

**JUNE 2023
NEWS**

COMING TOGETHER AS ONE





We might not know we are seeking people who best enrich our lives, but somehow on a deep subconscious level we absolutely are.

Whether the bond is temporary or permanent, whether it succeeds or fails, fate is simply a configuration of choices that combine with others to shape the relationships that surround us. We cannot choose our family, but we can choose our friends, and we sometimes, before we even meet them"
Simon Pegg



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OUTGOING PRESIDENT

BY: BRADLEY SANDLER

Reflecting on Our Achievements: Outgoing FICS President Report

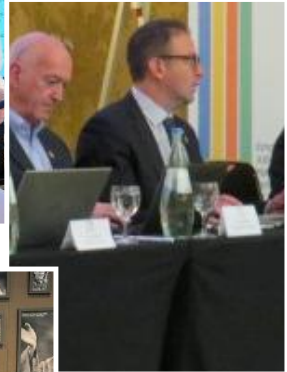
It is with great honour that I reflect on my time serving as the outgoing President of FICS. At the June 2023 General Assembly, I had the pleasure of handing over the regions of the organisation to the incoming ExCo and EMT.

Over the many years that I have been involved at the Executive level with FICS, we have achieved significant milestones in advancing our mission and vision. From implementing new educational programs and working multiple sporting events to expanding our membership benefits, we have accomplished a great deal together.

As I reflect on our achievements, challenges, and future opportunities, I am honoured to have been part of bringing the organisation closer than ever to our goals. I am proud of what we have accomplished and look forward to seeing the organisation continue to thrive in the years to come.

With our comprehensive new strategic plan I am confident in assuming that FICS will continue to grow from strength to strength so we can achieve our vision of Every Athlete Deserves Access to Sports Chiropractic. Thank you for allowing me to be a part of and lead FICS over the years. I am really looking forward to see where it goes in the future.

Sincerely Bradley Sandler



Federation Internationale de Chiropratique du Sport

PRESIDENTS MEDAL

2021 - 2023

DR BRADLEY SANDLER

Dr Bradley Sandler has served FICS in leadership roles starting in 2016. Games Commission and African Regional Representative (2016-2023), Treasurer 2016-2017, First Vice President 2018-2021, President 2021-2023.

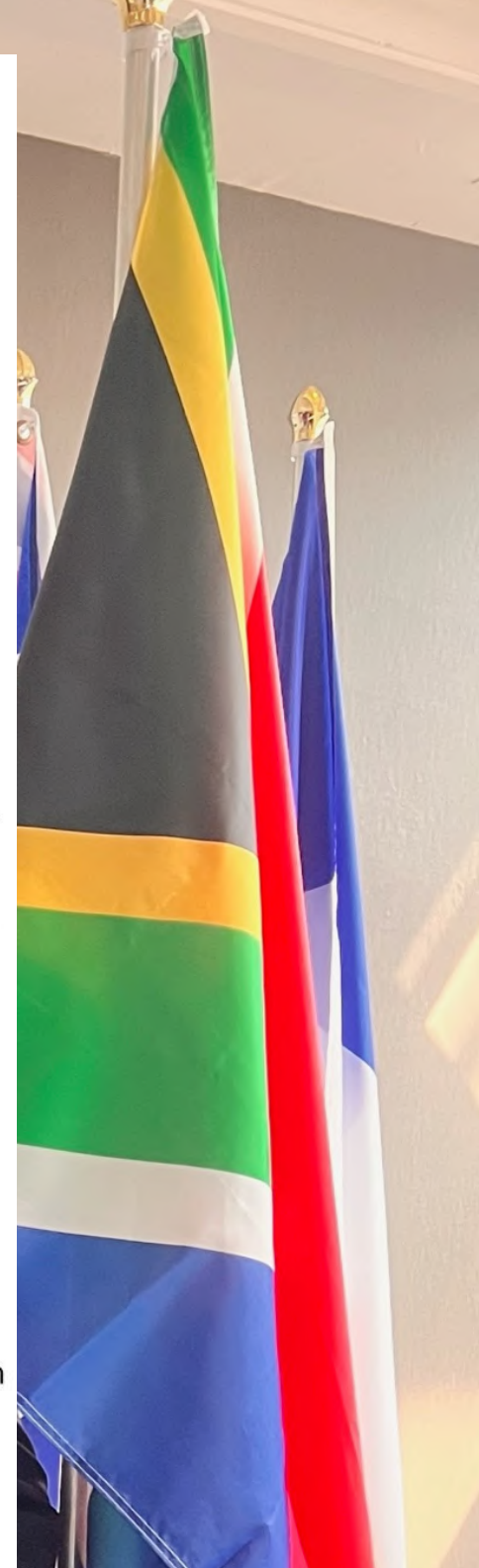
His calm and encouraging leadership style has not only inspired others to develop the legacy of FICS but has also instilled confidence in them to take FICS to greater heights within the world of sports.

Under Dr Sandler's leadership, he has encouraged others to have the confidence to drive FICS into the rightful place within the world of sport., thereby facilitating the realisation of the vision that "every athlete deserves access to sports chiropractic". Despite the challenges posed by the current times, Dr Sandler has remained dedicated to the cause of FICS and has worked tirelessly to ensure that the organisation continues to grow and flourish.

It is thanks to Dr Sandler's leadership that FICS is now better positioned than ever before to make a positive impact on the world of sports. His endless dedication and commitment to the cause of FICS have truly embodied the attributes of a sports chiropractor and have set an example for others to follow. FICS is fortunate to have such an exemplary leader at its helm and will continue to benefit greatly from his leadership in the years to come.

*Every athlete deserves access
to Sports Chiropractic*

Dr Bradley Sandler and his wife Justine Sandler accept the President's Award





PRESIDENT'S REPORT

BY: MARTIN ISAKSSON

New Beginnings: A Message from the Incoming FICS President

It is my utmost pleasure and honour to address you as the newly elected President of FICS. We have come a long way over the past six years as an organisation. We have grown into a mature, transparent, and inclusive international organisation that has become a beacon for sports chiropractic education and representation at the International level of Sport.

We have faced many challenges during this time, including the pandemic. However, we tackled the situation with great care and precautions to ensure the organisation's financial security while continuing to support our members. FICS is proud to announce that we have grown in membership and welcomed two (2) new NCSCs into our organisation at the 2023 General Assembly held on 16 June in Paris. The participation of seventeen (17) NCSCs at the face-to-face meetings and symposium, along with the membership who zoomed into the General Assembly, was an outstanding show of support for the growth and interest of Sports Chiropractic on the International Stage. This is a testament to our united commitment to ensuring that "Every athlete deserves access to sports chiropractic."

The FICS update to the statute was passed by the members at the General Assembly and reflect's a stronger and more robust organisation, and we will continue to tirelessly fight for inclusion into the Olympic



As I begin my term, I am committed to building on the strong foundation laid by my predecessors and leading our organisation to new heights.

Continued ... President Message

Games and all levels of International Sport. Our voice and vision will echo in the halls of International events across the globe, and working with our NCSC's we will continue to increase and develop opportunities for our membership.

As your elected executive in the capacity of President, I am committed to upholding the values and interests of FICS with my passion, willpower, and altruism. I am excited to serve our great profession and work alongside each and every one of you to advance our vision and mission. Together, we can achieve great things and continue to impact the ability of athletes to achieve their optimal performance naturally.

I am committed to building on the solid foundation laid by my predecessors and leading our organisation to new heights. I look forward to working with you all and contributing to the success of FICS.

Thank you for entrusting me with this great responsibility.

Sincerely Martin Isaksson

PRES@FICSPORT.ORG



Dr Isaksson addressing the Executive Council and NCSC Presidents meeting



Left to right, Dr Thomas Halyk Malaysia NCSC President and Dr Martin Isaksson



FICS Executive Council, Commission Chairs and NCSC Presidents come together in Paris in June 2023 for strategic meetings

SAVE THE DATE IN YOUR CALENDAR NOW!

FICS in collaboration with the Malaysian NCSC and the Malaysian Ministry of Youth and Sport Kuala Lumpur will host the 2025 face-to-face symposium! Every moment will be recorded, ensuring attendees maximise their learning.

Mark your calendars now for this unmissable experience and keep an eye on our website for updates as the KEYNOTES will be announced soon!



SAVE THE DATE



FICS 2025 SYMPOSIUM

**NAVIGATING THE
WORLD OF SPORT**

**MARCH
29 - 30 2025**

**SUNWAY RESORT, HOTEL AND SPA
KUALA LUMPUR**



SCCM

Sports Chiropractic Council Malaysia



SECRETARY GENERAL

BY: KEITH S. OVERLAND

As the memories of the 2023 FICS Global Sports Symposium -The Road to Paris- are fresh in our minds, I want to thank not only our robust lineup of speakers but also the staff, volunteers, and our long-term and event sponsors of FICS. Without the support of our volunteers and partners, we would not only be unable to put on such a terrific event but likely, we would be an organization that looks far different than we do today!

With everyone on a high from our symposium, in this SecGen update, and "while the iron is hot," I want to encourage you to take advantage of some key FICS member benefits that may be of interest to you.

I am a member of many organisations. Often, I simply make my dues payments on auto-pay. They are happy to keep me as a member, and I am happy to be one. While this annual ritual seems to be good for both parties, I am not really sure it is. One would think keeping it simple is a great option. While I agree it seems so, I think, in reality, that simple process may discourage me from seeking out potentially important member benefits.

The point I am making is that non-profit organisations such as FICS rely heavily on support from our business partners for certain member benefits and sponsorships. While it's likely that without these our individual dues would be higher, it's not just about the money. It's about being an organisation that strives to move the organization ever closer to reaching its vision and mission. In my view, this takes a team!

Clearly attending games as a volunteer and learning cutting-edge educational information is a top priority.



“ Without the support of our volunteers and partners, we would not only be unable to put on such a terrific event but likely, we would be an organisation that looks far different than we do today! ”

But we at FICS also believe introducing you to business partners that offer many services and products that can enhance our members' sports chiropractic practices is vital as well. Some we experienced earlier this month in Paris, while others who support us annually provide opportunities that can introduce you to the newest technologies that help our patients recover faster or perform better.

With that being said, I am going to provide a very brief list for your review of our annual FICS supporters and ask that you not only take a moment to thank them for their support of FICS but, if appropriate, offer them the opportunity to earn your business on the products and services you may currently use or may be thinking of adding to your practice.

- Life University – among our longest-standing supporters and our Paris symposium event sponsor, has always been a leader in sports chiropractic. From the on-campus sports complex used by multiple sporting teams to their strong relationship with the Chinese Olympic athletes,
- Comera Group and Dynamic Tape have been one of FICS's longest and strongest sponsors and supporters. Many of you know about their amazing Dynamic Tape products that should be a staple in every sports chiropractic practice. Additionally, they are a world leader in movement science. They offer a multitude of webinars and educational opportunities that can enhance every sports chiropractic practice.
- Erchonia is a clear leader in the LLLT (low-level laser technology) dedicated to producing safe, effective solutions for sports chiropractors. They have products that can help every sports chiropractor enhance their patient outcomes.
- Hyperice is the leading provider of innovative technology for the recovery, mobility, and improved performance. They design products to help athletes from around the globe - move better, live better, and be better!
- Elvation-PiezoWave 2 (myofascial acoustic compression therapy) treat acute and chronic pain in

I would like to encourage you to learn more about all the sponsors of FICS as they all have some great members benefits on offer for members.

Keith Overland
 SEC GEN@FICSPORT.ORG

SPONSORS				Click here for sponsors benefits
ENDORSEMENT / GOLD SPONSOR	GOLD SPONSOR / PARTNER	GOLD SPONSOR/PARTNER	SILVER SPONSOR	
				
CHAMPION SPONSOR EDUCATIONAL INSTITUTION	CHAMPION SPONSOR EDUCATIONAL INSTITUTION	CHAMPION SPONSOR EDUCATIONAL INSTITUTION	BRONZE SPONSOR	
				
BRONZE SPONSOR	BRONZE SPONSOR	BRONZE SPONSOR	BRONZE SPONSOR	
				

2023 GLOBAL SYMPOSIUM HIGHLIGHTS



Great moments often catch us unaware beautifully wrapped in what others may consider a small one.

PEOPLE MAY NOT REMEMBER EXACTLY WHAT YOU DID, OR WHAT YOU SAID ~BUT~ THEY WILL ALWAYS REMEMBER HOW YOU MADE THEM FEEL AND THE MOMENTS YOU SHARED.





2023 Sports Chiro of Year

Dr. Lotte Langhoff

Dr Langhoff is a true example of exceptional dedication and commitment to the Sports Chiropractic profession.

This award recognises the recipient's outstanding contributions and service to volunteering at International Games, and is a testament to their passion for helping athletes achieve their highest level of performance.

This honour speaks to the recipient's knowledge, expertise, and skill in the field of sports chiropractic, which is critical for ensuring athletes' well-being and success. As an International Sports Chiropractor of the Year, the recipient has proven to be a valuable asset to the FICS team, serving as Chef de Mission at many events and acting as a mentor to others.

Lotte's service to volunteering at International Games demonstrates a deep commitment to making a positive impact on the lives of athletes and the broader community. Her selflessness and commitment to giving back set a high standard for others to follow, inspiring future generations of sports chiropractors to continue making a difference in the lives of athletes worldwide.

Overall, being named the 2023 International Sports Chiropractor of the Year is a tremendous honour, recognising Lotte's outstanding dedication and service to the profession and to athletes worldwide.





2023 Educator of Year

Dr. Christine Foss

Dr Christine Foss has worked as the FICS Educational Chair for the past four years.

This award is a testament to Dr Foss's exceptional dedication and service to educating future students and recognises her contributions and commitment to attending seminars internationally and providing valuable training and education to aspiring sports chiropractors.

Her willingness to share her knowledge and expertise in sports chiropractic not only helps to educate future generations of professionals but also contributes to the broader growth and development of doctors working at International events.





International Volunteer Award



Dr Lotte Landghoff, Dr Rob Scott, Maaike Hornstra, Dr Christine Foss

International Federation Award



Dr Simon Lawson presents the award to TWIF Secretary General, Maaike Hornstra

Both IPF and TWIF have been staunch FICS supporters seeing the value that FICS brings to any event long before most of his contemporaries. FICS and Sports Chiropractic have become an expectation at all IPF events. FICS continues to provide world-class equitable access to Sports Chiropractic. The IPF and TWIF recognise this and pledge full support to FICS. The IPF signed an ongoing service agreement with FICS in 2016.

Thankyou Anton Rabe as the President of TWIF, and your team!

Thankyou GastonParage, President of IPF and your team!



International NCSC Award

Left to right, Assistant Secretary Association of Chiropractic, Malaysia Michelle Fong, Thomas Halyk, President ACMSC and Dr Bradley Sanlder



2023 NATIONAL SPORTS CHIROPRACTIC COUNCIL

Presented to:



Contribution to the Federation of International Chiropractic Sports (FICS) in promoting and expanding sports chiropractic opportunities at the local, national, and international levels.

Dr Bradley Sandler
President



16 June 2023

Issued
2023 FICS Global Symposium, PARIS




2023 SERVICE AWARD

Presented to:

Parker University

Outstanding and continual support of International Sports Chiropractic by providing access to leading online symposium platforms that support the virtual continuous development of the entire chiropractic profession.




18 June 2023
Issued
2023 FICS Global Symposium, PARIS

Dr Bradley Sandler
President



Left to Right: Tammy Fogarty and Jayne Moschella address the Members General Assembly and accept the award on behalf of Parker University.




2023 SPONSOR AWARD

Presented to:

ERCHONIA
World Leader in Low Level Laser Technology

In recognition of their outstanding contribution to the Federation of International Chiropractic Sports (FICS) by facilitating access to sports chiropractic products and helping to enhance the ability of FICS members to support athletes in achieving their optimal performance naturally.




18 June 2023
Issued
2023 FICS Global Symposium, PARIS

Dr Bradley Sandler
President



2023 SPONSOR AWARD

Presented to:

HYPRICE

In recognition of their outstanding contribution to the Federation of International Chiropractic Sports (FICS) by facilitating access to sports chiropractic products and helping to enhance the ability of FICS members to support athletes in achieving their optimal performance naturally.




18 June 2023
Issued
2023 FICS Global Symposium, PARIS

Dr Bradley Sandler
President

Dr Robert Silverman demonstrated the education around the low-level laser at the Paris 2023 Symposium



SERVICE AWARD

Presented to:

Paul Cheung

In recognition of your outstanding contribution to the Federation of International Chiropractic Sports (FICS) Games Commission and as UAE NCSO President. This service has significantly enhanced the Sports Chiropractic Profession and made a positive impact on FICS and the global chiropractic community.




16 June 2023
Issued
2023 FICS Global Symposium, PARIS

Dr Bradley Sandler
President



2023 SERVICE AWARD

Presented to:

Nathan Akmens

In recognition of your outstanding contribution to the Federation of International Chiropractic Sports (FICS) through your support as Membership Chair, Pacific Regional Representative and 2nd Vice President.

Membership Chair 2016-2023
Pacific Regional Representation 2016-2023




16 June 2023
Issued
2023 FICS Global Symposium, PARIS

Dr Bradley Sandler
President



2023 SERVICE AWARD

Presented to:

Jay Greenstein

In recognition of your outstanding contribution to the Federation of International Chiropractic Sports (FICS) through your support as Commission Chair of the World Olympic Scholarship Program

WOSP Chair 2016 - 2022




16 June 2023
Issued
2023 FICS Global Symposium, PARIS

Dr Bradley Sandler
President



CERTIFICATION OF APPRECIATION

Presented to:

Shane Lawlor

In recognition of your contribution to the Federation of International Chiropractic Sports (FICS) through your support on the FICS Executive Council

Europe Regional Representative - 2021-2023




16 June 2023
Issued
2023 FICS Global Symposium, PARIS

Dr Bradley Sandler
President



CERTIFICATION OF APPRECIATION

Presented to:

Kelsi Holz

In recognition of your outstanding contribution to the Federation of International Chiropractic Sports (FICS) Student Commission in support of the Student Mentoring Program.




16 June 2023
Issued
2023 FICS Global Symposium, PARIS

Dr Bradley Sandler
President



CERTIFICATION OF APPRECIATION

Presented to:

Nicolas Tjaart Van Der Merwe

In recognition of your outstanding contribution to the Federation of International Chiropractic Sports (FICS) through your support of the Membership Commission.




16 June 2023
Issued
2023 FICS Global Symposium, PARIS

Dr Bradley Sandler
President



CERTIFICATION OF APPRECIATION

Presented to:

Hayden Pooke

In recognition of your outstanding contribution to the Federation of International Chiropractic Sports (FICS) Membership Commission and work in the establishment of the NCSO in Malaysia.




16 June 2023
Issued
2023 FICS Global Symposium, PARIS

Dr Bradley Sandler
President



Thank you



At the General Assembly, several members were recognised for their contribution to FICS and Sports Chiropractic. Volunteers are at the centre of FICS and woven into all aspects of our great organisation and profession. The time these people give willingly for the common good of promoting sports chiropractic around the globe as well as supporting the upcoming students is invaluable.

Dr. Glen Harris has been an invaluable member of FICS since 2013, serving as North America Regional Rep on the Executive Council and on several committees. He has worked tirelessly to enhance the recognition and reputation of the profession on the global stage. Among his notable achievements are winning third place in the 2013 Research Presentation at the FICS Conference in Durban, SA, and delivering a presentation on Pan AM and ParaPan AM Games preparation for Toronto 2015 at the 2015 Greece FICS conference.

Dr. Harris has served on various FICS committees, including the Membership Policy and Procedures Committee in 2016, the FICS Planning Committee for the Conference on Washington DC in 2017, and as a Vote scrutineer for Member at Large Election in Washington DC in 2017. In 2018-2019, he served as a Bank Signatory for the Royal Bank of Canada. In 2019, Dr. Harris was a member of the PanAm-ParaPan Am committee, where he helped transfer knowledge gained from the Toronto 2015 games. He also served as Secretary General of the FIC Search Committee the same year. Since 2020, he has been a member of the FICS Ethics Commission.

Although Dr. Harris is handing over his role as North America Regional Rep to Janice Drover, he will continue to serve on the FICS Ethics Committee. His contributions to the organization have been significant and greatly appreciated, and his dedication to the profession will undoubtedly continue to make a positive impact in the years to come.



2023 SERVICE AWARD

Presented to:

Glen Harris

In recognition of your outstanding contribution to the Federation of International Chiropractic Sports (FICS) through your support on the FICS Executive Council and selfless dedication to volunteering on many committees. This service has significantly enhanced the Sports Chiropractic Profession and made a positive impact on FICS and the global chiropractic community.

Northern America Regional Representative - 2013-2023

Dr Bradley Sandler
President



16 June 2023

Issued
2023 FICS Global
Symposium, PARIS



MEMBERSHIP UPDATE

BY: NAT AKMENS
MEMBERSHIP CHAIR & 1ST VICE PRESIDENT



2023 quarterly report

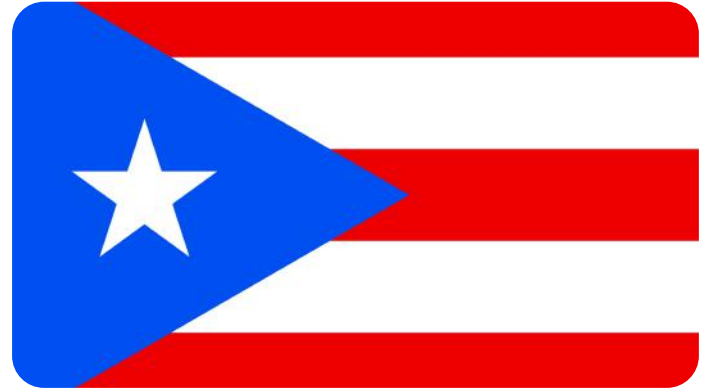
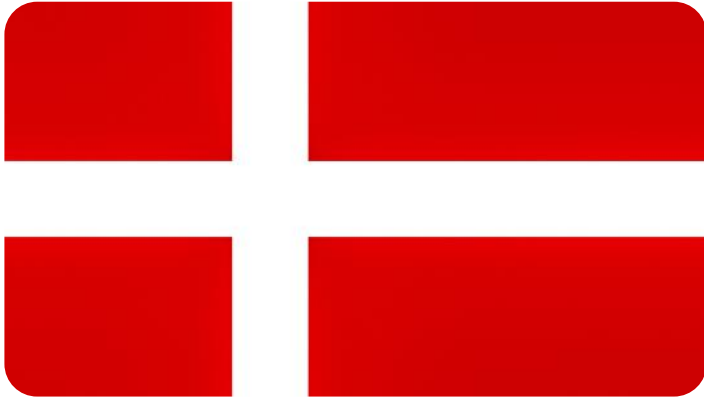
As the AGM in Paris officially wraps up I can honestly say what a privilege it is to observe the world of sports chiropractic in action. There are so many individuals playing a part in elevating FICS to where it is today, and this was on full display across the 4 days we were all together. The FICS mission and vision is strong, and our membership can be proud that at the highest of levels the organisation there is on display professionalism and dedication to delivering on what our members want.

The annual NCSC President–Membership Commission Meeting was a highlight, with a significant number of our NCSC Presidents' making it to participate in the discussions and offering unique perspectives in sports chiropractic within their individual countries and also regions. There is a lot that can be gained from these gatherings, especially in the camaraderie that is developed and networking opportunities, which can see successful membership-building ideas that are currently implemented in one NCSC helping many others.



"Enjoyment and 'once in a lifetime' experiences volunteering for FICS at events"

It was with great pleasure that we welcomed NCSC Denmark and NCSC Puerto Rico into the FICS family as Full Members via vote at the General Assembly. I know in the leadership of Dr Corrie Myburgh and Dr Aleisha Serrano respectively the NCSC's are in great places to deliver for their members and also help assist FICS in bringing both education and games volunteering opportunities to both countries.



On a personal note as I step into the 1st Vice President position, I have reached the end of my tenure as Chair of Membership Commission, and will be stepping aside for Dr Kirsty Bellombra from Perth, Australia. Since 2016 I have held this position and it has been a great pleasure to steer the committee whilst meeting many new friends and colleagues and helping establish new NCSC's all around the world. Membership is in excellent hands with Kirsty, and I look forward to seeing what she can accomplish with the team over the years ahead.

Nat Alkmens





FICS EDUCATION COMMISSION

BY: DR CHRISTINE FOSS

Paris Symposium Provide Latest Trends in Care of Athletes

The Paris symposium was just as great as expected, with an excellent educational experience, a program packed with the latest trends in athlete care and many hands-on breakout sessions to provide attendees with new skills to bring back to the office. The Road to Paris was about inspiring doctors to get involved with Olympic team athletes within their own country and working with FICS at international events to gain the experience needed to work with athletes at the highest level. It was wonderful networking and meeting so many new faces sharing stories with doctors who have been to the Olympics, and hearing their journey on how they made those connections.



If you missed Paris, we have you covered. In the coming months, we hope to release an online version of all the great education sessions presented. **Watch this space.**

FICS Updates Curriculum Development for ICSC Program

The Education Commission of FICS is working hard to update the curriculum for the ICSC program, aiming to map it against university-level postgraduate courses. The competencies and mapping of the ICSC program are being reviewed and updated, with the Spine module ICSC07 being the next focus. This update will cover the assessment and treatment of non-traumatic sports injuries of the spine, with the goal of creating a spinal module that other professionals can look to as a standard of care. In addition, the Head Injury module will be updated to include recommendations from the sixth International Consensus Conference on Concussion in Sport.

Doctors requiring a head injury update can attend a live webinar that FICS will host once the recommendations are released to the general public.

"Education is the passport to the future, for tomorrow belongs to those who prepare for it today"
Malcolm X



Continue➔

Updates in ICSC HOM Core Curriculum Requirements

The Education Commission is also exploring changes to the ICSC Hands-On material core curriculum requirements, in line with the update to the ICSC curriculum. One of the changes being considered is partnering with a provider that can independently certify ICSC applicants in emergency care, to better prepare and standardise training globally. In addition, there will be some changes to the taping component of the hands-on module, with more information to come in future news.

FICS will start pulling together the Seminar calendar for 2024 in September, so if your country would like to host an ICSC hands-on Seminar, please reach out to assist and lodge your expression of interest.

During 2023 we have already hosted several great seminars and thank the member organisations' commitment to working with FICS to make these seminars accessible to their members. Over the past few years, one of my biggest joys has been passing on my knowledge to other doctors and seeing them complete the International Certificate in Sports Chiropractic ICSC.

Seeking Master Classes for FICS Website

FICS is committed to assisting doctors in staying current with changing trends and upskilling their qualifications.

The Education Commission invites interested parties to take advantage of the masterclasses, which are slowly building to offer doctors knowledge and skills they may not encounter daily in practice. FICS values continuing education and is looking for doctors with cutting-edge knowledge and training in treating athletes to share their stories, skills, shortcuts, failures, and successes.

Contact Dr. Christine Foss drcfoss@gmail.com or admin@ficsport.org if you have a presentation that you feel would be valuable for members.

Christine Foss

DRCFOSS@GMAIL.COM



Presenting ICSC certification to two student completing their ICSC journey



2023 Seminars

We have had a busy couple of months with seminars. Thank you to instructors and NCSC helping us hosting these seminars.

[CLICK HERE](#)

Lower Extremity Italy May 2023: Instructor Dr Christine Foss.

Upper Extremity Netherlands April 2023: Instructor Drs Martin Isakks and Carly Zuehlke



Adelaide, Australia
Upper Extremity
5-6 August 2023



Oxford, UK
Lower Extremity
07-08 October 2023

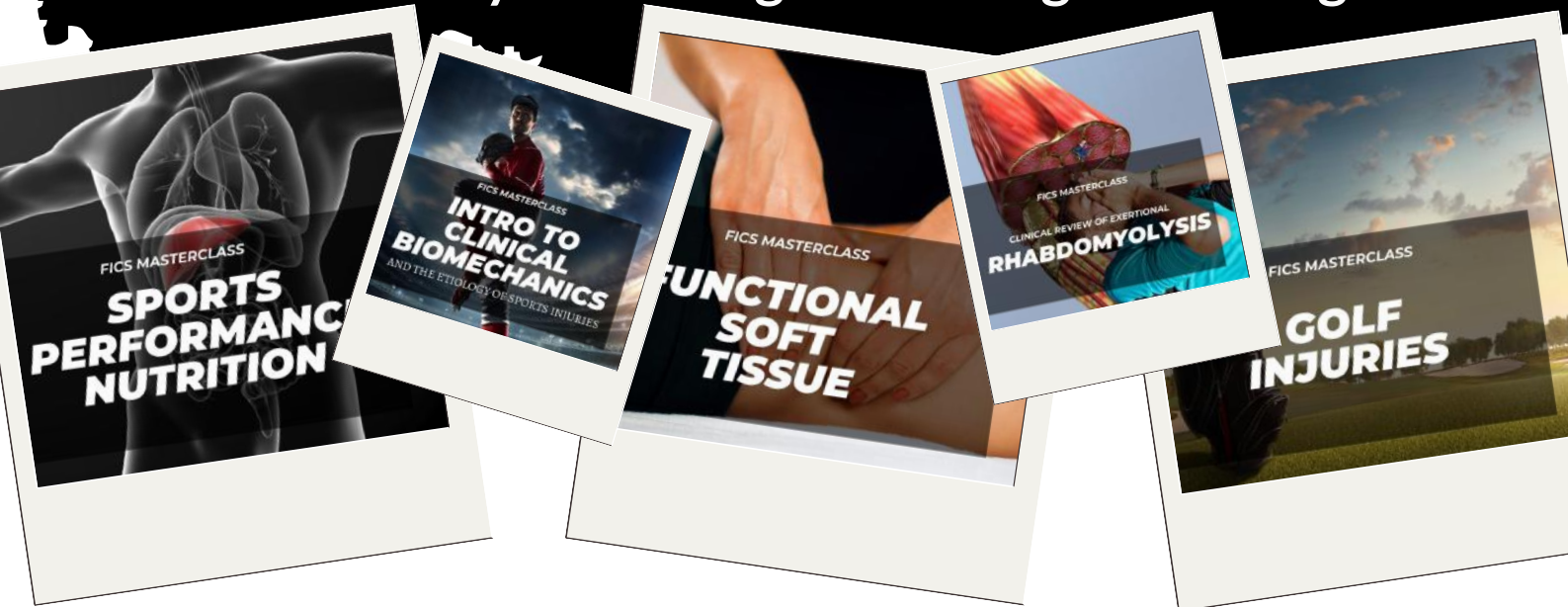


Texas, USA
Upper Extremity Seminar
02-03 December 2023 + **Dynamic Tape Masterclass Lower Extremity Taping** 03 December 2023

[CLICK HERE](#)

Masterclass

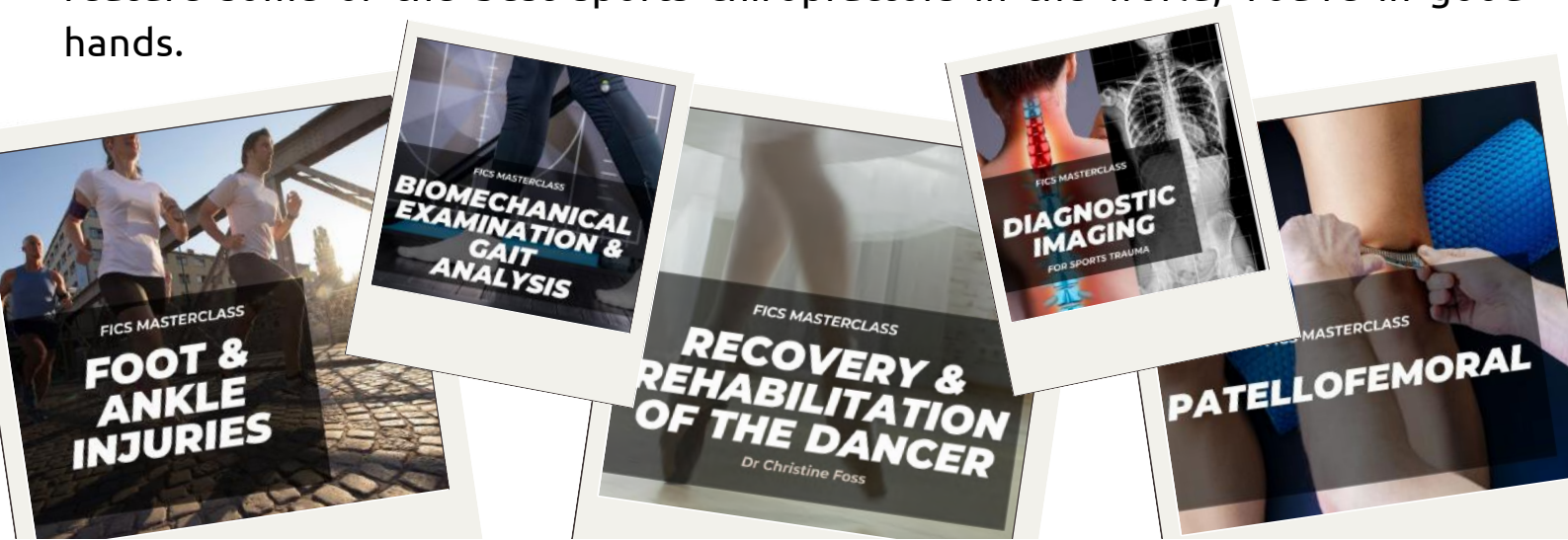
What are you waiting for? Let's get learning!



Are you interested in sports chiropractic and staying on top of the latest knowledge and trends? Well, we've got you covered! Claim your coupon code from your FICS Members Dashboard

If you have a specific topic that you'd like to see us cover, let us know! We'll reach out to an international speaker who specialises in that area and bring you the best training possible.

The Masterclass series on the FICS website is designed to keep members engaged and knowledgeable with cutting-edge training in the treatment of athletes. FICS understand the importance of continuing education, and we want to invite you to take advantage of these masterclasses. Our goal is to help you grow your sports chiropractic skills and knowledge; We're proud to feature some of the best sports chiropractors in the world; You're in good hands.





FICS ISFC COMMISSION

BY: SIMON LAWSON - CHAIR

During the past three months, FICS has supported a number of sporting federations and seen several of our members working their first event with FICS.

FICS continues to create and develop relationships with as many International Sporting Federations as possible over the past 15 years we have been successful in achieving this.

At the recent General Assembly, FICS recognised a number of our long-term partnerships.

FICS has had a very long and successful partnership with TWIF. In fact, TWIF was the first International Federation that decided to give FICS the opportunity to work with them and provide their athletes with Chiropractic care. It was almost 15 years ago now and our friendship and partnership continue to grow and strengthen. Thank you for this opportunity.



READ MORE



TWIF farewelled a long serving members Anton Rabe Anton came on the scene, during the World Games 1993 in the Hague, Netherlands, introduced as competition manager for the World Games 1997. The next time we met was in Uppsala, Sweden during the TWIF Congress 1994. After being voted in as treasurer in 1996 TWIF Congress, Anton began his tender by making TWIF's financial reports clear and concise. Anton's work with TWIF's finances was never questioned. As president of TWIF, Anton the person for the times. Expressing many times that the TWIF Executive is working for the members for the good of the sport carrying out the wishes of the membership, and work together for the good of the sport.



Mr Gaston Parage President of International PowerLifting IPF, has been a staunch FICS supporter seeing the value that FICS brings to any event long before most of his contemporaries. FICS and Sports Chiropractic has become an expectation at all IPF events. FICS continues to provide world class equitable access to Sports Chiropractic. The IPF recognises this and pledges full support to FICS. The IPF signed an ongoing service agreement with FICS in 2016. Thank you Gaston and your team!

Simon Lawson



2023 GAMES HAVE STARTED



FICS International Games. Find out more. CLICK THROUGH TO OUR WEBSITE.



The start of a passion for working at international events.

PLANNING FOR 2025 GAMES

IWGA Delegation visits the Host City of The World Games 2025



Finally back on site in Chengdu! Last week a working-level IWGA delegation, led by CEO Joachim Gossow, visited the host city of The World Games 2025 in the Peoples Republic of China. It was the first on-site working meeting between representatives of the International World Games Association and the Chinese National Organising Committee, as well as representatives of the city of Chengdu, since 2019.

For the International World Games Association, General Director Chantal Boehi, Deputy CEO Guillaume Felli and Sports Director Sebastian Garvens took part in the meeting too. Amongst other items, the talks focused on agreeing a roadmap for preparations for the Games, to be held from August 7th to 17th 2025.

In addition, the IWGA team visited and assessed the proposed possible venues for the multisport event. This included the Tianfu Sports Park, which according to the current planning status of the organisers is to become one of the hotspots of the Games.

[Read Full Media Release - CLICK HERE](#)



Interested in Joining the FICS delegation of Sports Chiropractors at The World Games 2025!

GET INVOLVED and gain valuable experience working with athletes by getting involved in international events throughout 2023 and 2024. Are you interested?





Sports Chiropractic Foundation

Every Athlete Deserves Access to Sport Chiropractic

The Sports Chiropractic Foundation provides an opportunity to raise funds to support a range of activities that will enhance the support of athletes at international events.

[CLICK FOR MORE INFORMATION](#)



BUILDING A REMARKABLE PRACTICE - 2023 GRANT

CONGRATULATIONS DR KAILA ALVAREZ
REMARKABLE PRACTICE GRANT 2023!

To help in the Launch season of setting up a practice, FICS in partnership with The Remarkable Practice are proud to support doctors starting their first practice



HAVE YOU SEEN THE GRANTS AVAILABLE

We're thrilled to announce that Dr. Kaila Alvarez was awarded one of The Remarkable Practice Grant for her innovative mobile chiropractic practice!

With a mission to reach patients in their homes and schools, Dr. Alvarez is truly changing the game for athletes with tight schedules. As part of this grant, she'll receive seed funding and two coaching sessions with The Remarkable Practice Team, which is widely regarded as the best chiropractic business coaching program on the planet!

⚡ There are more grants available, so if you're a sports chiropractor with a game-changing idea, be sure to apply at <https://sportschiro.foundation/grant!> ⚡

Speaking of game-changing ideas ... Dr. Jay Greenstein's shared his insights on unlocking new care modules and business considerations at the FICS Global Symposium held earlier this month at the Hilton la Défense! If you missed you will have an opportunity to purchase access to the symposium recordings in a couple of months. Watch this space!

Sports Chiro Foundation



REMARKABLE!



Dr. Stephen Franson is a true champion of the Chiropractic Wellness Lifestyle who packs deep experience from over twenty years of clinical practice. Franson is an exceptional clinician, passionate teacher and dynamic leader in the Chiropractic Profession. Franson was listed as one of the Top 25 Most Influential Chiropractors in the World in 2017.

Known as “The Systems Guy”, Franson is the founder of The Remarkable Practice, an innovative coaching and consulting company that helps doctors create a remarkable practice as part of a remarkable life.

The Remarkable Practice is a Chiropractic Coaching organization focused on helping Chiropractors navigate the four (4) seasons of their chiropractic careers profitably and gracefully – from Launch to Build, Build to Scale, and Scale to Exit.

The Remarkable Practice is proud to partner with FICS to award four (4) Doctors starting their first practice with the opportunity for resources to support their journey.

Recipients receive support for their continuing education journey, small seeding funds for equipment, and one-on-one coaching sessions with a Remarkable Practice Coach to help support their journey as Chiropractic Professionals.

Grant valued at USD 2,425 each

[**FIND OUT HOW?**](#)
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Sports Chiro Foundation

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Sports Chiro Foundation



Scholarships for chiropractic students

Volunteer doctors at sporting events

Grants for new practice start up

Scholarships for chiropractic Master Programs

Did you know? Doctors pay their own travel expenses and take time out of practice to volunteer at International games.

Dr Renita Rasmann speaks about her first event with FICS.

Representing FICS at the Tug of War Indoor World Championships was an honour for me. Volunteering as a sports chiropractor is super exciting, challenging in a positive way, and extremely rewarding. Here are a few reasons why I loved it:

1. You learn from other sports chiropractors – everyone is more than happy to share their knowledge, skills and experience with you.
2. You get to see interesting and acute injuries that are not as common in the chiropractic clinic setting.
3. You are able to use more tools and skills from your toolbox – everything you've learnt about the athletes.
4. You grow as a clinician massively since you are pushed out of your comfort zone.
5. Other medical professionals, athletes, and the organisers will become your new contacts from all around the world.



SPONSORS/PARTNERS

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 our members, FICS would like to acknowledge the support of the following generous sponsors.



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<https://fics.sport>

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CHIROPRACTIC SAFETY CAMPAIGN

BY: CHIROUP

It is widely acknowledged through research that chiropractic care is an effective treatment.



However, a pressing concern needs addressing: Are chiropractors safe?

More specifically, are neck adjustments safe, and can they lead to stroke?

Various media platforms have brought attention to statistics suggesting that one out of every 5.7 million chiropractic patients (which equates to less than 0.000002% of patients) experience a stroke in the days or weeks following their treatment (vertebral artery dissection after chiropractic manipulation).

[See the entire toolkit here:](#)
[Chiropractic - The Natural Solution](#)



To date, five sizeable medical research studies have answered the question: *Can chiropractors cause strokes? And are chiropractors dangerous?*

Join us in sharing the following resources to spread awareness of the safety and effectiveness of evidence-based chiropractic care.



25% DISCOUNT

AS A FICS MEMBER, YOU CARE ABOUT THE FUTURE OF CHIROPRACTIC - SO DO WE. USE CODE "FICS" TO GET 25% OFF ANY NEW CHIROUP SUBSCRIPTION FOR 1 YEAR!

GET THE DISCOUNT



Does *Neck Manipulation* Cause Stroke?

Media outlets have highlighted a published estimate that 1 in 5.7 million chiropractic patients suffers a stroke in the days following treatment; and some individuals question if neck manipulation could be the cause.

Research *Answers* the *Question*

Four major studies have answered this question after examining the relationship of stroke and neck manipulation.

1

DATA	ALL PUBLISHED DATA
CONCLUSION	<i>"No excess risk of stroke for chiropractic manipulation compared to primary (MD) care"</i> (1)

2

DATA	39 MILLION PATIENTS
CONCLUSION	<i>"No significant association between stroke and chiropractic visits. Manipulation is an unlikely cause of stroke."</i> (2)

3

DATA	100 MILLION PERSON YEARS
CONCLUSION	<i>"No evidence of excess risk of stroke associated chiropractic care compared to primary care."</i> (3)

4

DATA	15, 523 CASES
CONCLUSION	<i>"No excess risk of stroke after chiropractic care."</i> (4)

HOW MIGHT KNEE INJURY RISK BE REDUCED WITH DYNAMIC TAPING?



CORRECT – PROTECT – PERFORM | DYNAMICTAPE.COM

In the previous newsletter, the award winning study by Robinson et al which investigated the impact of Dynamic Taping to the hip on a **Greater Trochanteric Pain Syndrome** (GTPS) group was reviewed. This study showed that **Dynamic Taping**, when applied in a shortened position to **resist hip flexion/adduction/internal rotation** had the greatest impact **on velocity and magnitude of hip frontal and transverse plane motion and pelvic obliquity during walking gait**, and resulted in a significant **reduction in pain**.

This month, we consider the impact that similar techniques have on the **knee** and briefly consider other factors that may also be contributing to **injury risk** based on the movement profile. A recent study by **Chih-Kuan Wu** and colleagues (2022) (<https://doi.org/10.3390/ijerph192013716>) investigated the influence of **hip extension, external rotation and abduction taping on landing biomechanics** in young volleyballers using a jump-landing task. Landing Error Scoring System (LESS) and Anterior-Posterior Knee Laxity under 20lbs and 30lbs loads were evaluated. 42 high schools students (21 male and 21 female) who were free from knee injury and had no history of ACL injury or reconstruction, all participating in volleyball five days per week were included in the study.

Results showed that in addition to improving knee laxity, **Dynamic Taping significantly reduced landing errors** in both sexes, females more than males. Similarly, those with higher risk scores pretape had a larger benefit. Scores were essentially aligned with the minimally clinically important difference score identified in previous studies.

How could the risk be reduced further across the population based on observations in this study?

1. Examination of the photo of the technique (Figure 1) shows that the tape passes superior to the hip joint posteriorly thereby exerting minimum extension force. This also means that the tape does not tighten as much during hip flexion on landing and thereby does not resist motion in the other planes as much as it could. **Slight changes to the technique would increase it's effect.**

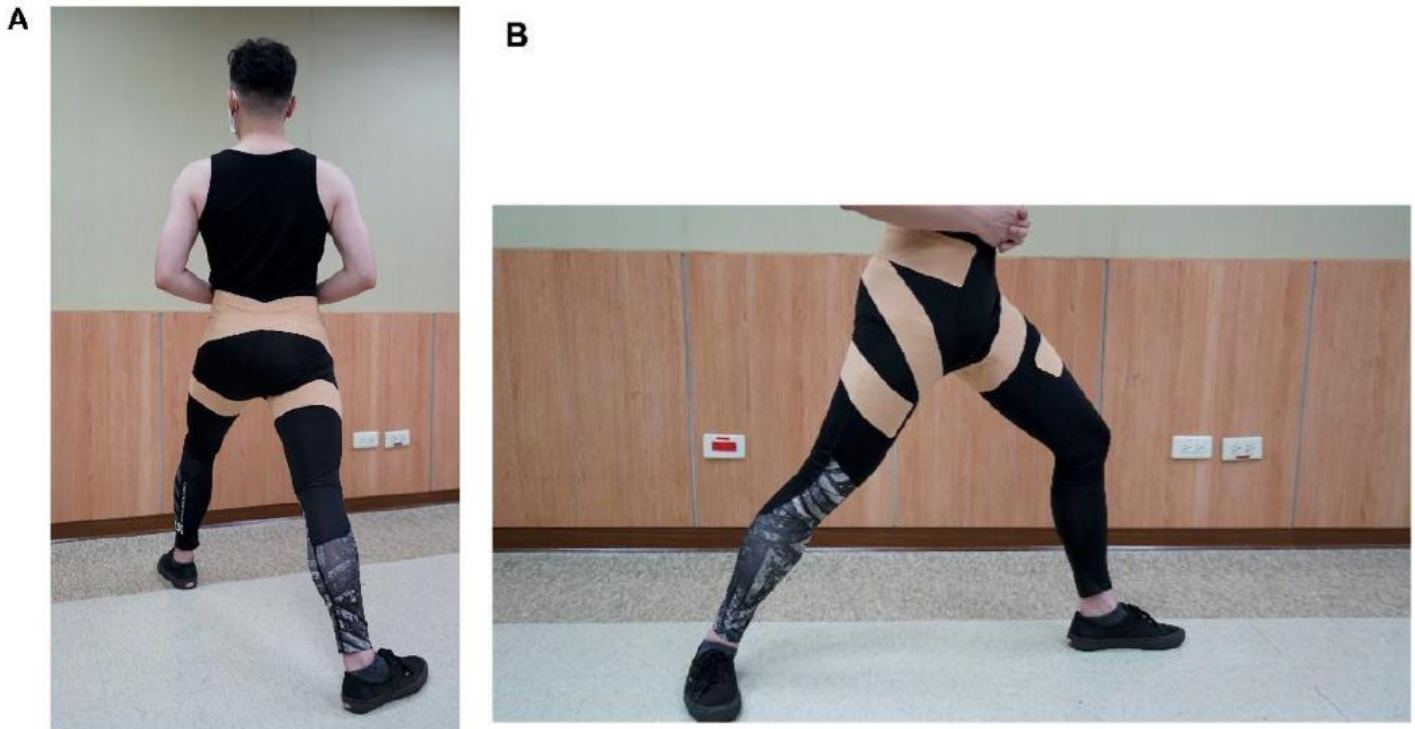


Figure 1. The photos from the study show and describe the technique crossing the lower back. Crossing the hip joint posteriorly i.e. bringing the oblique section distally will result in greater hip extension moment and tighten the tape during hip flexion to also generate more resistance to adduction and internal rotation

2. The reason for the increased risk movement has not been identified. The hip has been the target for taping in each subject however it may be poor quads action and sagittal plane knee control that is resulting in the compensatory hip adduction and internal rotation. In such a case, creating a knee extension force to help address the deficit is likely to yield better changes at both the hip and knee. Similarly, changes at the foot may impact Dynamic Valgus at the knee with preliminary research showing that Dynamic Taping for arch support can address this.

3. Identifying those with movement suggestive of greater risk rather than just taping everyone results in bigger changes i.e. **tape those who need it, where they need it.**

A study by **Mehmet Donmez** (supplied) showed that Dynamic Taping for arch support in volleyballers with a low **medial longitudinal arch** reduced dynamic valgus at the knee in a Single Leg Squat Test, Vertical Jump Drop Test and Single Leg Drop Test when compared to sham tape (Dynamic Tape applied in a lengthened position) and no tape. Further support highlighting the various contributors is provided by **Eva Ilie et al** (https://ibn.idsi.md/vizualizare_articol/119875) who showed that Dynamic Taping for knee extension resulted in increased Single Leg Squat Test in a group of 13 subjects with various knee injuries and pain including ACL injury and ACL reconstruction.

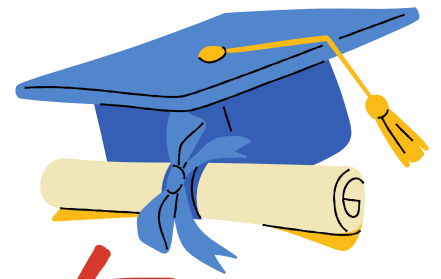
Bittencourt et al, 2016 (<https://bjsm.bmj.com/content/51/4/297.3>) in **BJSM** provide further support showing that the **hip technique** resulted in significant changes to **high frontal plane knee projection angles** (FPKPA) in elite female volleyballers during a single leg squat task. Pre-tape mean FPKPA of **10.5°** was reduced to **5.4°** bringing it below the risk threshold.

Once again it is worth remembering that it is **always n=1** when assessing and managing your patient or athlete. Thorough assessment and sound clinical reasoning is required to identify **clear indications** and **appropriate application of the research**.

Correct application of the technique (short position, correct line of pull relative to the axis, tension) are required to get maximum mechanical effect and improvement in the parameters measured associated with a reduction in injury risk.



NEW ICSC GRADUATES APRIL – JUNE 2023



Congratulations

- Dylan Grady - Australia
- Joseph Pelino - Canada
- Juan Pablo Sánchez - Chile
- Xavier Jacquemet - France
- Ciro Roberto Errico - Italy
- Lau Siew Qin - Malaysia
- Philippe Canu - Netherlands
- Milton Hernández-Santiago - Puerto Rico
- Alex Eatly - United Kingdom

Do you want to join
FICS and work at
The World Games
2025 in China?

**Becoming FICS ICSC
certified is your first
step to making it
happen**



*Dr Martin Isaksson, with
Dr Philippe Canu
ICSC certificate*



*Dr Christine Foss
with
Ciro Roberto Errico,
graduador of ICSC
certification*

DISCOUNTS FOR FICS MEMBERS

STOPAIN CLINICAL PARTNERS WITH FICS TO PROVIDE TOPICAL PAIN RELIEF TO THE WORLD'S ELITE ATHLETES AND SPORTS CHIROPRACTORS



FICS members receive a 10% discount and every Stopain Clinical purchase results in a 10% donation to FICS. Visit stopa.in/fics

Stopain Clinical was formulated with the Sports Chiropractor and their athletes top of mind. It is the 'one and only' topical pain relief solution that helps athletes from 'head to toe' – two separate formulas with one for muscle aches, joint pain, and arthritis and a separate, unique topical gel formulation for Migraine and Headache relief.

Stopain Clinical is fast acting and works well with kinesiology tape, IASTM, and of course your healing hands. You and your athletes will love it!

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- Penetration Enhancers
- Skin Conditioners
- Sweat Resistant Technology
- Exclusive to Healthcare Professionals – Not Available a Retail

Available in various sizes and formats, including a continuous spray for hard to reach spots and over top kinesiology tape, roll-on for hands free application and great for plantar fasciitis, and gel pumps and packets for fast, easy dispensing in-clinic and in the field pre, during, and post competition.

Currently available in the US – Use this link stopa.in/fics to get started. FICS members receive a 10% discount and every Stopain Clinical purchase will result in a 10% donation to FICS. If you are located in another country please email us directly and we will do our best to bring Stopain Clinical to your area – ptimko@stopainclinical.com

STUDENT COMMISSION

BY: FICS STUDENT COMMISSION

Applications for our mentorship program have closed for another year. We are incredibly fortunate and overwhelmed by the number and quality of applications we have received this year. From both mentors and mentees. We are progressing through all the applicants and are preparing to send out our second round of questionnaires to start pairing our mentors with a suitable mentee. We are excited this program has again been a huge success this year and look forward to continue providing this as a mutually beneficial opportunity in the future.

The work we do on the Student commission would not be possible without the help and input from our fantastic scholarship holders each year. We hope their experience is as fulfilling and helpful for them as it is to us.

CURRENT SCHOLARSHIP HOLDER OLEG GONOROVSKI SHARES HIS EXPERIENCE WITH US SO FAR THIS YEAR.

“Winning the FICS scholarship means a lot to me and I feel that it has set me back on track to becoming a sports chiropractor. I went into my chiropractic degree sure that I wanted to work in the sport field only, but discovering so many chiropractic techniques and approaches made me question this.

I decided to apply for the FICS scholarship but did not make it on my first attempt. I applied again and am grateful to have been selected the second time around. As part of the award, I was allocated to one of the FICS commissions, which was a great opportunity to contribute my opinions and influence the work FICS is doing. Being part of this program has refreshed my excitement about my future as a sports chiropractor. I believe sports chiropractors could be the pioneers in representing the profession among other healthcare practitioners

If you have a dream of becoming a sports chiropractor and you are really passionate about it, I encourage you to apply for the FICS scholarship. Even if it doesn't work out the first time, please keep trying!”



“

Student Mentor
Testimonial

I loved being a mentor for a young up and coming Sports Chiropractor. I was so fortunate to have incredible mentors when I was building my Sports Chiropractic career, and I just want to invest back into the lives of the next generation of Sport Chiropractors. The FICS mentor program is an absolute jewel.



Dr. Gert Ferreira



FICS
INTERNATIONAL FEDERATION
OF SPORTS CHIROPRACTIC



STUDENT CHIROPRACTIC NEW OPPORTUNITIES

BY: FICS DR MICHAEL KRASNOV, DC, CCSP, CCEP, ICSC

Luke Shackelford and I met at The World Games. He was a student at Logan University finishing his chiropractic degree. We struck up a conversation and when the subject of where I practice came up, he stated he was interested in that area as his girlfriend was going to medical school at Duke. He asked if he could visit my clinic when he was next in Durham.



Dr Krasnov from TWC22 with the captain of the USA Flag Football team, Frankie Solomon, who for obvious reasons, goes by Captain America.

I was not at that time looking for another associate. He asked about doing an internship during his last few months of school, and I was delighted to offer him the opportunity without any promise of a job afterwards.

There is a lot of truth in the saying, "luck is when preparation meets opportunity". As luck would have it, an associate position opened up at my clinic in November. Although I knew Luke would not even graduate until late April, I also knew he was worth the wait.

Dr Shackelford graduated in May 2023, and what an accomplished young man. Class President, Valedictorian, and Summa Cum Laude. FICS was certainly lucky to have him helping out at the TWG22. I am sure everyone who worked with him was impressed by his work ethic, intelligence, and personality. I think he will be a great fit for our office. We have a multidisciplinary office that includes an orthopedic surgeon, a massage therapist, an acupuncturist and a trainer with a degree in exercise physiology. He has already had the opportunity to work with a wide variety of patients from farmers to Duke coaches, to USA Olympic athletes.

My advice to students considering volunteering with FICS!

You never know where that experience might lead you. Even if it does not immediately produce a job offer, you get to rub shoulders (or pisiforms), with some of the top sports chiropractors in the world, and just establishing these connections can be extremely valuable.

I myself am a seasoned sports chiropractor with over three decades of experience, and I felt honoured to be offered the opportunity to work with these other great chiropractors. Luke will be a great chiropractor wherever he practices.

Had not Luke and I both been at the World Games, who knows if we would have connected.

Fortunately, opportunity knocked and we both answered.

GAME-CHANGING CLINIC ARRIVES IN NIAGARA

BY: DR JOSEPH PELINO, BSC DC CCSP DACBSP ICSC

The origins of the Pelino Athletic Performance Centre can be traced back to a terrifying incident in August 2014.

Promising junior hockey player Ben Fox was taking part in a practice in Port Colborne when he suffered a spontaneous and sudden stroke. It was so severe part of his skull bone had to be temporarily removed to compensate for the swelling in his brain, and he was paralyzed on the left side.

"It should have and could have been fatal, but he heroically survived," said Dr Joe Pelino, a lifetime friend of Ben's father, Spencer Fox, the president of E.S. Fox Limited.

Pelino was enlisted to help in Ben's recovery afterwards, and he sourced out the best treatment worldwide.

"After the initial survival phase at the McMaster Neuro unit and the rehab facility in Toronto, we got together and looked at what was out there that was over and above available treatments."

Those treatments included: dealing with the symptoms using conventional medications; neurological medicine; alternative medicine looking at nutrition and mineralogy; and treatments by clinicians who do Applied Kinesiology, Chiropractic, Osteopathy, and other clinicians.

"It all made a difference. Going down the line, we found that there were good indications that a hyperbaric medical level of oxygen could be a very good thing for a stroke a year or a year and a half afterwards," Pelino said.

The brain was dormant, and we engaged in a protocol of it at Buffalo hospital, which called for 40 consecutive sessions of a 90-minute dive concept like you are diving in a submarine but in a stationary chamber where compressed oxygen has some magnificent healing leading to cellular recovery."

Other promising options were found.

"The family had him involved in a pool that had a treadmill and we spent a lot of time together figuring out movement patterns and collaborating with his physical and occupational therapy teams," he said. "Literally as a team, we tackled a bunch of different protocols and techniques. We went to Harvard, San Diego, London, England and Italy and we had some equipment designed and made and all of that is going to be here in this clinic."

Ben has made an impressive recovery and the Niagara University grad is preparing to attend law school. The tools that made significant differences in his recovery were the starting point of the assembly of tools that will be at the new facility. First and foremost are the hyperbaric medicine chambers and the therapy pools.

"He improved and it was enough that the family decided to look at building a clinic in Niagara that inasmuch that it could be helpful for him but helpful also for others," Pelino said. "It showed the need for things we saw that he benefited from that are good for any athlete and any person however injured."

GAME-CHANGING CLINIC ARRIVES IN NIAGARA CONT...

The soon-to-be-opened, 10,000-square foot facility on Montrose Road near the new hospital site — a site that will include the Fox Family Stroke Centre of Excellence — will be a unique and exciting addition to Niagara.

It will feature: the aforementioned medical grade hyperbaric medicine chambers; training pools equipped with underwater treadmills; multiple treatment rooms; next generation technology and therapeutic techniques; a very large collection of cognitive training and athlete testing equipment; a custom two-metre sprint treadmill with harness and gait analysis; cold and hot tubs; a five-seven person infrared sauna; other advanced recovery tools like the NovoTHOR red light therapy bed and EWOT (exercise with oxygen therapy); and a modern interior design.

Although the facility will provide elite services with very expensive tools and technology, it is striving to maintain its services at a competitive price in an effort to make it accessible and attainable to the Niagara community.

The centre has gone above and beyond to ensure that the facility truly is for everybody. Both to ensure complete accessibility for all patients, athletes, spectators and staff, and to also attract para-athletes and special olympians to Niagara for training as well.

“Our business model is that we are for all athletes and their fans. Even if sport is not a part of your life, we treat everyone like an athlete,” operations director Laura Micevic said. “Our entire philosophy is to get you recovered in the shortest amount of time

possible, which isn’t always the case in the world of therapy. It is built on the successful way that athletes are treated. That is what Joe is used to and the locker room style of care and treatment is where he comes from. We are trying to take that model of doing whatever it takes for the patient to get them back to their life as soon as possible. Just because you are not on a pro contract and don’t need to get back to play soon, it doesn’t mean you don’t need to play with your grandkids faster or get back to work faster after an injury.”

Pelino, a 61-year-old Welland native and Notre Dame grad who knew he wanted to be a chiropractor from a young age, has an impressive locker room history.

That history started because of a connection with NHL agent Pat Morris, who was Pelino’s friend and teammate on a University of Toronto hockey team that won an Ontario university crown.

“He is the one who sparked the biggest part of my NHL career as a chiropractor by bringing his top player, Rob Zamuner, with unresolved injuries to me,” Pelino said. “That guy ended up bringing me all around the league and ultimately I was hired by Bob Goodenow to work as a consultant for the NHL players union while working simultaneously with several players and some teams.”

He also worked with Eddie Belfour, Martin Havlat, Kevin Dineen, Daniel Alfredsson, Zdeno Chara and Brad May to name just a few.

GAME-CHANGING CLINIC ARRIVES IN NIAGARA CONT...

"I have been in every possible situation, I have been snuck into a rink and I have been hidden in a hotel to take care of the guys."

Pelino remembers one playoff series when he was treating May's shoulder between shifts.

"They snuck me into the alley way behind the Buffalo Sabres bench to do it. It was a playoff game and he had to get through it. He couldn't afford to fight because his shoulder would come out of joint again. It was an epic experience."

Through his hockey work, Pelino got to know Professional Hockey Players Association executive director Larry Landon and he consults for the PHPA as a member of its workers compensation panel.

Pelino also worked with the Toronto Raptors for six years, treating players such as Vince Carter, Antonio Davis, Tracy McGrady, Charles Oakley and Alvin Williams.

"They had a high rate of injuries and they needed other solutions," Pelino said.

He credits his training under Dr. Doug Richards at the University of Toronto David L. MacIntosh Sport Medicine Clinic for his overall philosophy.

"He had me there side by side with physicians, physiotherapists, massage therapists and athletic therapists in a culture that I am building and have built here. We work together in a collaborative fashion."

Micevic echoes those comments.

"The combined experience between the physiotherapist and chiropractor, alongside the advanced technology being housed and the overall focus on the brain, is what differentiates this new facility from other treatment facilities," she said. "Providing a simultaneous collaborative approach to treatment and recovery with an experienced team of therapists and doctors, working toward one goal or outcome in a time efficient manner, contrasts how our current healthcare system works. And looking more into how the brain can be utilized in recovery and performance, as well as a cellular approach to high performance healing is the future."

Micevic is excited about the future of the centre.

"We have an anticipation of rapid growth because there is nothing else like it anywhere in North America," she said. "I have searched everywhere for something comparable and while there are a lot of places that have parts of what we have, no one is operating the same four entities under the same roof, including all of the technology tools and techniques that we have to offer. We hope to utilize all of these amazing features and data that we can generate, to publish lots of new research in the world of sport medicine, concussion, therapy and athletic performance and recovery. It truly will be something special."

The clinic's four entities include: hyperbaric medicine and other medical services; the therapy and rehab division with chiropractic physiotherapy and neurophysiotherapy;

GAME-CHANGING CLINIC ARRIVES IN NIAGARA CONT...

athlete development cognition training; and, biohacking (hacking your biology as a human to use technology and modern innovation to change your biology).

The last entity is an interesting one for Micevic.

“We look at health on a cellular level. Biohacking and wellness is clinical in nature and we recommend the best approaches, but clients can choose their own adventure by picking different things that are great for their own health and wellness,” she said. “It empowers clients to make changes to their bodies, diet, and lifestyle to improve their overall health and well-being, both mentally and physically.”

The clinic has been in a temporary space at the Montrose Road location since last September. Prior to that it was located in the north end of Niagara Falls at Mount Carmel Centre and an industrial area on Martindale Road.

“Construction is a fickle beast as we have learned over the last two years but if all goes as now anticipated, we expect to open the new facility this coming July,” Micevic said.

The clinic plans to have community open house this summer and will plan for an official grand opening in September.

It has already established partnerships with the Niagara IceDogs, Niagara River Lions, the Fort Erie International Academy female hockey program, Pelham Panthers Junior B hockey team and Elite Soccer Development. Many other partnerships will be announced in the coming months with amateur and pro organizations.

Pelino APC is currently accepting new patients, clients and 2nd opinions at their temporary facility, located right next door to the construction site of their new facility.

Contact Us: *Michael Pelino*

pelinom@gmail.com

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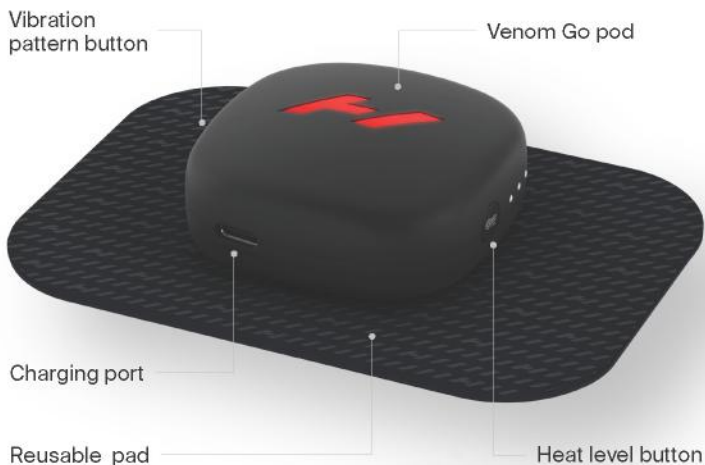


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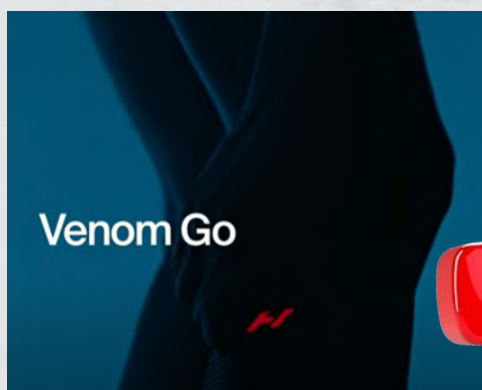


Product details



What's included

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YouTube Product demonstration

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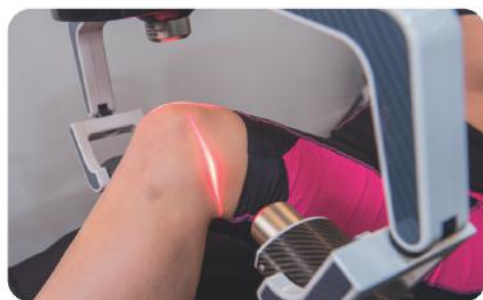
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CHIROPRACTIC RESEARCH

Congratulations!

Congratulations to the members chosen to present their research at the Paris 2023 Symposium.

“As research chair of FICS, I was excited to bring together renowned experts from around the world to share knowledge, passion and the wonderful person-to-person connection we have all missed so much.”

Prof Henry Pollard, FICS Research Chair

1st Prize: Dr Alex LEE; Identifying and prioritizing research to inform a research agenda for Canadian chiropractors working in sport – the Canadian sports chiropractic perspective.

2nd Prize: Dr Melissa BELCHOS: Identifying sports chiropractic global research priorities: An international Delphi study.

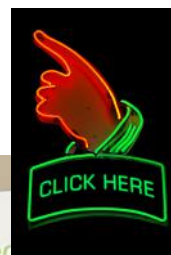
3rd Prize: Dr Evan EINDHOVEN: I expected to be pain-free: a qualitative; study exploring athletes' expectations and experiences of care received by sports chiropractors

Poster Presentation:

1st Prize: Claudio MERKIER – Older Master Track and Field Athletes' Perceptions of Chiropractic Care and Manual Therapies: Outcomes of a Cross-Sectional Survey

2nd Prize: Mohsen KAZEMI – Concussion knowledge among North American chiropractors

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Which resistance training is safest to practice? A systematic review.

Thiago Teixeira Serafim 1, Eliton Stanley de Oliveira 1, Nicola Maffulli 2 3 4, Filippo Migliorini 5, Rodrigo Okubo 1

Background: The combination of resistance training (RT) and aerobic training is believed to achieve the best effects. Several different aerobic training methods have emerged in combination with or as a substitute for traditional RT. This study wished to verify which RT is safest in terms of injury prevalence and incidence. Also, it ascertained the characteristics of the injured subjects, the level of severity of the injuries and what definitions of injuries the available studies use.

Keywords: High-intensity functional training; Injury; Resistance training; Strength training; Weightlifting.



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Pectoralis major rupture in body builders: a case series including anabolic steroid use

Nikolaos Stefanou 1, Nikolaos Karamanis 2, Effrosyni Bompou 3, Dionysia Vasdeki 1, Thomas Mellos 4, Zoe H Dailiana 5 6

Background: Rupture of the pectoralis major (PM) muscle is a rare injury, with increasing incidence over the last decades, mainly due to participation in weightlifting and contact sports. Surgical management of PM injuries has been related with superior functional outcome, faster return to activities, better cosmesis and higher level of patients' satisfaction. The aim of the study is to present our experience in the management of this rare clinical entity and to correlate the use of anabolic steroids in the occurrence of the injury and the impact of type of injury, method of reconstruction and anabolic steroids on the post-operative outcome.

Keywords: Anabolic steroids; Bodybuilding; Case report; Pectoralis major muscle/tendon; Weightlifting.

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Characteristics and Outcomes of Athletes With Slow Recovery From Sports-Related Concussion: A CARE Consortium Study

Thomas W McAllister 1, Steven P Broglio 2, Barry P Katz 2, Susan M Perkins 2, Michelle LaPradd 2, Wenxian Zhou 2, Michael A McCrea 2; Concussion Assessment, Research and Education (CARE) Consortium

Background and objectives: Some athletes experience a slow recovery after sport-related concussion (SRC). There is little agreement on what constitutes slow recovery, however, and minimal data on the prevalence, predictors, or prognosis for this group. The objectives of this study were to apply an operationalized definition of slow recovery and characterize predictors and long-term prognosis of these individuals.



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Efficacy of Multi-Component Exercise-Based Injury Prevention Programs on Injury Risk Among Footballers of All Age Groups: A Systematic Review and Meta-analysis

Rilind Obërtinca 1 2, Ilir Hoxha 3 4 5, Rina Meha 6 4, Arber Lama 4 5 7, Altina Bimbashi 4, Dorentina Kuqi 4, Bujar Shabani 4 7, Tim Meyer 6, Karen Aus der Fünten 6

Background: Playing football is associated with a high risk of injury. Injury prevention is a priority as injuries not only negatively impact health but also potentially performance. Various multi-component exercise-based injury prevention programs for football players have been examined in studies.

Objective: We aimed to investigate the efficacy of multi-component exercise-based injury prevention programs among footballers of all age groups in comparison to a control group.

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