

# International Certificate in Sports Chiropractic (ICSC) Program

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## Australia 2022

The Upper and Lower Extremity seminar will have a theory component which will be delivered as a live webinar. This seminar has two parts:

- PART 1: Theory virtually - **Online**
- PART 2: Hands-on – Face-to-Face – **20-22 May 2022** - refer page 2 for schedule

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**PART 1: Theory Schedule** - self learning online to be completed before the hand on.

This theory part is a set of prerecorded webinars which participant complete on the FICS learning platform. Once a participant is registered for the seminar they will be sent login details to start this learning. **All participants must complete this learning and pass the short section quiz before attending the face to face.**

### ICSC Webinar Schedule – Times listed are AEST

Concussion Updates (1 hr)  
Head Injuries in sport (1 hr)  
Mopal/CMT (1.5 hrs)  
Emergency Procedures (1.5 hrs)

Soft Tissue Interventions (1.5 hrs)  
Taping Techniques (1.5 hrs)  
UE Assessment (2.0 hrs)  
LE Assessment (2.0 hrs)

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# PART 2 : Schedule for Face-to-Face: 20 - 22 May 2022

## Getting ready

Whether this is your first seminar with FICS or you have been to a seminar before, we look forward to welcoming you and having a fun couple days learning new skills.

- Please ensure you have completed the theory section of this seminar.
- Please wear clothing which will allow you to access the extremities. This face-to-face session is all practical demonstrations and workshops.

Completion of both the virtual and face to face is required to be issued the completion of the Extremity hands on seminar.

FRIDAY 20 May 2022	
8:00 – 8:30am	Registration Open
8:30 – 10:00am	Upper & Lower Extremity Hands-On - Concussion Lab – <a href="#">Brett Jarosz</a>
10:00 – 10:30am	Morning Break
10:30 – 12:30pm	Upper Extremity Hands-On – MOPAL – <a href="#">Rick Ames</a>
12:30 – 1:30pm	Lunch
1:30 – 3:30pm	Upper Extremity Hands-On - Assessment & Rehab – <a href="#">Henry Pollard</a>
3:30 – 4:00pm	Afternoon Break
4:00 – 5:30pm	Upper Extremity Hands-On - Rehab Techniques – <a href="#">Luke Khoury</a>
5:30 – 6:00pm	Awards
6:00 – 7:00pm	Social Drinks

SATURDAY 21 May 2022	
8:30 – 10:00am	Upper Extremity Hands-On - Taping Techniques - <a href="#">Henry Pollard</a>
10:00 – 10:30am	Morning Break
10:30 – 12:30pm	Lower Extremity Hands-On – Emergency Procedures – <a href="#">Trish Donoghue &amp; Natalie Sharp</a>
12:30 – 1:30pm	Lunch
1:30 – 3:30pm	Lower Extremity Hands-On – MOPAL – <a href="#">Ross McIlveen</a>
3:30 – 4:00pm	Afternoon Break
4:00 – 6:00pm	Lower Extremity Hands-On – Assessment – <a href="#">Peter Garbutt</a>

SUNDAY 22 May 2022	
9:00 – 10:30am	Lower Extremity Hands-On - Rehab Techniques – <a href="#">Luke Nelson</a>
10:30 – 11:00am	Morning Break
11:00 – 12:30pm	Lower Extremity Hands-On - Taping Techniques - <a href="#">Peter Garbutt</a>
12:30pm	ICSC Concludes

## Planning your time:



One of the most difficult things with virtual seminars is being behind a computer instead of sitting in front of people as if you were at a seminar in person. Preparing your time is important to ensure you get the most out of these sessions. We have listed a couple tips below.

- **Make sure you read the schedule above so you can plan your time and check your time zone.**
- You need to ensure you dedicate the time to the online theory, away from distractions.
- Consider picking a nice quiet place away from distractions which may pull your attention elsewhere.
- If you are students, you may consider meeting a friend someone and undertaking the session together in the same room.
- Make sure you have a quiet environment.
- Make sure you use the breaks to get up and move around and refresh before the next session.

## Social media during or after the seminar:

FICS would like to acknowledge our seminar sponsors for their support, as their sponsorship allows us provide members with the resources they need at both games and seminars.

One of the great ways to acknowledge sponsors is by tagging them in social media when posting photos and updates from your attendance at the event. We kindly ask you to acknowledge our sponsors when posting on your social media platforms at the event via the following handles and hashtags:

 <b>Hash Tags for event:</b>	#FICSICSC	#ICSC	#SPORTSCHIRO	#ICSCSEMINAR
 <b>Facebook</b>	<b>Instagram</b>	<b>Twitter</b>		
@FICSsportschiro	fics_sports_chiropractic	fics_sportschiro		

If you have any questions, queries, or concerns, please reach out via email to [admin@ficsport.org](mailto:admin@ficsport.org). We look forward to welcoming you to this event!

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**We are looking forward to welcoming you and sharing this great learning experience.**

*Dr Christine Foss, FICS Education Commission Chair*