



The International Certificate in Sports Chiropractic (ICSC) program



Helping athletes achieve their optimal performance naturally

Learning Outcomes – ICSC Program

Module 1 - Head Injuries in Sport

The purpose of this course is to provide doctors of chiropractic with training in the evaluation, treatment, and foundation of sport-related concussion, hematomas, and facial injuries.



Sports Concussion

Instructor: Dr Brett Jarsoz, Sports Chiropractor

Presentation: (38.19)

Read: 14 papers on definition, mechanisms and foundations

Complete: Activity – Scat5 Concussion Assessment

Section Exam: 10 questions

Intracranial Bleed & Haematomas

Instructor: Dr Robert Reid, Sports & Exercise Physician

Presentation 16:49

Section Exam: 5 questions

Chronic Traumatic Encephalopathy

Instructor: Sports & Exercise Physician

Dr Robert Reid,

Presentation 18:05

Section Exam: 4 questions

Ear, Dental and Eye Injuries

Instructor: Sports & Exercise Physician

Dr Warren McDonald

Presentation 53.18

1. Auricular Injuries in Sport
2. Dental & Oral Injuries in Sport
3. Eye & Orbital Injuries in Sport

Section Exam: 5 Questions

FINAL ASSESSMENT EXAM: 52 questions

Each of the unit topics in this course cover

- Definition
- Histological Process
- Mechanism of injury
- Initial presentation
- Signs and Symptoms
- Assessment
- Potential Problems, Complications
- Emergency Care protocol/interventions (i.e., Emergency referral.)
- Return to sports concerns, precautions

CEU hours – 6:30 hours/minutes
(Total course time 7:48 hours/minutes)

Learning Outcomes – ICSC Program

Module 2 - Professional Boundaries in Sport, Integrity, Ethics and the Sports Medicine Team

The purpose of this course is to provide doctors of chiropractic with training regarding professional boundaries and ethics in sports chiropractic, integrity in sport policy as adopted by the IOC and FICS, and the sports medicine team. The module will discuss ethical considerations in sports chiropractic, professional boundaries in sport, Olympism, Olympic Movement Code on the Prevention of the Manipulation of Competitions, the IOC Code of Ethics, IOC Integrity, and the sports medicine team.

Unit Module – Instructor Dr Christine Foss

- Integrity, Ethics and Actions – (Video 60.13),
- Read: 10 papers on ethics and IOC policies
- **FINAL ASSESSMENT EXAM: 27 questions**



Each of the unit topics in this course cover

- Ethical considerations in sports chiropractic
- Professional boundaries in sport
- Olympism
- Olympic Movement Code on the Prevention of the Manipulation of Competitions,
- IOC Code of Ethics,
- IOC Integrity
- Sports medicine team.

**CEU Allotment: 4:34 hours/minutes
(Total course time 5:10 hours/minutes)**

Learning Outcomes – ICSC Program

Module 3 – Sports Imaging

The purpose of this course is to provide doctors of chiropractic with training in sports imaging, as it applies to your evaluation, treatment and management of sport related injuries. The module will discuss sport related injuries and common findings on plain film radiography as well as discussion on what advanced images to order and associated common findings.

Unit Module – Instructors Drs Chris Majors, Lindsay Rowe, Jeff Rich, Trevor Foshang

- Introduction to Sports Imaging – Dr Chris Majors – (Video 60:27)
- Recognize and Identify Radiological Findings in the Cervical Spine & Head – Dr Lindsay Rowe – (Video 61:49)
- Recognize and Identify Radiological Findings in the Lumbar Spine & Lumbar Disc – Dr Lindsay Rowe – (Video 57:52)
- Recognize and Identify Radiological Findings in the Pelvis & Hip – Dr Lindsay Rowe – (Video 27:51)
- Recognize and Identify Radiological Findings in the Knee – Dr Lindsay Rowe – (Video 27:28)
- Recognize and Identify Radiological Findings in the Foot & Ankle – Dr Lindsay Rowe – (Video 38:58)
- Recognize and Identify Radiological Findings in the Shoulder – Dr Lindsay Rowe – (Video 64:30)
- Recognize and Identify Radiological Findings in the Elbow – Dr Lindsay Rowe – (Video 66:58)
- Recognize and Identify Radiological Findings in the Wrist & Hand – Dr Jeff Rich – (Video 48:26)
- Identify which Advanced Imaging Modality should be ordered to evaluate an injured athlete - Dr Trevor Foshang – (Video 58:82)



Each of the unit topics in this course cover

- Definition
- Histological Process
- Mechanism of injury
- Initial presentation
- Signs and Symptoms
- Assessment
- Potential Problems, Complications

Course Assessment

- Cervical Spine & Head - 5 questions
- Lumbar Spine - 9 questions
- Pelvis and Hip - 5 questions
- Knee - 4 questions
- Foot and Ankle - 3 questions
- Shoulder - 4 questions
- Elbow - 4 questions
- Wrist & hand - 4 questions
- Imaging Modalities - 7 questions
- **FINAL EXAM – 60 questions**

CEU Allotment:
8:35hours/minutes
(Total course time
9.35 hours/minutes)

Learning Outcomes – ICSC Program

Module 4 – Emergency Procedures

The purpose of this course is to provide doctors of chiropractic the training to: Identify and perform the tasks required to act as a team physician (on-field) and/or a sports physician (in office); be able to identify, triage and manage sports-related injuries on an emergent on field basis as well as in a non-emergent office setting; and Understand proper protocols in the care of the injured athlete in a trauma situation.

Unit Module – Instructor Dr Ira Shapiro

1. VIEW: Part 1 Emergency Procedures (Video: 65 minutes)

TAKE: Section Quiz 8 questions

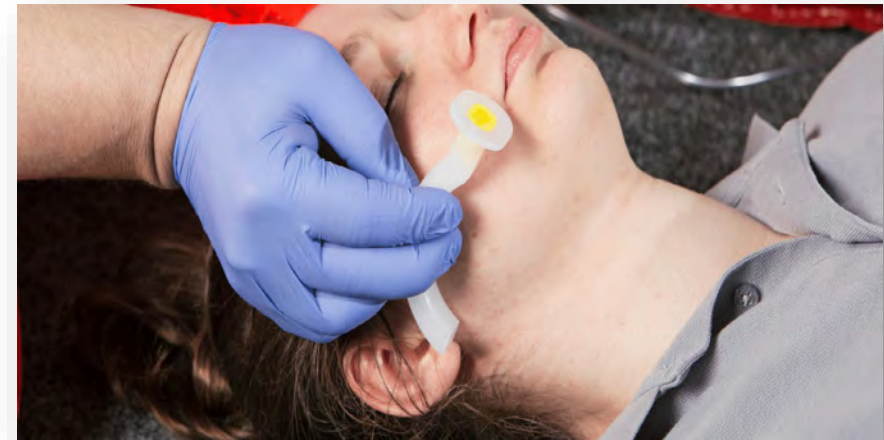
2. VIEW: Part 2 Emergency Procedures (Video: 65 minutes)

TAKE: Section Quiz 8 questions

3. VIEW: Part 3 Emergency Procedures (Video: 60 minutes)

TAKE: Section Quiz 8 questions

FINAL EXAM: 24 questions: (Time limit 24 minutes)



Part 1: Identify and perform the tasks required to act as a team physician (on field) and/or a sports physician (in office).

Be able to identify, triage and manage sports related injuries on an emergent on field basis as well as in a non emergent office setting.

Part 2: Unresponsive casualty

Part 3: Bleeding and Shock

**CEU Allotment- 3:08 hours/minutes
(Total course time 4:02
hours/minutes)**

Learning Outcomes – ICSC Program

Module 5 – Lower Extremity Injuries in Sport

The purpose of this course is to provide doctors of chiropractic with training in the evaluation, treatment, and foundation of lower extremity injuries in sports. Common lower extremity conditions seen in sports will be discussed along with the pathoanatomy, biomechanics, epidemiology, acute and chronic foundation of these conditions.



Unit Module – Instructor Steve Smilkstein, Christine Foss

Section 1: Hip – (Estimate 05:00:00)

ICSC05_1.1 NOTES_Basics of Biomechanics _Lower Limb

ICSC05_1.2_NOTES_Hip_C Foss

ICSC05_1.4_NOTES_Functional Assessment Hip and Knee

ICSC05_1.5_NOTES_Hip Rehab_Dr Tim Stark

- ICSC05_1.3_READ_femoralanteversion
- ICSC05_1.3_READ_Pedsstructrehip

Section2: Knee (Estimate 03:24:00)

ICSC05_2.1_NOTES-Knee C FOSS

- ICSC05_2.2_READ_ACL
- ICSC05_2.2_READ_journal.pone.0190892
- ICSC05_2.2_READ_management_of_individuals_with_patellofemoral_pain
- ICSC05_2.2_READ_noncontactacl

Section 3: Ankle (Estimate 02:24:00)

ICSC05_3.2_NOTES_Assessment of the running athlete_2021

- ICSC05_3.3 READ_ AnkleTX

Section 4: FINAL COURSE EXAM 32 questions (32 Minutes for exam)

Each of the unit topics in this course cover, how to:

- Recognize common lower extremity injuries in sport.
- Understand the pathoanatomy and epidemiology of lower extremity injuries in sport.
- Understand the biomechanics of lower extremity injuries in sport.
- Determine and provide appropriate acute and chronic foundations of lower extremity conditions in sports.

**CEU Allotment 10:13
hours/minutes
(Total course time 11:17)**

Learning Outcomes – ICSC Program

Module 6 – Upper Extremity Injuries in Sport

The purpose of this course is to provide doctors of chiropractic with training in the evaluation, treatment, and foundation of upper extremity injuries in sports. Common upper extremity conditions seen in sports will be discussed along with the pathoanatomy, biomechanics, epidemiology, acute and chronic foundation of these conditions.

Unit Module – Instructor Drs. Timothy Stark, Steven Smilkstein, Dr Kevin Schroeder

Section 1: (Estimate 06:40:00)

1. **VIEW:** Part 1: Biomechanics Basic Principles (VIEW: 21:54 minutes)

2. **VIEW:** Part 2 Biomechanics Upper Limb (VIEW: 48:44 minutes)

3. **VIEW** – Part 1 Shoulder Conditions – (VIEW: 1.5 hour)

4. **VIEW** – Part 2 Shoulder Conditions and Rehabilitation (VIEW: 1.5 hours)

5. **VIEW** – Part 3 Shoulder Final Line (VIEW: 00:13 Minutes)

– READ_2015 COOLS Shoulder Injury risk factors.

– READ_2016 MOYER Paediatric athlete shoulder injuries.

– READ_2018 COTTER Shoulder Exam Sensitivity and Specificity.

– READ_2020 Rotator Cuff Rehab b4 surgery.

TAKE: Section Quiz (21 questions)

Section 2: (Estimate 01:59:00)

1. **VIEW:** Elbow; Wrist; Hand (Presentation 1.5 hours)

2. **READ_** Medial elbow injuries

3. **TAKE:** Section Quiz (10 questions)



Each of the unit topics in this course cover, how to:

- Recognize common upper extremity injuries in sport.
- Understand the pathoanatomy and epidemiology of upper extremity injuries in sport.
- Understand the biomechanics of upper extremity injuries in sport.
- Determine and provide appropriate acute and chronic foundations of upper extremity conditions in sports.

FINAL EXAM – 31 questions (31 minute time limit)

**CEU Allotment 7:47
hours/minutes
(Total course – 9:09
hours/minutes)**

Learning Outcomes – ICSC Program

Module 7 – Spine Injuries in Sport

The purpose of this course is to provide doctors of chiropractic with training in the evaluation, treatment of spine injuries in sports. Common spinal conditions seen in sports will be discussed along with the pathoanatomy, biomechanics, epidemiology, acute and chronic foundations of these conditions.



Unit Module – Instructor Drs. Steven Smilkstein, Ulrik Sandstrom, Alex Ruhe, Mustafa Agaoglu

- Biomechanics - Dr Steven Smilkstein – (Video 19:01)
- Cervical Spine Injuries in Sport – Dr Ulrik Sandstrom – (Video 23:56)
- Read 1 document 20 minutes *
- Thoracic Spine Injuries in Sport – Dr Alex Ruhe (Video 12:13)
- Lumbar Spine Injuries in Sport - Dr Mustafa Agaoglu – (Video 36:18)
- Read lumbar Spine Manuscripts 2 documents – 40 minutes *
- Spinal Manipulative Therapy and Return to Play – Read 3 articles* 1 hour
- Complete Case Study – Thoracic *30 minutes
- Complete Case Study – Lumbar *30 minutes

Each of the unit topics in this course cover, how to:

- Recognize common spinal injuries in sport.
- Understand the pathoanatomy and epidemiology of spinal injuries in sport.
- Understand the biomechanics of spinal in sport.
- Determine and provide appropriate acute and chronic management of spinal conditions in sports

Course Assessment

- Biomechanics of Spine - 5 questions
- Cervical Spine injuries in Sport Assessment - 6 questions
- Thoracic Spine Injuries in Sport Assessment - 5 questions
- Lumbar Spine Injuries in Sport Assessment - 10 questions
- Spinal manipulative Therapy & Return to Sport - 10 questions
- Case Studies x 2 (Thoracic and Lumbar spine)
- **FINAL EXAM– 65 questions**

**CEU Allotment 4:31
hours/minutes**

**(Total course 5:07
hours/minutes)**

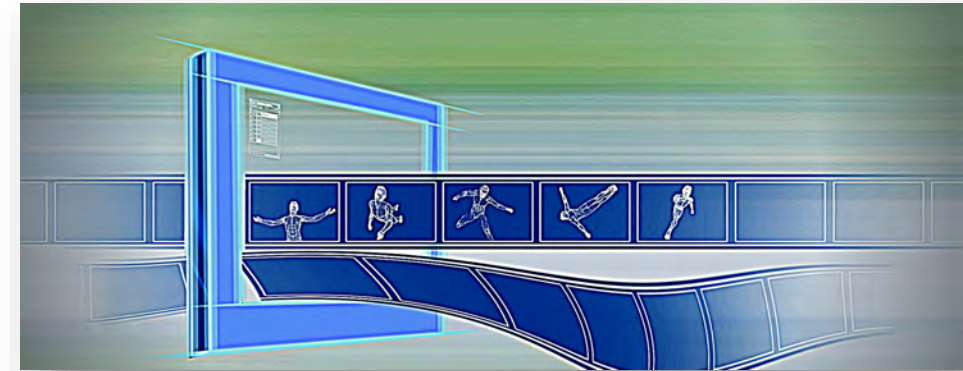
Learning Outcomes – ICSC Program

Module 8 – Strength Conditioning and Treatment Physiology

This course will cover basic principles of exercise physiology, team physiology (working as part of an integrated healthcare team), modalities in sport, photobiomodulation in healthcare (LASER), and strength & conditioning for the sports chiropractor. The course will provide a basic overview of these topics as well as provide learners with principles they can incorporate into their sports chiropractic practice.

Unit Module – Instructor Drs. Andy Klein, Alan Sokoloff, Carlo Guadagno, Thomas Robertson, Benjamin Stevens

- Exercise Physiology – Dr Andrew Klein - (Video 271:75) Broken into 11 short presentations
- Team Physiology – Dr Alan Sokoloff – (Video 15:54) Read 4 articles, Optional Read 6 articles
- Physiological Therapeutics – Dr Carlo Guadagno – (Video 12:57)
- Photobiomodulation in Healthcare – Dr Thomas Robertson – (Video 17:49)
- Strength and Conditioning – Dr Benjamin Stevens – (Video 19:08), Read 3 articles



Each of the unit topics in this course cover, how to:

- Explain basic exercise physiology principles.
- Apply basic exercise physiology principles when treating athletes.
- Understand how to work as part of a healthcare team.
- Apply basic knowledge of therapeutic modalities to the treatment of athletes.
- Explain the principles of photobiomodulation and apply these principles to the use of LASER with athletes.
- Understand and apply the basic principles of strength and conditioning for sports chiropractors.

Course Assessment

Exercise Physiology - 15 questions
Team Physiology - 5 questions
Physiological Therapeutics - 5 questions
Strength and Conditioning - 6 questions
FINAL EXAM– 100 question

**CEU allotment 4:30
hours**

**(Total course 6:10
hours/minutes)**

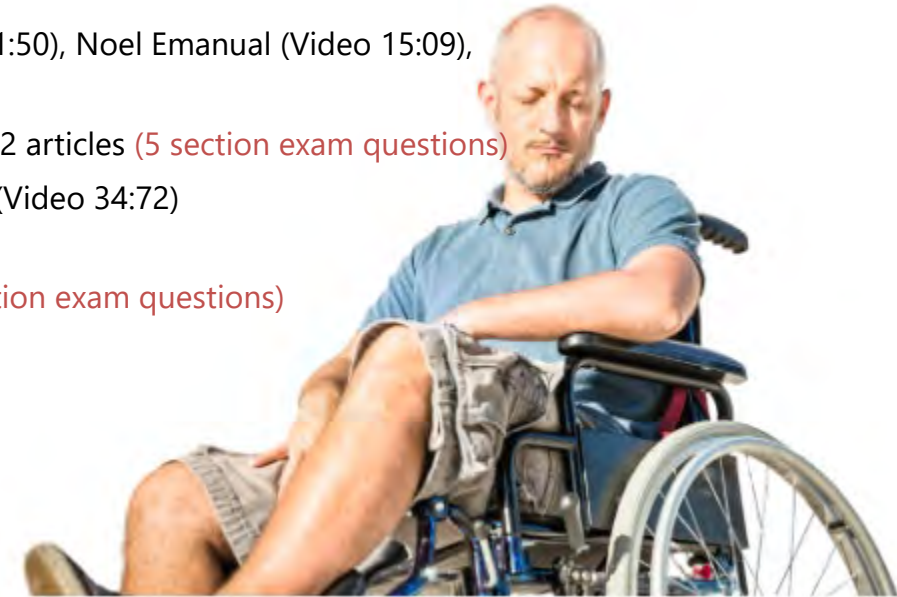
Learning Outcomes – ICSC Program

Module 9 – Special Sport Populations

This course will cover special sports populations including Paralympic athletes, female athletes, transgender athletes, senior athletes, pediatric athletes. This course will also discuss sports nutrition and hydration as well as special sports conditions including sports hernia and sports dermatology. Finally, mental performance in athletics will be discussed

Unit Module – Multiple doctors who specialize in the field for that unit topic.

- Sports Nutrition – Hydration & Performance – Drs, Todd Stebleton, (Video 33:34) Kyle Steineman (Video 11:50), Noel Emanuel (Video 15:09), Brett Martin (Video 49:52) Read 2 articles (10 section exam questions)
- Paralympic Athletes – Drs, Jon Mulholland (Video 19:32) Dr Ivonne Mosquera-Schmidt (Video 35:77), Read 2 articles (5 section exam questions)
- Special Sport Conditions – Drs, Craig Couillard (Video 36:14), Jonathan Williams (Video 48:43), Tim Howey (Video 34:72) (10 section exam questions)
- Female Athletes – Drs Melissa MacDonald (Video 30:44), Beth Westie (Video 35.81), Read 2 articles (10 section exam questions)
- Mental Performance – Dr Leo Lewis (Video 45:62), Read 1 article (5 section exam questions)
- Transgender Athletes – Dr Melissa MacDonald (Video 57.20) (5 section exam questions)
- Pediatric Athletes – Read 3 articles (5 section exam questions)
- Senior Athletes – Read 3 articles (5 section exam questions)
- **FINAL ASSESSMENT EXAM** - (100 final exam questions)



Each of the unit topics in this course cover, how to:

1. Understand various aspects of sports nutrition including nutritional support for athletes with diabetes, sports nutrition, hydration in sport, and applications of herbs in sport.
2. Define the transgender athlete and discuss the participation of the transgender athlete in sports.
3. Develop an understanding of the special requirements for Paralympic athletes and describe the treatment of Paralympic athletes in sports.
4. Develop an understanding of special consideration when working with pediatric, female, and senior athletes.
5. Describe mental skills that will aid an athlete with their mental performance in athletics.
6. Define sports hernia and sports dermatology and describe the treatment of each condition in sport

**CEU 11: 44
hours/minutes
(Total Course 14:19
hours/minutes)**

Learning Outcomes – ICSC Program

Module 10 – International Sports Chiropractic

The purpose of this course is to provide Doctors of Chiropractic with an understanding of international sports chiropractic. This course will focus on FICS and the world of sport, the history of sports chiropractic and international games and FICS procedures at these games.

Unit Module – Instructor Drs, Christine Foss, Brian Nook, Jon Wilhelm, Lotte Langhoff

- International Sports Chiropractic – Dr Christine Foss – (Video 56:56)
- FICS and the world of sport – Dr Brian Nook – (Video 29:05)
- Chief de Mission perspective – Dr Lotte Langhoff (Video 19:00)
- Webinar working at International games - Drs Christine Foss and Jon Wilhelm – (Video 33:48)
- Optional View – Olympics and world of sport (Video 2.29)
- **FINAL ASSESSMENT EXAM: 18 questions**



Upon completion of this course, learners should be able to:

- Recognize the role of FICS in the world of sports
- Understand what individual sports chiropractors can do to promote FICS and sports chiropractic throughout the world.
- Understand FICS procedures regarding international games and history of Sports Chiropractic

CEU 02:30
hours/minutes
(Total Course 02:36
hours/minutes)