



STRONGER *Together*





SEEK OUT THE MOMENTS THAT ENRICH YOUR LIFE THE MOST



IN THIS ISSUE ...September 2023



- <04> President address
- <05> Save the Date 2025 Symposium
- <07> Secretary-General report
- <09> Membership report
- <10> Education Commission update
- <12> Seminars
- <13> Masterclasses
- <14> ECU partnership for masterclasses
- <15> ISFC Report - Games
- <16> CSIT 2023 highlights
- <18> Last quarter games highlights
- <19> Sports Chiro Foundation
- <20> Starting a new practice GRANT
- <22> Sponsors
- <23> Membership Discounts
- <24> How to handle frustrating patients
- <25> Taping for ankle strains
- <29> ICSC Graduates
- <30> Product giveaways
- <31> Student Scholarships
- <33> North American Indigenous Games
- <35> JJIF World Cup Israel
- <38> World Flying Disc Event Manila
- <39> Hyperice
- <41> CSIT Games Blog
- <43> Tug-of-War Switzerland 2023
- <45> Erchonia
- <46> Research Corner





PRESIDENT

BY: MARTIN ISAKSSON

Path ahead!

Since our assembly in June 2023, both our incumbent and newly appointed FICS executives have been diligently crafting a roadmap for evaluating and advancing our strategic plan, aiming to realise our desired outcomes.

Genuine leadership extends beyond amassing followers; it involves the cultivation of future leaders. By providing opportunities for our younger generation to flourish, we are not merely investing in their potential; we are sowing the seeds for FICS' future and nurturing the growth of sports chiropractic on the global stage. An organisation's legacy isn't solely defined by its achievements but by the opportunities it fosters for others to fortify its position.

As I embark on my four-year term as FICS President my goal is to plant new seeds that complement our past achievements and lay a foundation for an even more promising future.

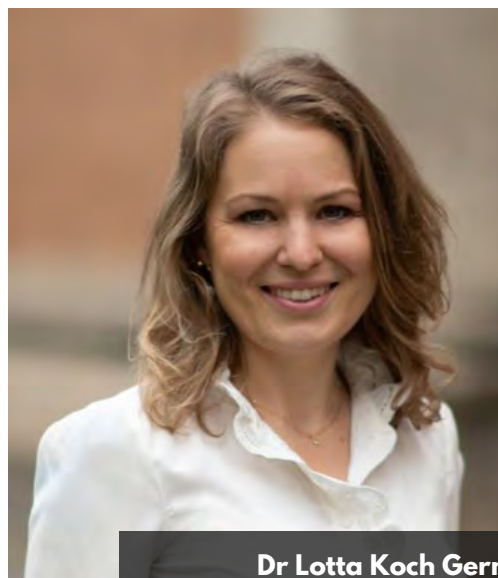
Fresh faces

I am delighted to extend a warm welcome to Lotta Koch from Germany, who joins the Executive Council as one of the three regional representatives for Europe. Kirsty Bellombra and Kelsi Holz are the incoming chairs of the Membership and Student Commission. Meanwhile, Faye Deane and James Geisleman



are wholeheartedly embracing their roles as incoming Education Co-chairs under the careful guidance of our current Education Commission Chair, Dr. Foss, who will gracefully step down in December.

In addition to these transitions, our FICS leadership landscape is evolving further. We proudly acknowledge Drs Shea Stark and Chris Wood, who are stepping into other leadership roles. Shea and Chris recently represented FICS at the CSIT games as integral members of our leadership team to support the research and delegation of doctors.



Dr Lotta Koch Germany

Continued ... President Message

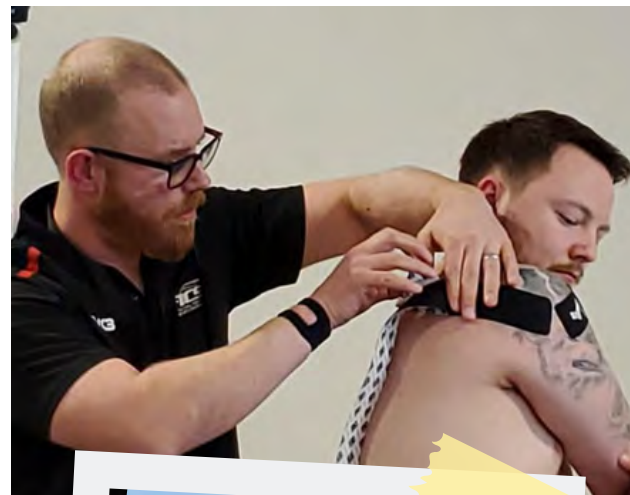
We continue to make significant strides in gaining recognition within International Sporting Federations, and our efforts have led to promising discussions about exciting event opportunities within the FICS family for 2024.

The Education Commission is actively planning a series of seminars for 2024 and is diligently working on enhancing the ICSC curriculum. Simultaneously, our events team is hard at work, preparing for the 2024 Porto and 2025 Malaysia General Assemblies. The Porto event will bring together FICS' Master Instructors from across the globe for intensive training on the updated ICSC curriculum and assessment protocols, an essential step in our ongoing efforts to enhance the ICSC program.

In collaboration with the Portuguese Chiropractors' Association, our Membership team is taking proactive steps to establish a National Chiropractic Sports Council, setting the stage for their full membership acceptance into FICS in 2025. These initiatives reflect our commitment to strengthening our global network and expanding our impact within the sports chiropractic community

Sincerely Martin Isaksson

PRES@FICSPORT.ORG



Flying the flag for FICS Sweden at the Skrea Strand Paddlerace August 2023

Drs Henrik Højgaard and Martin Isaksson were serving athletes in Sweden at the Skrea Strand Paddlerace 2023

Thank you for representing FICS!



SAVE THE DATE IN YOUR CALENDAR NOW!

15-16 March 2025

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!

Mark your calendars now for this unmissable experience and keep an eye on our website for updates



SAVE THE DATE



FICS 2025 SYMPOSIUM

**NAVIGATING THE
WORLD OF SPORT**

**MARCH
15-16 2025**

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



SCCM

Sports Chiropractic Council Malaysia



SECRETARY GENERAL

BY: KEITH S. OVERLAND

With numerous global sporting events still on the calendar for 2023 and early 2024, alongside the array of hands-on and virtual educational offerings that FICS has generously provided for our members, I would like to emphasise that it is never too late to embark on or continue your journey as an international sports chiropractor.

The FICS website provides a range of member benefits, educational courses, scholarship opportunities and much more. During September at the CSIT World Sports Games 2023 in Cervia, Italy, we had 23 dedicated chiropractors and 2 students working with athletes across 30+ sporting events. Witnessing the day-by-day action of the games and the invaluable support FICS sports chiropractors offered the athletes reinforced why FICS is so essential to assist athletes in reaching their optimal performance naturally.

Many international events want to offer chiropractic care to their athletes, coaches, and staff. Therefore, FICS are working on building our global team of qualified FICS sports chiropractors to ensure we are positioned to place doctors at as many International games as possible.

If you are interested in volunteering at a sporting event, let FICS guide you in realising the dream and providing opportunities for you to attend events outside your country to widen your experience and networks. You know the one – where you travel to a beautiful new country with a team of chiropractors, working on the sidelines or in the clinic with world-class athletes to demonstrate the positive impact chiropractic care can have on their health and performance.



“ 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! ”

FICS recently held our bi-annual general assembly meeting Paris June 2023. Our leadership team, staff, and chiropractors worldwide participated in various planning and business meetings to advance our FICS vision. An informative two-day sports chiropractic educational program followed these meetings. We took the opportunity to recognise and present awards to volunteers and partners who have exceeded expectations, including the International Powerlifting Federation and the International Tug of War Federation.

The next meeting will be held in Porto, Portugal, in July 2024. Kuala Lumpur, Malaysia, will host the 2025 bi-annual general assembly meeting 15-16 March 2025. The 2025 will deliver a two-day symposium drawing some of the top speakers from around the world to present and provide hands-on clinical workshops.

FICS relies on carefully selected partners to provide our members with services, opportunities, and benefits. These sponsors have been chosen with care, and our aim is not to inundate you with sales pitches but to assist you in finding products and services recognised worldwide as crucial for sports chiropractors, whether on the field or in the clinic. Many of our sponsors and partners offer discounts on services and products; some provide educational opportunities to keep your practice at the forefront. Please take a moment to peruse the Chiro Products & Services section of our website at <https://fics.sport/chiroproducts-resources/> – you will discover something tailored to every practice.

Lastly, I want to extend my heartfelt thanks once again to all of our dedicated FICS volunteer leadership and our incredible administration support base for their unwavering efforts on behalf of FICS. Serving our sports chiropractic community as your Secretary-General continues to be an absolute privilege.

Wishing you all a successful and fulfilling year ahead!

Keith Overland

SECGEN@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

MEMBERSHIP UPDATE

BY: KIRSTY BELLOBRA
MEMBERSHIP CHAIR



Welcome Incoming Chair

Dr. Nathan Akmens, who has held the position of Membership Chair since 2018, was elected as the First Vice President during the Paris General Assembly.

FICS is delighted to introduce Dr. Kirsty Bellombra as the new Membership Chair. Dr. Bellombra graduated from Murdoch University in 2011, specialising in sports injury and performance in private practice. She has been an active member of the SCA WA committee since 2015 and has extensive experience working with various sports teams, including AFL, soccer, and swimming, making her a valuable addition to the FICS community.

Dr. Bellombra and the membership commission will be working hard over the coming months, to establish the agenda for FICS' 2024 objectives, stemming from discussions held during the June 2023 Paris meeting of the National Chiropractic Sports Council Presidents.



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



FICS EDUCATION COMMISSION

BY: DR CHRISTINE FOSS

Paris Symposium Provide Latest Trends in Care of Athletes

✨ ✨
The Paris Symposium was an absolute BLAST and delivered some unforgettable educational experiences, jam-packed with the latest athlete care trends.

The RECORDINGS of these sessions are on the verge of being unleashed on the FICS platform! 🎧 But here's the kicker: All you symposium attendees out there? You're getting FREE ACCESS to these invaluable sessions on your learning platform! 🎓

Missed out on the Paris extravaganza? 😞 Don't fret! In the upcoming months, we've got something special brewing for you - an ONLINE version of all the education sessions will be made available for purchase via the FICS shop.

FICS Education Commission releases Concussion Update

The latest Consensus Statement on Concussion in Sport, stemming from the 6th International Conference on Concussion in Sport held in Amsterdam in October 2022, was released in June 2023. 🧠

Dr. Brett Jarsoz, a leading sports chiropractor with expertise in athletic injuries, neuro-orthopedic rehabilitation, and performance optimization, has prepared an informative 2.5-hour video breaking down all the critical outcomes and recommendations from this release.

To ensure your ICSC certification remains up-to-date, you will be required to complete this or a similar head injury update within the next 6 months. As a token of our appreciation, ICSC holders received a 50% discount.

Upon completing the update, your certificate will be generated on your FICS course dashboard. This certificate will be required when applying for any of the 2024 games events.



"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 making significant progress in updating the ICSC curriculum. In 2024, we plan to convene all Master Instructors to assess the program's educational standards comprehensively.

As we witness doctors successfully completing their studies and earning their well-deserved certificates, it is a moment of great pride and privilege for me to have served as the FICS Education Chair for the past four years. As I approach my final three months in this role, I am working with the incoming chairs to ensure that FICS is well-prepared to sustain the program's evaluation efforts.

Seminars in 2024 FICS has initiated the development of the 2024 seminar calendar. If your country is interested in hosting an ICSC hands-on Seminar, please don't hesitate to contact us and express your interest. Our goal is to make these seminars available for registration by November 2023, right here on the FICS platform.

Seeking Master Classes for FICS Website. FICS remains dedicated to helping doctors stay current with evolving trends and enhancing their qualifications. Our Education Commission invites all interested parties to take advantage of our expanding masterclass offerings, designed to equip doctors with knowledge and skills that may not be encountered in their daily practice.

FICS places immense value on continuing education and is actively seeking doctors with cutting-edge expertise and training in athlete treatment to share their experiences, skills, shortcuts, failures, and successes with the broader medical community.

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



Dr Renita Rasmann above and right to left: Drs Rodrigo PRETER and Alex GALLARDO NAVARRO below



Dr Thomas Halyk, Malaysia NCSC President, with Dr Siew Qin Lau (Sunshine) top right and Dr Wen Xun Sin (Ivan) bottom right

Thank you to instructors and NCSC helping us hosting these seminars.

2023 Seminars

[CLICK HERE](#)

Upper Extremity Adelaide Australia - August 2023



Seminars 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

2024

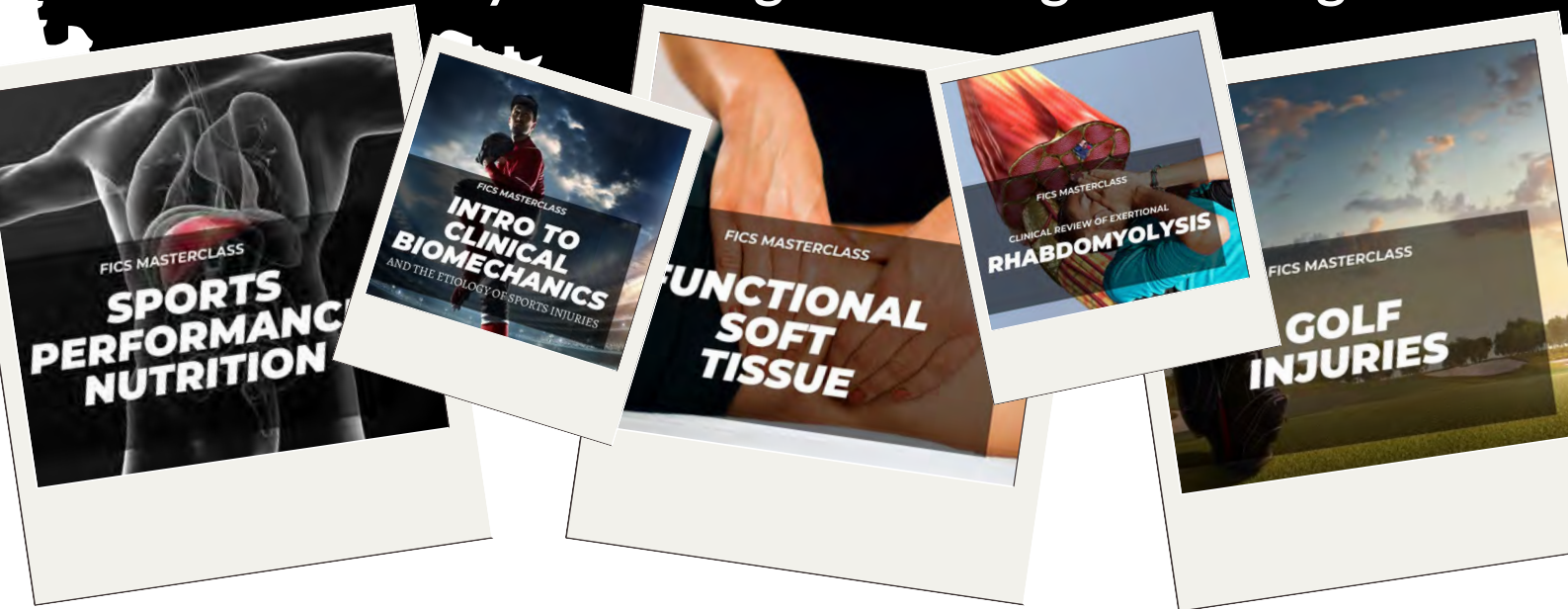
JANUARY	FEBRUARY	MARCH	APRIL
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
MAY	JUNE	JULY	AUGUST
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

We are scheduling the 2024 calendar and aim to have all dates lodged on the FICS website by November 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

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.



Share your passion for Sports Chiropractic

FICS has partnered with the European Chiropractic Union to develop a range of one-hour (1) presentations on sports chiropractic to host on their exciting new learning platform.

FICS is inviting passionate individuals like you to be a part of this exciting journey.

Be a Trailblazer! Present Your Expertise!


Do you have a wealth of knowledge to share? If you can deliver an hour-long presentation we want to hear from you!



Topics We're Eager to Explore:

- Working within a Multidisciplinary Sport Team/Environment: Share your insights into collaborating seamlessly within the exciting world of sports.
- Opportunities in the World of Sports: Inspire others by showcasing the numerous avenues for aspiring sports chiropractors.

How to Get in Touch:

Connect with us and let your journey begin! Send your presentation proposals, along with your contact information, to education@ficsport.org

 **Submission Deadline: 30 November 2023.** Don't miss this opportunity to be a part of something groundbreaking!

 Your passion and knowledge can inspire the next generation of sports chiropractors. So, what are you waiting for? Get ready to make a difference and share your love for sports chiropractic with the world! 

CONTACT US

FICS ISFC COMMISSION

BY: SIMON LAWSON - CHAIR

CSIT Games Report Stronger Together

At the conclusion of @CSIT - World Sports Games, FICS delivered an incredible total of 750 treatments

A big Thank You goes out to every single one of you who attended this successful event. Athletes from across the globe are grateful for your dedication, driven by your passion to this profession.

Together, you functioned as a cohesive team throughout the week, embodying FICS' mission that every athlete deserves access to sports chiropractic care.

We would also like to extend our gratitude to our doctors from Association of Italian Chiropractors:

Gino Campanelli - Your selfless dedication ensured that every doctor had access to a treatment table and essential medical supplies. FICS is extremely grateful for all your help, prior to and during this week!

Renita Rasmann and Fabrizio Marino - for your helping hand in ensuring FICS uniforms are organised making it easy to allocate to each doctor and bringing Dynamic Tape and Mueller Sports Medicine supplies safely to Cervia in your car.

Also, a special Thank You to our sponsors Dynamic Tape and Mueller Sports Medicine for ensuring that our doctors had the best equipment ready to treat athletes at the @CSIT - World Sports Games. And to everyone else who brought their own treatment table, ensuring that each athlete received comfortable care!

On behalf of the entire FICS Family, Thank You and we are all so proud of you and your efforts. Until CSIT2025 in Greece!

Simon Lawson



International Workers and Amateurs in Sports Confederation



Dear Sports Friends,
Up-to-date news on the CSIT - International Workers and Amateurs in Sports Confederation

Golden fingers help many athletes – thank you FICS!



29 chiropractors have their hands full. Rainer Wieser is one of them and is on duty as a partner organisation during the 7th CSIT World Sports Games. "Our hands can clean up minor injuries as well as provide relief for more serious deformities," explains the 58-year-old from Munich. Under the direction of the US-American Dr. Tim Ray (FICS- International Federation of Sports Chiropractic), the team in all venues is as enthusiastic as the

athletes. Rainer Wieser has worked for the star football club Bayern Munich and at the Olympic Games (London 2012). "My fingers have already helped some prominent sportsmen," he says. He only wants to name a few names for reasons of data protection. "I really helped the star striker Robbie Fowler and the multiple Olympic luge champion Georg Hackl a lot with my skills." But Rainer Wieser, who has always continued his education (USA, England, Sweden, etc.) is also enthusiastic about the chiropractic level of all his colleagues. "Our services are being accepted by more and more athletes. We literally have our hands full. And the feedback is consistently positive."



CSIT 2023 Games 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.





"Dear CSIT team. thank you very much for the amazing experience and the memories made in Italy. Thank you to the leadership team for making this easy for the rest of us. Thank you Tim for making it possible."
Mika Janhunen, UK

PEOPLE WILL ALWAYS REMEMBER HOW YOU MADE THEM FEEL AND THE MOMENTS YOU SHARED



"It was great seeing and working along many of my colleagues from around the world again. I added some new friends."
Ray Gaskey, USA

"A great week spent with some amazing humans. Thank you for making the experience outstanding. Safe travel for everyone! Till next time." Pictured (far left) Sara Cuperus USA



Our team sharing one of their memories

Thank you

"It has been a great week working with everyone and seeing everyone again and making new friends!



Thank you for FICS for the experiences and a great week.
Devin Eernisse USA



"I have been to many games with FICS and have loved every moment. Thank you for the new friends and for a great week of treating athletes in beautiful Italy."
Carly Zuehlke, Netherlands



"Thank you, Team! I had a great time.

Can't Agree more with what's everyone has already said. Until next time"
Christian Calvert Sweden



Tamia Abrahams, South Africa, was one of our students assisting with Research. Second from the right Tamia said "Thank for a great week- I feel privileged to have been part of this opportunity. Will hopefully be able to work alongside you all again - not as a student!"

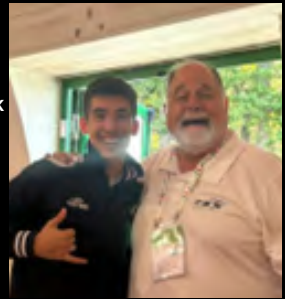
"Buon pomeriggio! Thank you all for a great week, it was a pleasure working with all of you! This is a special group of talented sports chiropractors and I hope to work with more of you in the future. Arrivederci!"
Scott Mooring USA



"Thank you all for everything you've taught me and for the enthusiasm you had in welcoming me in this first experience with FICS.
It was fantastic.
Livia Canu, Italy



"Good to be home but miss all my friends. It was so good to see and work with all of you."
Bob Nelson USA



"This was an amazing week! It was a wonderful experience to be part of such a great team." Renita Rasmann
"I learned in different ways from each of you. Thanks for your service" Fabrizio Marino
Renita Rasmann and Fabrizio Marino were truly honored to have the opportunity to share this incredible experience together. Both Renita and Fabrizio have recently successfully completed their ICSC certifications.

"So grateful for everyone here, for my first FICS experience such a great one... I've enjoyed a lot this week. Being able to share this moments and learn from the experience you all have is just awesome... thank you FICS!" Cristina Garcia Italy

"Hello my friends, so good to meet many of you for the first time and to reunite with old friends. It's been a pleasure and a privilege supporting you this week to deliver world class chiropractic care for those working in sport, right here in Cervia Italy.

We all know that what we do makes a difference, but what you did this week often makes THE difference for those dedicated to sport and betterment. I'm very proud to have worked with a team also dedicated to sport and betterment. Thank you and safe travels until we meet next." Chris Wood UK, Team Leader

FICS International Games. CLICK THROUGH TO OUR WEBSITE.

The start of a passion for working at international events.



Rob Scott, UK team leader at TWIF Switzerland 2023, having too much fun.

2023 GAMES

DURING THE LAST QUARTER WE HAD OTHER DEDICATED TEAMS FROM THE FICS FAMILY ATTENDING EVENTS TO SUPPORT ATHLETES.

Thank you



Joline Grawunder Germany treating athlete at Men's World Championship, Mannheim, Germany



IFA Austria
"I appreciate this opportunity to serve FICS and the athletes at this event!" Blake Graham USA



IFMA Bangkok "It has been a great week and learned many things from each of you. It became one of the memorable days for me. I am sure I will meet you again nearer future. Thank you again., my fellow Muay Thai fighters." Second from left Hirofumi Nakatsuka: Japan



IFMA Bangkok "Thanks everyone, what a fantastic event! Looking forward to being a part of the next one." Elise Horne New Zealand



JJIF Israel
"We did not get a single second to rest but the athletes loved and appreciated the work we did for them." "Thank you so much for the opportunity. I will gladly take it on." Steven Smilkstein South Africa,



JJIF Israel
"100% joint partnership!! We smashed it & teamwork was perfect!! James Power UK



"Thank you very much for the opportunity to volunteer at TWIF 2023. The team was very busy and the responses from the athletes were wonderful! It was another excellent experience with FICS. I look forward to many more FICS events!" Shauna Dunbar Canada

The start of a passion for working at international events.



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](#)



***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! 🌍

Sports Chiro Foundation



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



⚡ 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!

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?
CLICK HERE**](#)



Sports Chiro Foundation

» DONATE TODAY



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.**



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.



ERCHONIA
World Leaders in Low Level Laser Technology



LIFE.
University

LOGAN
UNIVERSITY



World Leader in Homeopathic Medicine



PiezoWave²
Powered by ELvation[®] USA



Federation Internationale de Chiropratique du Sport
Email: admin@ficsport.org

DISCOUNTS FOR FICS MEMBERS

EXCLUSIVE

Some benefits are exclusive to members and may only be accessed via the member's dashboard. Login into your members dashboard to receive your codes:

<https://fics.sport>

top right-hand corner: My dashboard



HYPERICE

15% DISCOUNT CODE FOR UK,
USA, Germany, Spain, Italy,
France, Portugal



25% OFF ANY NEW CHIROUP
SUBSCRIPTION FOR 1 YEAR!

Online resource platform that exists to improve clinical outcomes. Simplify the way you educate your patients, and then market those outcomes to the people who matter most in your communities. It's an easy to use system which gives

<https://chiroup.com/fics>



Use the code **FICSMember** for a 20% discount on online education with Dynamic Tape. [Click Here.](#)

HOW TO HANDLE FRUSTRATING PATIENTS EFFECTIVELY

BY: CHIROUP



Tips to Manage the 6 Most Frustrating Patients By: ChiroUp

As chiropractors, we love our patients and our jobs... usually. Challenging chiropractic patients who self-derail progress can be exhausting.

So, your ChiroUp team identified six of the most challenging categories of patients, then we asked our subscribers about the most efficient way to handle these situations.

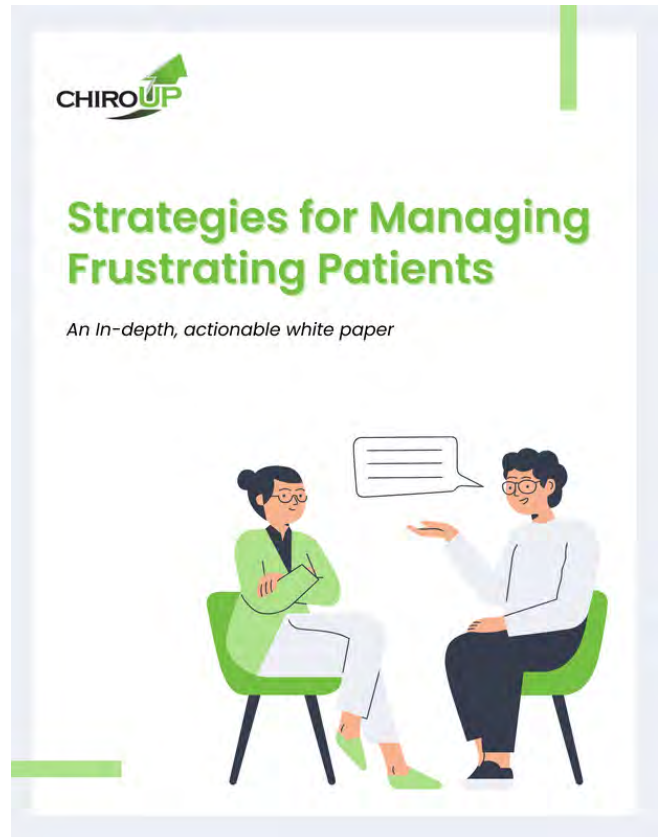
For each of the six scenarios, we asked two questions:

- 1- On a scale of 0-10, how frustrating is this scenario?
- 2- What's your best advice for managing this situation?

Our network responded with more than 1,000 pieces of advice!

There is so much advice that we organized it in a downloadable whitepaper for you.

Knowing how to handle these frustrating situations can help ease the pain 😊 and build stronger relationships with your patients.



Download our full report,
<https://chiroup.com/frustrating-patients>

Want to join our chiropractic community?

Click the button below and claim the FICS discount.

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



TAPING FOR ANKLE SPRAINS – IS THERE A BETTER WAY?



CORRECT – PROTECT – PERFORM | [DYNAMICTAPE.COM](https://dynamictape.com)

Rigid taping is the go-to technique for many athletes with ankle injuries and while there is some evidence to support its role in preventing ankle injuries, rigid bracing and taping have also been shown to reduce single-leg standing balance with eyes closed for example*. Movement is essential for dissipating load. At the foot and ankle, movement plays a critical role in adapting to the ground surface and maintaining balance. The foot and ankle strategy is more finely tuned than the more crude hip, trunk and shoulder strategies or taking a step to change the base of support.

Several studies have emerged in recent years demonstrating that Dynamic Tape can improve dynamic balance and functional outcome measures with the benefit being greater in those with a clear deficit i.e. those who need it. These improvements occur while allowing movement to occur within normal physiological limits.



Pereira et al, 2017 found that Dynamic Taping of the ankle to decelerate into inversion and assist eversion in elite male volleyballers with a history of ankle sprain resulted in greater reach distances on the Y Balance Test and improvements on the Cumberland Ankle Instability Tool (CAIT) and the Foot and Ankle Ability Measure (FAAM).

Dogan and Guzel, 2021 investigated the effect of Dynamic Taping on 24 uninjured professional soccer players, examining the Star Excursion Balance Test (SEBT) under four conditions - no tape, placebo tape, kinesiology taping and Dynamic Taping.



Figure 1. A reverse six spiral of Dynamic Tape split to provide slightly different lines of pull.

Results showed significant improvement in the Dynamic Taping condition. The technique employed in this study was a simple, single-layer reverse six spiral resisting inversion as shown above (Fig. 1). Our technique will generally vary depending on the stage of the pathology and the expected activities and loading. Techniques are usually far more comprehensive and include a combination of Dynamic Tape ECO (higher stiffness) and Dynamic Tape Original (higher recoil). Double-layer laminates (PowerBand©) are often employed to increase the resistive and assistive forces (Fig 2).



Figure 2. More comprehensive Dynamic Taping technique utilising the additional resistance of ECO (black tape) and recoil of Original (beige) to resist inversion throughout dorsiflexion and plantarflexion range.

In **Figure 2**, multiple bands of tape cross from the foot to lateral malleolus to provide a resistance to inversion, regardless of the degree of dorsiflexion or plantar flexion. Furthermore, the strong recoil provides a compressive force in all three planes of motion with the aim of increasing force closure and augmenting stability at an articular level.

No negative impact on jump distances was identified by Dogan and Gurzel. In other words, improvements in dynamic balance were obtained while performance levels were maintained. While performance did not increase (and is not generally the aim), examination of a subject cohort with a clear deficit may reveal a different outcome. If the foot and ankle become a more stable lever, force transfer would be more efficient and jump performance may improve. Further research is required.

Kodesh et al, 2021 took a slightly different approach. As Dynamic Tape is designed to inject a genuine external mechanical force into the system to resist and decelerate or possibly assist motion, reducing the subsequent forces that the body itself must generate or overcome, these authors examined the impact on postural sway that a technique that produced a plantar-flexion joint moment had on subjects with chronic ankle instability (CAI) defined as “recurring sprains with residual symptoms of pain, swelling, self-reporting of ankles ‘giving way’ and decreased function,”. Note that this technique did not aim to resist inversion as we generally would clinically.

A plantar-flexion force will resist the anterior motion of the tibia over the foot resulting in a possible deceleration and decrease in magnitude of anterior/posterior sway (Fig.3).



Figure 3. Single layer plantar-flexion technique (applied in full plantar flexion) with a transverse locking strip.

The authors found that Dynamic Taping improved/decreased sway velocity and path length in both groups (with and without CAI), immediately after tape application. When examining those in the CAI group with poor postural stability, the effect was greater both immediately and after 24 hours.

The authors concluding:

The current study investigated the effect of dynamic tape on balance in individuals with CAI vs. those with stable ankles finding that the dynamic tape improved postural sway in all participants, regardless of group. However, when the stability factor was included, those with poor stability in the CAI group showed greater improvements. Dynamic tape can be used on individuals with CAI to enhance ankle function during physical activities challenging balance.

Kodesh et al, only used a single layer of 7.5cm (3") Dynamic Tape longitudinally with a transverse locking strip and acknowledged that greater force could be created with additional layers (or the use of the different Dynamic Tape products within the range).

Research has also considered the ability to load the injured limb in subacute grade 1 and 2 ankle sprains, 7-21 days post-injury. **Łukasz Pawik** and co-workers, 2022 found that there were improvements in the observed asymmetric limb loading with eyes closed and also with asymmetric loading on a stable surface with visual feedback.

On review of the images of the technique in this article, greater forces and potential load-bearing could have been obtained by applying in a shorter position, by always contacting the lateral malleolus and by using PowerBands or ECO.

While rigid taping or bracing seems to be the norm, improvements in load bearing, dynamic balance and functional outcomes have been observed with Dynamic Taping, without the need to compromise range of motion and comfort. More comprehensive techniques should be considered as activities and loads dictate.

If you would like to view videos of how to apply these techniques or the changes in forces that can be observed, on the **Dynamic Tape YouTube playlist**.



For the full title of the references reach out to Ryan Kendrick - ryan.kendrick@dynamictape.co.uk

ICSC GRADUATES

JULY – SEPTEMBER 2023



Congratulations

Elliott Jackson

Vanessa Wing-Kwan Ng

Rodrigo Eduardo Álvarez Preter

Hans Esteban Tapia Teuscher

Marcelo Humberto Leal Bravo

Marcel Alejandro Miranda Guzmán

Rodrigo Avendaño Núñez

Alex Patricio Gallardo

Renita Rasmann

Chan Jun Shen Daniel

Virgilio H Paniagua

Carlos Tavares

Irmari Landman

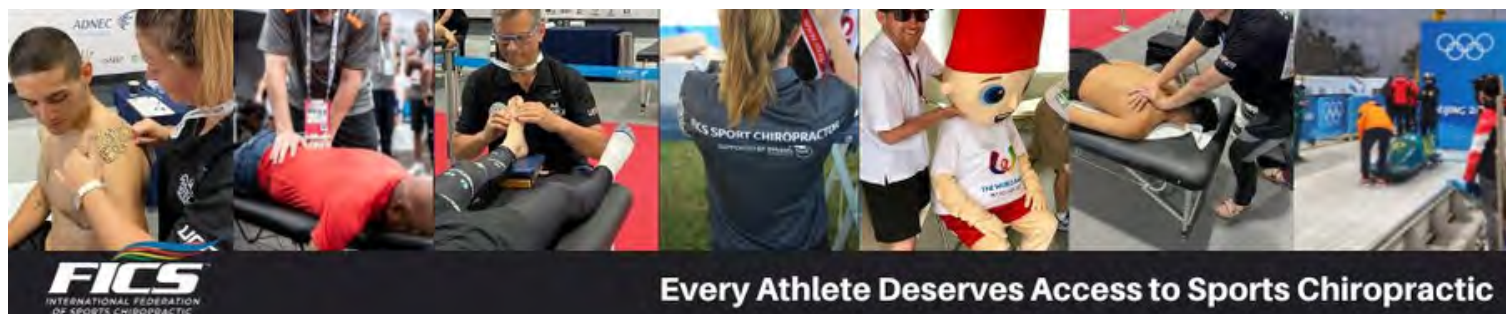
Tom Poulussen

Stavros Stavrou

Andreas Livadiotis

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**



FICS
INTERNATIONAL FEDERATION
OF SPORTS CHIROPRACTIC

Every Athlete Deserves Access to Sports Chiropractic

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!

Here are the stats...

- 10% Menthol plus MSM, Glucosamine, Eucalyptus Oil and Peppermint Oil
- 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

2024 STUDENT SCHOLARSHIPS NOW OPEN

🌟 Unleash Your Potential! Ignite Your Sports Chiropractic Journey!

🌟 APPLICATIONS OPEN for the 2024 Scholarship! 🌟

Are you a chiropractic student or first-year graduate and want to work with athletes?

Do you have a passion for sports chiropractic as a career?

Do you DREAM of working alongside the world's finest athletes at international events? 🌟

🚀 NOW is YOUR chance to make it HAPPEN! Unlock the world of endless possibilities available with the FICS Student Scholarships! 🏆

[HTTPS://SPORTSCHIRO.FOUNDATION/STUDENT](https://sportschiro.foundation/student)

CLICK HERE



FICS TOOK 4 STUDENTS WITH THEM TO THE WORLD GAMES 2022 USA;
2 STUDENTS WERE GIVEN THE OPPORTUNITY TO TAKE PART IN THE 2023 CSIT
GAMES IN ITALY

AUSTRALIA CHIROPRACTIC SPORTS COUNCIL

STUDENT BODY

BY: HENRY JACKSON

ACASC (Australian Chiropractic Sports Council) is taking significant steps to highlight the excellent work within the Australian National Chiropractic Sports Council, with a special focus on encouraging and rewarding student engagement in sports chiropractic.

As part of this effort, AICE (ACASC International Chiropractic Education) is considering the introduction of an award that grants students a ticket to the annual symposium. To be eligible for this award, students will need to apply, and the process will serve as a stepping stone for them to aspire to win the prestigious FICS (International Federation of Sports Chiropractic) scholarship. This initiative aims not only to boost student involvement but also to create pathways for grooming future leaders in sports chiropractic.

This initiative is well-supported by the proactive efforts of Melbourne RMIT students, who are organising an SMA (Sports Medicine Australia) Level 1 event scheduled for early 2024.

Furthermore, the Australian 2023 FICS Sports Chiro ICSC Seminar, held in Adelaide, provided an excellent opportunity for students to gain valuable insights and experiences in the field. We are fortunate to have a student from Melbourne RMIT share his experiences from this event.

In summary, ACASC is dedicated to promoting student engagement in sports chiropractic, and these initiatives, along with the support from students themselves, will contribute to the development of future leaders in this field.

**"CRAFTING PATHWAYS TO EXTRAORDINARY ADVENTURES
AND UNPARALLELED OPPORTUNITIES."**



2023 NORTH AMERICAN INDIGENOUS GAMES (NAIG)

BY: SUSAN GRESCHNER

In July 2023, Dr. Brian Seaman, a member of the Class of '82 (CMCC), and a Fellow of the RCCSS(C) since 1988, marked a ground-breaking achievement as the first chiropractor to lead as Chair of Medical Services for the tenth North American Indigenous Games (NAIG). Over 5200 participants, including 4200 athletes and 1000 elders, coaches, managers, chaperones and CDMs (Chef-de-Missions) experienced his exceptional management in Kijipuktuk (Halifax), at the largest-ever multi-sport event ever held in Atlantic Canada.



This pin, pictured above right, was created with the assistance of the cultural staff for the NAIG organizing committee. The green loop is sweet grass which is one of the traditional medicines of the Mi'kmaq people. This also shows the Mi'kma'ki eight-point star representing the eight areas of the Mi'kma'ki region of the Atlantic provinces and part of Quebec. Nepiluet is the Mi'kmaq word for "who will heal you". The petroglyph which is shown is the Mi'kmaq word Nepiluet. The word was given to the Host Medical Team by the cultural staff as being the closest to medical or medical team.

Drawing from his vast experience, Dr. Seaman put together a team of 200 healthcare professionals and 75 support personnel, ensuring a comprehensive medical support system over a one-week timeframe. His team provided a continuity of care and innovative approaches such as "Brave Spaces" for mental health support and rigorous COVID protocols. Host Medical dealt with over 1300 injuries during NAIG 2023.



Photo in PolyClinic of the Mini clinic from the NESS (National Emergency Supply Surplus) which is the area utilized by the physicians and nurse practitioners during the event. Photo of Dr Seaman (CMS) with Amie Lee (Chief Therapist), Dr Chuck Dauphinee (Chiropractor), and Dr Allison McGlashan (Chief Medical officer/Lead Physician).

2023 NORTH AMERICAN INDIGENOUS GAMES (NAIG) CONTINUES.....

Dr. Seaman's legacy will extend beyond the games, with a meticulous plan crafted after regrouping in 2022 from the Covid-related cancellation of NAIG 2020. Over a timeframe of two and a half years, he participated in 185 meetings and volunteered 825 hours to create a multi-disciplinary Poly Clinic, and medical teams for each of the 21 sport venues. His efforts yielded an 80-page manual, plus multiple policies and appendices (totalling 200 pages), paving the way for creating a Host Medical System for managing future NAIG events. His leadership, commitment to athletes' well-being, and dedication to fostering cultural understanding through sports underscored his exceptional impact on the NAIG community and beyond.



Tex Marshall, the President of NAIG 2023, felt that led by Dr. Seaman and his team, these Games had "the absolute best medical system by far," and was confident that Seaman had set new standards for future NAIG events.

Dr. Seaman's hope was that 'at the end of the day' the time spent, and his efforts made a difference to the viability of NAIG in the future. Based on Mr. Marshall's comments, the response would be a resounding yes!



Dr Seaman (far right) with a group of the dedicated volunteers at the PolyClinic



Dr Seaman with a framed medals as a gift from the NAIG Organizing Committee.



The full article, written by Susan Greschner, with Marshall's complete statement on medical at NAIG, will be available in the Fall 2023 issue of CMCC's Primary Contact alumni publication available in October 2023.

CLICK HERE



JJIF WORLD CUP, BEER SHEVA ISRAEL JUNE 2023

OUR EXPERIENCE WORKING AT AN INTERNATIONAL EVENT

BY: DR STEVEN SMILKSTEIN SOUTH AFRICA &
DR JAMES POWER, UK

Dear colleagues and fellow Sports Chiropractors. It is always a privilege to be able to be selected and represent FICS in an international competition.

FICS has a wonderful relationship with many sporting federations but one that is especially growing in popularity is the Jiu-Jitsu International Federation (JJIF). President Rick Frowyn and his amazing team of officials welcomed James and me and treated us as part of their own team, not only including us in briefing us but also introducing us to the athlete body which helped break the ice and encourage athletes to use our facilities from the first day.

Arriving in such a beautiful country such as Israel is always a welcome event. Catching Flights, trains, and taxis to the hotel and the sports venue was simple and easy with little to no hassle at all where we were placed in the hotel, geared up, and taken to the sports arena immediately to set up our designated area which was world-class. We were placed in an advantageous space right next to the warm-up area where the athletes got to see our work first-hand.



The JJIF World Cup competition consisted of 2 days of competition for Junior and Senior (15-16 June) in the No-Gi competition. And 2 days of traditional Gi for Junior and Senior categories. Each form of competition brings its own injuries to manage. The city of Beer Sheva is a special oasis located in the heart of the Negev Desert with a beautiful vibrant modern lifestyle nestled in an ancient Middle Eastern mix of all cultures, playing perfect host to competitors coming from all over the world. Competitors ranged from 16 to 50 and came from countries such as Israel & Palestine, Ukraine, Russia, Poland, Great Britain, Kazakhstan, Mongolia, the United Arab Emirates, Germany, and Croatia to name a few.

JJIF WORLD CUP, BEER SHEVA ISRAEL JUNE 2023 CONTINUES....

Dr Smilkstein pictured right treating an athlete reported that “FICS has managed to unify Sports Chiropractic internationally in such a way that when James and I met, within minutes we established a great working relationship and system that allowed us to work together yet upskill each other in techniques and co-operate on athletes to give the best care for the athletes. We tallied up a collection of 40 patients between the two of us with more than 120 Recorded treatments over the 4 days of competition. We worked tirelessly throughout the day in the desert heat but were showered with happiness and thank you from athletes and families.

Dr Smilkstein said “Dr. James Power was an incredible partner in this event and showed his experience in treating athletes despite language barriers and temperatures that both he and I are not used to. He worked tirelessly and thanks to him we have some incredible footage of the days of working. James kept our spirits high and made sure there was never a dull moment.”



Dr Smilkstein said “Dr. James Power, pictured left, was an incredible partner in this event and showed his experience in treating athletes despite language barriers and temperatures that both he and I are not used to. He worked tirelessly and thanks to him we have some incredible footage of the days of working. James kept our spirits high and made sure there was never a dull moment.”

Dr. Power showed finesse in his work and his quick-thinking diagnostic skills made a few accurate diagnoses that prevented serious injury to a junior athlete who suffered an injury during warm-up. I commend Dr. Power on his patience and his ability to learn on the go. I want to thank Dr James Power for the most incredible experience and hope to work alongside you again in future events! said Dr Smilkstien



JJIF WORLD CUP, BEER SHEVA ISRAEL JUNE 2023 CONTINUES....

Dr James Power talked about his experience at this event :

My experience was one of many feelings, It is no easy task to go to a foreign country with language limitations.

It is a difficult take to travel with beds and equipment from halfway across the globe so ensure that you can arrange for beds at least in the host country. We were not so fortunate and I resorted to paying the extra charge and schlepping my portable table from South Africa to Israel. The reward was worth it.

The need for tape in a sport such as Jiu-Jitsu is a must-have, so ensure you get the supply well in advance. The interaction with the athletes especially young local athletes who have never seen a Chiropractor before was the most uplifting feeling in the world. Seeing these athletes leave your table with all the confidence in the world and winning their matches, is worth every effort of schlepping across the globe.

Being the only form of health care at the competition, and limited resources in strapping (due to short supply) did provide us with some challenges but we managed to help all the athletes that came to us and hold the FICS banner high in the eyes of the JJIF family.

This event was a wonderful learning experience and if invited again to attend, I wouldn't hesitate to take it on again. We got to see firsthand how Sports Chiropractic has become an integral part of the competition.. I hope to see you all at an event soon!



(IMPORTANT NOTE, GOOGLE TRANSLATE IS A MUST-HAVE TOOL AT ANY INTERNATIONAL EVENT).



Below: Left to right: Dr James Power; President of the JJIF: Rick Frowyn,(NED); Dr Steven Smilkstein



WORLD FLYING DISC FEDERATION ASIA OCEANIC ULTIMATE AND GUTS CHAMPIONSHIPS HELD IN MANILA FROM SEPT 6-9, 2023.

BY: DR MARTIN CAMARA

FICS had three volunteers from the Philippines NCSC (National Council Sports Chiropractic) recently attend the World Flying Disc Federation Asia Oceanic Ultimate and Guts Championships held in Manila from Sept 6-9, 2023.

Dr Martin Camara, Dr Miguel Camara and Dr Joshua Winslow were able to represent FICS by delivering 99 Sports Chiropractic Treatments over the 2 competition days.

One of the values of FICS is mentoring. This event also had aspiring sports chiropractic interns and doctors from Malaysia who observed our FICS Sports chiropractors work on the elite flying disc athletes competing in this event.



*It was a fun and enriching event for the athletes, sports chiropractors,
FICS and the WFDF.*



Introducing Venom Go[®]

The Venom Go by Hyperice is a revolutionary heat + vibration wearable with unmatched versatility and customization. Choose from 9 combinations of heat and vibration to soothe sore muscles in an instant. Place the Venom Go wherever your body needs it most and remove with ease – completely reusable with up to 20 uses per pad.

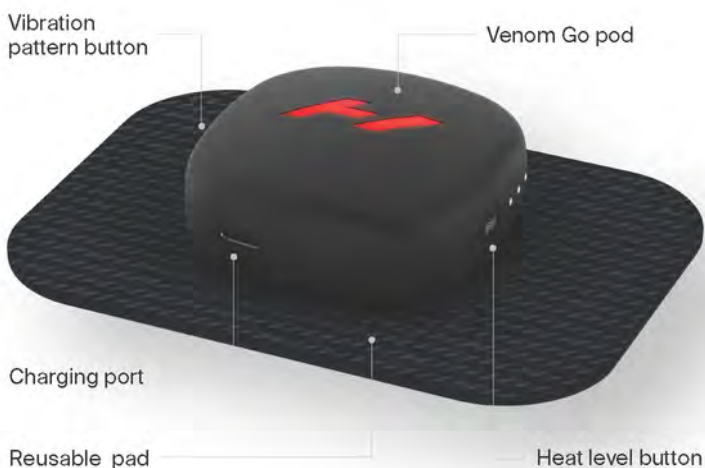


A heated massage that goes anywhere

Soothing HyperHeat™ with therapeutic vibration combine to relieve sore, stiff muscles and promote wellness. Designed to move, the Venom Go provides lasting benefits anytime, anywhere.

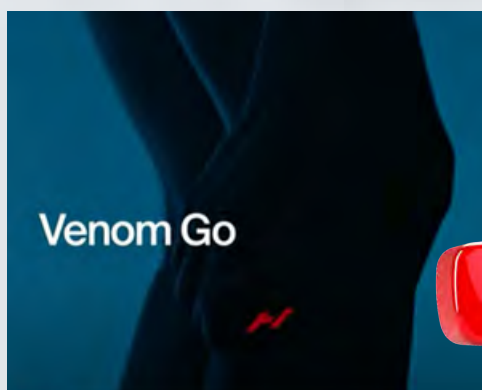


Product details



What's included

- Venom Go pod
- USB charging cable
- Reusable pads (3)



YouTube Product demonstration

15% Discount on Hyperice Products

Login to your FICS member dashboard to access a 15% discount code on all Hyperice products from [Hyperice.com](https://www.hyperice.com)

Discount is available for use by FICS members in the following countries: USA, UK, Germany, Spain, Italy, France, Portugal

Rehab@hyperice.com

CSIT GAMES ITALY JUNE 2023 - MY EXPERIENCE

BY: DR RYAN CEVOLA SPAIN

The 2023 CSIT World Sports Games unfolded in the picturesque beachside haven of Cervia, Italy. After a refreshing flight, we embarked on a one-hour bus journey to our beachfront hotel. There, I rendezvoused with my roommate, Dr. Ray Gaskey, representing the USA, and we relished a delightful dinner at the hotel alongside some of the esteemed FICS team.

Our early arrival on Monday was a unique occurrence, with just five of us touching down, as most sports were slated to commence on Wednesday. Dr. Gaskey and I were entrusted with the exhilarating task of tending to the athletes at the swimming venue. Bright and early on Tuesday, we staked out the perfect spot for our chiropractic tables, bracing ourselves for a day filled with athlete care, beginning at the crack of dawn at 8:30 am.

Our hands were full as we attended to over 50 swimmers throughout the day. After our rewarding yet tiring stint at the event, we retreated to the hotel for a scrumptious dinner and a warm welcome to the rest of the team, who had just arrived.

The inaugural team meeting was a bustling gathering, reuniting with familiar faces from past events and making the acquaintance of newcomers. As we discussed the upcoming schedule, we were assigned into 11 teams, each comprising two chiropractors.

Among them was Dr. Tim Ray, serving on the medical commission for CSIT and the FICS chef de mission for this event. Dr. Chris Wood from the UK led our team, while Dr. Shea Stark from the USA took charge of the students who were assisting us doctors with treatment data collection.



Dr. Gino Campanelli, hailing from Italy, played a pivotal role by orchestrating the provision of portable chiropractic tables through the Italian Chiropractic Association.

The pinnacle of anticipation arrived on Wednesday with the grand opening ceremony. Dressed in our FICS Sports chiropractic uniforms, we marched in unison with representatives from all nations to the main plaza in town, accompanied by the spirited tunes of a marching band. It was a heartwarming sight to witness our diverse chiropractic team come together as one, uniting under the banner of our profession before dispersing to our respective venues the following day.



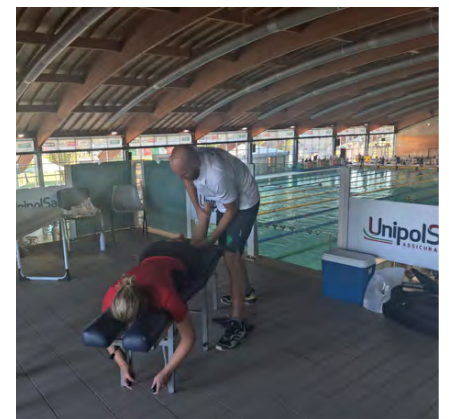
CSIT GAMES ITALY JUNE 2023 - MY EXPERIENCE CONTINUES.....

During the next few days, I remained stationed at the bustling swimming venue, and with each passing day, the tempo of activity surged. After dedicatedly tending to our athletes, we would reconvene as a team for dinner – a precious opportunity to unwind and swap tales from our day's exploits. This is a sacred time when we bond over our shared experiences, an inexhaustible well of stories that never ceases to amaze me. Even after 11 years in the chiropractic field, I continue to encounter fresh narratives that inspire and humble me.

Following dinner, we would gather outdoors by the shimmering swimming pool for our team meeting. Here, we hashed out scheduling changes, addressed any challenges, and brainstormed strategies for handling various situations. Once the meeting concluded, some of us would saunter across the street for delectable gelato ice cream and engrossing conversations.

The whirlwind of five days passed in the blink of an eye, and as a team, we tallied nearly 800 recorded treatments. We remained steadfast in our mission: "Every athlete deserves access to sports chiropractic." Regrettably, with over 30 different sports in the mix, we couldn't cover every event.

The need for more chiropractors at these events was apparent, although that decision ultimately rested with the organizers at CSIT, not FICS. Hopefully, our exceptional performance this week will resonate, leading to an increased chiropractic presence at the next CSIT World Sports Games, slated for Greece in 2025.



Amidst the whirlwind of treating athletes, camaraderie with fellow chiropractors, and basking in the seaside ambiance of Cervia, I found immense joy and fulfillment in this experience.

Sharing some of my favourite moments with you.

Yours in Sports Chiropractic
Dr Ryan M. Cevola D.C. ICSC

WORLD TUG OF WAR CHAMPIONSHIPS SURSEE, SWITZERLAND 2023

BY: DR ROB SCOTT UK

Despite attempts by British Air Traffic Control, and communication issues over whether we should leave Basel airport on the French or German side, all four chiropractors travelling from America, Canada and the UK to Zurich and Basel managed to arrive at Sursee within about 20 minutes of each other! A good start!

Drs Mark Strudwick, Kaila Alvarez, Shauna Dunbar and Rob Scott made up the team and we had a whole day to find our way around the huge and seemingly complex, convoluted campus at Sursee. We located our tent and got our paperwork sorted out, met with the TWIF great and good and were ready for an 8:30 start the next morning.

The weather had been a bit wet on arrival and the repurposed corn field looked a bit sad there were fears about how it would hold up but fortunately, the sun shone for the next four days, and the ground dried up. Our tent was perfectly placed but unfortunately had only a mud floor which was causing concerns but after a few conversations we were rewarded with a wooden floor and a perfect outdoor clinic!

Normally, there is a slow start to the first day, but we got hit with rush hour right from the start and it continued like that for the rest of the competition. Fortunately, the Swiss organisation had thoughtfully located a bar on the way back to our rooms, so we easily earned our evening pit stop. And I must congratulate the team on the way they worked non-stop without complaint – plenty of water and coffee definitely helped but it was hot, noisy and incessant.

On the work side, we treated 263 patients in 4 days and another 91 for follow-up treatment. As you would expect from tug of war the majority of injuries were to the lumbar and thoracic spine but we had an ankle and a TMJ to keep the variety going.

People often ask who won and the answer is that there are 12 different competitions and sometimes there are 2 or 3 going on at the same time and unless you are able to watch the whole process it is very difficult to know what is going on



WORLD TUG OF WAR CHAMPIONSHIPS SWITZERLAND CONTINUES.....

and it is only the raised volume of pitch side noise that lets us know a final is happening. But the Swiss, Basque Country and Chinese Taipei definitely came away winners in many of the categories.

In the evenings they had medal ceremonies which were great fun and the whole tug-of-war family, which is quite small, came to celebrate. And they do know how to celebrate!

The opening ceremony for the World Championships was also great fun with the Swiss cultural staples of yodelling, alpenhorn, rope skipping and cow bells – always cow bells!

And after 4 hot days, it was all over, and we dispersed around Europe. Kaila went to work at the CSIT Games in Italy for FICS, Mark and I had holidays in Switzerland and Shauna caught up with close family who she had not seen for years because of Covid!

Switzerland is a lovely country, fantastically green with a constant backdrop of mountains, it is incredibly expensive and as you go through the countryside you can always hear the cow bells!

My thanks to TWIF for looking after us again. They are well-oiled machines and whilst we don't bother them too much, nothing is a problem for them, and I know they appreciate our work as much as we appreciate their cooperation.

And finally, a big thank you to Mark, Kaila and Shauna for your hard work, and your diligence with the note-taking (it was almost perfect!) and I hope we can meet again at some amazing sports event and relive the memories we made, but without the cow bells.



'The prehab and rehab revolution',
Re-programme yourself!

- True Laser
- Collimated
- Unidirectional
- Monochromatic



THIS IS THE FUTURE,

we have a duty to make sure we aren't left in the past!



"keep evolving what you do and what you offer or run the risk of being left behind."

- Dr. Robert Silverman

DC, DACBN, DGCBCN, MS, CCN, CNS, CSCS, CIISN, CKTP, CES, HKC, FAKTR
Chiropractic Doctor, Clinical Nutritionist, ACA Sports Council Chiropractor of the year 2015,
author of Amazon #bestseller, 'Inside-Out Health'

The World's Most Advanced non thermal 'true' lasers!

The Erchonia Lasers are just the tool to help you win your fight against pain and return you back to full fitness quicker! Backed by nearly 2 decades of research

- Acute Pain • Chronic Pain
- Inflammation • 18 US FDA clearances

Join the Erchonia revolution, be leaders in your field

Ph: +44 (0) 1491 821 135 | Email: info@erchoniaeurope.com



©2019 US PAT 6,013,096; US PAT 6,746,473 For additional US and International patents and patent pending information

CHIROPRACTIC RESEARCH

RECOMMENDED READING - NEWLY RELEASED

RESEARCH APRIL 2023

BY FICS RESEARCH COMMISSION



Gorrell LM, Nyirö L, Pasquier M, Pagé I, Heneghan NR, Schweinhardt P, Descarreaux M.

Spinal manipulation characteristics: a scoping literature review of force-time characteristics.

Chiropr Man Therap. 2023 Sep 13;31(1):36. doi: 10.1186/s12998-023-00512-1.

Background: Spinal manipulation (SM) is a recommended and effective treatment for musculoskeletal disorders. Biomechanical (kinetic) parameters (e.g. preload/peak force, rate of force application and thrust duration) can be measured during SM, quantifying the intervention. Understanding these force-time characteristics is the first step towards identifying possible active ingredient/s responsible for the clinical effectiveness of SM. Few studies have quantified SM force-time characteristics and with considerable heterogeneity evident, interpretation of findings is difficult. The aim of this study was to synthesise the literature describing force-time characteristics of manual SM.

Keywords: Biomechanics; Force-time characteristics; Kinematics; Kinetics; Spinal manipulation; Spine Pain.



Glucina TT, Krägeloh CU, Spencer K, Holt K.

Defining chiropractic professional identity: A concept analysis.

J Bodyw Mov Ther. 2023 Jul;35:75-83. doi: 10.1016/j.jbmt.2023.04.047.

Background: The concept of professional identity within chiropractic is often discussed and debated, however in the field to date, there is no formal definition of chiropractic professional identity (CPI). This article aims to create a coherent definition of CPI and to formalise the conceptual domains that may encompass it.

Keywords: Chiropractic; Concept analysis; Identity; Professional identity.

CHIROPRACTIC RESEARCH

RECOMMENDED READING

BY FICS RESEARCH COMMISSION



READ MORE

Bordalo M, Serner A, Yamashiro E, Al-Musa E, Djadoun MA, Al-Khelaifi K, Schumacher YO, Al-Kuwari AJ, Massey A, D'Hooghe P, Cardinale M.

Imaging detected sports injuries and imaging-guided interventions in athletes during the 2022 FIFA football (soccer) World Cup.

Skeletal Radiol. 2023 Sep 16. doi: 10.1007/s00256-023-04451-z.

Background and objectives: To describe imaging-detected musculoskeletal injuries and image-guided interventional procedures during the 2022 FIFA football (soccer) World Cup

Keywords: Football; Image-guided procedure; MRI; Musculoskeletal; Radiography; Radiology; Soccer; Sports injuries; US



READ MORE

Dow B, Doucet D, Vemu SM, Boddapati V, Marco RAW, Hirase T.

Characterizing neck injuries in the national football league: a descriptive epidemiology study.

BMC Musculoskelet Disord. 2023 Sep 2;24(1):702. doi: 10.1186/s12891-023-06830-y.

Background: Neck injury is a common and often debilitating injury among athletes participating in American football. Limited data exists regarding neck injuries among elite athletes in the National Football League (NFL). To characterize the epidemiology of non-season ending, season-ending, and career-ending neck injuries in the NFL from 2016 through 2021.

Keywords: American football; Cervical spine injury; Neck injury; Sports trauma; Tackling techniques.

When opportunity knocks will you be ready to answer the door

<https://fics.sport>



Every Athlete Deserves Access to Sports Chiropractic

FICS NEWS - SEPTEMBER 2023