There are 9 regional representatives elected by the member NCSCs in seven world regions. They were elected for the 4-year term 2017-20 last December.

There are also 4 members-at-large (MALs). Under the Statutes the candidates are recommended by the ExCo but elected by the members at the GA. This gives the opportunity to create a balanced ExCo – to fill any gaps in qualifications or abilities or representation there may be in the regional representatives.

Member NCSCs may also recommend candidates for the ExCo that they think the ExCo should recommend to the GA, as was explained in the notice of the GA sent to members last December.

In the past the ExCo has recommended the exact number of MALs, who were simply approved by the members/GA. This time the ExCo recommended 5 candidates for the 4 positions, which triggered a contested election. It did this because, from 11 candidates considered, there were 5 agreed to be particularly strong and appropriate. Those elected at the GA were:

- John Downes (USA) – re-elected. John is the longest serving member of the ExCo, is currently Second Vice-President, and is particularly valued by everyone on the ExCo for his judgment and institutional knowledge of FICS. He is VP for Global Initiatives at Life University.
- Kazutoshi Isa (Japan). Kaz, formerly an elite swimmer and an experienced sports chiropractor who served in the polyclinic at the Rio Paralympics, represented Asia during the last 4-year term of the ExCo.



John Downes



Kazutoshi Isa

Asia is now represented by Dr Martin Camara of the Philippines. Kaz's election as a MAL keeps his expertise and Japanese representation on the ExCo, at a time when there are to be important international games events in Japan including the Tokyo Olympics in 2020.

- Brian Nook (USA). Brian has a long history in FICS, is a past FICS Vice-President and Chair, International Federations Commission, and is currently the CoIF liaison to the IWGA (International World Games Association). He has led chiropractic academic programs in South Africa and Australia, and returned to the USA recently to the position of Associate Dean, Academic Studies, Palmer College West in San Jose, California.



Brian Nook

- Angela Salcedo (USA) – re-elected. Angela, formerly President of the International Sports Chiropractic Association (ISCA) before it merged with FICS several years ago, serves as Chair of the FICS World Olympic Scholarship Program Commission and the member of the Games Commission responsible for Latin America. She is fluently bilingual in English and Spanish and practices in Washington DC, where she is the DC delegate to the American Chiropractic Association House of Delegates.



Angela Salcedo

Congratulations to John, Kaz, Brian and Angela on their election.

Thank you to the equally strong fifth candidate, Dr Dale Richardson of Australia, for standing for election. Dale, a past president of Sports Chiropractic Australia, has extensive sports chiropractic and international business experience as the Director of Pro Golf Sports serving golfers on the Australasian, European and American PGA tours between 1998 and 2016. He served with distinction on the ExCo as a MAL during its last 4-year term, and remains a senior member of the FICS WOSP Commission.



Dale Richardson

Proposed Amendment to the FICS Statutes

Article 4.1 of the FICS Statutes provides that "there shall be no more than one" NCSC member per country. The ExCo proposed a change to "no more than one...except in exceptional circumstances."

Because of concerns expressed by some members this proposed amendment was tabled for further study. The ExCo must decide whether to bring this forward again.

At first sight this proposed amendment seems to encourage the development of competing organizations and disunity in a country, which if true would clearly be against the best interests of sports chiropractic. In its notice to members of the proposed amendment the ExCo had explained that it was the opposite – the amendment would help the development of sports chiropractic, and was consistent with the language in the World Federation of Chiropractic's (WFC) Bylaws.

On behalf of the ExCo I gave the following example at the GA. In Country X there is a FICS member NCSC formed many years ago that has done little for sports chiropractic and is led by the same few people who will not listen to others. As a result it has few members. It feels secure as the FICS member for the country.

Also as a result, a new, second NCSC was formed in Country X three years ago. It has attracted many more members and is much more active in developing sports chiropractic in the country. The problem is that sports chiropractic is now divided.

FICS has been unable to put pressure on the FICS member NCSC, which knows that it can always be the FICS member if it pays its dues – the FICS Statutes have no provision for a second member under any circumstances. Because of this, and to a significant extent, FICS has promoted disunity.

The proposed change would have given FICS the power to put pressure on the member NCSC from Country X, and those considering formation of a second NCSC, to cooperate and solve their differences. If the member NCSC did not become more open and representative and effective, there was the threat of a new NCSC that could apply to and become a FICS member.

A question asked at the GA was why the unsatisfactory member NCSC couldn't be expelled from FICS for acting against the best interests of sports chiropractic, which might be a better solution than allowing two members. Problems with that solution include the extreme difficulty of holding a fair, judicial process on international issues, and the greater conflict that would cause in sports chiropractic in Country X as each of two organizations built evidence against the other.

What next? The report of an ExCo Special Committee on this issue, or at least relevant parts of it, will likely be circulated to members. This analyzes what "exceptional circumstances" means, and demonstrates that it would be extremely rare for FICS to ever admit two members from one country. The WFC, with this provision in its bylaws for nearly 30 years, has never admitted two members from a country.

CONNECTX AND ATHLETES: A WINNING COMBINATION



An important innovation in the field of instrument-assisted soft-tissue mobilization (IASTM) is ConnectX therapy. The ConnectX instrument is double-beveled, convex and concave, with long- and short-radius surfaces which comfortably fit various curves of the body.

It continues to gain traction as a premier instrument for chiropractors utilizing IASTM in the U.S. and around the world. Superior results have been achieved with athletes at all levels. For many clinicians, ConnectX has become the go-to therapy.

Developed at New York Chiropractic College, ConnectX was created by chiropractic clinicians and academics with

a shared vision of producing a patient-centered, evidence-based technique that could evolve with the latest research. It differentiates itself from other IASTM techniques by including a specific set of clinical protocols based on scientific literature and best practices in clinical therapeutics.

ConnectX is the only IASTM technique that incorporates clinical data from trained users to drive advances in its clinical protocols.

Dr Rick Rosa, author of *The Six Pillars of Sports Recovery*, considers IASTM using the ConnectX instrument an indispensable tool in his armamentarium – second only to the chiropractic adjustment – and incredibly valuable in achieving superior results quickly.

He successfully used it as a recovery tool to aid in the removal of metabolic waste products when caring for members of a pro-cycling team in China. "The ConnectX instrument is convenient when it comes to traveling – you don't have to pack up 20 different tools. It has all the angles you need and the results are great."

In Dr Eugene Serafim's practice in Exton, Pennsylvania the majority of athletic patients now ask for ConnectX. When

CONNECTX AND ATHLETES: A WINNING COMBINATION CONTINUED...



paired with chiropractic manipulative therapy and a specific self-care mobility protocol, athletes perpetuate progress on their own time.

The treatment works by introducing fibroblastic activity, which triggers the repair and remodeling phases of healing. “My experience has shown it to be an important factor in addressing chronic dysfunction” Serafim states. ConnectX intervention is an excellent choice for subacute and chronic sports injuries in the transitional and active-care phases of rehabilitation, and is Serafim’s preferred adjunctive procedure for addressing adhesions and tightness.

Working with the Syracuse University track team, Dr Jon Hamm helped one athlete, who ranked in the low 200s nationally, advance to just under the top 20 after only six treatments. This patient had spent four to five days each week of the previous four years in the athletic trainer’s office in constant pain.



ConnectX at Hanseo University School of Chiropractic, South Korea

ConnectX – along with proper diagnosis, assessment, Nimmo, adjustments, functional movement taping, and an informed rehab program – rendered him pain-free in two short weeks.

ConnectX has been used to treat numerous athletes from other colleges and universities, along with professional dancers, acrobats, and a variety of performers. “It’s a part of my traveling toolbox whenever I walk out of the office,” said Hamm, “as well as one of the first instruments I consider using.”

Aside from providing a systematic approach to soft-tissue therapy for individual clinicians, ConnectX is proud to have established a partnership with HanSeo University in South Korea, which has the first and only chiropractic program in Korea accredited by the Council on Chiropractic Education.

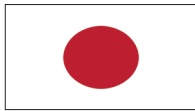
Dr. HanSuk Jung, a graduate of Logan College of Chiropractic, and Dr. Jin Ok Choi, a graduate of HanSeo University, South Korea, were introduced to ConnectX at an ACC-RAC conference and expressed a keen interest in bringing ConnectX to HanSeo University where they are both on faculty.

“This is a very effective instrument and technique,” states Dr Jung and, following training sessions with clinicians and students, ConnectX is now part of the Hanseo University chiropractic core curriculum. Chiropractic is still not legally recognized in South Korea, and ConnectX is pleased to have a small role in the positive growth and bright future of chiropractic in that country.

For more information visit www.connectXtherapy.com.



Japan



Takehiko Miwa

JFOCS Prepares for Tokyo 2020

JFOCS (the Japan Federation of Chiropractic Sportive) has been a member of FICS since its formation in 2001. It has grown in strength and numbers, and with 43 members is the largest national sports chiropractic council in Asia.

Its new President following a March 19 election is Dr Takehiko Miwa, Clinic Director at the Tokyo College of Chiropractic, which is Japan's one accredited chiropractic college. Dr Miwa, a 2006 graduate, has recently completed his ICCSP study and examinations with 29

colleagues in a Japanese ICCSP program jointly administered by JFOCS and FICS.

This is part of preparation for several major international games events that will take place in Japan in the years ahead – the most prominent of which are the 2020 Tokyo Summer Olympics and Paralympics.

“JFOCS is very much involved with seeking inclusion of chiropractic care in the polyclinics at Tokyo 2020,” says Dr Miwa. “Together with the JAC (*Japanese Association of Chiropractors*) we have already had several meetings with the Japanese Olympic Committee and the Ministry of Health Labour and Welfare.”

At the FICS Assembly in Washington DC during March FICS met with JFOCS and JAC representatives, and other Japanese sports chiropractors present, to develop a coordinated plan of action for Tokyo 2020.

Success in including chiropractic in the host medical services in Tokyo, following such inclusion in London 2012 and Rio 2016, is of central importance to gaining IOC support for establishing chiropractic as a necessary service at all future Olympics.

The JFOCS report in Washington DC showed how sports chiropractic has grown in Japan, with a strong base of athletes now receiving chiropractic care as a complement to their training and competition. As one example, since 2005 there has been chiropractic coverage at Ironman Japan Triathlons held in Nagasaki and Touyako.

During 2016 JFOCS members were at 7 national and international sports events, and members work with elite athletes in various sports including alpine skiing, freestyle skiing, fencing, swimming and track and field. As reported in the last two issues of the FICS News there were three Japanese sports chiropractors at the Rio Olympics and Paralympics, two in the polyclinics and one with the Japanese Olympic Team (javelin and decathlon).



Congratulations to JFOCS and its new President Dr Miwa. Congratulations also to Past President Dr Naoki Orihashi of Tokyo who understands the importance of chiropractic care to runners as both a chiropractor and an athlete – Naoki is an ultramarathoner who has recently completed a 300 km run in 32 hours. This was actually a 260 km race, but after crossing the finish line he decided to run on. He has my respect.

Respectfully submitted by: Dr Martin Camara, The Philippines, FICS ExCo rep for Asia.

Netherlands



Update from The Netherlands

The Nederlandse Vereniging Sport Chiropractie (NVSC) is the national sports chiropractic council in The Netherlands. Founded in 2008, the NVSC currently has 11 full members and 14 aspiring members who are completing their FICS ICCSP qualification.



Bob Bonnemayers

Sports chiropractors in The Netherlands work with many elite athletes and teams, in sports such as swimming, cycling, football, and tennis, and are involved in various national and international sports events.

In swimming, for example, last summer Dutch sports chiropractor Tamar Bakker worked with the Dutch Paralympic Swimming Team at the Rio Paralympic Games in Brazil. She has been involved with the swimming team for 6 years and these were her second Games.





Tamar Bekkar (front row, center) with the Dutch Paralympic Swim Team for RIO 2016

"It was a great experience again, and overall we had great results," says Tamar. "It's like solving a puzzle, finding which pieces of the puzzle, which changes in tissues and function, will help the individual to be pain-free and improve his or her results time and time again."

Maarten Tielen is a sports chiropractor at Team Sunweb, formerly known as Team Giant-Alpecin, which performs at the highest level of world cycling. The most famous riders of the team in recent years have been Tom Dumoulin, Michael Matthews, John Degenkolb and Marcel Kittel.

Maarten, as Team Sunweb chiropractor since 2014, has attended major races such as Paris-Nice, Tirreno-Adriatico and the Giro d'Italia. This year he will be attending the Tour de France.

Last year the NVSC organised another FICS seminar, an Upper Extremity ICCSP course in Amsterdam in April, which everyone considered to be most successful. Our sports council is continuing to grow and is working to become more involved in sports events not only in our country but also throughout the world.

Respectfully submitted by: Bob Bonnemayers, NVSC President



Philippines



Asian Winter Games, Sapporo, Japan, February 19-28, 2017

The 8th Asian Winter Games, a multi-sport event held every four years for members of the Olympic Council of Asia and featuring winter outdoor and indoor sports, were held in Sapporo, Japan from February 19-28.

This year Australia and New Zealand joined Asian countries making it a continental event. Countries such as the Philippines, which are relatively new to winter sports, competed with Olympic winter games powerhouses such as South Korea, China and Japan.

The Philippines sent 29 athletes representing the four sports of figure skating, speed skating, snow-boarding and ice hockey. Its medical team was headed by Ferdinand Brawner MD and Martin Camara DC, and included two physical therapists and two massage therapists. Dr Brawner handled most medical conditions and onsite coverage and WADA issues for the team, while Dr Camara was in charge of the physical conditioning, alignment, stretching and taping of the athletes before and after competition.

A large number of the athletes had no previous experience of chiropractic care, which was well received by them. They were particularly surprised at the rapid improvement for some of their chronic issues. The Philippine Ice Hockey team lined up for their treatments almost daily. They were extremely satisfied with how chiropractic was able to address multiple problems - from the ankle, knee and shoulder to back issues. Every member of the team came back with positive feedback on improved performance.

Philippine Team Flag bearer for the opening ceremony Roach Garrucho, one of the senior members of the team, said of his treatments "I am overwhelmed and had no idea that I could feel normal again". More than that, his first experience with chiropractic already has him thinking about the profession as a second career.

Francois Gautier, one of the playing coaches, was equally impressed with the results obtained. He came to the clinic barely able to walk from intense soreness running down both his legs. A combination of fascial manipulation, kinesiology taping and adjustments significantly helped his condition, allowing him to continue playing for the duration of the Games. The Philippine Ice Hockey Team, in its debut performance at the AWG, brought home a bronze medal, and the team is now ranked number 3 in the Asia-Pacific.

Speed skater Katherine Magno clocked a personal best in the 500 m after receiving chiropractic care for a lower back condition causing major inhibition of her hip flexors and compensatory knee pain. Spinal adjustment, fascial therapy and Rock Taping for her knee seems to have done the trick.

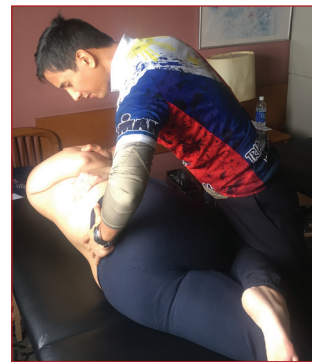
Sometimes only one treatment session is needed. That was the case with figure skater Michael Martinez, currently ranked 24th in the World and the lone qualifier from the Philippines for the Sochi Winter Olympics in 2014. He went for chiropractic care immediately upon arrival at the Games, and after one session of adjustments and IASTM reported that his chronic neck and lower back pain and restricted movement were much relieved.

All health professionals in the team played important roles and worked in close collaboration, and the success of these Games for the Philippines provided another example of the value to athletes of having a multidisciplinary team that included sports chiropractic care.

Respectfully submitted by: Dr Martin Camara, President, PSCC and Asian Rep, FICS Executive Council.



An Olympic figure skater receives treatment for his lower back



Adjusting an ice hockey player for LBP



Dr Camara with speed skater Kat Magno after she clocked a personal record in the 500m event

Sweden



UNITED WORLD
WRESTLING

UWW Klippan Women's Wrestling

The Klippan Ladies Open, held in Klippan, Sweden, is an annual, international event that attracts leading women wrestlers from throughout the world.

It is sanctioned by United World Wrestling (UWW), the governing body for the sport of wrestling, and at this year's championships, held February 17-19, all but one of the medalists from the Rio Games were defeated by others in close contests.

For the first time chiropractic services were available, provided by Dr Filip Larsson and Dr Martin Isaksson of the Idrotts Kiropraktik Sverige (IKF) – the Swedish Chiropractic Sports

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Council. Ten athletes received treatment, and many others expressed interest.

“We intend to serve this event on an annual basis”, said Dr Isaksson. “Although our services were not widely used this time, those treated were very satisfied and thankful, and we have established a good foundation for the years ahead.”



Drs Filip Larsson and Martin Isaksson



UK



Opening Doors with Quality Research from WIOC



From Professor Peter McCarthy, a neurophysiologist at the Welsh Institute of Chiropractic (WIOC) and Head of the Clinical Technologies and Diagnostics Research Unit, Faculty of Life Science and Education, University of South Wales (formerly U of Glamorgan), in the UK. See further bio below.

Ten years ago I initiated sports-injury-orientated research at the Welsh Institute of Chiropractic (WIOC). We started looking at the effects that playing rugby union football has on cervical spine function, considering not only single point assessments, but also looking at the effects over a single game and a whole playing season.

Since that start our studies have encompassed many different sports, both contact and non-contact, professional and amateur. Some, such as flying gliders, are recreational pursuits.

In the past few years we have assessed the Australian world champion rugby league team, the Welsh women's international rugby teams (touch and union), other professional and semi-professional rugby league teams, international swimmers, Red Devils UK Champion ice hockey players and glider pilots.

This work won the British Association of Sports and Exercise Medicine (BASEM) Institute's award for research in 2014, a year in which we were also awarded the Best Non-Clinical Research award by the British Association of Spinal Surgeons and the Back Pain Society at BritSpine2014.

One key element in our work is demonstrating to undergraduate students how relatively easy it is to undertake potentially significant research. An additional benefit for both undergrads and graduate chiropractors alike is gaining access to professional sporting environments!

Over the last 5 years I have been helped significantly by WIOC graduate Dr Bianca Zietsman, who in her final year research at WIOC proved invaluable in organizing her colleagues in our cervical range of motion (CROM) research. Bianca decided to remain at WIOC as a research assistant and, being an international rugby player in her own right, had a passion for helping her sport.

Since then she has been an integral part of our research development and team, initiating the research into pre-habilitation of rugby players to reduce the effects of participation in the sport on the cervical spine.

Our main research focus at present is to develop ways of reducing the impact of sports on neck function. Education is of course important. However recently, in collaboration with

AROUND THE WORLD IN SPORTS CHIROPRACTIC CONTINUED...

a company producing suspension-training systems (FKPro) and with some well-needed funding from the Royal College of Chiropractors, we have been piloting a method involving a mixture of training and chiropractic assessment and treatment.

The preliminary findings of this work have recently been presented at the IOC Convention on the Prevention of Sports Illness and Injuries held in Monaco from March 16-18, ably delivered by Bianca who was supported by two of our other research chiropractors, Dr Espen Aag-Holth and our “new recruit” Dr Angus Nixon.

The squad of chiropractors involved in this research is now international and has brought with it a range of top national and international sports teams.

At home, we (Dr Dan Morgan and my team) are now working with Premiership football (soccer) academies looking at developing a method for predicting those players who have an increased risk of injury.

Further afield, a study involving top, Finnish, ice-hockey league teams is considering how chiropractic care can be used to help reduce the potential for this high-speed, contact sport to affect neck function, being led by Dr Pia Helminen.

In addition, more recently we have started an assessment of the effects of training on neck function in elite boxers. This work is being led by Dr Niall Tilley, a chiropractor with post-graduate neuroscience training, who is working with the Irish Amateur Boxing Association (IABA).



The ACROM in Elite Sports research team at the 2017 Royal College of Chiropractors Conference, from left: Angus Nixon (UK, Rugby), Peter McCarthy, Niall Tilley (Ireland, Boxing), Bianca Zietsman (UK, Rugby), Daniel Morgan (UK, Football/Soccer), Espen Aag-Holth (UK, Rugby) and last but not least Pia Helminen (Finland, Ice Hockey)



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A further area we have been exploring is that of developing new assessment tools, or new uses for old tools. One of these has been developed in collaboration with the British Bobsleigh and Skeleton Association, with the aim of helping to quantify factors that may affect neck function in their talent athletes. I have been assisted in this by chiropractic researcher and lecturer at St Mary's Twickenham (UK) Dr Carrie King. The device (which provides data that could enhance performance feedback and indicate exposure to possible injury) has potential uses across a range of impact sports so will probably find its way into the other areas as well.

Next developments in the rugby work with Bianca Zietsman and Espen Aag-Holth will be to undertake a well-controlled trial to determine the role that chiropractic care can have on sport-related degenerative changes - especially when care is given in tandem with low-tech, low-impact, training protocols and education.

Research like this still require significant funding, regardless of the donation of time from our researchers, other chiropractors and the undergraduates. From this point of view we hope that we can attract sufficient funding in the near and distant future to keep our group and its research program together in order to benefit the players and in the long term gain greater recognition of what the profession has to offer in this arena.

We certainly appear to be making a difference and to be gaining recognition from elite athletes and administrators in each of the sports mentioned above. Apart from the benefit to the knowledge base and athletes, this research has the potential to greatly improve the understanding and acceptance of chiropractic in the sporting world.

Professor McCarthy PhD FBAC(hon) FRCC(hon) FEAC(hon) moved to WIOC and the University of South Wales from the Angle-European College of Chiropractic in 2000.

His academic career as a neurophysiologist started at the University of Manchester (BSc in Pharmacology and Physiology) followed by the University of St Andrews (PhD, neuropsychopharmacology / neurophysiology) and University of Bristol (sensory neurophysiology).

While at the AECC he took invited sabbaticals at a range of prestigious institutions (e.g., Max Planck Institute, Bad Nauheim; Playfair Neuroscience Institute, Toronto; Marine Biological Association, Plymouth) and was awarded the Society for Back Pain research medal for his work on the innervation to spinal structures. Other research highlights include organising a RCT with chiropractic against usual care, performed through a National Health Service (NHS) hospital pain clinic.

Peter's current research interests all have elements of sensory neurophysiology to connect them. He has had a practical interest in non-invasive methods of stimulating and recording from the nervous system for over 25 years. He is currently supervising PhD students on 3 continents (Europe, Canada and Australia), and is Associate Editor on Chiropractic and Manual Therapies.

USA



Kovacs from Life University Presents at IOC Conference in Monaco

Every three years the International Olympic Committee holds the IOC World Conference on the Prevention of Injury and Illness in Sport, and this year's conference was held in Monaco from March 16-18.

This brings together leading individuals in the Olympic Movement from more than 50 countries, clinicians, researchers and administrators, and includes presentation of foremost, current sports-related research, particularly in the field of prevention.

One invited presenter this year was Mark Kovacs PhD, FACSM, MTPS, Director of the LIFE Sports Science Institute (LSSI) and an Associate Professor in the Department of Sport Health Science at Life University in Marietta, Georgia, USA.



In one of two presentations Dr Kovacs was presenting research on stroke efficiency and the risk of injury in tennis players, a field in which he is an expert as a player, coach, exercise physiologist and much-published researcher in leading scientific journals.

As a player he had a successful career in amateur and professional tennis, and was NCAA doubles champion in 2002 while completing his bachelor's degree at Auburn University. His PhD in Exercise Physiology is from the University of Alabama and he has published over 50 scientific papers in the peer-reviewed literature and six books.

"The LSSI at Life University, in partnership with the Emory Medical Center and Emory University, has been undergoing a multi-year study focused on a unique Stroke Efficiency Rating program that evaluates tennis players and provides a risk stratification score for the serve, forehand and backhand," says Dr Kovacs.

The objective is to better understand the link between technique and Injury. Dr Kovacs presented this Stroke Efficiency Rating Scale at the IOC Conference.

AROUND THE WORLD IN SPORTS CHIROPRACTIC CONTINUED...



“It was a real honor to present two separate lectures at this conference that brings together the top minds working in Olympic sport,” says Dr Kovacs.

“The ability to share our latest work was one aspect of the conference, but an even greater privilege is to be able to bring back to the Life campus the latest information in these areas, building upon the applied research and education we are performing at the LSSI.”

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