



International Certificate in Sports Chiropractic (ICSC) Program

Hands-on Seminars



General Outline for a Hands-on Seminar; Each component will be specific to the seminar;
upper (UE) v. lower (LE) extremity. Approx. hourly break-down per section

(UE) & (LE) Extremity Practical face to face seminar/workshop

- A. CONCEPT OF THE SPORTS CHIROPRACTOR
- B. HEAD INJURY IN SPORT
- C. SOFT TISSUE THERAPY PROCEDURES
- D. ADAPTIVE AND FUNCTIONAL TAPING AND BRACING
- E. MOTION PALPATION AND MANIPULATION

| | Day 1 | Day 2 | Day 3 | Day 4 |
|-------|---|---|--|----------------------------|
| 8:00 | Registration & Welcome | On Field/ Office Eval of Elbow and Knee | Head Injuries in sport 2 Hours | Strapping Hip and Shoulder |
| 8:30 | FICS and Sport Organisation | | | |
| 9:00 | ICSC qualification | Mopal and CMT Elbow and Knee | | |
| 9:30 | On Field/ Office Eval of Hand and Foot | | | |
| 10:30 | Morning Tea | Morning Tea | Morning Tea | 10am close of seminar |
| 11:00 | Mopal and CMT Hand and Foot | Mopal and CMT Elbow and Knee | Mopal and CMT Hip and Shoulder | |
| 12:00 | | Soft-Tissue interventions Elbow and Knee | | |
| 13:00 | Lunch | Lunch | Lunch | |
| 14:00 | Soft-Tissue interventions Hand and Foot | Soft-Tissue interventions Elbow and Knee | Mopal and CMT Hip and Shoulder | |
| 15:00 | | Strapping - Elbow and Knee | | |
| 16:00 | Afternoon Tea | Afternoon Tea | Afternoon Tea | |
| 16:30 | Strapping - Hand and Foot | Strapping - Elbow and Knee | Soft-Tissue interventions Hip and Shoulder | |
| 17:30 | | On Field/ Office Eval of Hip and Shoulder | | |
| 18:30 | Close of day | Close of Day | Close of Day | Close of Day |