

FICS E-NEWS - MARCH 2019

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news from BERLIN!*



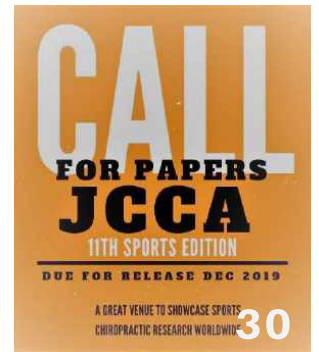
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MARCH 2019

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*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.*



PRESIDENT'S MESSAGE

Dr Peter Garbutt - pres@ficsport.org

3 months seems like such a short period of time when it is a deadline, yet such an expanse when you reflect back on it. The first quarter of 2019 has been an adventure as we prepared for and then experienced Berlin. Thank you to our symposium chair Stephen Perle and his committee, especially Laura Groom who did an amazing job on the ground along with Alexander Ruhe and Martin Isaksson who formed part of the committee. Trish Donoghue, our new admin was remarkable in the way that she picked things up at the last minute and pulled that side of it together.



One of the sincere pleasures of my role as president is presenting awards. Berlin provided many of those for service to FICS in commission and executive council positions, but also the FICS Outstanding Service Award, which went to Audrey Yargui of France, and the Roberto Clemente Award for volunteer service which went to Tom Greenway of the UK. I encourage you to have a read of the awards section of this FICS News to see more details on all the award winners and their wonderful accomplishments in sports chiropractic.

I was given the privilege of speaking at the WFC Congress following the FICS meetings. Here I shared a variety of quotes from the FICS Student Scholarship essays for 2018 and discussed the alignment of these essays with the core premise of Olympism in working towards a better world. Our profession shares values that reflect those of Olympism and FICS embodies these in so many ways. Following the meetings in Berlin, our Secretary-General, Graeme Harrison-Brown and I travelled to Lausanne, Switzerland to start the ball rolling to bolster our presence there. In 1915 Lausanne was established as the home of the IOC and in 1994 it was given the title of the Olympic Capital. FICS has had a fluctuating presence in Lausanne over the years and it is time to bring things back as our relationships build in these circles.



I was given the privilege of speaking at the WFC Congress following the FICS meetings. Here I shared a variety of quotes from the FICS Student Scholarship essays for 2018

PRESIDENT'S MESSAGE

On a visit to the Olympic museum, I was reminded of the 3 key values of Olympism, excellence, solidarity and respect. These 3 values also underpin the culture of FICS. The definition of these values as stated at the Olympic museum are:

- Excellence means constantly making progress and improving, in all circumstances.
- Solidarity means accepting differences and adapting to diversity, whatever the challenges.
- Respect - now, more than ever - means taking an ethical approach to your own body, the rules and the environment.

The FICS strategic planning day involved a statement of our culture which was developed at our meeting in 2018. It was encouraging to see that it demonstrates these values and is at the heart of everything we do. FICS is undergoing significant change right now as we build on 30 years of work that has brought the organisation to where it is. Current changes are designed to allow us to make progress and improve for a stronger future organisation. Bringing together view points from around the world, some with great history, others with new ideas requires a great deal of acceptance and adaptation.

FICS has had a fluctuating presence in Lausanne over the years and it is time to bring things back as our relationships build in these circles. The solidarity within FICS right now is stronger than it has been in a long time and a culture built around adapting to diversity will encourage that to continue to develop. At the core of any growth is respect. A respect for the work that has gone before us, and the impact that we have on the world around us.

FICS is part of the greater chiropractic family. It is important that we continue to play our part in furthering the chiropractic profession and working towards access to sports chiropractic for every athlete.

Thank you to all that are working towards our mission in FICS and building the strength to grow.

Peter Garbutt



Above: FICS 2019 hard working volunteers serving on the Executive Council, Commission Chairs, SecGen & Admin Provider.

THANK YOU TO FICS SPONSOR'S

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- Southern Californian Health Science

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:

Sponsorship opportunities:

Send email to secgen@ficsport.org for a copy of the sponsorship prospectus.

If you would like to apply for naming rights to a FICS E-New editions please email admin@ficsport.org for more information.

THANK YOU TO OUR SPONSOR'S
FOR THEIR CONTRIBUTIONS TO
MAKING BERLIN A SUCCESS

FICS ASSEMBLY & SYMPOSIUM 2019

Wednesday, March 20, 2019 - Maritim Hotel, Berlin, Germany



THULI TABLES

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FOOT LEVELERS

If you would like to
enquiry about
sponsoring one of FICS
events,
please contact Graeme
Harrison-Brown at
secgen@ficsport.org

SECRETARY GENERAL MESSAGE

Graeme Harrison-Brown - SecGen@ficsport.org

Welcome to the second and most important year of my tenure as the Secretary General of FICS. With all the strategy development work last year and the changes to the organisation that have occurred to date, we now find ourselves in the rebuild stage of the organisation. This is both exciting and daunting as we must continue to stabilise the ship while at the same time gearing it for growth to ensure we have the revenue streams to achieve our goals and objectives.

I am confident that with the team we have in place and the remaining changes that will be made over the coming year that we will see the fruits of our labours with FICS realising positive growth as we move into 2020.



Berlin in a nut shell

This year the FICS General Assembly and Symposium was held prior to the WFC Congress in Berlin, Germany. Even though the event can be considered a success from the positive steps achieved at the General Assembly to the interesting and stimulating topics discussed in the Symposium and the relationships and networks developed, it wasn't a great success from a financial and collaborative perspective.

Berlin has now given FICS a chance to take pause and consider the options for Tokyo to make it a truly epic event. We will look to changing our format so that it is aligned with our strengths and to derive greater value for our members and sponsors. The options that we have available to us are the holding of a hands-on ICSC course during the event to assist people in gaining their certification, greater involvement for our sponsors whose products align to the key theme, extending the number of speaker and research presentations to fill a larger program, and integrating with the WFC so it is a comprehensive program with multiple streams that allow people greater choice. There is much thought and discussions to be had on this over the coming months.



Strategic Review

This year we revisited the FICS strategic plan that was developed on the gold Coast in 2018. It was inspiring to watch the FICS Executive Council and Commission Chairs working together to reconfirm that the direction and focus of FICS was still relevant and to take ownership of the plan. It was a long day for most which culminated in some fine tuning and further definition of the key activities that are required to be achieved over the next 12 to 24 months to achieve our growth aspirations.

I am confident when I say that FICS is an inclusive organisation that has moved to a collaborative model where we are all focussed on a common goal. There is still much work to be done to achieve the ideal structure where all the infrastructure is in place to support our operational activities. We know this, and we understand the challenges still ahead of us, so I am confident that at the end of the 2019 rebuilding process we will move into 2020 as a commercially focussed, sustainable organisation providing the best volunteers to support athletes of all levels. We will set financial goals that will stretch the organisation and as we achieve them we will celebrate our successes. The magic numbers for those in the know are 0.5, 1, 5, 12.5 and 25.

“ There is still much work to be done to achieve the ideal structure

SECRETARY GENERAL MESSAGE

General Assembly

The lead up to the Berlin General Assembly was a daunting affair after being exposed to different opinions and perspectives on the outcomes of previous General Assemblies. We had a number of key motions to be approved on the day and I was pleased to see that they were all passed unanimously. The acceptance of the statute changes now sets the organisation up with a structure that separates the strategic and operational activities of the organisations and creates an environment for faster decision making and a level of trust within the organisation not experienced before. I believe the unanimous acceptance of the changes was a result of the FICS Executive being fully transparent and engaging the membership early in the process.

We also achieved the acknowledgement of three new NCSC's further expanding our membership base and providing FICS with the vehicle to continue to grow Sports Chiropractic globally. I welcome the new NCSC's (Botswana, Spain and the special members Vietnam) and look forward to working with you over the coming years.

The Audited Financial statements were approved by the General Assembly and a brief explanation of the road map for the future was provided. This road map focuses on financial growth through our three levers; memberships, sponsorships and the E Learning System. The release of the ELS will not only provide a solid revenue stream, it will also differentiate FICS as a specialist chiropractic stream.



FROM THE DESK OF THE SECRETARY GENERAL

My View of FICS

FICS is an important part of the chiropractic profession as it provides support to our athletes, whether elite or recreational, enhances the careers of our members, provides important research into human performance through non-drug related medical support, provides opportunities for Olympic athletes, and generally exposes the profession to a wider audience through the status of sport and its stars in contemporary life. We have access to athletes that can provide positive role models for the profession and we should learn to work with them to build greater brand awareness of the FICS brand.

As an organisation we are able to provide our members with greater opportunities to participate in sporting events and educational seminars. We will achieve this by providing more events than previously attended and we will advise our volunteers and sponsors much earlier of our needs. This will ensure that we can commit early and improve the success rate of attendance.

We will look at ways to engage with our students more and offer them opportunities to gain experience in the field where we can. Our students are the future of the profession and the next leaders of FICS. They are important to us and so we will nurture them.

We will look to create thought leadership groups with our educational institution members, so they can participate in our development programs, so they benefit

their students. We will work in collaboration with them to ensure we remain focussed on developing the future sports chiropractic leaders.

My Thoughts on the Sec-General Role

As a former CEO and part owner of a number of companies I was comfortable with being the face of the organisation and growing the business. I learnt the hard way though, that there comes a time when you can no longer both grow the business and run the business. At this point you need to find the right person to take one of the roles off you.

When I first accepted the role of Secretary General for FICS I had to determine how I would fit within the organisation as based on the Google definition of the role there was a large disconnect between what the definition was and how people were actually performing the role.

Based on this I decided to start with the accepted definition of the role of being the chief administrative officer for the organisation responsible for:

- Being the public face of the organisation;
- providing strategic leadership for the organisation;
- co-ordinating and contributing to the function of FICS;
- maintain and develop effective working practices that support good internal administration;

FROM THE DESK OF THE SECRETARY GENERAL

My Thoughts on the Sec-General Role cont.

- reporting on the overall implementation of the organisation's activities; and
- representing the organisation externally and developing strong relations with key stakeholders.

I then tweaked the model as it didn't consider the delineation between growing and running the business. This meant that my responsibility was also to support the President to free them up from the daily operations of the organisation so they could be the true figure head of FICS. This was important as it allowed the President to focus on growing the business and elevated the status of the position in the eyes of our key stakeholders.

For FICS this structure provides a sound working relationship between the Secretary General and the President where the Secretary General is referred to for technical and business expertise while the President is the final decision maker. This clarity of roles appears to be producing a good working relationship between the Secretary General, President, ExCo and Service Provider.

I intend to continue to monitor and adapt this role to best suit FICS and its growth aspirations.

Graeme Harrison-Brown



2019 ROBERTO CLEMENTE AWARD

This award is established by FICS and its affiliated Foundation, the FICS Foundation. It is awarded every two years at the time of the FICS General Assembly of Members to an individual who has demonstrated outstanding voluntary service in the field of sports chiropractic.

Tom Greenway tells us about what this award means to him. "I was very surprised and delighted to receive the Roberto Clemente Award and very touched that the profession has honoured me in this way.



Tom Greenway 2019 recipient of the 2019 Roberto Clement Award

My colleagues at the Royal College of Chiropractors Sports Faculty in the United Kingdom nominated me and I was very humbled that they did that for me. I have had the pleasure of being a qualified chiropractor since 1990 and was introduced to sports chiropractic by Brian Nook who very bravely allowed me to be part of the FICS's team at the All Africa Games in Zimbabwe in 1995. That launched me into what has been a very varied and exciting elite sports career that has brought me huge joy as well as introducing me to some remarkable and amazing people. Furthermore I have seen sports chiropractic become an integrated part of sports care provision over the last 25 years and there is now a genuine interest that chiropractic is part of that structure. Sports chiropractic has been spared of much of the internal chiropractic politics that blights so much of the rest of the profession and we should be very proud of what we have achieved and without those difficulties.

I am also conscious that there are an awful lot of other sports chiropractors that have given up their time and energy in supporting athletes with chiropractic care. I have been fortunate to have worked with quite a few of them over the years and I am always impressed by the sheer skill and professionalism of so many of our colleagues. You always learn something when you are fortunate enough to work next to someone in sports.

I have also discovered much more about the FICS Foundation and what it is doing to help sports chiropractic. I would urge all of you to visit the website at www.fics-foundation.org and donate to support it as there is much we can do for real good in sports chiropractic with its support.

Thank you for the award and your comradeship in sports."

Tom Greenway

2019 FICS AWARDS

Volunteers play an extremely important role in the day to day running and functioning of FICS, without whom, FICS would not be able to function. We are privileged to be served by very capable volunteers past and present.

Outstanding Service Award

An outstanding service award was presented to Dr Audrey Yargui. This was in recognition of her unwavering commitment in working at multiple FICS sanctioned events.



Jay Greenstein caught up with Audrey Yargui recipient of the Outstanding Service Award. Click [HERE](#) to hear from Audrey



Research Awards:

Research awards presented to the winners of the FICS research competition.

1st Place Research Competition - Charlène Chéron

2nd Place Research Competition - Alex Pucciarelli

1st Place Student Award - Melissa Corso

Former executive council, commission chairs, and commission members were recognized for their countless hours dedication to FICS. They were thanked and presented with plaques and certificates at the FICS General Assembly.

Ståle Hauge	2012 – 2018 European rep	2014-2018 Secretary
Marcelo Botelho	2008-2016 Latin American Rep	2010-2014 Chief of Finances
	2014 – 2018 1st VP	
Luke Nelson	Finance	2015 – 2018
Carla How	Ethics	2008- 2017
Philippe Roulet	Communications	2008 – 2018
Tim Ray	Games	2001 - 2018
Rene Fejer	Education	2013 - 2016

FICS commission member certificate:

Angela Salcedo	Games, IF's	Howie Fidler	Finance
Annette Jorgensen	Games	Henry Pollard	Education, research
Brad Sandler	Games	Dik Skippings	Education
Kaz Isa	Games	Renee Higgs	Ethics
Tom Greenway	Games	Burak Esendal	Ethics
Thomas Jeppesen	Games	Deb Nook	Ethics
Mike Reed	Games	Nicole Schlappi	Ethics
Greg Oke	Games	Charmaine Korporaal	Games, Education, Communications

FICS Membership

BY NATHAN AKMENS, CHAIR MEMBERSHIP COMMISSION

A very big thank you to all who participated in the Membership Survey. We witnessed a fantastic response with over 260 completed surveys giving Membership Commission and FICS overall an amazing snapshot of what you, our members, would like to see into the future. Our commission is now busy analysing the data and readying it for final presentation to both the FICS Executive and your NCSC President. The information collected will form the basis of the work we do in Membership Commission for the coming years, and it brings me great happiness to witness the passion within sports chiropractic from all corners of the globe.

The annual online NCSC President - Membership Commission meeting occurred in mid December 2018. Twice yearly a meeting with all NCSC Presidents' takes place to strengthen connections and provide collaboration opportunities amongst our NCSC members. This in-person and subsequent online forum allows:

- 1) more awareness of the direction FICS holds for international sports chiropractic;
- 2) to hear directly from the regions on what is working well; and
- 3) to focus on where extra help may be needed.

Strong discussions centred around providing more value for members and the various channels we may be able to offer these. The Membership team looks forward to developing all ideas through 2019.

Our goals for 2019 include working upon all key findings of the Membership Survey, bringing more National Chiropractic Sports Council's into the FICS fold throughout the world, strengthening membership offerings, and growing general FICS awareness amongst our current members.

Thanks again for all your support, it is greatly appreciated.

“ more awareness
of the direction
FICS holds for
international
sports chiropractic



FICS NCSC MEETING BERLIN

BY NATHAN AKMENS, CHAIR MEMBERSHIP COMMISSION

What a whirlwind week in Berlin! Offering a great opportunity to reflect on the progress that FICS has achieved over the past year and review our goals for the 12 months to come. By coming together and strengthening our networks across the world, the future for international sports chiropractic looks even brighter. My thanks go to the dedicated work of the volunteers and members that make up FICS.

After wrapping up the final day of the FICS AGM that was dedicated to strategic planning, the annual in-person NCSC President meeting took place. What an amazing group of sports chiropractic leaders we have connected to FICS.

Every NCSC is a powerful driving force for sports chiropractic in the regions of the world. This is where being a member of FICS begins for many of you as this is automatically guaranteed through your NCSC membership. We acknowledge the great impact our members have within their NCSCs i.e. local communities, patient population, sporting teams/events, volunteering. Membership Commission is determined to support all NCSCs in the establishment and growth of their councils,

as we see this as a pivotal link in building the profile of sports chiropractic and helping all athletes under our care.

Highlights included:

- NCSC South Africa: covered 10 world champion level sporting events in 2018/19
- NCSC Japan: groundwork and partnership building continuing for Tokyo 2020
- NCSC France: sports chiropractic team covered European Female Handball Championships, due to cover upcoming Female Football World Cup, building relationships with key federations and sports stakeholders in country
- NCSC Spain: the first presentation to the group as the newest Full Member
- NCSC Canada: major inroads to developing pathways for chiropractors to be on sporting teams/field side
- NCSC Hong Kong: readying sports specific seminars in country for members
- NCSC Australia: new highs in membership numbers, 23 events in 2018/19 with 10000+ athletes covered, webinars success.



Sports Chiropractic & Sport Health Science: Get Your Head in the Game

Students at Life University maximize human performance by working with student-athletes and through working toward degrees in exercise science, athletic training and more.

What gives an athlete an edge on the competition? What elevates performance on the field, the court or in the water? How does physical activity – from the most everyday movements like walking to the precision of Olympic athletes – shape and redefine our health? Students in the Sport Health Science Department at Life University pursue these questions and more, working in a living laboratory to examine and maximize the human body's potential.

For many Life University Sport Health Science students, sports and fitness were a first love. They find kinship with their professors, many of whom are athletes and coaches active in their fields, leading industry athletics conferences and coaching young athletes to the height of their game. When passion for health and athletics is met with academic rigor and in-the-field experience, students launch their education into meaningful, purpose-driven careers. "I enjoy it because I can keep the connection to sports and athletes," said alumna Azalea Hancock, MAT, AT, LAC. "I played basketball growing up, was an assistant coach at a high school and my family is big on sports. So staying active and maintaining that connection is important to me."

Undergraduate exercise science students receive the highest-quality education and technical instruction in the disciplines of anatomy, biology, biochemistry, physiology and kinesiology, applying this knowledge to a range of populations.

They also learn to work with the body as an innately intelligent organism, and to care for athletes and community members through the LIFE Sport Science Institute (LSSI); Life University's public clinic, the Center for Health and Optimum Performance (C-HOP); and in a variety of internship/externship or practicum settings, including cardiac rehabilitation and adult fitness programs offered by hospitals, corporations and community organizations. Students studying health coaching learn how to help clients set and meet health goals, working with the public for a better understanding of whole-body health.

Graduate students take their careers even further, pursuing master's degrees in either Sport Health Science or Athletic Training. These dynamic programs deepen specialized knowledge while diversifying career opportunities, setting Life University

Continued on next page ...

graduates for success in industries like athletic training, sport injury management, corporate wellness administration, physical therapy, fitness training, coaching and more.

Additionally, many students pursuing Life University's flagship Doctor of Chiropractic degree have a vision of caring primarily for athletes in their post-graduation practices. For these students, a Chiropractic Sport Science track within the M.S. in Sport Health Science degree exists. This specialty track's objectives include the practical application of scientific knowledge with hands-on opportunities for the chiropractor/student to work with athletes in all sports. Areas of coursework and research include arthrokinematics, biomechanics, exercise physiology and kinesiology.

With a 110-acre campus just 20 minutes from Atlanta, Life University offers a 16:1 student to faculty ratio, leading-edge technology and abundant campus life. Learn more about visiting Life University at LIFE.edu/VisitLIFE.



SPORT HEALTH DEGREES AT LIFE UNIVERSITY:

- B.S. EXERCISE SCIENCE
- B.S. HEALTH COACHING
- M.S. SPORT HEALTH SCIENCE (5 TRACKS, INCLUDING THE CHIROPRACTIC SPORT SCIENCE TRACK)
- M.A.T. ATHLETIC TRAINING

“ When passion for health and athletics is met with academic rigor and in-the-field experience, students launch their education into meaningful, purpose-driven careers.

BLAST FROM THE PAST

BY TOM HYDE

I would like to send Kudos to all in the FICS family. It appears many positive changes have been made over the last few years and particularly the last year. The FICS Board continues to represent different regions in the world, has a good mix of male and female in various positions and providing care to athletes around the world at an ever increasing number of events.

The recent changes in the administration is welcome and I would like to welcome Graeme and all new staff including the administration and the person who has created the December edition of the FICS News Magazine, this was outstanding. I read this from top to bottom and have to say, it looks incredible and extremely professional and well done. I also like what I see from Graeme and his forward thinking and creativity.

I was going through some things I had packed away many years ago and came across a FICS certificate or recognition for my participation in the Pan America Games in 1987, signed by the founder, Stephen Press. I have now framed it and placed it on the wall in our office.

I first became involved with FICS in 1987 when the founder, Stephen Press, DC came up with the idea to form this entity. Many of us met in London and as far as I know, the only one still around on the Board or involved is Brian Nook. I served as Sect Gen for 5 years and remember the chaos, I was Sect Gen for I think 8 years. If I recall correctly, I came in as Sect Gen in 1995 when asked by the then, FICS Board.

I remained until I resigned in a very animated meeting in Orlando in 2003 when I challenged the "old guard." There were 4 individuals who had been with FICS and a part of the Board from 1986 or 87 when the organization really began. We had zero women on the Board and not many from other countries.

We cannot give up continuing to educate or members, strive for excellence in treatment, recognition of other global and local entities who also deal with the treatment of athletes and elevate ourselves to the top shelf of providers of incredible care for all athletes at all levels. So happy to see more women and more diversity regarding countries around the world.



M/N COSTA VICTORIA
Costa Crociere - 1998

FICS folks. From L to R are Brian Nook, Enrique Benet, Daniele Bertamini, Noel Patterson, one of the sailors on the boat, in red is Roland Noirat, then David Pierson, another sailor from boat, Stephen Press, the founder of FICS and me.

BLAST FROM THE PAST CONTINUES...

I cannot begin to tell you how happy I am that FICS now has people from around the world involved at various levels, has more women involved, a new Sect General, a new Staff person and is redoing by-laws and operating regulations. I had plenty of discussions with the prior Sect Gen, we did not get along well at all but as they say, it takes 2 to tango. We had a behind the doors, knock down, drag out yelling match that went on for some time. I did not like the way he operated at all, us paying him rent, letting him pretty much create by-laws etc that certainly favored him having more and more control supported by staff he hired. I am not saying I was right to challenge him but I could not sit blindly by and watch what was happening.

I am just a member, not on the Board and have not been since my resignation. I still think the organization is a GREAT idea created by a forward thinking individual,

My goodness, how far the organization has come, thanks to so many of you,

This looks like it is now a grown up organization with direction, purpose and the individuals to make FICS an International Organization that should always be included in any sporting event, at any level, at any where in the world.

Respectfully submitted

Tom Hyde

"WE LEARN FROM
OUR PAST,
HOPEFULLY, AND
WE CHERISH THE
EARLY TRIALS AND
TRIBULATIONS OF
BEGINNING A
MASSIVE GLOBAL
NETWORK."



Tom Hyde left with his friend Rodrigo Sanchez, PT, DC in Chile

International Sport Chiro Certificate

BY TIMOTHY STARK, ICCSP COMMISSION CHAIR
BETH ANTOINE, FICS FELLOW

FICS eLS has appreciated the completion of 8 of the new modules for the online portion of the program. This means the new program is approximately 80% complete and we are expecting the entire program to be completed by 30 May. We would like to extend a thank you to the numerous FICS members who have contributed to our new eLS. All the modules in the eLS have been/will be tested by the Education Commission. They have worked tirelessly, accepting our requests for testing and have provided invaluable feedback!

We have been working with iMAP to redesign the landing page for FICS education. The new website will help streamline the registration process for the eLS. iMAP has done a great job meeting our needs and we continue to be pleased with their product.

The following modules have been completed and tested by Education Commission:

- Head Injuries in Sport;
- Professional Boundaries, Integrity in Sport and the Sports Medicine Team;
- Upper Extremity Injuries in Sport;
- Lower Extremity Injuries in Sport;
- Sports Imaging; International Sports Chiropractic;
- Spine Injuries in Sport;
- Rehabilitation of Sports Injuries.
- The Special Sports Populations and Sports Physiology are about 50% completed and will be finished by the end of May.

“we are excited to be launching the new FICS educational program

We would like to thank the following individuals for their contributions to the new eLS:

- Brett Jarosz, AUS
- Scott Howitt, CAN
- Lotte Langhoff, NOR
- Tim Ray, USA
- Brian Nook, AUS/USA
- Phil Santiago, USA
- Chris Major, USA
- Lindsay Rowe, AUS
- Pete Garbutt, AUS
- Luke Nelson, AUS
- Steven Smilkstein, RSA
- Alex Ruhe, GER
- Ulrik Sandstrom, UK
- Mustafa Agaoglu, TUR
- Brett Martin, USA
- Alan Sokoloff, USA
- Carlo Guadagno, USA
- Jon Mulholland, USA
- Stuart Borne, USA
- Tim Howey, USA
- Jon Williams, USA
- Leo Lewis, USA
- Kyle Steineman, USA
- Noah Emanuel, USA
- Melissa MacDonald, USA
- Beth Antoine, USA
- Tim Stark, AUS/USA

We thank them for their contributions, as this program would not be possible without the generosity of these individuals!

We also extend a special thank you to the FICS Exco for their support through this process.



ICCSP GRADUATES 2019

AUSTRALIA

Dr. Nicholas Shannon
Dana Moore
Dr Alex Mutu
Teghan Butler
Alexander Tropea
Scott Aidan Leabeater
Ali A Zaher

BELGIUM

CANADA

FRANCE

GERMANY

JAPAN

MEXICO

José Leopoldo Coca
Gustavo Pineda Santacruz
Alan Ceballos Echeagaray
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Fernando de Jesús Martínez Tenorio
María Mercedes D'Acosta Montaña
María Mercedes Montaña Benet

NETHERLANDS

Dennis Springer

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Dr Gareth Hardie
Dr Matthew Greg Levine
Dr Chanelle Raine Scott-Crossley
Dr James Lowe
Hitesh Manga
Helen Coetzer

USA

Courtney B Wells
Jordan Jace Knowlton-Key
Dr. Joy Marie Henry



International Sporting Federation

SIMON LAWSON - COMMISSION CHAIR

It has been a busy start to the year for the ISFC. We have posted the events calendar for 2019 which can be found at <https://fics-sport.org/portal/index.php/en/events/games>. Can I also encourage you to visit the Games Committee page <https://fics-sport.org/portal/index.php/en/games> for all the information that you require regarding applying for events, accessing the FICS Field Side Manual and our Code of Conduct. It is the Commission's goal this year to get as many of our NCSC's connected to local National Sporting Federations as possible which will feed through to provide more events and opportunities for our members to roll up their sleeves and do what they love! This should also significantly expand our network of relationships within these Sporting Federations across the globe resulting in increased exposure for FICS and its members, to the athletes. Every athlete deserves access to Sports Chiropractic and we're in the business of empowering athletes to achieve their optimal performance, naturally.

We are in constant communication with our International Sporting Federations as well as new ISF's with whom we are signing agreements. This means that we will be updating the events calendar on a regular basis. Please make sure that you check in regularly to keep up to date with the latest news on these events.

The organisation and logistics for Sport Accord in the Gold Coast (AUS) which will take place in the first week of May are well underway and the team is starting to get quite excited. This event gives FICS a golden opportunity to re-engage with our current contracted ISF's and engage with new ISF's to promote and expand our goal and vision in working towards our ultimate goal of achieving official IOC recognition.

This year we have been invited to provide our services at the Sport Accord Sports Festival which is a show case of sport for the youth and is held concurrently with the Sport Accord convention.

Just a reminder of who the ISFC Regional Representatives are and who you can contact with regards to approaching National Sporting Federations or how to go about securing an event for your region:

- a) Africa Dr Jason Fyfer (RSA)
- b) Asia Dr Martin Camara (Phil)
- c) Europe Dr Audrey Yargui (FRA); Dr Lotte Langhoff (DEN)
- d) North America Dr Christine Foss (USA); Dr Craig Couillard (USA)
- e) South America & Carribean Dr Mercedes D'Acosta (MEX)
- f) Middle East Dr Paul Cheung (UAE)
- g) Pacific Dr David Lourie (AUS)



International Sporting Federation

ISF NEWS CONTINUES.....

This is another amazing opportunity for FICS to demonstrate what we do and how we can help athletes achieve their optimal performance. The SCA have been charged with providing these services under the FICS banner. We know that they will fly the FICS flag high!

HOT OFF THE PRESS:

As part of the build-up to the World Games 2021, the IWGA (International World Games Association) in collaboration with the Birmingham LOC have announced that they will be running a number of test events. The first event that will be held will be the USA Beach Handball International Cup (iCup), from 18 – 21 JULY 2019. We are the only medical services that have been approached to cover this event at present but, the plan is to try and create an integrated polyclinic facility. We will keep you posted on this development. This is a fantastic opportunity for FICS and a major break-through with regards to the organisation and preparation for events of this magnitude. This is largely due to the brilliant work that Dr Brian Nook has done in developing FICS' relationship with the IWGA over the years and more recently the relationship he has built with the Birmingham LOC.

One of the biggest hurdles for us at these games is going to be licensure. We are working feverishly with the Birmingham LOC and their legal team to try and get temporary licensure for the duration of the games for our members who get selected for the FICS WG 2021 Team. Unfortunately, until we are able to get this piece of legislation passed, these WG 2021 Test events will be reserved for our members from the USA. I do need to make it clear

though, that being selected for these WG 2021 Test events will not necessarily guarantee a position on the FICS WG 2021 Team.

Lastly, the applications for the CSIT World Sports Games have opened. This is a fantastic event! You will not regret attending these games! Please go to our events page and encourage your NCSC members to submit an application for consideration! You are welcome to apply also of course. We are hopeful to have a large pool of applicants of varying experience to select the final delegation. The games will run through the first week of July 2019.

Dr Simon Lawson
Chair, International Sporting
Federations Commission



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REVOLUTIONIZE YOUR PRACTICE

FICS Foundation Vice President Recognised for his Leadership in Chiropractic

ROYAL COLLEGE OF CHIROPRACTORS' PRESIDENT APPOINTED AS FELLOW OF NICE

Peter Dixon, Vice President FICS Foundation and President of the Royal College of Chiropractors, has been appointed as a Fellow of the UK's National Institute for Health and Care Excellence (NICE).

NICE is an independent, Government-sponsored organisation that aims to improve outcomes for users of NHS and public health and social care services by producing evidence-based guidance, and developing quality standards and performance metrics, for those who provide and commission the services. A NICE Fellowship is an opportunity for experienced leaders within the field of health and social care to become ambassadors for NICE, and offers the opportunity to work closely with NICE to help promote high quality care and develop new ways of working across the health and social care sector.

Peter is a practising chiropractor who has provided both private and NHS-funded healthcare services in multidisciplinary settings, and has held a range of senior leadership positions in chiropractic including Chair of the UK's statutory regulator, the General Chiropractic Council (GCC). He was a member of the guideline development committee for the first NICE guidance on Low Back Pain.

“ *It's a great honour and a wonderful opportunity to be appointed as a Fellow of NICE. As President of the Royal College of Chiropractors, I am dedicated to promoting safety, quality and professionalism within the Chiropractic profession and in musculoskeletal practice generally. I look forward to championing the valuable work of NICE and the role that chiropractic can play in contributing to the development of new ways of working that make full use of the evidence-based skills and competencies of all practitioners that form part of the primary care workforce.*

Sunshine Tour – South Africa

DR JASON FYFER. PRESIDENT CHIROSPORT SOUTH AFRICA.

I have had the privilege to be involved as the Chiropractor for the Sunshine Tour since 2007 until the end of last year. The Sunshine Tour typically runs during the Southern Hemisphere's summer and is a combination of local Tour events, the pinnacle event being the Nedbank Challenge with 4-5 co-sanctioned European Tour events; SA Open, Joburg Open, Tshwane Open and Alfred-Dunhill Championship, dependent on sponsorship. Over the past 3 years the Sunshine Tour has partnered with the Asian Tour and created "triple-sanctioned" events, the SA Open and Mauritius Open.

Over the past 11 years it has been phenomenal to see how the Unit has grown in its role within the Tour as well as the utilization rates amongst Tour professionals. I was fortunate to be asked to join the "Physio Unit" as it was called in those days by Dr Ricardo Jorge. The request to have Sports Chiropractic available in the unit was driven primarily by the European Tour professionals. This demonstrates how Sports Chiropractors involved with professional athletes in their private practices, at junior and grass roots levels has shaped these athletes and afforded them the opportunity to get performance care from early on in their careers. This in turn has ensured that these athletes now ask to have Chiropractors involved in events they participate in, so that they can have the choice of care they need in their various events.



I am happy to say that in my second year the Unit was renamed The Players Fitness and Therapy Unit on the Sunshine Tour. During the co-sanctioned events the Unit was staffed by three Physiotherapists and a Chiropractor, on the smaller local events this would then be cut down to two Therapists. Usually this would be a Physiotherapist and Chiropractor, depending on the availability of the various therapists.

During this time the Unit came into its own as a multidisciplinary unit with a fantastic cohesion and work ethic between the two professions whilst simultaneously interacting with the trainers, swing coaches, sports psyches and other professions utilized by the Tour professionals.

My time on the Tour gave me the priceless ability to test, seminar skills, adjusting techniques, taping techniques and assessment protocols on athletes that were incredibly motivated to be screened and tweaked in order to achieve consistent performance.

Continued ...

SUNSHINE TOUR SA CONTINUED

I can never falter the enthusiasm of the younger professionals on Tour who were always willing at the beginning of the season to get their posture photos, training protocols and testing various techniques on them to see what worked best for them, whilst giving me a fantastic education and experience on athletes at this level.

The team of therapists involved in the Unit has stayed much the same for at least 4 years at a time, This has allowed an environment to develop where all involved became more open minded to differing techniques and schools of thought. The openness and maturity demonstrated by all involved over the years has allowed us to be able to question each other's protocols without stepping on toes. This allowed the athletes to get the best from both professions and gave us the opportunity to achieving what a multidisciplinary team should strive to be and focus on the needs of the athlete without too much of our own personalities becoming involved.

I have had the good fortune of being involved in multidisciplinary teams before and after this and I have never been able to be a part of such an integrated and cohesive Unit which I will always cherish.

In the early days the Unit would assess professionals at the beginning of a season and we would program a training protocol to help the athlete with complaints that either they had at the time, or working in conjunction with their swing coach. As time has gone by, the majority of the top players now have their own trainers that travel with them on tour and the ability to

communicate effectively between the golfer, coach, trainer, (nutritionist, partner etc you get the idea) and manager, has become even more important to get the results the athlete is striving for.

In recent years the addition of other support staff to the professional's team has meant that the therapists have had to become more focused on providing functional outcomes for the Tour professionals and primarily focused on providing corrective solutions as opposed to symptomatic care. However, there is always one member of the team that is on duty to go on course and assist in an emergency,

if called upon, necessitating that you understand the rules in such occasions (and golf has a number of these rules). Unfortunately, as is often the case Chiropractic has been seen as an outsider in a Multidisciplinary team and over the years myself and the other Chiropractors who have worked in this unit have been able to demonstrate the value that Chiropractic can provide the athletes. This is evidenced by the utilization rates we see amongst the players coming in for treatment by the Chiropractors. An interesting statistic is that the foreign Tour professionals make far more use of Chiropractic services than the local Tour professionals. This highlights the need to work more with local golfing bodies in South Africa and develop strategies to showcase the benefits Sports Chiropractic provides. A final word for the younger Sports Chiropractors wanting to get involved or for those who are already involved in a multidisciplinary Unit.

Continued on next page ...

SUNSHINE TOUR SA CONTINUED

Understand the value in teamwork, and this is not a cliché. There is nothing more satisfying than working simultaneously side by side with another therapist on an athlete and getting a breakthrough.

The athlete comes away from the interaction with far greater respect for both professions and you learn things that you never would have been able to consider in private practice.

Always work to help the team achieve, try your best to not be an individual within that team. You may think this goes unnoticed, perhaps even for years, but it will be noticed and this only puts you as the clinician and the profession in the best light, showcasing your professionalism and maturity and the value we know Sports Chiropractic brings to these athletes.

Learn to communicate, this not only applies to the athlete to help them achieve their outcomes. But without including their support team there will never be a full buy in on their part. An added bonus is the support team will value and trust you even further by the fact that you have included them in the care of the individual we are all trying to help achieve.

Again, the ultimate goal of the team is to put the athlete first and help them in whatever goals they have set out, whether it is to just get through the day or get them into the Top 50, for a place at the Masters.

Photo right: Louis Oosthuizen (Winner of the 2018 SA Open) on the morning of the final day.



Some of the perks of the job treating Rory, 2017 SA Open with team physiotherapist, Mark Anderson.



Team at the SA Open 2018



RCCSS(C) West Conference – Gearing Up! 23rd -24th March 2019

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



The Royal College of Chiropractic Sports Sciences, held its annual West Conference on March 23rd and 24th, in the beautiful city of Vancouver. The theme of this year's conference was on cycling biomechanics, injuries and rehabilitation. Gearing Up, attracted audiences with different professional backgrounds such as Chiropractors, Physiotherapists, Kinesiologists and Massage Therapists.

We had the pleasure of inviting influential speakers such as Dr. Bob McCormack, the Chief Medical Officer for Canada Olympics, Dr. Alex Scott, the head researcher on tendinopathy at the University of British Columbia, Dr. Sara Forsyth, the Sports Medicine Physician with Vancouver's National Lacrosse Team, and Alex Hodgins, the mental performance specialist with the Canadian National Soccer Team.

The RCCSS(C) was well represented at this conference as well. Our very own Dr. Jenn Turner, the Sports Chiropractor for Cycling Canada, Dr. Cameron Marshall, also known

as the "Concussion Doc", and the British Columbia's Chiropractic Association's president and X-Games Sports Chiropractor, Dr. Clark Konczak.

The goal of the Conference Committee is to organize and deliver evidence based, patient centred, sports medicine events where participants from different professions learn, teach and interact with each other.

Featured Speakers

Bob McCormack MD, FRCSC	Clark Konczak DC, FRCSS(C)
Cameron Marshall DC, FRCSS(C)	Tyler Dumont PT, Dip.Sport PT
Alex Scott PT, PhD	Alex Hodgins BA, MHK
Jenn Turner DC, FRCSS(C)	Tory Nyhaug 2X BMX Olympian
Sara Forsyth MD, CASEM	Genevieve Masson MSc, RD
Aaron Dobie MPT, CACFI	Andrew Pinfold MHA Master of Ceremonies

SATURDAY March 23rd  **SUNDAY** March 24th

VANCOUVER 2019

rccssc.ca to Register

This conference would not be possible without the help and dedication of our conference committee members, Dr. Jenn Turner and Dr. Matt Wentzell.

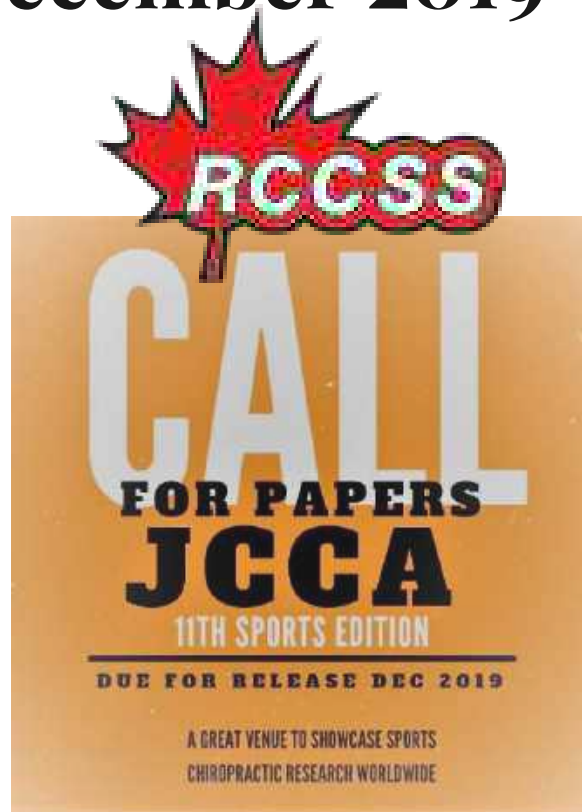
JCCA Special Issue December 2019 Sports Chiropractic

BY MOHSEN KAZEMI

There is a continued need to develop the research base in Sports Chiropractic, and the Journal of Canadian Chiropractic Association is calling for papers for their 11th Sports Issue which is scheduled to publish in December 2019.

All enquiries can be directed to email:
MKazemi@cmcc.ca

[Download the full requirements
for paper submissions.](#)



[CLICK HERE](#)

ABOUT THE JCCA

The Journal of the Canadian Chiropractic Association (JCCA) is an international, peer-reviewed biomedical periodical with nearly 60 years of publication history. One of the most accessed and visible journals in the chiropractic profession, the JCCA is indexed in PubMed, CINAHL, Scopus, MANTIS,AMED, Index to Chiropractic Literature, and SPORTDiscus.

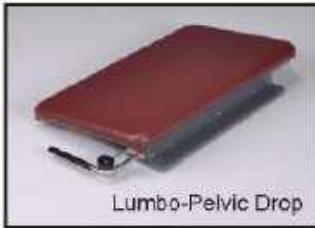
The JCCA publishes original research papers, including observational and interventional studies, systematic reviews, case series, clinical practice guidelines, assessments of new clinical technologies, commentaries and editorials related to the diagnosis, management and prevention of neuromusculoskeletal disorders.

The JCCA is renowned for its simple submission process, rapid review turnaround time, and expert international and multidisciplinary Editorial Board. The JCCA is available free online with no article processing fees.



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Robin Stark, CEO of iMap Professionals

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Interviews

BY JAY GREENSTEIN

FICS WORLD OLYMPIANS SCHOLARSHIP PROGRAM CHAIR

Hey everyone! This is Jay coming to you from Washington D.C. This month we are going to talk about the FICS Education Commission. I had the privilege of interviewing two very hard workers and awesome colleagues.



[CLICK HERE TO CATCH THE WHOLE INTERVIEW ON YOUTUBE.](#)



Tim Stark, Education Commission Chair, outlines some of the history of the commission, and his involvement over his involvement. Some of the changes over the years has been the format of the delivery of content, from VHS Tapes, CDROMs to 2009 when we undertook an update using one of Tom Hyde text books as the content.

Well we would all agree it is time for an update and Dr Beth Antoine and her team have worked tirelessly to bring you all the most recent content, drawing together experts from around the world to ensure it is the best of the best.

Hear why you as a Sports Chiropractor should be taking this educational program.

"Content is changing all the time and we all need to continue to learn"

On average, 1 hour of content is worth 40 to 80 hours of research.

Head Injuries in Sports

Course Descriptions:
The purpose of this course is to provide doctors of chiropractic with training in the evaluation, treatment and management of sport related concussion, hematomas, and facial injuries. The course will discuss: sport related concussions including definition, examination, mechanism of injury, cervicocranial syndrome, and management). Subdural, extradural, and intracerebral hematomas as well as increased intracranial pressure will be discussed. Plastic injuries of the eye, ear, nose, and mouth which are commonly seen in sport will be presented.

Course Objectives:
Upon completion of this course, learners should be able to:

1. Recognize and identify signs and symptoms of sport concussion.

International Sports Chiropractic Certificate (ICSC)

It is with great pleasure that FICS is able to inform you that the new eLS is ready to take registrants with all brand new and updated modules forming the new International Certificate in Sports Chiropractic (ICSC) course.

We have been undertaking a staged release over the past week in order to ensure the entire system is operating effectively with live clients. We classify this part of the software release cycle as the Beta Testing phase in which we identify any system issues from a User's perspective.

We welcome your feedback about the registration process as we continue to improve the system overall. Feedback can be sent to admin@ficsport.org.

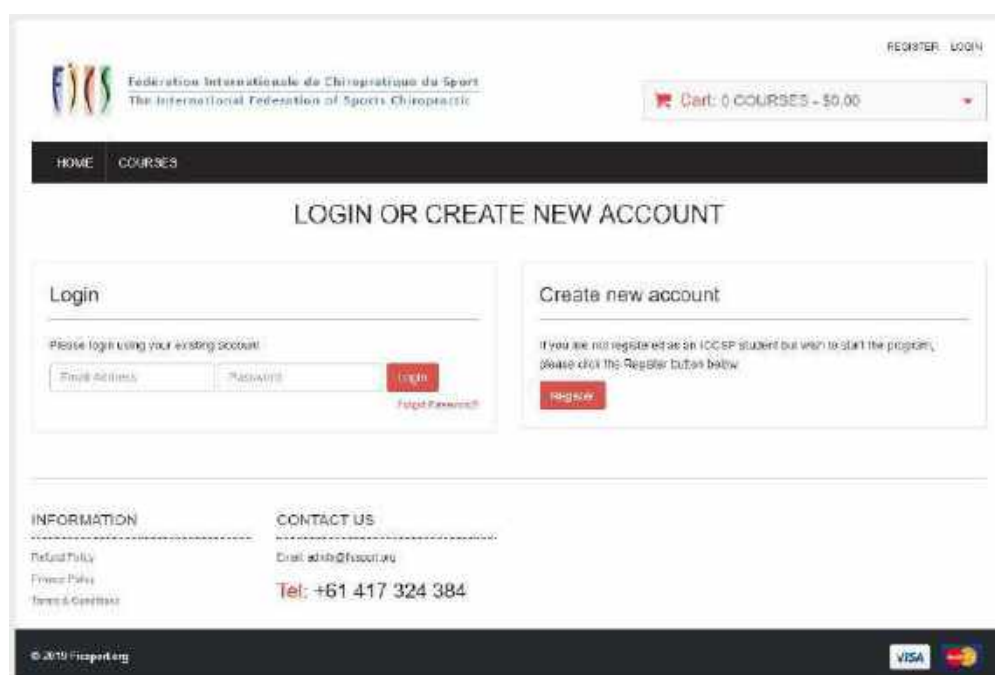
When you access the system through www.ficsport.org you will be presented with a login/registration page.

Please register yourself in the system so you are identified in the database. You will then be able to register for the ICSC course for USD\$2000. The course is being offered at this discounted price for 6 months only, at which stage the price will increase to USD\$2500.

Once you have registered and paid for the course you will receive an e-mail with the web address for the eLS, a login and password, at which time you will be able to start the course.

For those wanting to upgrade from the ICCSP/ICCSD to the new ICSC you will be required to take the Head Injuries module and this is being offered at a discounted price of USD\$75 for current certificate holders only.

If you wish to apply for the upgrade Promo Code please contact admin@ficsport.org



The new FICS landing site can be found at

www.ficsport.org

Here, you can register for all the amazing new modules!

We wish you all the best in successfully completing the new ICSC and look forward to your feedback as FICS and NWSHU endeavour to improve the program over time.

2019 Games – Volunteers needed

One of the key activities of FICS is the provision of sports chiropractic services at international events. This helps to service our vision of access to sports chiropractic for all athletes, as well as opening opportunities for relationships with various sporting federations. In order to fulfil this area of activity,

FICS relies on sports chiropractors taking time out of their practice and volunteering their time to treat athletes at these events. FICS is not in a position whereby we can pay our members to attend events. It is, however, important to recognise the service of the valuable people contributing in this way.

Please note that you must have completed your ICCSP designation at the time of submission of your application in order to qualify to serve on any FICS team. Applications and expressions of interest should be sent to the Chair of the Games Committee,

Email Dr Tim Ray: p944t86@msn.com.

Team selection and event preparation will start 4-6 months prior to the event so please get your applications in asap. Any queries regarding events should be addressed to the International Sports Federations Commission Chair,

Email Dr Simon Lawson:

drlawson@morningsidechiro.co.za

For all the available opportunities, dates and information about the games for 2019 visit the FICS website

<https://fics-sport.org/portal/index.php/en/events/games>

April 2019

- Asian Powerlifting in Hong Kong
- IFMA Arafura games - Darwin Australia
- European Open Power Lifting - Pilsen, Czech Rep

MAY 2019

- AIMS Sports Festival - Gold Coast Australia
- World Bench Press - Tokyo Japan

JUNE 2019

- World Classic Powerlifting - Sweden

JULY 2019

- CSIT World Sports Games - Spain
- NAPF Powerlifting - Costa Rica
- University Cup Powerlifting - Estonia
- Pacific Games Powerlifting - Samoa



Emirates Chiropractic Association

BY PAUL CHEUNG

After the Emirates Chiropractic Association AGM on Tuesday 19th February, we are pleased to announce the following appointments:

- Dr Gerry Nastasia is the new ECA President
- Dr Sharik Ali is the new Vice-President
- Dr Nageena Akhtar is Madam Secretary
- Dr Madeline Franklin is the Treasurer

A huge tribute to the former ECA President, Dr Vanda Corbett, for her terms in office and for her continuing support and guidance of our profession in the region.

It also gives me great pleasure to announce the formation of the National Chiropractic Sports Council UAE with me as its first President.

As I am part of the Federation Internationale Chiropratique du Sport (FICS) & the regional representative of the International Sports Federation Commission (ISFC), my aim is to get chiropractic into top sports in the UAE. I know that working in elite sports has done much for our profession over the years, and I hope to create opportunities for my fellow colleagues in the Middle East.

Preliminary talks with the International Powerlifting Federation (IPF) have begun, so we await further news regarding FICS / NCSC UAE support of the top local events later in the year.

Personally and professionally, I will be looking after rally drivers in the most prestigious cross country rally since 1991, the Abu Dhabi Desert Challenge at the end of March/ early April.

Yours in Sport
Paul Cheung



Executive Board photo, Left to Right Pamela Leader, Sharik Ali (VP), Vanda Corbett (former ECA President), Gerry Nastasia (new President of ECA), Madeline Franklin (Treasurer), myself, Nageena Akhtar (secretary)



“ I know that working in elite sports has done much for our profession over the years, and I hope to create opportunities for my fellow colleagues in the Middle East.



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World Pond Hockey Championships

DR. SUSAN DEWOLFE BSC, DC, FRCCSS(C)

Since 2007 I have had the pleasure of running the Chiropractic and Sports Injury clinic at the World Pond Hockey Championships (WPHC) in Plaster Rock, New Brunswick. The WPHC celebrated its 18th anniversary this year.

The WPHC has grown exponentially since it began in 2002. The idea grew from the combined genius of Tom Chamberlain and Danny Braun who had conceived of many differing ways to raise funds to build a desperately needed new indoor hockey arena for their tiny community of approximately 1200 people. While traditional ideas of snowmobile races fell by the wayside, the ironical concept of an international outdoor pond hockey tournament to build an indoor arena began to take shape.

While other cities across Canada had prototyped the same idea, Plaster Rock chose a unique four-on-four format (as opposed to three-on-three) with no goalies. The nets were designed with the standard NHL width of six (6) feet, but the height was limited to 10 inches. Many felt the idea was folly, but Plaster Rock persevered and started the first tournament in 2002.

A series of media articles began to appear across Canada and internationally, but it was the seminal piece by Bryan Gruley of the Wall Street Journal after the 2004 event that created the international hype that made the WPHC the incredible world class event it has now become.

Add-in the now infamous NHL strike of 2004-5 and a hockey starved Canada, and the recipe for success of the WPHC was preordained. In 2005, TSN made Plaster

Rock their television headquarters during the WPHC championships and their TV ratings and general WPHC interest took-off.

Plaster Rock is especially blessed as it has the perfect venue – Roulstone Lake is large enough and the winter ice pack is deep enough to support a multitude of active rinks for many teams at one time. The lake has been configured to allow for 24 rinks that are 75% of regulation NHL size and allow 48 teams to play simultaneously. Qualification round-robin play begins on Thursday evening and ends on Saturday afternoon, with every team being guaranteed five (5) games.

Over 800 teams a year vie for approximately 122 spots in the men's division and women's division. A lottery decides which teams are invited to play in the tournament. WPHC is truly an international event. Teams are from all Canadian provinces and Territories, the United States as well as Denmark, Singapore, Libya, Puerto Rico, England, Ireland, Bermuda and Cayman Islands, Czech Republic and Slovakia .

Teams qualify for the single-game elimination format held early Sunday morning and the champions are crowned by late Sunday afternoon.

The eventual WPHC champions hoists the Goodwill Cup which is a wood replica of the Stanley Cup..

WORLD POND HOCKEY CHAMPIONSHIP CONTINUES...

The tournament ran again this year like clockwork thanks primarily to the 400 local volunteers – and recognizing how incredible this is when the Village of Plaster Rock has a population of only 1,200 persons. Over 8,000 spectators were in attendance this year.

My clinic- which resembles a M.A.S.H. unit- was situated right beside the 24 rinks. Players could almost skate from the lake right into the clinic. My team was inundated with players seeking care, many returning year after year. The clinic is quipped the clinic with a portable treatment tables, Interferential/ultrasound machine, paperwork (including Informed Consent), Thumpers, Kinesiotape etc.

Many players had been or were chiropractic patients and requested maintenance care/adjustments. Others had incurred injuries while playing and required chiropractic care for the first time. Many players presented with typical sprain/strain athletic injuries.

The chiropractic team was able to help these patients manage their pain and provide a clinical opinion if it was prudent to continue to play in the tournament or seek further medical care.

Thank you to the New Brunswick Chiropractic Association for providing me the opportunity to work in New Brunswick.



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Asian Report

BY MARTIN CAMARA - ASIAN REGIONAL REPRESENTATIVE

Vietnamese Sports Chiropractic Council

FICS welcomes the Vietnamese Sports Chiropractic Council headed by Dr Wade Brackenbury to the family. Dr Wade is no stranger to the region practicing in Malaysia for 5 years before starting the first legally registered Chiropractic clinic called American Chiropractic Clinics in Vietnam 10 years ago. ACC and Wade is active in the Sports Community having a strong presence in Ultramarathon, Rugby and IronMan events while treating Professional Basketball teams in the community. FICS welcomes the VSCC.

In March, Dr Camara, FICS Asian Representative was able to conduct a short seminar on Sports Chiropractic for the group and introduce the Chiropractors to FICS as an organisation about ensuring access of sports chiropractic care to every athlete. The message that Sports Chiropractic is good not just for the specialty but to the growth of the profession as a whole was well received. Dr Camara was also able to present Dr Wade with his FICS certificate of membership.

Philippines

Dr Martin Camara was appointed by the Philsilat organisation as Medical Director of their sport last Feb., 2019. Philsilat garnered 3 bronze medals in the last Asian Games in Palembang Jakarta which was one of the highest performing sport associations of the Philippine Olympic Committee for those games. Additionally they won 2 Silver Medals and 2 bronze medals in December of the same year in the World Championships held in Singapore. The team appreciates their Chiropractic Care for both treating and preventing injuries while creating a state of well-being. Dr Camara enjoys working with their ~~as~~ they value their sports chiropractic care which has become an integral part of their preparations leading up to international competitions. Inier Candor PhilSilat's Secretary General says that Chiropractic helps their conditioning and helps them perform better.

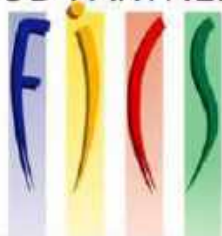


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SOUTHEAST
SPORTS SEMINARS

2019 Canada Winter Games from February 15 – March 3, 2019.

BY DR. PATRICK WELSH AND DR. MELANIE LOPES, FELLOWS OF THE RCCSS(C)

Both Dr. Patrick Welsh and Dr. Melanie Lopes, Fellows of the RCCSS(C), volunteered their time as Sports Chiropractors for the 2019 Canada Winter Games from February 15 – March 3, 2019. This 27th edition of the Winter Games took place in Red Deer, Alberta, Canada.

The Games are a Canadian multi-sport event for young athletes which involves 19 sports, with over 3,600 athletes, coaches and managers who participated in the Games.

Both Dr. Welsh & Lopes worked at various venues, whether it be during practice sessions or competition. Some of the sports they covered included: short track speed skating, biathlon, badminton, wheelchair basketball, table tennis, cross country skiing and archery.

It was a great experience to take part in Canada's version of the "Winter Olympics" and work in a multidisciplinary environment alongside sports physiotherapists, athletic therapists, sports massage therapists and sports medical doctors.





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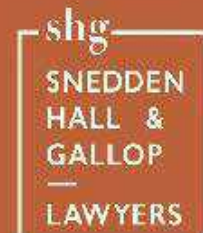




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