



FICS AROUND THE WORLD

Every athlete deserves access to Sports Chiropractic
To empower athletes so they can achieve their optimal performance naturally
February 2020



Update from the desk of the SecGen

Dear FICS Friends and members.

About 6 weeks ago, I was honored to be selected to serve our profession as the new Secretary General of FICS. While I have just begun what is shaping up as a steep learning curve, it has been incredibly fulfilling even in this short time.

The folks that I have met in FICS including the volunteers, my predecessor Graeme and his and now my right arm Trish, have as much if not more enthusiasm and passion for Sports Chiropractic than any I have worked with for over 30 years.

I graduated from chiropractic college in 1981 and almost immediately began taking courses to learn what I could about the care and prevention of sports injuries. I was fortunate to be enrolled in one of the first CCSP programs offered in the US. Shortly thereafter, I began to work with teams in my local community. As time passed, I became the field doc for football and multiple other sports. I eventually began to teach sports chiropractic courses at 2 chiropractic colleges and traveled and taught extensively to associations across the globe. I had the honor of working at the 2002 Olympic games for the Speed skating team and covered many world cups. In 2005 I enjoyed being on the team for FICS first partnership in the World Games. A few years later I developed an interest in health care politics and soon found myself working with the American Chiropractic Association (ACA) in many leadership roles which culminated in a term as president for 3 years ending in 2014. I now am back in full time practice in Connecticut in the US and am working again with many athletes and regular folks who love sport.

In my role at FICS I plan to combine my experiences both from my work with athletes and athletic teams, as well as what I have learned about non-profit organizational administration in my 15 years in the leadership of the ACA. With these experiences and building on the work of many volunteers and staff, I hope to help FICS and all its members, not only succeed but thrive.

In my monthly updates to you, I plan on sharing both some interesting and enjoyable information for your use and consumption. Some will be sharing highlights from FICS commissions. Others from our business partners and other supporters who have information you may find interesting.

Today I wanted to share with you a bit of information about one of our most important sponsors. Dynamic tape. Dynamic tape is NOT a kinesiology tape nor is it a rigid athletic tape. Its unique properties, 4-way stretch, and different grades of stretch, strength, and recoil have revolutionized how clinicians think about therapeutic taping. Through its structure



it can take load, assist where weak or injured or to correct movement and function. If you want to learn more take a look at their site <http://dynamictape.com/provider/> If you have an interest in purchasing from them we are working on a discount code for FICS members.

This was an article discussing chiropractic and opioids sent to me by a member and was recently published by Reuters. <https://www.google.com/amp/s/mobile.reuters.com/article/amp/idUSKBN1X32MW> Given that 64 % of opioid prescriptions are for MSK conditions, I thought it would be interesting to our membership.

Last week Dr Brian Nook represented FICS at the World Games Medical Commission to plan the medical support for the World games in 2021. The games will be held in July 2021 in Birmingham Alabama. Dr Brian Nook was quoted as saying as he left the meeting, “be assured that FICS and Chiropractic will be directly involved win providing sports chiropractic care next year to all of the athletes and working with a fantastic medical team”

If you have an interest in participating as a doc in any of the international games that FICS has developed agreements with to offer Chiropractic care, if you haven't already, plan on getting your international chiropractic sports certificate completed as soon as possible. We have classes planned in Mexico City in March. Johannesburg and New jersey in April. Melbourne in May and Madrid in June contact admin@ficsport.org for more information.

All information in regards to these and many more opportunities to attend seminars can be found on our website <https://fics.sport/iccsp-hands-on-modules/>.

I look forward to keeping in touch with you, our members and supporters on a regular basis. Please feel free to contact me with any suggestions or thoughts you would like to share.

Sincerely,
Keith Overland, DC
FICS Secretary General
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