



FÉDÉRATION INTERNATIONALE
DE CHIROPRATIQUE DU SPORT

FICS News

DECEMBER 31, 2014

www.fics-sport.org

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



President's Message Sheila Wilson, DC, ICCSP

Minnesota Vikings football star Captain Munnerlyn injured a hamstring at training camp this year and thought he would be out of action for a month. But his team, like all teams in the NFL, now has an official chiropractor

– Dr Josh Sandell. Munnerlyn had his first treatment and was amazed, and was then back on the field in a week.

“It was crazy... Didn't use nothing. NO machines. All hands. Wow! The Son of God?” Munnerlyn thought he had witnessed a miracle. See the full article under USA in this FICS News.

Sports chiropractors everywhere produce these results every day, so we sometimes forget the drug-free “miracles” we bring to our patients all the time. We forget to celebrate our growing success as much as we should.

Today I give you a challenge and an offer. Take the time from your busy life to join me and your other sports chiropractic colleagues at the FICS Assembly and Symposium in Athens, Greece next May 13. Let's celebrate the new breakthroughs and successes in sports chiropractic together. Let's get energized for the events of the year ahead. What will you find in Greece?

- A circle of sports chiropractors from all world regions, sharing their enthusiasm and practice experiences. This is your best opportunity to learn from and party with them.
- Great lectures and workshops. Among them is Ulrik Sandstrom, chiropractor to the Leicester Tigers rugby team in the UK, giving a workshop on the diagnostic muscle testing method he uses with success to predict breakdowns and prevent injury in his elite professional athletes.
- The best new sports chiropractic research – in short summary presentations and in poster presentations.

Continued on pg 2



This issue proudly sponsored by LOGAN UNIVERSITY

It gives me great pleasure to have Logan University once again serve as presenting sponsor of FICS.

It's been a busy year for Logan, and I am thrilled to share news from our Master's of Sports Science and Rehabilitation degree program, which continues to grow both in size and depth as we build upon opportunities for our students.

This year, Logan was represented at more than 30 community events, from football and hockey games to marathons, bike races and track meets. Armed with knowledge and clinical skills, our student interns provided on-site support in the form of chiropractic care, treating athletes and serving as a resource on preventative health care.

Our faculty and staff continue to seek the right partners and practice environments that provide an unparalleled learning experience for students looking to apply hands-on skills. Whether it's working with a college sports team or treating disabled athletes, we look for organizations that will challenge our students and provide great benefit for those in need of our services.

Finally, we remain steadfast in our mission to truly maximize human performance every chance we get. We are accomplishing that by infusing our academic process with more clinical and professional experiences; cultivating integrated practice opportunities for our students; and staying focused on providing compassionate, evidence-informed care that meets individual needs and, ultimately, produces the best possible outcomes.

We look forward to further advancing the role of sports chiropractic and help lead our profession toward even greater opportunities to serve the athlete population.

Clay McDonald, DC, MBA, JD

Continued on pg 3

CONTENTS

Opportunities at Logan	3	Sec-General's Update	12
Athens Meetings	4	Around the World	14
Future Events	7	Australia, Bahrain, France,	
Student Scholarship Results	8	Japan, Mexico, Philippines,	
Ten Top Women	11	Puerto Rico, Romania, USA	



Who is this and why is he featured in the FICS news? See page 22.

PRESIDENT'S MESSAGE CONTINUED...

- Updates on preparations for various major games, such as chiropractic within the host medical services for the Toronto Pan American Games in July 2015 and the Rio Olympics in August 2016, and FICS teams at several world championships.
- Before or after, spend relaxed days touring in Greece in the spring, whether visiting Olympia, home of the ancient Olympic Games, the Greek islands or elsewhere.
- Many of us will be staying on in Athens for the WFC/ECU Congress with its energy and outstanding CE/CPD and social programs.

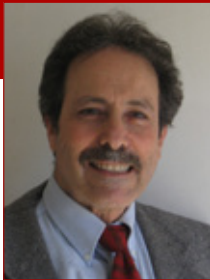
So call another sports chiropractor you know and plan now to join us in one of Europe's top tourist destinations for a week in your life that you will never forget.

As the year ends I want to thank the FICS Council, the Commissions, our sponsors and supporter, and our staff of David, Christina, Khalid and Sarah in Toronto for another year of impressive growth and achievement for FICS and for sports chiropractic internationally. United and working together we can achieve and are achieving much for the profession and the patients we serve.

Season's Greetings to you all.



Sheila Wilson



FROM THE EDITOR RICHARD GAKNER DC, ICCSP, MSc

Greetings FICS members. This issue of the FICS News, our last report for 2014, reflects the growing scope of the activities of FICS and its members around the world.

There is new education in Japan, and chiropractic at international events from Bucharest, Romania, to Veracruz, Mexico to Incheon, Korea to Denver, Colorado to Normandy, France. There is notice of new sports chiropractic research, FICS student scholarships and an outstanding FICS Symposium in Athens next May.

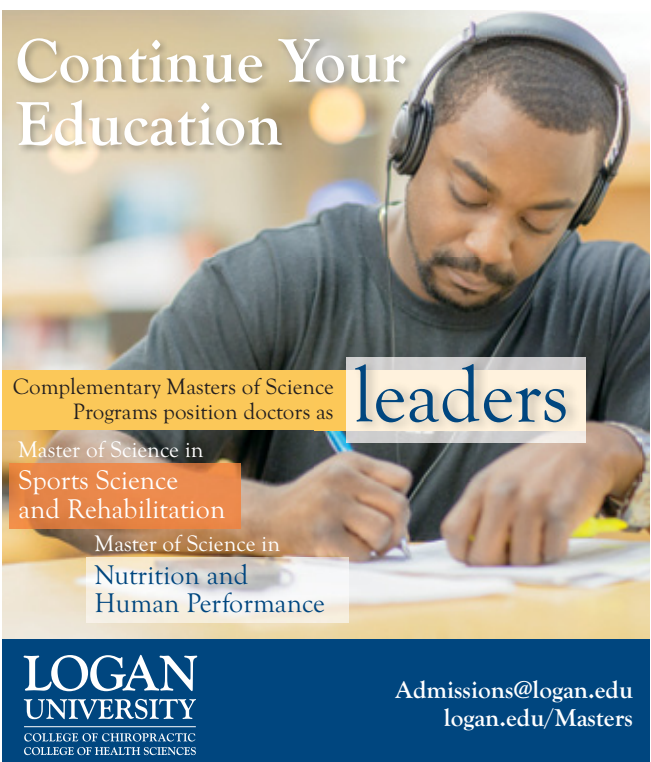
This issue is sponsored by Logan University, a major supporter of FICS and sports chiropractic, which in recent years has developed one of the elite chiropractic sports science masters degree programs. As a graduate of Logan, let me add a few personal comments.

When I started my studies at Logan College of Chiropractic in 1989 its first sports chiropractic class was being initiated. Visiting my alma mater some 20 years later in 2009 I had the privilege of meeting Rex Sharp at the University of Missouri or Mizzou training facility, mentioned in the article in this FICS News. This was courtesy of Dr. Laney Nelson, Logan's original Director of the current Sports Science and Rehab Program.

I attended their football homecoming along with 70,000 other fans. Dr Nelson had created an incredible relationship, giving unparalleled internship opportunities to his Logan students. Few members of our profession have had the experience of working in this kind of program and environment. This sets the bar at a very high level for other programs to match, but

is exactly where our sports chiropractors of tomorrow should be getting their experience.

I know other colleges are developing fine programs too. The future is bright. Season's Greeting to all.



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Expanding Opportunities for Sports Chiropractic

From amateur to collegiate to professional sports, the demand for health care professionals is the same: those who can minimize injuries and maximize performance.

Logan’s Master’s Degree in Sports Science & Rehabilitation is one of the few programs acknowledged by the National Sports and Conditioning Association in the Education Recognition Program.

Offered both online and on Logan’s campus, the degree program provides science-based curriculum with modern training and rehab protocols that maximize human performance. Recently, Logan has been pushing the envelope to secure immersive and collaborative opportunities that allow students to apply learned skills in real-world settings.

David Parish, DC, MS, CSCS, DACBSP, ICCSP, director of Logan’s sports rehabilitation center, says the depth and complexity of practice opportunities is what creates confident and proficient leaders.

“We are constantly forging new relationships with unique and diverse organizations that allow students to deepen their knowledge of integrated practice,” he said. “Not only do students have the added benefit of collaborating with health care professionals, such as athletic trainers, physical therapists and orthopedic surgeons, but they learn to provide the best care based on individual needs, resulting in more successful patient outcomes.”

Evidence of this can be found on the University of Missouri campus where Logan students provide sports chiropractic care to Mizzou student athletes. UM or Mizzou, with 35,400 students on its 1,262 acre campus, is one of the nation’s top-tier R1 universities and has an extensive athletic program

Under the direction of Mizzou athletic director Rex Sharp and Jose Ramirez, DC, MS, CCSP, director of Logan’s Human Performance Center at Mizzou, Logan students make weekly trek to Columbia to help enhance performance, prevent injuries and accelerate healing of injuries of student athletes.

“Mizzou students benefit from care that restores function and maximizes care while Logan students get the opportunity to fine-tune their clinical skills by working with elite athletes,” said Dr. Parish. “It couldn’t be a better partnership.”

In Logan’s own backyard, Logan’s students treat athletes at Lindenwood University, Missouri Baptist University and

Maryville University, and care for the underserved, uninsured and disabled populations at organizations like CHIPS, Paraquad, and the VA.

These unique and varied partnerships allow students to collaborate and practice in integrated settings while at the same time provide patients with a level of care that optimizes human performance.

As a fellow within Logan’s Human Performance Center, Kelley Humphries, DC, MS, LP ensures students matriculate through Logan with competence and proficiency.

“The Human Performance Center at Logan is truly one of the only centers among chiropractic colleges that has merged chiropractic and the whole human performance concept,” she said. “Our interns practice chiropractic skills, adjust and diagnose, and learn how to progress patients through all phases of care.”

Dr. Humphries said when you think of sports medicine, people conjure up images of an athletic trainer taping, someone training athletes to optimize their human performance, or an orthopedic surgeon making a diagnosis. She said Logan’s Human Performance Center does all of that. “We not only teach interns how to tape and develop extensive exercise plans, but we’re providing opportunities for them to diagnose and successfully treat the tough cases.”

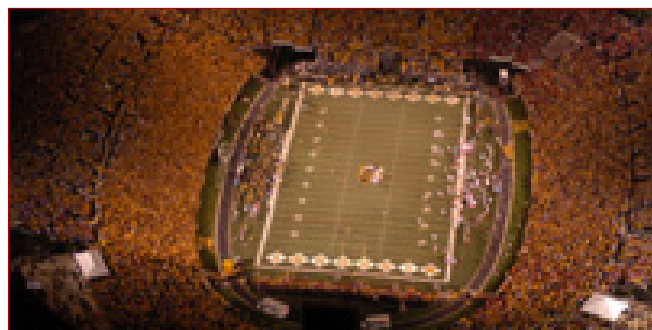
That said, Logan also trains students to treat, co-treat and refer in a fully-integrated system wherein students work across disciplines to ensure the best possible outcome.

“I think the profession is beginning to see that we are becoming the authority in sports medicine, and who better to evaluate athletes and determine ways to improve performance than someone who specializes in the biomechanics of the human body?” asks Dr. Humphries. “Given that we are the only

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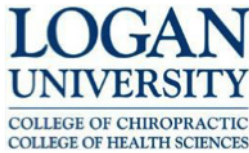
Dr. Ramirez and Rex Sharp.



Farout Field at UM before start of a football game



Dr. Humphries with an intern and patient.



ATHENS, GREECE
MAY 13, 2015



FICS ASSEMBLY & SYMPOSIUM

Athens – May 13, 2015

Hilton Athens Hotel, Athens, Greece

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Draft Program

December 1, 2014

Held in association with the *World Federation of Chiropractic's 13th Biennial Congress*

Host: **Hellenic Chiropractic Sports Council**

The Alpha and Omega of Sports Chiropractic Services

- 7:30 – 8:30 Registration for Assembly
- 8:30 – 10:30 **FICS Assembly**
- 10:30 – 11:00 NUTRITION BREAK
- 11:00 – 12:30 **Session 1 – Alpha – Chiropractic Services at the Community Level**
Moderator: TBA
Four Lectures – 20 minutes each
1. *Case Examples of Community Sports Chiropractic Services by Educational Institutions and Students*
 - Logan University USA – David Parish
 - Durban University of Technology South Africa – Charmaine Korporaal
 2. *Community Involvement from the Grass Roots Up and Other Keys to Building a Sports Chiropractic Practice – Peter Garbutt*
 3. *Serving as Sports Chiropractor to a Professional Team – Ulrik Sandstrom*
 4. *Keynote Clinical: Managing Shoulder Instability and Dislocation – Ed Feinberg. Sponsored by: Palmer College West Campus.*
- 12:30 – 14:00 LUNCHEON BREAK
- 14:00 – 15:30 **Session 2 – Hands-On Workshops**
Three Concurrent Hands-On Workshops – 90 minutes each
1. *Managing Shoulder Instability – Ed Feinberg*
Sponsored by: Palmer College West Campus
 2. *Chiropractic Care for Paraplegic Athletes: Special Considerations – David Parish*
Sponsored by: Logan University
 3. *Functional Muscle Testing as a Diagnostic Tool – Ulrik Sandstrom*
- 15:30 – 16:00 NUTRITION BREAK
- 16:00 – 18:00 **Session 3 – Omega – Services at the National and International Level**
Moderator: TBA
Two Lectures – 15 minutes each
1. *Chiropractic Services at the 2015 Pan American Games – Glenn Harris*
 2. *Chiropractic Care for Paralympic Athletes – David Parish*
- Six Research Presentations - 8 minutes each Selected from those responding to the Call for Papers Original Research and other Awards Presentations. Sponsored by: Life University**
- Keynote Closing Address – 20 minutes: The World Games: Their Significance to International Sport, and the Partnership with the Chiropractic Profession – Joachim Gossow.**

Bios for Workshop Presenters



Edward Feinberg, DC, DABCSP, ICCSP

Dr. Feinberg, a 1976 graduate of Palmer College of Chiropractic, West Campus (PCCW) who serves as a Professor and Chairman of the Chiropractic Procedures Panel at PCCW, is one of the best known sports chiropractic teachers and lecturers internationally. He has been in private chiropractic practice in Santa Clara, California for 28 years.

His clinical interest is in the diagnosis and treatment of shoulder girdle injuries, the subject of his lecture and workshop in Athens, and he is present at many sports venues throughout the San Francisco Bay area as both a supervising and treating physician. Dr Feinberg is author of two book chapters, serves as faculty adviser liaison for the American Chiropractic Association Sports Council (ACASC) and FICS and was named ACASC Chiropractor of the Year in 2011.



David Parish, DC, MS, CSCS, DACBSP, ICCSP

Dr Parish has extensive experience in chiropractic sports injury care and rehabilitation including work as a team physician with professional, college and high school sports teams. He served as one of the Team USA physicians at the ParaPan American Games in Guadalajara, Mexico in 2011 and the Paralympics in London in 2012. He holds a Diplomate from the American Board of Chiropractic Sports Physicians(ABCSP), an ICCSP from FICS and is a Certified Strength and Conditioning Specialist (CSCS). Dr. Parish also holds a Level 1 Sports Performance Coach from USA Weightlifting.

Dr. Parish, who currently serves as Director of the Biofreeze Sports and Rehabilitation Center at Logan University, is a 1984 graduate of National. In 2012, he secured his Master of Science degree in Leadership for Higher Education from Capella University in Minneapolis, Minnesota.



Ulrik Sandstrom DC, ICCSP

Dr Sandstrom, a graduate of the Anglo-European College of Chiropractic and a former President of the British Chiropractic Sports Council with over 20 years sports chiropractic experience, has served as team chiropractor to the Leicester Tigers Rugby Football Club since 2009, one of the leading RFCs in Europe.

Prior to that Dr Sandstrom worked with elite athletes and teams in football, basketball, and motor sports to name a few, including Chelsea FC, Sheffield Wednesday FC and the Great Britain Basketball team. He has served on FICS teams at the World Games and Pan American Games, and is an inspiring speaker and teacher. His hands on workshop in Athens presents a muscle testing protocol he has developed and uses with elite athletes to improve performance and prevent and manage injury.

LOGAN CONTINUED...

conservative health care provider that can diagnose; I believe we are most capable of treating the athlete population.”

Just ask Summer Turner, who landed a sports chiropractic internship with the NFL’s Carolina Panthers after earning her bachelor’s degree in Life Sciences and Doctor of Chiropractic degree from Logan.

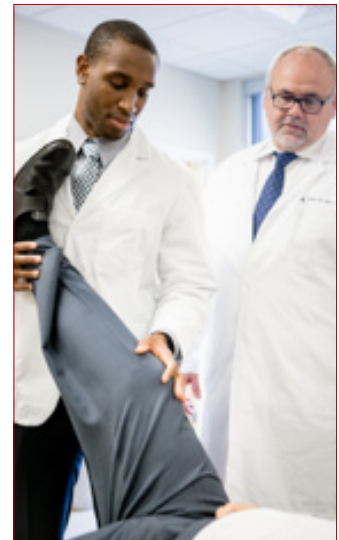
Summer worked as a chiropractic assistant under the direction of Josh Coleman, DC, official chiropractor for the Panthers, where she performed soft tissue work, mobilization, patient reporting and research.

“Working for the Panthers was on the top of my list, but I also wanted to set myself apart from everyone else by becoming more qualified to practice sports chiropractic,” she said.

Now working at the Carolina Sports Clinic in Charlotte, Summer says the Panthers internship, along with working in Logan’s Human Performance Center, at Paraquad and with Mizzou and Lindenwood athletes, was critical to her successful transition from student to doctor.

“There are a lot of things that set Logan aside from other schools, from radiology to the assessment center, but the unique exposure resulting from hands-on experience is invaluable,” she said.

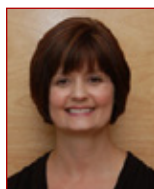
Summer is continuing to advance her knowledge by pursuing her master’s degree in sports science and rehabilitation from Logan. She said the degree will “give me that edge” needed to become a leader in the profession.



Dr. Vincent DeBono, Logan’s Dean of the College of Chiropractic and a student.

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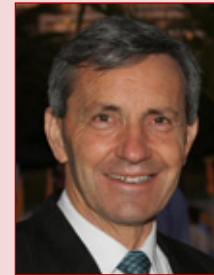
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FUTURE EVENTS



FICS Biennial Assembly and Symposium

May 12-13, 2015
Athens, Greece



4th CSIT World Sports Games (WSG)

June 7-14, 2015
Lignano, Italy

CONGRATULATIONS TO THESE RECENT GRADUATES FROM THE ICCSP PROGRAM

Alex Eatly – UK
Francesco Fronzoni – Australia

Per Yngve Lidelfelt – Sweden
Dean L. Smith – USA



FICS Student Scholarship Results



In its student scholarship program, now in its fifth year, FICS offers four awards of US\$1,000 available because of generous support from four sponsors – Foot Levelers (www.footlevelers.com), Life University (www.life.edu), Logan College of Chiropractic (www.logan.edu), and Standard Process (www.standardprocess.com). These scholarships are for full time students graduating in or after 2014 and applicants were asked to submit:

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

Thirty-seven applications were received from students at 18 colleges and the judges report outstanding quality and very difficult decisions. The judging panel was Dr Philip Santiago, Chair (USA), Dr Stephen Perle, (USA), Dr Angelo Battiston, (UK), Dr Charmaine Korporaal (South Africa) and Dr Alexander Ruhe (Germany).

Winners, announced November 30, are:

Dillon Cuppusamy – Durban University of Technology, South Africa



Dillon, who has just graduated, has an impressive record as a volunteer in sports and sports chiropractic, and the scholarship judges were impressed with his well-referenced essay on the status and growth of sports chiropractic.

During his six years at the Durban University of Technology (DUT) he was a leader in the Chiropractic Students' Sports Association, assisting in the development and delivery of numerous community sports events such as the Comrades Marathon, East Coast Tens Rugby Festival and Amashovashova cycling events and the annual Mr. Price Pro international surfing competition.

He has coaching qualifications in rugby and cricket. For his last four student years he assisted the Jaguars Rugby Football Club as a first aid official at the practices and during match days. His services relative to injury prevention and management included manual therapy, electro-modality therapy and strapping as well as advice on nutrition, diet and exercise. He gained his Cricket South Africa coaching Levels 1 and 2 coaching school teams and the African Warriors Club.

Alyssa Fischbach – Northwestern University of Health Sciences, USA



Alyssa with John Nab (left) and Dr Timothy Stark (right)

Alyssa was a multisport high school athlete in volleyball, basketball, softball and track who played NCAA DII college women's basketball for four years at Wayne State College in Nebraska on a full-ride athletic scholarship. Honors at high school and collegiate level included 4 state championships, all-state honors, DII all-conference honors and the South Dakota Wendy's Heisman.

Each summer while at Wayne State College she help coach basketball camps at her home town for children ages 6-13, and she has demonstrated this volunteer spirit at NWHUSU where she became Vice-President of

the SACA Sports Council. She has kept her passion for coaching alive by coaching Minnesota Vixen, a semi-professional women's football team for which she has also developed pre-participation physicals and created strength and conditioning programs. This has led to her new passion during the last year – Crossfit.

Nicholas Le Lievre – Macquarie University, Australia



Nicholas with Dr Khoury.

Before Nicholas commenced chiropractic studies he was an avid cyclist competing at a national level in marathon mountain bike races in Australia. He competed in several 100km races and also in the Sydney 24hour mountain bike race solo. However a serious crash in 2013 has him focusing on triathlons at the 'weekend warrior' level.

The supportive letter from his staff supervisor, Dr Luke Khoury, who lectures in Sports Medicine and Diagnosis at Macquarie University, confirms Nicholas' unusual passion for and understanding of sports chiropractic early in his studies. Nicholas's submission focusses on the need to understand the

biomechanical stresses of individual sports and the unique ability of a chiropractor to assess "the entire kinematic and kinetic chain functions" to enhance the athlete's ability to perform and to prevent injury.

Nicholas' current voluntary work includes establishing a sports chiropractic club at Macquarie University in collaboration with the NSW Branch of Sports Chiropractic Australia, and providing voluntary support for a local soccer team.

Eric Olson – Texas Chiropractic College, USA



Eric with Dr Ward.

Eric's pre-eminent sport is tennis in which he was a national high school All American while at Highland Park High School in Dallas, Texas, and the state singles champion in his senior year in 2006. He is also an avid runner and swimmer, now competing in running races and triathlons.

Eric's TCC faculty supporter Dr John Ward confirms Eric's outstanding academic and research achievements as he studies chiropractic but at the same time attends University of Houston-Clear Lake to earn his Master's degree in health and exercise science. Eric is lead author of the study *Effective Lumbar Spine Manipulation on Asymptomatic Cyclist Sprint Performance and Hip*

Flexibility which won the student research first prize at this year's ACA Sports Council Symposium and is to be published in the Journal of Chiropractic Medicine. Most of Eric's undergraduate studies were in kinesiology and prior at starting at TCC he worked in a human physiology lab for two years doing exercise and metabolic testing for various populations including Masters athletes. His goals include both sports chiropractic research and sports chiropractic practice.

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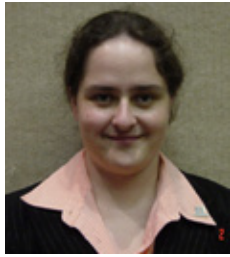
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TEN TOP WOMEN SPORTS CHIROPRACTORS

This is the second of 5 issues of the FICS News in which we feature leading women sports chiropractors.



Charmaine Korporaal M Tech Chiro, CCSP, ICCSP, South Africa.

Nominated by Dr Richard Gakner for her services to sports chiropractic in South Africa, and internationally through FICS.

It is likely that there has never been a better sports chiropractic academic leader and professional administrator anywhere worldwide than Dr Charmaine Korporaal, a 2002 graduate of the Durban University of Technology (DUT) who went on to become Head of the Chiropractic Program there and currently serves as President of the Chiropractic Association of South Africa (CASA).

Charmaine completed a CCSP in 1999, and an ICCSP in 2001, both before graduating with her master's degree in chiropractic, and upon graduation joined the DUT faculty where she remains today as a Senior Lecturer. For nine years from 2003 she was Clinic Director, for three years from 2008 Head of the program. She is widely published and sits on several journal editorial boards including JMPT and the Journal of Physical Education and Sports Management. She and the students she supervises for their masters' degrees, produce award-winning sports chiropractic research.

Charmaine founded the Chiropractic Student Sports Association (CSSA) while a student at DUT in 1998 and has grown its community service programs to a hugely influential level ever since. For example under her leadership chiropractors and students served at 46 sports events in her province of Kwa Zulu Natal in the first 9 months of this year. These included marathons, rugby and hockey tournaments, the national swimming championships and the annual Mr. Price Pro surfing event in South Africa.

Her international events began with the Xth Men's International Softball Championships in 1999. They include Mr. Price Pro for the past 14 years, the Comrades and PMB Marathons over the same time period, the World Games 2005 and the World Transplant Games 2013.

Dr Korporaal joined FICS upon graduation, representing ChiroSport SA, or the South African Sports Chiropractic Association as it was then named. She first served on the PR Commission in 2002 and then on the Executive Board from 2003 until August 2014, most recently as Secretary. She is famous for being the person who single-handedly kept FICS minutes and records intact during its many years with no staff support through to 2008. She is legendary for her willingness to volunteer, her capacity for work, and the excellence of her performance and leadership.



Dr. Janice Drover, BSc, DC, FRCCSS(C), Canada.

Dr Drover of St Johns, Newfoundland, Canada, nominated by Dr Glen Harris, Past President, Royal College of Chiropractic Sports Sciences (Canada), has an outstanding academic, clinical and leadership record as a young sports chiropractor.

Dr. Janice Drover (Canadian Memorial Chiropractic College, 2000) has an undergraduate degree in Human Kinetics from the University of Ottawa and a post-graduate residency in sports chiropractic. Her 2003 Fellowship in the Royal College of Chiropractic Sports Sciences (Canada) (RCCSS) gives her the designation of a Chiropractic Sports Specialist in Canada.

During her Sports Sciences residency program, (SSRP), Janice worked with the Ontario Provincial Soccer Association, and the Toronto Lynx and Calgary Storm USL A-League soccer teams. With these organizations she travelled extensively throughout the USA as the team therapist/chiropractor. Also

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- Canadian Chiropractor developed
- Endorsed by professional athletes
- Proud sponsor of 

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 www.youtube.com/watch?v=-OyU-GSEnvE&feature=youtu.be



More Science. Less Pain.

as part of her SSRP, Janice conducted research under the guidance of Dr. Walter Herzog at the Human Performance Lab at the University of Calgary and worked with the Calgary International Track Club and the 2002 Canadian National Bobsleigh Team.

In 2003, Dr. Drover returned to Toronto where she worked for the sports medicine team for the York University Athletic program, treating athletes of all disciplines within the varsity program. At this time she was also in private practice and an Assistant Professor, Department of Clinical Education, CMCC.

Since late 2006 Dr. Drover has returned to her east coast roots in St. John's Newfoundland where she is in private practice with her husband, sister and brother-in-law at Core Insight Chiropractic. She is heavily involved in the local running and triathlon community, providing post race care at many local events, as well as being a regular lecturer for the Running Room clinic series. She provides consulting services for the Newfoundland Soccer Association, and lectures in the Sports Injury Management Course in the Department of Human

Kinetics and Recreation at the province's leading university, Memorial University.

With respect to major games experience, in March 2010 Dr. Drover was a member of the Host Medical Services team for the Vancouver 2010 Paralympic Games, in February 2011 she spent a month in Truro, Nova Scotia at the Satellite Clinic for the 2011 Canada Winter Games, in 2014 Dr. Drover was selected for the Canadian Health Services Team for the Sochi Olympics, and in July of 2015 she has been named to the Host Medical Services team for the 2015 Toronto Pan Am/Para Pan Am games.

Notwithstanding all of this and two young children, Dr Drover is an RCCSS(C) executive board member currently serving her third term as Treasurer, and her work on several committees includes supervising the SSRP program for Atlantic Canada.

In her "spare time", Janice can be found at the gym, on the tennis court, in the dance and yoga studio or with her other hat on as mom at home with her two children, Julia and Peter.



Stephen M. Perle,
DC, MS, Chair, Re-
search Commission

2015 FICS Symposium

I'd like to thank all the researchers who submitted abstracts for the 2015 Symposium, but I would particularly like to thank the following researchers who have been selected for oral presentations at the 2015 FICS Symposium:

- **Craig Jacobs**, Canadian Memorial Chiropractic College, Canada – J. David Cassidy, Pierre Côté, Eleanor Boyle, Eva Ramel, Carlo Ammendolia, Jan Hartvigsen, Isabella Schwartz
Musculoskeletal Injury in Professional Dancers: Prevalence and Associated Factors. An International Cross-Sectional Study.
- **Charmaine Korporaal**, Durban University of Technology, South Africa – Michael Wiggett, Heidi Kretzmann
The Immediate Effect of Sacroiliac Manipulation on Drag Flicking Speed in Hockey Players.
- **Reidar Lystad**, Macquarie University, Australia
Injuries to Professional and Amateur Kickboxing Contestants.
- **Debra D. Nook**, Murdoch University, Australia
Comparison of Chiropractic Care Utilization Between the 2009 and 2013 World Games.
- **Michael Swain**, Macquarie University, Australia– Reidar Lystad, Steve Kamper, Chris Maher, Nicholas Henschke
Health as a Predictor for Match Injuries in Amateur Rugby Union: A Prospective Cohort Study.
- **Peter Tuchin**, Macquarie University, Australia
The Relationship of Vertebral Artery Dissection and Sports Activity to Chiropractic Practice.

Stephen M. Perle, DC, MS, Chair, Research Commission

UPDATE FROM THE SECRETARY-GENERAL

BY PHILIP SANTIAGO



Athens Assembly and Symposium – May 13, 2015

See the full program in this FICS News and at www.fics-sport.org. You have a choice from these three workshops being given by true experts:

- **Ulrik Sandstrom**, team chiropractor for the Leicester Tigers, one of Europe's top professional rugby teams, since 2009 on *Functional Muscle Testing as a Diagnostic Tool*.
- **Ed Feinberg**, legendary expert from Palmer West on *Managing Shoulder Instability*.
- **David Parish** from Logan, who served with Team USA at the London Paralympics, on *Chiropractic Care for Paraplegic Athletes: Special Considerations*.

Sandstrom Workshop Outline

Functional Muscle Testing as a Diagnostic Tool. A window to your athlete's capacity

This workshop will describe a theory of reduced adaptive range via neuromuscular inhibition as a cause of injury and loss of performance. It will use manual muscle testing as the logical progression of the theory to test your athlete's functional capacity.

Have you ever wondered why athletes break down doing activities they have done thousands of times before? Are you looking for a way to assess uninjured athletes for potential drop in performance and injury risk? Would you like to document immediate treatment outcomes to both yourself, the athletes, coaches and other medical staff?

This concept explains and finds the often hidden disturbed proprioceptive and neurological input that puts your athlete at risk. The concept works regardless of your existing diagnostic and treatment tools and has opened more doors in sports chiropractor for your presenter than any other technique.

These three and others present an outstanding set of lectures. Congratulations to the 20 individuals selected to present the best current sports chiropractic research – six on the program and 14 by poster presentation.

On behalf of all of us most grateful thanks to:

- **Logan University**, main sponsor for the Assembly and Symposium.
- **Life University**, sponsor of the original research prizes.
- **Palmer College**, sponsoring the lecture and workshops being presented by **Dr Ed Feinberg**

- **Dr Stephen Perle**, Chair, FICS Research Commission for his excellent work in preparation and administration of the original research component of the Symposium.

Preparing for the World Games 2017

Dr Brian Nook, Chair, FICS International Federations Commission, recently attended the first onsite planning meeting for the 2017 World Games to be held in Wroclaw, Poland, and reports a warm reception and successful meeting. See the letter of thanks from Wojciech Adamski, Vice President of the Wroclaw Organizing Committee.

This event becomes even more important for the profession with the recent announcement that the first chiropractic educational program in Eastern Europe is to begin in Gdansk, Poland in September 2015 in partnership with the Anglo-European College of Chiropractic (AECC) in the UK.

Wiceprezydent Wrocławia



Wrocław, 1st December, 2014

Gratitude Letter

Dear Dr. Nook,

On behalf of myself and the Wrocław Organizing Committee of The World Games 2017, I would like to thank you for your participation in the first Competition Managers Meeting. It was not only a great pleasure to host you in Wrocław, but also a valuable experience for the WOC team and the Municipality representatives. I strongly believe that, with your professional knowledge, you will be our great support regarding different aspects of preparing and delivering The World Games 2017. I do believe we share a common goal – organizing the best World Games ever and I hope we will continue our fruitful cooperation to reach this goal.

I am looking forward to seeing you in Wrocław in the future. If you have any further questions or suggestions, do not hesitate to contact Wrocław Organizing Committee team.

Yours sincerely,

Wojciech Adamski
Vice President of Wrocław

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fax +48 71 77 75 87
woc1@woc.wro.pl
www.woc.wro.pl



Dr Nook (behind woman with pink top) with other leaders at the World Games meeting

FICS Student Scholarships

Congratulations to this year's winners:

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

See bios elsewhere in this FICS News. It was my privilege once again to be part of the judging panel. There were many excellent submissions and these winners are outstanding. Most grateful thanks to my fellow judges - **Drs Stephen Perle (USA), Angelo Battiston (UK), Charmaine Korporaal (South Africa), and Alexander Ruhe (Germany)**.

Administrative Meetings and Finance Commission

How often are these held, what is going on?

FICS Executive Officers. The five Executive Officers, together with Christina Davis, Executive Secretary, David Chapman-Smith, General Counsel and me meet monthly. Recent meetings were on October 15, November 12 and December 3.

FICS Council. The full 12-member Council gets minutes of all Executive Meetings, and has its beginning of the year teleconference on January 14.

FICS Commissions. Each of the 9 commissions holds a quarterly meeting then files a report. In addition FICS President Dr Sheila Wilson has recently been holding monthly meetings of all commission chairs to achieve better coordination and consistency in the work of the commissions – vital to the continuing growth and success of FICS.

While I am thinking of commissions – welcome to the newest member of the Finance Commission, **Dr Luke Nelson** of Australia. For the moment Dr Peter Garbutt remains Chair, Finance Commission, doing excellent work. However, now that he has become an Executive Officer, as Second Vice-President, he is preparing Dr Nelson to take over his role so that the Executive has independent oversight from the Finance Commission. Thank you Pete, welcome Luke.

Some Acknowledgements and Thank You

As another year ends there are so many deserving of thanks, and no possibility of mentioning them all. Particular acknowledgements and thanks are due to:

- Our hands on, hardworking and newly re-elected President **Dr Sheila Wilson**, and also the other members of the new Executive– **Dr Marcelo Botelho**, First VP, **Dr Pete Garbutt**, Second VP, **Dr Stale Hauge**, Secretary and **Dr Brad Sandler**, Chief of Finances. Their first meetings have been impressive and FICS is in good hands for their 4-year term.
- **Dr Rene Fejer**, Chair, Education Commission. All commission chairs deserve praise, but Rene has put in a huge effort over the past 12 months as the FICS education programs have been diversified and extended. Thank you Rene.
- **Dr Stephen Perle**, Chair, Research Commission. This was a new commission 3 years ago, and Stephen was charged with creating a research base and culture within FICS. He has done a great job, including extensive work this year mounting and leading the judging panel for the original research program for the 2015 Symposium. Key to this, thank you, has been the awards funding organized by **Dr John Downes** and **Life University**.
- Our principal sponsors – **Logan University, Foot Levellers** and **Standard Process**
- Our Toronto team of **David Chapman-Smith, Christina Davis, Khalid Salim** and **Sarah Villarba**. We would make little progress without their outstanding support. A special shout out to **Christina**, whose FICS work has multiplied this past year as she has organized numerous GoToMeeting teleconferences and kept track of our large FICS family and all that they do.
- Finally to you the members who, as this FICS News shows, are advancing FICS and sports chiropractic in so many ways in so many countries around the world. **Thank you and Season's Greetings to all.**

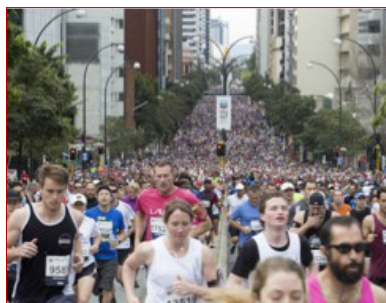
Australia



2014 Perth City to Surf

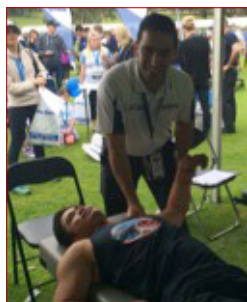
Sports Chiropractic Australia was the exclusive health care provider at the Chevron Perth City to Surf that took place on Sunday 31 August 2014. More than 45,000 people participated in the event which was a landmark occasion – it was the 40th annual Perth City to Surf which has grown into Perth's premier annual community event.

The weather and an overcast sky created perfect conditions for running and contributed to fast times.



The feature event of the day produced an upset with Japan's Yuki Kawauchi taking out the marathon in 2.12.55 and breaking the course record set last year by Kenyan Luka Chelimo, who finished in second place.

Sports Chiropractic Australia provided chiropractors and chiropractic students at 2 locations – one in the marathon recovery tent and the other in the main marquee area. It was extremely encouraging to see sports chiropractic care being so highly utilised. Over the morning, SCA recorded nearly 400 treatments and was thrilled to be asked back next year.



A special thanks to Thomas Wagner and Corporate Sports Australia for giving SCA the opportunity to provide care at Perth's largest sporting event. A big thanks as well to all the chiropractors and chiropractic students that assisted on the day.

SCA Elite Oceania Duathlon Championships

Sports Chiropractic Australia was the naming rights sponsor at the prestigious Elite Oceania Duathlon Championships held in Adelaide on Sunday 19 October 2014.

The event attracted Australia's and New Zealand's top duathletes and triathletes with the elite category racing over a 5km run, 20km draft legal bike, and a final 2.5km run in the heart of Adelaide. This event was the main selection race for the elite national team to compete at the Adelaide 2015 Duathlon World Championships.



Prior to the event, Adelaide World Duathlon General Manager, Jenny Mann, expressed that "we are thrilled that Sports Chiropractic Australia are supporting the continental championships, and as a result we expect a high quality elite field to race, including some of the best duathletes in the world".

Sports Chiropractic Australia provided a strong team of chiropractors and chiropractic students from RMIT University on the day. The SCA marquee was placed at the best possible location – right at the finishing line, and as a result the SCA team was kept busy throughout the morning and into the afternoon.



A special thanks to Jenny Mann, Adelaide World Duathlon General Manager, for all her work and helping to promote SCA at this event. A big thanks also to SCA's South Australian state chair Dr Margie Barry for her amazing work in coordinating SCA's involvement. Finally to all the practitioners and students – thank you for a great effort in the sweltering heat.

Submitted by:

Dr Jon Tan BSc(Chiro), BChiro, ICCSP, Cert III/IV Fitness, National Chairman, Sports Chiropractic Australia

Ironman 70.3 Western Sydney



Sports Chiropractic Australia (SCA) was the official and sole provider of musculoskeletal services for Ironman 70.3 held in Sydney on Sunday 30 November.

SCA provided a strong team of sports chiropractors from Sydney and interstate, with students from Macquarie University (Sydney) and RMIT (Melbourne), who provided immediate injury management, spinal and joint treatments, massage, stretching, strapping/taping, recovery techniques and general advice.

This service was made available in the Ironman Official Recovery Area, adjacent to the finish line, and in association with medical and recovery teams, which provided an opportunity to work closely with medical doctors and first aiders. In addition to race day services and recovery, SCA also provided chiropractic services to all athletes across the entire weekend during registration (on Friday and Saturday) and races leading up to the main event on Sunday.

The inaugural IRONMAN 70.3 Western Sydney attracted nearly 2000 participants from 36 countries to the event. The course comprised of a 1.9km swim in Sydney International Regatta Centre, a 90km bike taking in breathtaking views of the Blue Mountains on smooth, fast roads and a 21.1km run course encircling the iconic Penrith Lake, venue for the 2000 Sydney Olympic Games.

A professional prize purse of US\$25,000 was offered for this event and the race served as an IRONMAN 70.3 World Championship Qualifying Race, with 35 entries to the 2015 IRONMAN 70.3 World Championship in Austria up for grabs.

The weekend also saw young athletes between the ages of 7 and 15 participate in a variety of events, including triathlon, aquathlon, duathlon and running races, many held during the days leading up to IRONMAN and IRONMAN 70.3 races. The IRONKIDS program inspires youth through sport and competition to lead active, positive and healthy lifestyles. IRONKIDS participate in age-appropriate distances with an emphasis on safety, fitness and fun.

Our services were advertised incredibly well by the organizers, via the monthly electronic newsletters sent out to Ironman competitors nationwide and with the SCA logo on the official Ironman Website. Regular advertisements were also provided at the venue resulting in our team being kept extremely busy across the entire weekend, which saw a large proportion of elite athletes receiving chiropractic treatment for the first time.

A special thanks to BELINDA FALLON from the Ironman Partnerships team and JARRAD EASLEA, the Event Operations Coordinator, Asia-Pacific for all their hard work and helping to promote SCA at this event. A big thanks also to

SCA's NSW Executive for their amazing work in coordinating SCA's involvement. A special mention to Dr Kylie Harris whom worked tirelessly in the days leading up to the event and ensuring that SCA NSW was adequately prepared and represented across the 3 days.

Finally to all the practitioners and students who gave up their time to assist in this event – thank you for a great effort in the sweltering 38 degree heat. Not only have you gained invaluable experience in the management of elite athletes, but you have helped athletes gain an insight into what chiropractic has to offer the sporting community and have contributed in making the day a great success.

This event will have important future prospects for SCA. As a result of our services and its phenomenal success, we have already commenced discussions with Ironman, with SCA to provide similar services across their entire portfolio Australia Wide in 2015.

*Submitted by: Lorenzo Campagna BMedSci, MChiro, PG Dip Sports Chiro, ICCSP
NSW Chairman, Sports Chiropractic Australia*



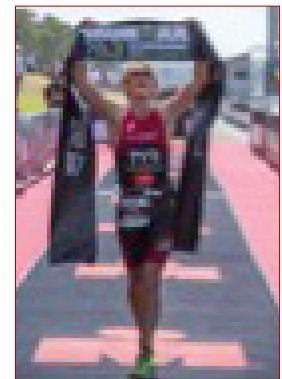
Sports Chiro Tent



Ironman Transition Zone



Lorenzo Campagna & Kylie Harris with Winner Josh Amberger who used our services post-race



Bahrain



December 6 saw the first Challenge Bahrain Triathlon take place, showcasing this island nation and providing an awesome course with the world's largest purse of \$500,000 USD. Dr. Amy Bowzaylo, of Intouch Clinic and Bahrain's only licensed chiropractor, was asked to assist in the organization and orientation of the medical team and was responsible for the Non-emergency Recovery Tent.

There were 60 professional athletes and over 1,000 amateur athletes. She invited Dr. Kristen Carroll (currently in Dubai), Dr. Mustafa Agoaglu (of Turkey) and Dr. Andrea Ignacio (currently in Saudi Arabia) to join the tent which had a great team of chiropractors, physical therapists, physical therapy students, osteopaths and massage therapists.

Sheikh Nasser bin Hamad Al Khalifa, Chairman of the Supreme Council for Youth and Sports, and President of the Bahrain Olympic Committee, was responsible for bringing this race to Bahrain, and at the awards dinner announced the GCC Triple Crown: Challenge Triathlons in Dubai, Oman and Bahrain for 2015. This is an excellent opportunity to raise the profile of chiropractic in the GCC through sport.



Dr. Amy and her team treated many of the professional athletes, who are familiar with chiropractic, and they too acted as indirect ambassadors for the value of chiropractic care in sport and in living a healthy lifestyle. This message ties in directly with the Bahraini Government's 2030 health initiatives in aiming to reduce and manage current chronic disease with changes in lifestyle. Check out some great shots of the 2-day health expo and the race. Hope to see you there next year!

Submitted by: Amy Bowzaylo, Clinical Director & CEO, Intouch Integrated Chiropractic Spine Center, Bahrain.



(From left) Mustafa Agoaglu, Kristin Carroll and Amy Bowzaylo with others in the team.

France



Kayak Polo World Championships

In September France hosted the Kayak Polo World Championships held in Thury-Harcourt in Normandy. Some

68 teams from 27 nations representing 500 athletes show participated.

A French Chiropractic Sports Council (FCSC) team of four chiropractors were there to treat athletes and volunteers (700). Members of the FCSC delegation were Philippe Fleuriau, President (also AFC President), Nicolas Destang (AFC Vice-President), Audrey Yarguy and Sylvain Pigeon, a Professor at the French Institute of Chiropractic (IFEC) who brought two students from IFEC to assist with the volunteers.

We treated athletes from 18 nations. Some came to discover chiropractic for the first time, and were impressed with the quick results, particularly for scapular problems. We saw an evolution in pathologies as the competition went on. Initially,

we mainly saw shoulder pains with limitation of movement due to tendinopathies, then came the elbow, and neck and to finish the wrist and the extensors and then back to the shoulders.

There were many adjustments of the peripheral joints (shoulder, fingers) but also the thoraco-lumbar junction which was being seriously challenged on extension in these athletes. We used 50 meters of Kinesio tape. Graston was a primary technique for release of musculotendinous tensions. This combination, plus laser, saw good resolution of the problems presented. There were no significant injuries seen, apart from a very dislocated finger which was consolidated by kinesiotaping.

Athletes are challenging patients, consulting for a movement discomfort (e.g. shooting a strike ...) and expecting an immediate release so they can return to competition. Many found that chiropractic can be the solution of choice in this situation.

The Polish team was a regular at our stand, as well as the teams from Iran and Spain. The Great Britain women's team was also able to exploit the results of chiropractic, and coaches were among those who came to us and our tables. Spain attributed winning its first world medal in this sport partly to the fast return to competition possible because of chiropractic care given.



Philippe Fleuriau, Audrey Yarguy and Nicolas Destang at work.



Audrey Yarguy and Philippe Fleuriau with athletes.



The World Federation of Chiropractic website and information on European national associations was given to those who has no previous experience of chiropractic, used our services, and wanted to continue the experience in their countries.

Submitted by: Philippe Fleuriau DC, ICCSP, SCSC President

Japan



Japan's First ICCSP Program

Sports chiropractic is growing in Japan. Not only that but history is currently being made in Tokyo with the first ever ICCSP course for Japanese chiropractors. The Japanese Federation of Chiropractic Sportive (JFOCS) is FICS' 4th largest member NCSC (National Chiropractic Sports Council).

I was privileged to be a lecturer along with Dr. Ira Shapiro at the November module for the ICCSP in Tokyo. I was very impressed with the organizers, students and the city of Tokyo itself. The was my first visit to Japan and I can't wait for my next one! The hospitality, food, atmosphere and the eagerness of the students were second to none.

I had a very nice tour around Tokyo: the gardens of the Imperial Palace, a lovely temple, Tokyo Chiropractic College, Japan's one fully accredited chiropractic program, and a river cruise from the Beach Palace Gardens past the Sky Tree in downtown Tokyo. Thank you to JFOCS President, Naoki Orihashi and Japanese Association for Chiropractors (JAC) Advisor and TCC Head of Academic Affairs, Yoshihiro Murakami, for organizing a great day to see the city.



The class with Sheila Wilson (center) and Ira Shapiro and Naoki Orihashi (on her right and left).



Yoshihiro Murakami, Sheila Wilson and Naoki Orihashi.



Kaz Isa, Sheila Wilson, Naoki Orihashi



Takaharu Tanno (left), and Shinnosuke Shimizu, with translators, with Drs Wilson and Shapiro.

With the 2020 Summer Olympics approaching, this is the best time to see a surge in sports chiropractic in Japan. As with any major Games we have a lot of work ahead.

I remember talking with then President of the International World Games Association, Ron Froehlich, following Tokyo being chosen for 2020. He said Tokyo was chosen because they “will get it done”. I believe in our colleagues in JFOCS and that they will also “get it done”.

I can’t say thank you enough to Kaz Isa, Asian representative on the FICS Executive Council. His work to put this program together has been tremendous. Thank you also to our course translators: Shinnosuke Shimizu and Takaharu Tanno. Dr. Shapiro and I learned to speak a lot more slowly than we usually do to try to make their job a little easier!

*Submitted by: Sheila Wilson, DC, ICCSP, FICC
FICS President*

Mexico



The Colegio de Profesionistas Científico Quiroprácticos de México (the Colegio) and its affiliated sports chiropractors, proudly communicate that the 22nd Central American and Caribbean games held November 14-20 in Veracruz, Mexico, were an absolute success for the chiropractic profession.

There was outstanding support from world renowned colleagues from different countries, some of whom previously participated with us in the team for the Guadalajara 2011

Pan-American Games, and all of whom provided expertise and experience from many events. There were numerous positive comments from medical officers from the various teams, team leaders and athletes, and also from medical personnel from Cover 2014, the name given to the host medical services team. The Cover 2014 MDS and others served alongside our team, which saw more than 2,000 patients seen with the highest standards of care in sports chiropractic management and great interdisciplinary collaboration in the best interest of athletes.

We thank all our crew from both shifts. All served with passion and love for our beloved profession and had an outstanding performance. This led to multiple invitations to participate in future regional and continental events, as well as to integrate with different federations in many countries where sports chiropractic professionals are not available.

Congratulations and thank you again to these participants:

Congratulations and thank you again to these participants:

- Dr. Alban Merezpeza (Canada)
- Dr. Tim Stark (USA)
- Dr. Frances Bigas (Puerto Rico)
- Dr. George Garcia (USA)
- Dr. Scott Gillman (USA)
- Dr. Victor Dolan (USA)
- Dr. Carlo Guagdanio (USA)
- Dr. Octavio Terrazas (Mexico)
- Dr. Jordi Gutierrez (Spain)
- Dr. Marcelo Valencia (Chile)
- Dr. Victor Perez (Chile)
- Dr. Manuel Enrique Flores (USA/El Salvador)
- Dr. Maria Dueno (Puerto Rico)
- Dr. Carlyle Jenkins (Australia)
- Dr. Jorn Jentsen (Denmark)
- Dr. Ricardo Abella (Puerto Rico)



Athletics legends Sergey Bubka and Alberto Juantorena with Raul Carrillo.



Jose Guasque applying Rock Tape (sponsor) at Athletic's Stadium Xalapa.



Veracruz 2014 Chiropractic Team.

AROUND THE WORLD IN SPORTS CHIROPRACTIC CONTINUED...

Dr. Raul Avila (Puerto Rico)
 Dr. Frances Halberg (Mexico)
 Dr. Nichelle Gurule (USA)
 Dr. Oscar Otero (Puerto Rico)
 Dr. Keith Schaller (USA)
 Dr. Valerie Bordenave-Clamouse (France)
 Dr. Andre Colon (Puerto Rico)
 Dr. Amanda Gammage (Canada)
 Dr. Gabriel Quintero (Colombia)
 Dr. Diana Arreguin (Mexico)
 Dr. Jesus Cazares (USA)
 Ltf. Salvador Pomar (Mexico)
 Ltf. Leticia del Carmen Farias (Mexico)

Dr. Saul Luengas
 Cover 2014 Chief of Chiropractic Services

Dr. Raul Carrillo
 Cover 2014 General Coordinator of Chiropractic Services

Dr. Rene Castillo
 Cover 2014 Coordinator Veracruz

Dr. Jorge Castillo
 Cover 2014 Co-coordinator Veracruz
 Professor, Chiropractic Program at the Veracruz State University Medical School.

Dr. Jose m. Guasque
 Cover 2014 Coordinator Xalapa

Dr. Francois Gobin
 Cover 2014 Co-coordinator Xalapa

Dr. Enrique Benet Canut
 President of the Colegio de Profesionistas Cientifico Quiropracticos de Mexico



Saul Luengas



Frances Halberg at the Diving warm up area.



Team gathering at shift change day.



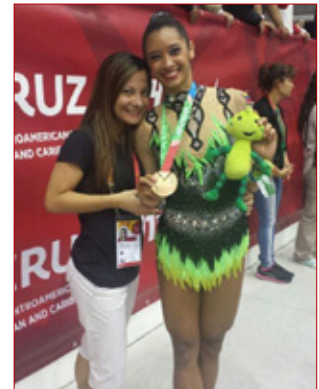
Sergey Bubka IAAF Vice President and Antonio Lozano, President of Mexican Athletics, with athletes and Dr Carrillo (right).



Jordi Gutierrez with the Puerto Rican Handball Team, thankful for chiropractic care as they won the gold medal.



Carl Jenkins with a rhythmic gymnastics medalist from Venezuela.



Frances Bigas at rhythmic gymnastics.



Amanda Gammage, Saul Luengas, Victor Perez and Frances Bigas at swimming warm up pool, Veracruz 2014.



Tennis Stadium multidisciplinary team with DCs Victor Dolan and George Garcia.

Philippines



The Philippines sent a 150-strong delegation of amateur athletes to the recently concluded Asian Games in Incheon, Korea. The athletes were supported by a Medical Team with Medical Head, Dr Ferdinand Brawner of the Philippine Olympic Committee (POC).

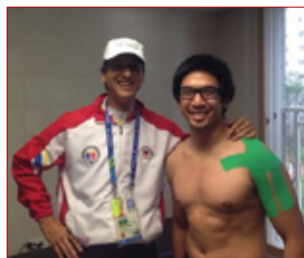
Team Chiropractor, who also serves as Co-Chair of the POC Medical Commission, was Dr Martin Camara. Others in the Medical team were 4 physical therapists, a massage therapist, a nurse, a sports nutritionist, a sports psychologist and 2 sport trainers.

The Philippines competed in the sports of cycling, boxing, taekwondo, swimming, athletics, gymnastics, wushu, karate, rowing, equestrian and basketball. They ended their campaign with a Gold from cycling BMX, 2 Silvers from boxing and wushu and 9 Bronzes from the sports of wushu, boxing, karate and taekwondo.

Most athletes utilised chiropractic services, which included adjustments and myo-fascial treatments - stretching, manual therapy and taping - before and immediately after their respective competitions. Over 300 adjustments were given, sometimes at competition venues, sometimes at the special clinic set up by the Philippines for their athletes in the Asian Games Olympic Village.



Dr Camara with boxer Charlie Suarez, Silver Medallist in the 60kg Weight Division and Daniel Caluag, Gold Medallist for BMX



Dr Camara adjusting Taekwondo athlete who went to win a Bronze medal for his weight division.

Puerto Rico



Our 6 Doctors at the Veracruz Games

The 22nd Central American and Caribbean Games were held in Veracruz, Mexico from November 14-30, 2014.

The Sports Council of the Puerto Rican Chiropractors' Association (AQPR) was pleased to provide six doctors for the team lead by Dr Saul Luengas of Mexico that provided chiropractic services to athletes as part of the host medical services team. Our members were:

Ricky Abella
Raul Aviles
Frances Bigas

Andre Colon
Maria Dueno
Oscar Otero

The doctors had an extraordinary experience in Mexico. Dr Colon and Dr Otero were interviewed by La Política, the largest newspaper in Xalapa, capital of the State of Veracruz. A reporter saw the quality of their work, passion and personalities and asked for the interview. Like the other Puerto Rican doctors, Dr Ricky Abella received video from a Dominican taekwondo athlete thanking him publicly on Facebook for helping him to win his gold medal.



Chiropractors Andres Colon and Oscar Otero.

Quiroprácticos para atletas desde Puerto Rico

Más de 20 doctores atienden a los deportistas que lo requieren.

Alfredo Gullonista. El Comité Organizador Veracruz 2014 (COV2014) fue el encargado de contactar a un grupo de especialistas puertorriqueños. Los estudiantes a la disposición de los participantes. La idea es promover a atletas locales para que se puedan usar rápidamente sin necesidad de que el atleta abandone la competencia. El equipo perteneciente a la Asociación de Quiroprácticos de Puerto Rico está ubicado en la sede Veracruz - Boca del Río y la sede Xalapa. Antes de la competencia también se realizó un taller en los centros deportivos para enseñar a algunos atletas que lo requieran. Los doctores Andrés Colón y Oscar Otero son parte de la comisión de especialistas instalada en el Comité Organizador Veracruz 2014. "Quería de todos para ellos esta misión es muy importante porque tienen la intención de enseñar a los competidores y entrenadores, que los lesiones, dependiendo de la gravedad, se pueden tratar en la necesidad de medicamentos, o también se pueden prevenir mediante masajes". Por ejemplo, el doctor Oscar Otero comentó: "Trabaja en un sitio de tan buena calidad así como una multitud de médicos pueden enseñarles a jugar y luego saber el país de jugadores para volver a jugar en el mundo". El doctor Andrés Colón comentó que el servicio gratuito y se proporcionan los servicios que se necesitan en algunos casos los atletas ya tienen servicios médicos pero como a disposición para ellos, "solo necesitamos los atletas y una mejor atención en el área médica natural de medicamentos locales".

Andre Colon and Oscar Otero featured in La Política.



(From left) Óscar Otero, Raúl Avilés, Ricky Abella, André Colón



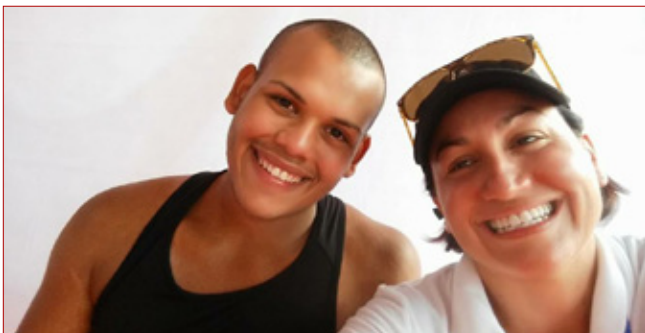
Frances Bigas (left) and Maria Dueño (right) with colleague.

We will be thanking the six doctors with awards at the AQPR Christmas party December. Thank you to our Mexican colleagues for providing this opportunity, thank you to FICS for making it all happen. The AQPR Sports Council is new this past year; this is the beginning of great things happening in sports chiropractic here in Puerto Rico.

Submitted by Aleisha Serrano, AQPR Sports Council



Frances treating a Mexican athlete.



Maria Dueño with apure torcian athlete Alexis Figueroa.

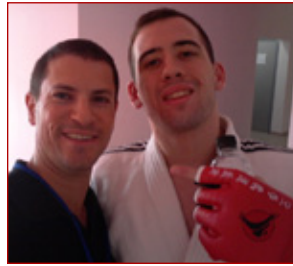
Romania



The JuJitsu World Cup Balkan Open Championships took place in Bucharest, Romania 26-28 September 2014. The tournament comprised Brazilian Jujitsu as well as a 'fighting' section. The wonderful part of the tournament is that participants ages ranged from 5-45 years old in different weighted divisions. Hundreds of participants arrived from Russia, Montenegro, Ukraine, Romania, Bulgaria, Israel, Turkey, Germany & Greece to name a few.



Roy Sery at the Jujitsu World Cup Balkan Open Championships



Roy Sery (left) with Christos Sangiotis of Jujitsu Hellas Greece



I was privileged to represent FICS as the only chiropractor at the event. The amazing part of being a sports chiropractor on scene is that as you start treating the first and the second athlete, they inevitably tell their team mates how great they feel and all other athletes also come looking for chiropractic treatment. I guess that is the value, amongst other things, we create as chiropractors!

Thank you FICS for the opportunity - I had a fortune of fun over the two days treating the athletes.



Roy Sery (middle) with Rinu Adonis Trasca Staicu (left) and Vas-silica Bejanaru (right) of the Romanian Jujitsu team.

USA



FICS at the World Powerlifting Championships

A FICS Team of Drs Carly May, Matthew Swager and Tim Ray participated in providing sports chiropractic services at the 2014 Men's and Women's World Powerlifting Championships held in Denver, Colorado from November 3-8, 2014.

The local organizing committee allowed our team to set up in the warm-up area of the competition which ensured optimal visibility and certainly contributed to patient accessibility. With three treatment benches, desk and seats we were well equipped.

For all patient visits, a detailed physical examination form was completed on initial consultation and immediately after all patient encounters. Pain intensity was assessed on a pain rating Numeric Range Scale (NRS-10) that was to be filled out by the patients before and after the therapeutic intervention.

We were used increasingly by athletes throughout the six days championships. Overall, the usage of chiropractic services was greatest with the teams from Norway, USA, Great Britain and Taiwan. Of the 22 countries represented only Austria, Croatia, Ecuador and Russia chose not to use our services, and language barrier may have been a deciding factor here. Canada, Puerto Rico, USA, France and Austria also brought their own care support.

Full statistics have been reported to FICS but some highlights of care given include:

- Treatment was given mainly to athletes (88%) as opposed to coaches' staff and officials (12%)
- The majority of athletes treated were male – 50/70 or 72%. Most complaints were acute (95.7%) and could be attributed to overuse/overstress associated with the physical demands of the sport. Most common complaints presented were pain in the low back (29%), hip and thigh region (21%), thoracic region (20%), cervicothoracic region (17%), shoulder (10%) and muscular/ligamentous tissues of the extremities (7%).
- Treatment was multimodal, typically involving three or more types of intervention – e.g. manipulation, mobilization, taping, physical therapy, compression bandages, etc.

The event truly was a great experience. We would like to extend our thanks to the International Powerlifting Federation (IPF) for the invitation, to FICS the opportunity, and to the local organizing committee for their support throughout.

*Submitted by: Timothy Ray, DC, DABCO, MS, ICCSP
Head of Sports Chiropractic Services, 2014 IPF Men's and Women's World Championships*

Captain Mummerlyn is a believer.

Source: USA Today, December 9, 2014

Alternative Medical Options Now Sought Throughout NFL

The Minnesota Vikings' veteran cornerback thought he'd miss up to a month after injuring a hamstring in training camp this year. Then he visited "Dr. Josh", who worked on the injury once and left Mummerlyn thinking he'd just witnessed a miracle.



Minnesota Vikings cornerback Captain Mummerlyn (24) intercepts a pass. (Photo: Bruce Kluckhohn, USA TODAY Sports)

"It was crazy. I'd never had it done before, but it got me back on the field in a week," Mummerlyn told USA TODAY Sports recently. "Didn't use nothing. No machine. All hands. 'Wow. Is this the Son of God?'"

Josh Sandell is not a medical doctor. He's a licensed chiropractor who describes his area of expertise as the functional aspect of sports medicine, and the response to his techniques had enough players talking that the Vikings hired him this past spring.

More and more, NFL teams are looking outside the usual structure of doctors and athletic trainers, hiring chiropractors, acupuncturists, nutritionists and other specialists to help keep players healthy, in part because players were seeking such treatments on their own.

In a league where most contracts aren't guaranteed, there's incentive for players to try anything and everything to stay on the field. The more teams know about who's working on them, the better, even if not everyone is sold on the medical value of every nontraditional treatment option.

ALTERNATIVES NOT NEW

It makes sense NFL teams would be open to non-pharmaceutical solutions at a time hundreds of former players are suing the league over alleged painkiller abuse, triggering a Drug Enforcement Administration inquiry. But Matava said the shift has been occurring for five to 10 years.

Matava said he'd guess every team now has a chiropractor as part of their medical staff, among other specialists with

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“They’re seeing the limitations and the constraints that are being put on them: ‘OK, it’s not just enough to dull your pain anymore,’” Sandell said. “If you take away the numbing ability, you’re kind of forced to find alternatives to get that player better.”

Sandell said he has referred more than 200 professional athletes for mesenchymal stem cell therapy through Orthology, the wellness center where he is chief clinical officer. He also believes in Prolozone (a form of oxygen injection used to reduce pain) and pulsed electromagnetic field therapy, among other less conventional treatments.

But Sandell’s main tools are his hands, which help him find the broken link in the chain – the injured or abnormal tissue that is causing pain. He says he remodels the tissue, uses the nervous system to coordinate muscle activation patterns and restores proper mobility to the joints.

In essence, he’s manipulating body systems to affect other body systems. Players receive the type of rehabilitation they’d get if they’d had a stroke, Sandell said, only instead of learning to walk again, they’re learning to move like athletes again.

“You would never make that correlation, but I’m telling you, it’s a game-changer,” Sandell said. “And all these procedures potentiate one another – more effective when used together than they are by the individual cells.”

The Vikings don’t allow Sandell to refer players or use advanced treatment options at their facility, he said. But he works on players there multiple times weekly, travels on the road and has a full house at his office down the street on players’ off day as well.

Word has spread around the league. Jacksonville Jaguars receiver Cecil Shorts, who met Sandell through Arizona Cardinals receiver Larry Fitzgerald, credited him with a rapid return to play from hamstring injuries. Sandell said other NFL teams have released players to his care, too.



Josh Sandell, DC, DACBSP, ATC, CSCS, ICCSP, Sports Medicine Specialist, Minnesota Vikings Football.

“In my mind,” Shorts told the *Florida Times-Union* in October, “he’s a genius.”

“We’re just trying to get back out there as soon as possible. But at the same time, you want to be healthy,” Munnerlyn said. “I told (Sandell) his hands are a blessing. It seems like when he touch you, man, he’s healing you. I always joke with him like, ‘Man, I need those hands.’”

ACASC ANNUAL SYMPOSIUM

The 2014 ACA Sports Council’s Annual Symposium was held October 3-5 in Portland, Oregon. With close to 200 in

attendance, it was a weekend filled with stimulating lectures, exciting vendors and amazing social events.

The weekend began with the TIPS program offered by the Foundation for Chiropractic Progress (www.f4cp.com). Lecture topics thereafter ranged from Progressive Resistance Exercise to CrossFit to Shoulder Instability and included breakout sessions on Saturday to allow for more hands-on time with the instructors. Additional lectures included Functional Muscle Neurology and Updates on Concussion.

On Sunday morning the streets of Portland were lined with marathon runners and spectators, but attendees were in their seats learning about Running Biomechanics and Sports Nutrition. This Symposium also marked the second year in a row where attendees could acquire their ICCSP certification through FICS.

All of these events served to further educate members and attendees to ensure the continued growth of knowledge and success of sports chiropractic. The ACASC tradition of social events continued with nights out on the town to showcase downtown Portland and provide opportunities to connect doctors, students, vendors, speakers and the Executive Committee.

At the General Meeting and luncheon on Saturday attendees heard 2012 Summer Olympian Matt Centrowitz Jr., USA’s top middle-distance runner, speak on his experiences with training and how sports chiropractic has enhanced his career. The luncheon was also a time to recognize those who have gone above and beyond in their service to the Council. Appreciation awards were given to Dr. Len Ershow for his service to the Sports Council as an Executive Committee Member and to Dr. Annette Stevko for her continued work



Dr. Jim Kurtz, Chiropractor of the Year receives his award.



Dr. Tom Hyde (center) with award winning students.

with helping to provide chiropractic care for the women on the PGA golf tour.

The Student Appreciation Award was presented to Shea Stark (Texas Chiropractic College) for her hard work and service on the Student Executive Committee. The 2014 ACASC Sports Chiropractor of the Year Award was proudly presented by last year's recipient, Dr. Josh Glass, to the amazing Dr. Jim Kurtz. Dr. Kurtz has worked tirelessly in the field of sports chiropractic and humbly flashed his super bowl ring to the crowd, which he earned through his work with the 2014 NFL Championship Team, the Seattle Seahawks.

Election results were announced welcoming the new leaders of the Executive Committee: Dr. Karlie Steiner-Bailey as Treasurer, Dr. Norman Eng as Secretary, Dr. Michael Tuning as 2nd VP and the new President, Dr. Kelly Lange.

The Dr. Tom Hyde poster presentation awards were also handed out at the luncheon. Ten students participated and the winners were: Honorable Mention - Elizabeth Moos (Northwestern), Honorable Mention - Whitney Phillips (Western States), 3rd Place - Jennifer Nolan (Palmer West), 2nd Place - Adam Robinson (Palmer Davenport) and 1st Place - Eric Olson (Texas Chiropractic). As an additional reward for all student participants, an A.R.T. student seminar certificate (valued at \$1400) was raffled off and awarded to Isabella Reme (SCUHS).

Board Members of the ACASC were also proud to announce this year the start of the ACA Sports Council Student Scholarship Fund. The brainchild of ACASC Faculty Liaison, Ed

Feinberg, this scholarship program challenged doctors in the field to donate to the fund so that the Council may provide cash scholarships to the winners of the poster presentation contest supporting the bright futures of these up and coming sports doctors. The ACASC then matched these donations (up to \$5000). In addition to individual donations, Palmer College West was an institutional donor at the level of \$1,000. Many thanks are sent to all of those who supported this inaugural program. Please watch for more information on this program and ways you too can donate in the months ahead.

The Council looks forward to the 2015 Symposium to be held in the beautiful Mikel High City of Denver, Colorado.



Bill Bonsall presents Appreciation Award to Len Ershow.



Pan Am/Parapan Am Games

July 10-26, 2015/August 7-15, 2015
Toronto, Ontario



Rio de Janeiro Summer Olympics (RIO 2016)

August 5-21, 2016
Rio de Janeiro, Brazil



World Games 2017

August 3-13, 2017
Wroclaw, Poland

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