



INTEGRITY IN SPORT (ICSC02) THE CHIROPRACTIC SPORTS PHYSICIAN ETHICAL GUIDELINES IN CARE

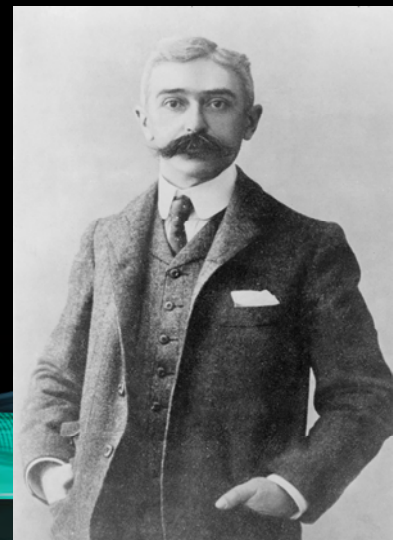
Instructor: Dr Christine Foss MD, DC, MS. Ed., ATC, DACBSP, ICSC

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WHAT IS OLYMPISM?

The concept of Olympism was created more than 120 years ago by Pierre de Coubertin, (pictured on the right), founder of the modern Olympic Movement. Coubertin was passionate about making the world a better place through sport.

That's why he established the Olympic Movement. He believed sport could help bring communities together, stop war and promote healthy competition free from cheating and discrimination. Ultimately, Coubertin wanted to show how sport can make the world a better place by encouraging friendship, togetherness and fair play.



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WHY IS THIS IMPORTANT

<https://stillmed.olympic.org/media/Document%20Library/OlympicOrg/Documents/Document-Set-Teachers-The-Main-Olympic-Topics/Olympism-and-the-Olympic-Movement.pdf>



OLYMPISM AND THE OLYMPIC MOVEMENT WHAT IS OLYMPIISM?

WHAT IS OLYMPIISM?

Olympism is a **philosophy of life** which places **sport at the service of humanity**. This philosophy is based on the interaction of the qualities of the **body, will and mind**. Olympism is expressed through actions which link **sport to culture and education**.

This philosophy is an essential element of the Olympic Movement and the celebration of the Games. It is also what makes them unique.

The pursuit of this ideal and the other "fundamental principles of Olympism" [set out in the Olympic Charter] gives rise to a series of values, which are applicable both on the field of play and in everyday life.

The IOC has identified the following **three Olympic values**:

Excellence In the Olympic ideal, this value refers to giving one's best, on the field of play or in life, without measuring oneself with others, but above all aiming at reaching one's personal objectives with determination in the effort. It is not only about winning, but mainly about participating, making progress against personal goals, striving to be and to do our best in our daily lives and benefiting from the combination of a strong body, will and mind.

Friendship Men and women are at the centres of the Olympic Movement, focus encouraging the links and mutual understanding between people. This value broadly refers to building a peaceful and better world through solidarity, team spirit and optimism in sport.

The Olympic Games inspire humanity to overcome political, economic, gender, racial or religious differences and forge friendships in spite of those differences. The athletes express this value by forming life-long bonds with their team-mates as well as their opponents.

Respect In the Olympic ideal, this value represents the ethical principle that should inspire all who participate in the Olympic programmes. It includes respect for oneself and one's body, respect for one another, for rules and for the environment. It thus refers to the fair play that each athlete has to display in sport, as well as avoiding doping.

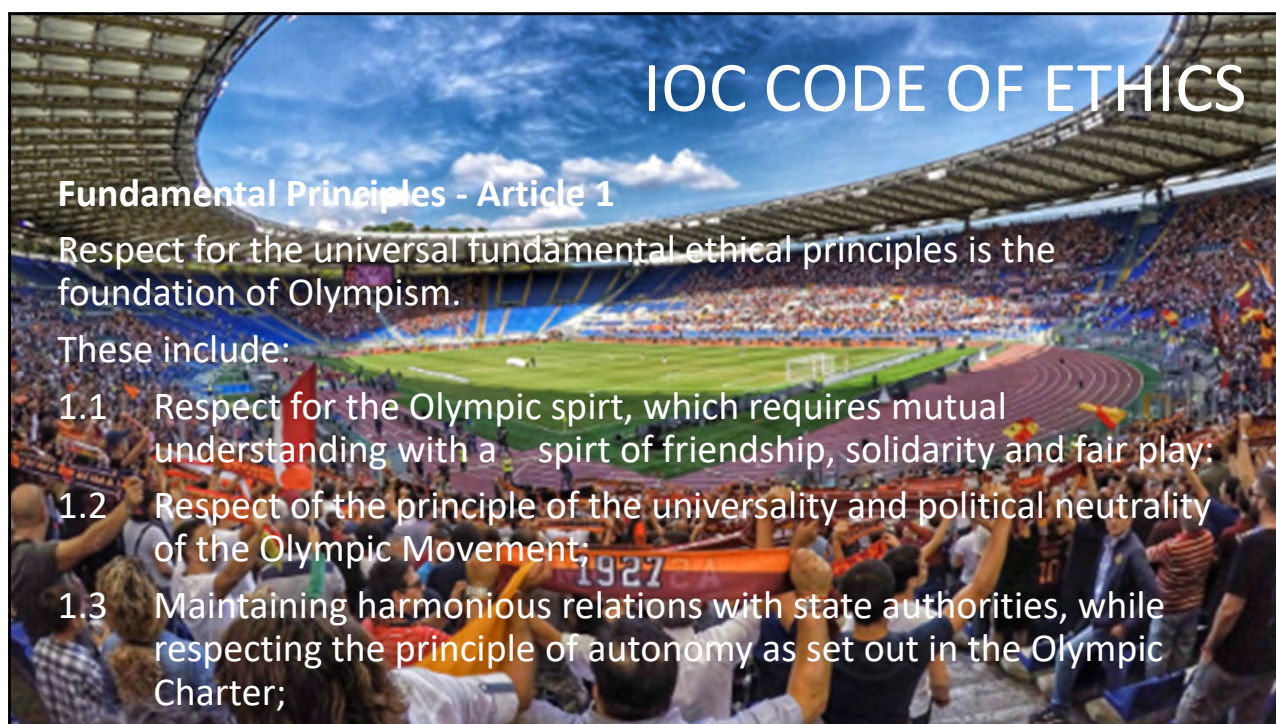
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IOC CODE OF ETHICS

The International Olympic Committee and each of its members and its administration, the National Olympic Committees, the International Federations, the cities taking part in any type of candidature procedures of the IOC, the Organising Committees for the Olympics Games, Olympic Games participants and the Recognised Organisation (hereinafter "the Olympic parties") restate their commitment to the Olympic Charter and in particular its Fundamental Principles, and reaffirm their loyalty to the Olympics ideal inspired by Pierre de Coubertin.

The Olympic parties undertake to disseminate the culture of ethics and integrity within their respective areas of competence and to serve as role models.

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IOC CODE OF ETHICS

Fundamental Principles - Article 1

Respect for the universal fundamental ethical principles is the foundation of Olympism.

These include:

- 1.1 Respect for the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity and fair play;
- 1.2 Respect of the principle of the universality and political neutrality of the Olympic Movement;
- 1.3 Maintaining harmonious relations with state authorities, while respecting the principle of autonomy as set out in the Olympic Charter;

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IOC CODE OF ETHICS

- 1.4 Respect for International conventions on protecting human rights insofar as they apply to the Olympic Games' activities and which ensure in particular:
 - Respect for human dignity;
 - Rejection of discrimination of any kind on whatever grounds, be it race, colour, sex, sexual orientation, language, religion, political or other opinion, national or social origin, property, birth or other status; and
 - Rejection of all forms of harassment and abuse, be it physical, professional, and any physical or mental injuries.

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FAIR PLAY AND THE OLYMPIC GAMES

Since the inception of the modern Olympic Games, *Fair Play* has been a priority for its organizers. This is mainly because Pierre de Coubertin and his colleagues recognized the importance of rule adherence and contesting in good spirit as essential to the fulfillment, enjoyment and success of sporting competition – an ideal that they borrowed from their Olympic predecessors – the Greeks. The International Olympic Committee has been committed to instilling the values of fair play among its over 200 member nations, with the assistance of dedicated international sport organizations such as the World Anti-Doping Agency.

https://stillmed.olympic.org/Documents/OVER/Seychelles/12_4_FairPlay.pdf

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What is Fair Play?

"Fair play is a complex concept that comprises and embodies a number of fundamental values that are not only integral to sport but relevant in everyday life.

Fair competition, respect, friendship, team spirit, equality, sport without doping, respect for written and unwritten rules such as integrity, solidarity, tolerance, care, excellence and joy, are the building blocks of fair play that can be experienced and learnt both on and off the field."

Pic and text from:

<http://www.fairplayinternational.org/what-is-fair-play>



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WHAT IS A CHIROPRACTIC SPORTS PHYSICIAN?

- Incorporates not only the care of the injured athlete, but also concepts of general health, preventative care and wellness.
- A sports medicine practitioner consults with and cares for athletes of varying levels of activity and competitiveness.
- This may also include those that exercise, or enjoy fitness
- Although on the field care is an important aspect of being a sports physician, the skills utilized as a sports physician will enhance clinical care of athletes of all types and skill levels.
- *Hyde

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WHAT DOES IT MEAN TO BE A CHIROPRACTIC SPORT PHYSICIAN?

- Are you required to work on the field?
- Are you required to practice a certain way?



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PHILOSOPHY OF THE CHIROPRACTIC SPORTS PHYSICIAN

The optimum approach to health of the athlete should not be limited to a single practitioner's belief system (Hyde)



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SPORT PHYSICIAN RESPONSIBILITIES

This may look very different depending on your role and the team you are looking after.



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Understand what injuries are high risk for that sport

Look at the mechanisms of injury for the sport

KNOW THE SPORT YOU ARE WORKING WITH!!



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BASIC GOALS AND GUIDING PRINCIPLES

Treatment of injuries directly

Treatment to improve the athlete's overall ability to return to optimal function and performance

Treatment of any underlying cause of injury

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TREATMENT PLAN??

- What guides your approach to care



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INJURIES IN SPORT

Stats on sports injuries

Extrinsic Factors in Sport Injuries

- Level of competition
- Guilt Level
- Duration and Intensity of competition
- Length of time in sport
- Weather
- Protective equipment
- Clothing
- Sport Equipment/Implement
- Competition surface/field
- Position on field
- Unknown obstacles
- Tape/bracing

Intrinsic Factors in Sports Injuries

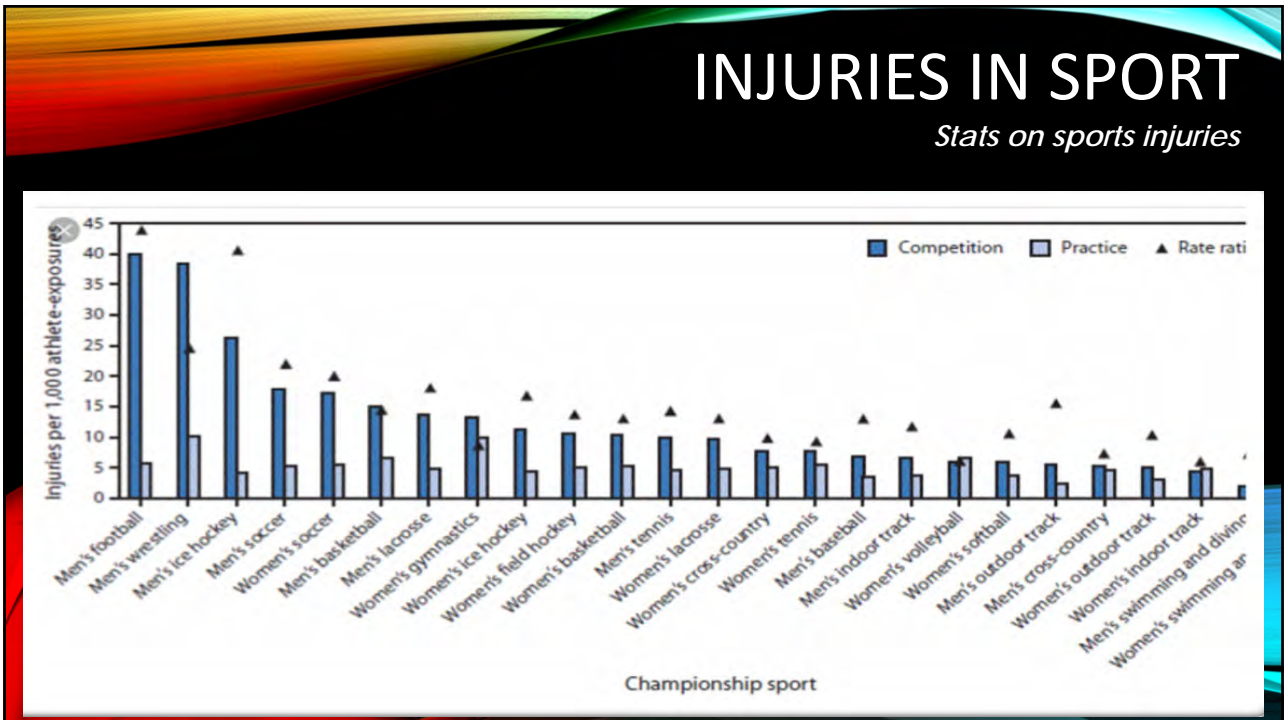
- Age
- Gender
- Hormonal changes
- Previous injury
- Inadequate treatment/rehab
- Psychological weight
- Fitness/strength level
- Body size/type
- Upper/lower limb dominance
- General/specific joint laxity
- Muscle imbalance/hyper/hypotonicity
- Joint dysfunction
- Abnormal neuromechanical function
- Asymmetrical limb measurements
- Anatomical morphology and alignment
- Posture
- Insufficient warm-up, cool down, recovery
- Poor Technique
- Inadequate concentration
- Supramaximal workload or overstrain

*Hyde: Conservative Management of Sports Injuries

The largest number of injuries to athletes are of musculoskeletal origin particularly soft tissue (Hyde)

Both intrinsic and extrinsic factors relate to sport injuries

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PRACTICES/GAMES COVERAGE

Understanding your role

Preseason, during season, post season

What is the schedule of the athletes and what are the expectations for coverage

Pre-practice/game care

Post practice/game care




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WORKING WITH A TEAM

- What is expected each day
- Coverage of events
- Reporting to coaches
- Communication with Doctors
- Communication with Families if needed



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PRACTICES/GAME COVERAGE


Working with a team is very rewarding.

Patient – Doctor consent to treat

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IS THE AGE OF THE ATHLETE A FACTOR?

- The age of the patient is a very important factor.
- Some injuries are only seen in certain age groups
- Some diseases are not sports injuries although they may present as such
- The age is a determining factor in overall prognosis



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AGE OF ATHLETE AND INJURY PREDISPOSITION

- Athletic performance is inversely proportional to age
- Athletic intensity and duration also decrease with age
- Different injuries with different age groups
- Growth centers and injuries



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THE GENDER OF THE ATHLETE

Injury rates among women are statistically not different than males. However, there is a differences in the rate of injury for different body parts. For example, boys have a higher rate of injury due to increased participation in higher risk sports.



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STATS ON INJURY FEMALE VS MALES

- Predisposition to injury
- Decreased stroke volume due to decreases size of heart
- Women have a 30% decreased maximal cardiac output.
- Women have a higher respiratory rate and less total lung capacity than men.
- However, for some reason women have a greater fatigue resistance than equally trained men
- Women outperform men in cold water endurance challenges (needs more research for explanation)



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ACL INJURY GENDER

- Women jump and land with quads contracting
- Men jump and land with hamstring contraction



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INJURY IN SPORT

Understand the physiological processes of healing when treating athletes

This helps you build your timelines for return to play.

Medical Math



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DISSECTING THE COMPLAINT OF AN ATHLETE




-  MECHANISM OF INJURY
-  ASSOCIATED "SOUNDS" OF THE INJURY
-  HISTORY OF PREVIOUS INJURY TO THE REGION
-  PAIN QUALITY
-  ABILITY TO AMBULATE OR USE THE LIMB
-  COULD YOU CONTINUE PLAYING?

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THE TERRAIN OF THE INJURY



- Where did the injury occur?
- Turf
- Grass
- Road
- Mat
- Track
- Court

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DIFFERENT SURFACES

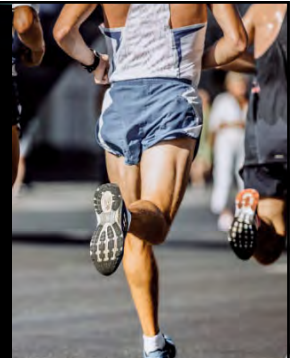
Stats of injury on different surfaces

Grass vs Turf

Road vs track

Off road vs road

Mats (thickness/type)



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ONSET OF THE COMPLAINT

- Acute
- Chronic
- Time of Day
- Activity
- Periodization of activity



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TREATMENT

Pre Game

- Maximize Performance
- Facilitation
- Mobilization
- Increase tissue temp
- Activation of muscles

Don't forget about the psychological component of pre - game



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Post-Game

- Triage injuries
- Reassess injuries
- Grade and score injuries to project care and recovery
- Develop treatment plan
- Compression
- Stabilization
- Stretch/flush



Don't forget about psychological component of post game performance

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Psychological considerations of injury

- The advice you give to an injured athlete is considered active care
- This can also be deemed the athlete's involvement phase of treatment management plan.



Don't forget about psychological component of post game performance

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On the Field

What are you allowed to do on the field for the athlete

- Wrestling
- Football
- Track
- Gymnastics
- Other sports



Know the rules of when you can run onto the field to assess an athlete. Every sport and level of sport is different.

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On the Field

Examination on the Field of play

- Brief but thorough
- Have a plan
- Communication with the athlete
- Previous history
- Acute / Chronic
- Can you transport



Danger for self and injured athlete. Is the game still playing or has the game stopped

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On the Field

Examination on the Field of play

- Scene safety
- Primary survey
- Location of the injury
- Pulses, sensation, motor control
- Communicate with athlete
- Do you need to immobilize
- Do you need assistance
- Can the athlete walk off



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Sideline Assessment

Examination on sideline more complete exam. Begin again with your survey

- Pulses
- Sensation
- Movement
- ROM
- Palpation
- Ortho Test
- Diagnosis



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Sideline Assessment

Do you need to transport athlete or send to training room with assistance?

- Can the athlete safely be on the field for the remainder of the game/practice?
- Is there someone in the training room to assist the athlete if needed.
- Can the athlete sit on the bench with you keeping an eye on the injury



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Sideline Care

- More in depth look at the injury
- Ruling in or out injured structures
- Ruling in or out return to play
- Tape, Brace, Splint, ER, Surgical Consult



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Sideline Assessment Plan

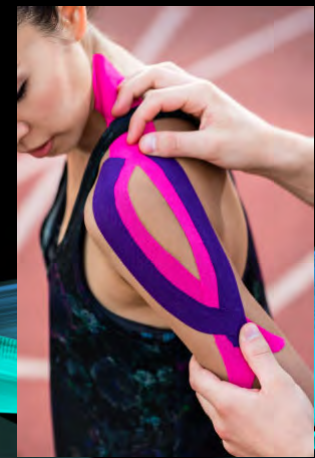
- EMS
- Sideline re-eval
- Function Testing
- Tape
- Brace
- Communication with athlete
- Communication with coaches



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Sideline Assessment Plan

- Can the athlete play
- Can you tape or brace for play
- Safety must be considered above all else



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SIDELINE FUNCTIONAL EVALUATION

- You have completed your sideline re-evaluation
- You decide the athlete may be a candidate to re-evaluate further for return to play
- To be eligible to return to play.....

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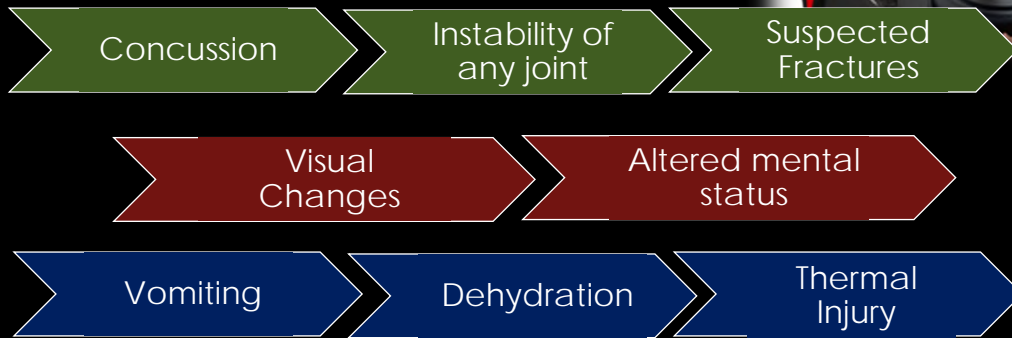
SIDELINE EVALUATION RETURN TO PLAY

- **To be done AFTER** you have established, the athlete are stable and safe to attempt functional evaluation
- Begin with movement in a stable position
- Standing
- Walking

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RETURN TO PLAY SAME DAY PROCEDURES

The athlete MUST NOT have any of the following



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RETURNING INJURED ATHLETE TO PLAY

Make notes on athlete asap on sideline to keep track of injuries during the game/practice

Begin by making sure the athlete will be safe and not re-injure the area by returning to play

Tape or Brace. Keep in mind sport and what you can tape or brace

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RETURNING INJURED ATHLETE TO PLAY

Discuss risks with athlete and make them part of the decision-making process

Inform the coaches as to the status of the athlete

Don't forget the psychological part of the injury

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RETURNING TO PLAY PROTOCOLS

Sideline secondary return assessment

Active assessment of athlete

Keep in mind what the sport requires them to do and position or event.

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SIDELINE RETURN TO PLAY PROTOCOLS

After you have established they can walk, jog and run without limp or altered gait, then you progress to sport specific functional evaluation



Dribbling shooting, passing

Handstand, cartwheel, back walkover, back handspring etc

Cutting, jumping, sprinting



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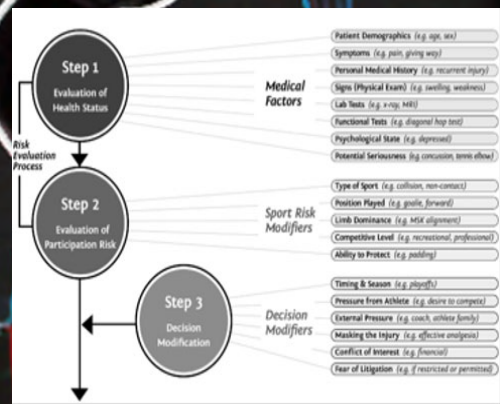
FUNCTIONAL EVALUATION FOR RETURN TO PLAY

Sport specific functional evaluation

Watch this part carefully for change in technique, altered mental status, breaks in form, difficulty executing tasks, overall affect

The athlete may or may not know what they can do

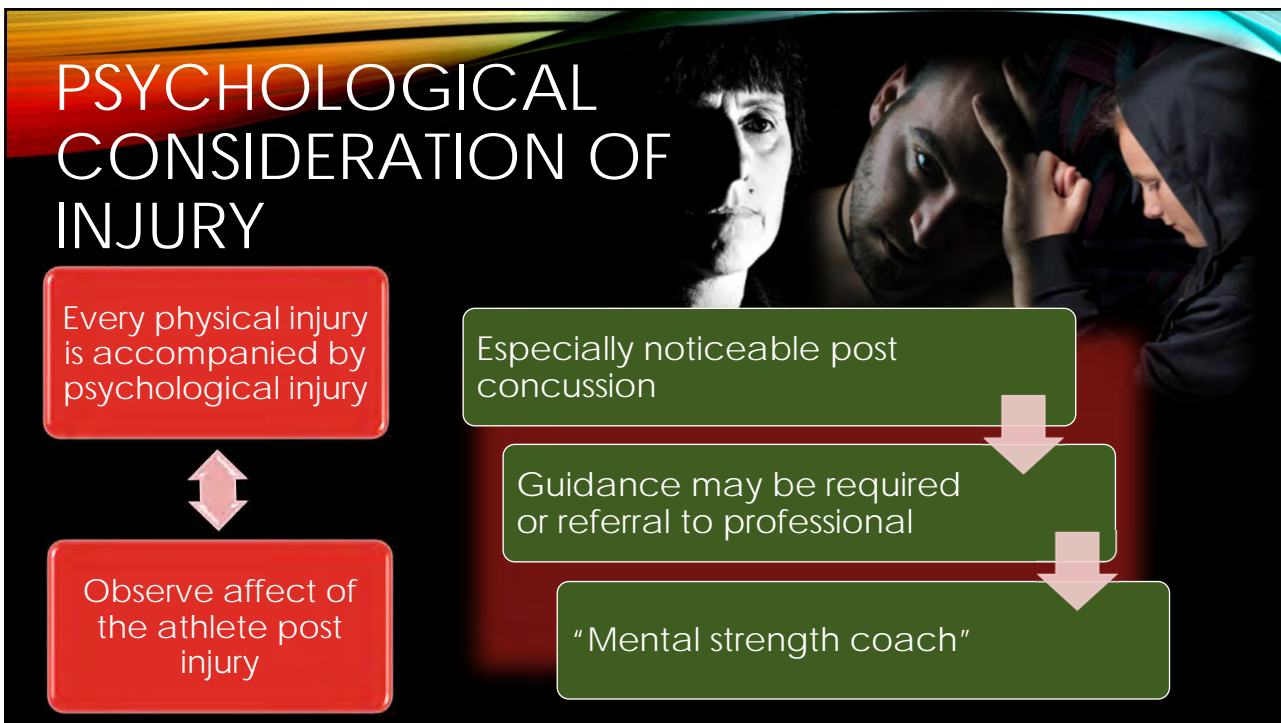
Adrenaline is a powerful drug. Keep the goals realistic



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OTHER PROFESSIONALS ON THE FIELD

When caring for athletes on the field you could be the only provider. Know ahead of time so you can prepare and have the proper equipment

The only provider

Part of a team such as MD, Massage, PT etc

Working with EMS

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COMMUNICATION WITH COACHES



Set the standard of communication with the coach regarding injuries



Respect athlete's privacy



Only discuss the injury if your athletes wishes.



Make sure you have written permission to discuss with coaches

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The screenshot shows the website for the U.S. Center for Safesport. At the top left is the logo, which consists of a stylized 'S' followed by the text 'U.S. CENTER FOR SAFESPORT'. To the right of the logo is a search bar with the text 'SUPPORT OUR MISSION' and a magnifying glass icon. Below the logo and search bar is a navigation menu with five items: 'ABOUT', 'TRAINING AND EDUCATION', 'RESPONSE AND RESOLUTION', 'NGB SERVICES', and 'REPORT A CONCERN'. The main content area features a large image of athletes in white and blue uniforms with their arms raised in celebration. Overlaid on this image is the text 'TRAINING AND EDUCATION' in large, white, bold letters. Below the image is a section titled 'CHANGING THE CULTURE THROUGH EDUCATION' in bold, dark blue letters. Underneath this title is a paragraph of text: 'Education and awareness are the most critical components to creating safe and respectful sporting environments free of abuse and harassment. Our team of subject matter experts develops best practices, policies, and programs consistent with guidance from leading experts, national advocacy groups, and confidential service providers. The Center is continuously building its repository of best practices, courses, and guides and is eager to work with your organization to **Champion Respect and End Abuse** in sports.' At the bottom of this section is another paragraph: 'Prevention starts with team leaders—coaches, trainers, doctors, volunteers, mentors, and even parents. We are committed to training these influencers through our online training courses, guides, and toolkits. Learn more about how our resources can help your leadership make...'. To the right of this second paragraph is a small circular icon containing a stylized human figure.

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The graphic features a dark background with a colorful, abstract wave-like pattern in shades of red, orange, and blue. On the left side, the text 'ABILITY TO COORDINATE CARE WITH YOUR TEAM' is written in large, white, sans-serif capital letters. Below this text is a paragraph: 'By understanding your role you can facilitate the coordination of care. This will best serve the athlete'. To the right of the text are two photographs. The top photograph shows an athlete lying on a blue massage table in a poolside area, with a person in a blue shirt attending to them. The bottom photograph shows a medical professional in a white shirt performing a physical examination on an athlete's back, with two other people standing nearby.

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DIFFERENT APPROACHES FOR DIFFERENT CONDITIONS

Some injuries have only one plan of action



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CLEAR AND DEFINED ROLE WITHIN THE TEAM



Take	Before covering an event, take the time to meet with the team
Establish	Establish the roles and responsibilities of each person
Discuss	Discuss protocols and procedures
Review	Review your emergency plan and supplies



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LEGAL EXPOSURE AS A TEAM PHYSICIAN

-  Some states have travel to treat, some do not
-  Applying for a temporary license to cover an event
-  Does your insurance cover field work?
-  Legal Exposure in general

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THINK ABOUT THINGS DIFFERENTLY



NEVER STOP LEARNING BECAUSE LIFE NEVER STOPS TEACHING.

Fédération Internationale de Chiropratique du Sport

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