

FICS ANNUAL SYMPOSIUM

THE JOURNEY TO PARIS



**As leaders in Sports Chiropractic
we strive to provide equitable access to
sports chiropractic care, education,
mentoring and research to all athletes and
sports chiropractors regionally, nationally
and internationally.**

FICSTM
**INTERNATIONAL FEDERATION
OF SPORTS CHIROPRACTIC**

WE ARE FICS

EVERY ATHLETES DESERVES CARE

OUR MISSION STATEMENT

- **HELPING ATHLETES ACHIEVE OPTIMAL PERFORMANCE NATURALLY**





Martin Isaksson

New President of FICS



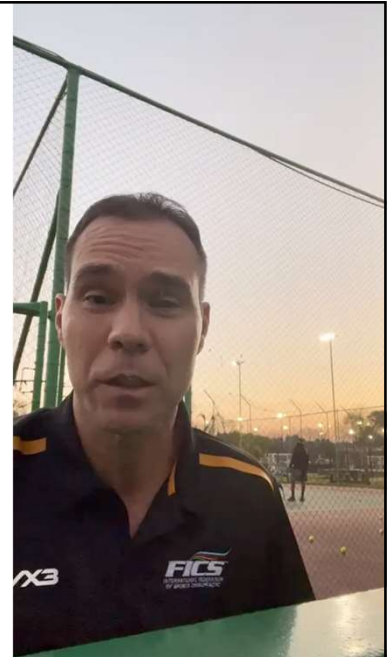
Brad Sandler (SP)

- South Africa
- FICS Outgoing President



Simon Lawson

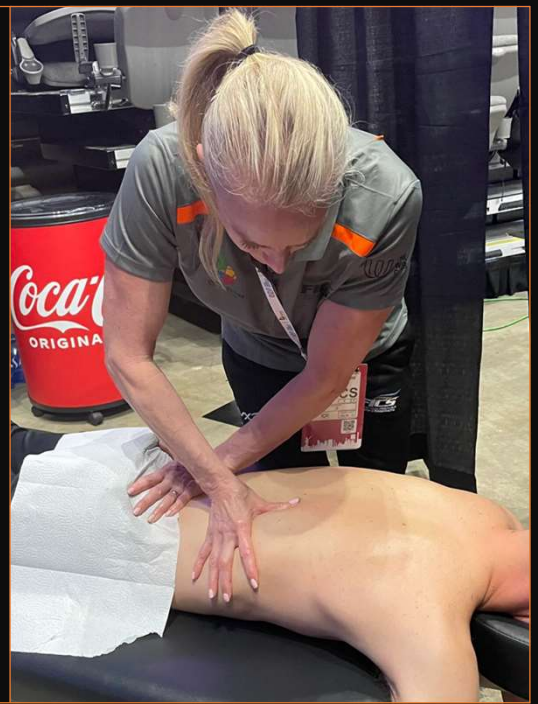
South Africa
Games Commission FICS



CHRISTINE FOSS

Florida, USA

Education Chair FICS



Nat Akmens (FIX video)

- Adelaide Australia
- Second Vice President
- His hair get pretty crazy on late night Zoom Calls!!! 😊



Martin Camara DC...

- Philippines
- Olympic Chiropractor
- Front runner and Chiropractic Leader
- Future president of Chiropractic College in the Philippines
- Great and amazing tour guide to find monkeys!! 😊



John Wilhelm DC, CCSP

- Bosman Montana, USA
- Student Commission Chair FICS
- Olympic Chiropractor
- World Games Volunteer
- Too many experiences to list
- Super Famous Chiro Extraordinary



Thomas Halyk DC DACBSP,

- Kuala Lumpur, Malaysia
- Professor at IMU
- International superstar in sports chiropractic
- Always willing to help others and an OUTSTANDING person



Shea Stark DC...

- USA
- North American Representative for FICS
- World Games Volunteer
- Super Amazing Person!!!





Global Connections

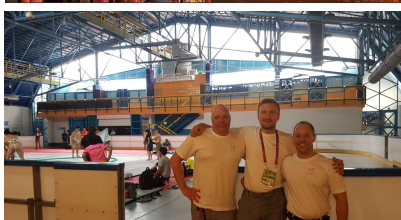
FICS Unites the Best of
Chiropractic Globally



THE FUTURE OF FICS

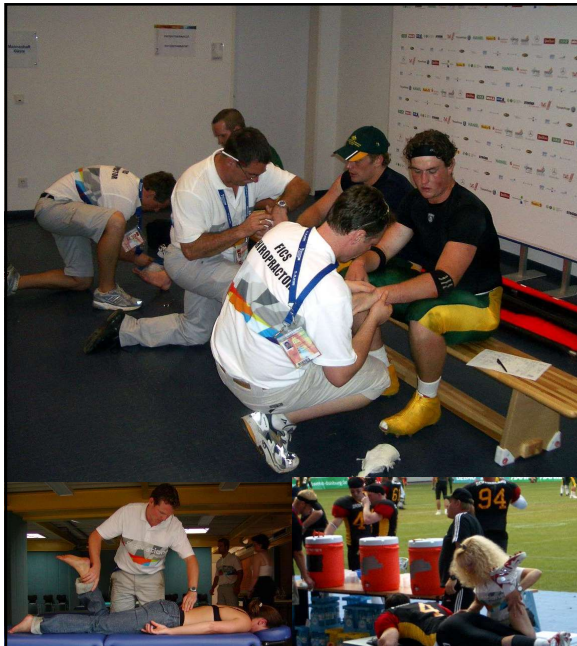
TALK ABOUT WEBSITE UPDATES,
MASTERCLASSES, GAMES, EDUCATION

MEETING THE PEOPLE AROUND YOU



FICS

GIVING QUALITY CARE TO ALL ATHLETES GLOBALLY

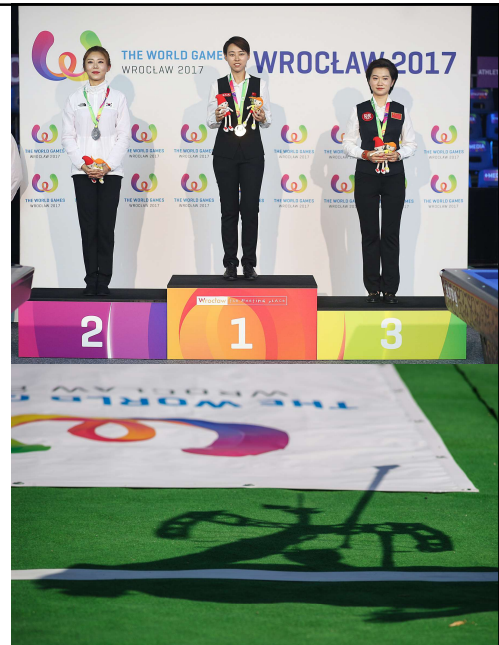


The FICS Chiropractic Team Services at WG

- ▶ All accredited athletes, coaches, individuals, and volunteers can ask for free treatment
- ▶ Will be located at the warm-up area in most venues
- ▶ If not at your venue, please send anyone to a nearby venue for treatment
- ▶ Provide treatments to assist athletes and individuals to perform at their optimum
- ▶ BOC medical services will provide care for injuries

Comparison of Chiropractic Care Provided at the 2009, 2013, 2017 and 2022 World Games

- ▶ *Objective:*
- ▶ **Analysis of the comparisons between patterns of:**
 - ▶ Utilization
 - ▶ Treatment characteristics
 - ▶ Anatomical regions treated
 - ▶ Chiropractic methods utilised
 - ▶ Outcome Measures:
 - ▶ Reported pain (pre and post treatment)
 - ▶ Global perception of improvement (2022)
 - ▶ Patient Satisfaction (2022)



Methods:

- ▶ FICS and the IWGA entered into an agreement to provide ICCSP qualified chiropractors at all World Games events.
 - ▶ **35 chiropractors** from **13 countries** and 4 researchers 2009 TWG Kaohsiung, Taiwan.
 - ▶ **40 chiropractors** from **11 countries** and 6 researchers the 2013 TWG in Cali, Colombia.
 - ▶ **35 chiropractors** from **13 countries** and 5 researchers 2017 TWG Wroclaw, Poland
 - ▶ **48 chiropractors** from **9 countries** and 5 researchers 2022 TWG Birmingham, USA
- ▶ Accredited Athletes and non-athletes voluntarily requested care from the FICS delegation.



Results: Treatment numbers

▶ FICS chiropractors recorded patient visits:

- ▶ TWG 2009: **1514**
- ▶ TWG 2013: **1548**
- ▶ TWG 2017: **1787**
- ▶ TWG 2022: **3440**

this analysis:

- ▶ TWG 2009: **1451**
- ▶ TWG 2013: **1463**
- ▶ TWG 2017: **1744**
- ▶ TWG 2022: **3440**
- ▶ **Total Treatments = 8098**

▶ The utilization rate by athletes

- ▶ TWG 2009 = **15.31%** (n=2906)
- ▶ TWG 2013 = **18.12%** (n=2964)
- ▶ TWG 2017 = **15.49%** (n=3867)
- ▶ TWG 2022 = **25.72%** (n=3457)

▶ Valid treatment forms incorporated for



WE HELP ATHLETES ACHIEVE THEIR OPTIMAL PERFORMANCE NATURALLY

<https://fics.sport>

Results: Countries

▶ TWG 2009:

- ▶ Athletes from **54** of the **84** countries (**64.28%**) received treatment
- ▶ Largest treatment # were:
 - ▶ **Canada, USA, Great Britain, Chinese Taipei**

▶ TWG 2013:

- ▶ Athletes from **68** of **93** countries (**73.12%**) received treatments
- ▶ Largest treatment # were:
 - ▶ **USA, Colombia, Italy, and Brazil**

▶ TWG 2017:

▶ Athletes from **78** of **102** countries (**76.46%**) received treatments

- ▶ Largest treatment # were:
 - ▶ **USA, Poland, Australia, Canada, and Germany**

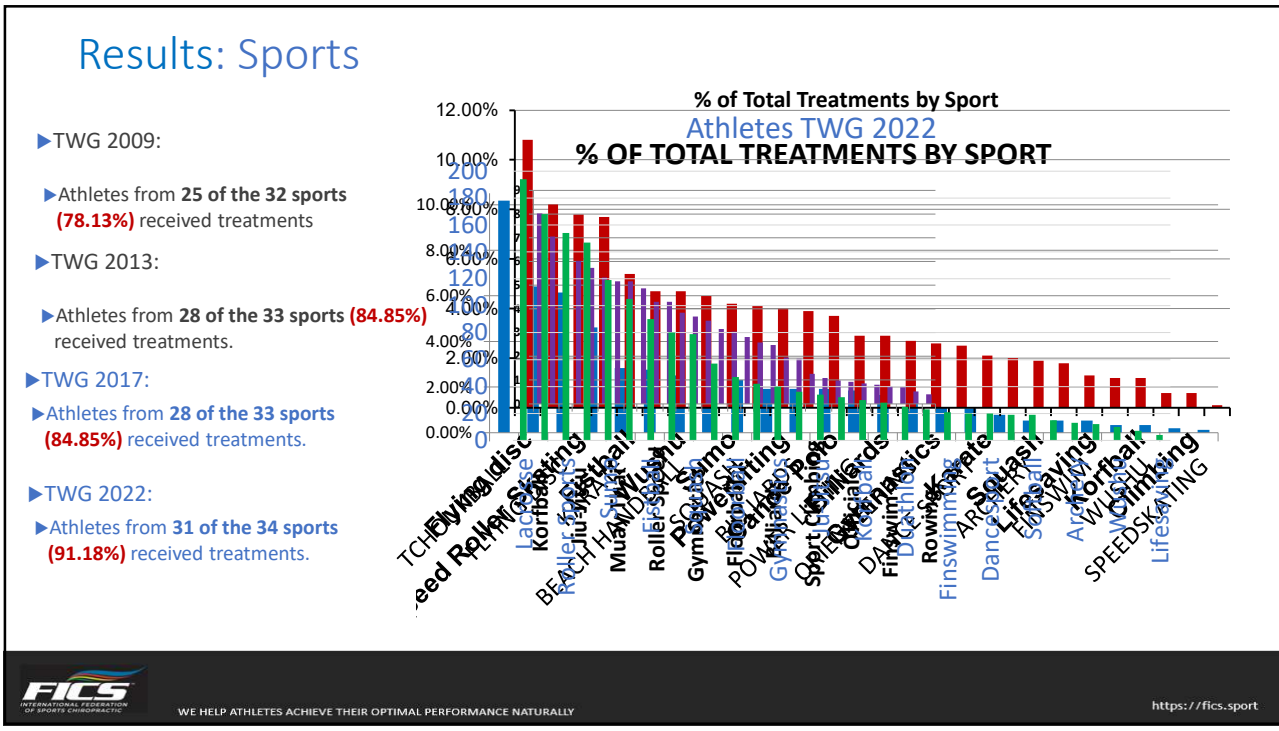
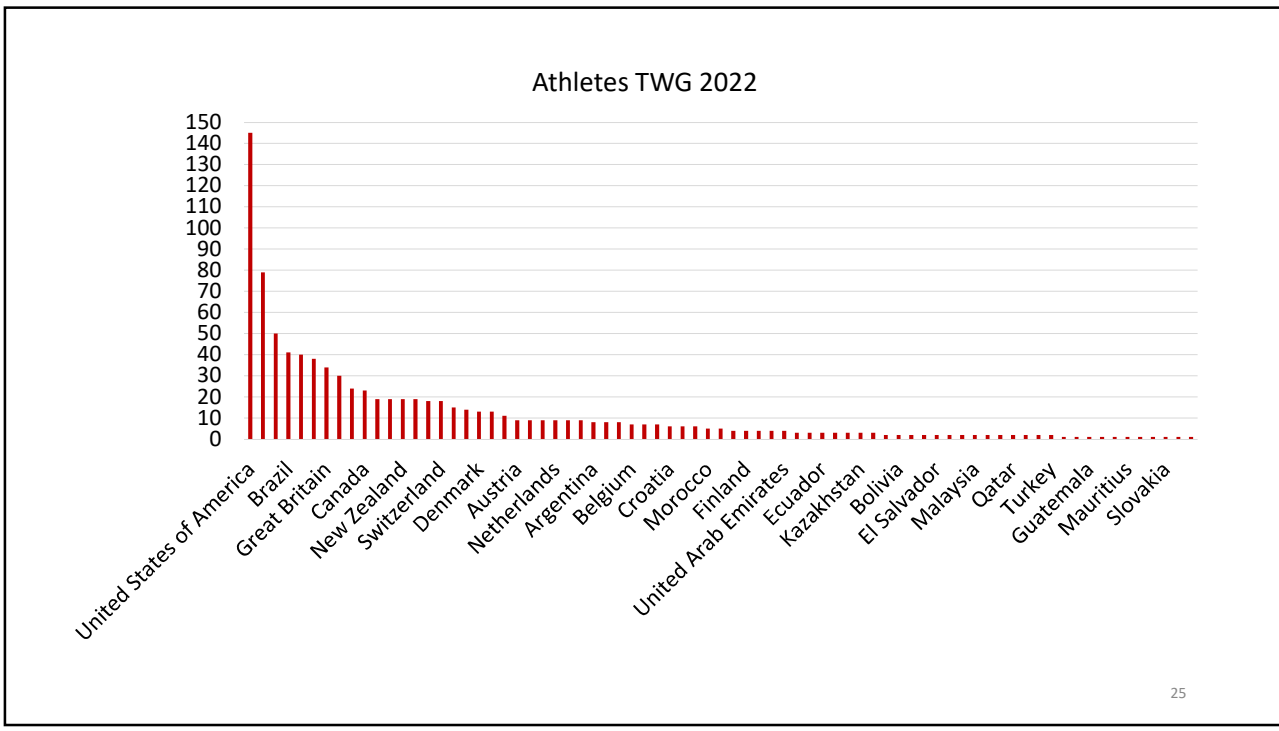
▶ TWG 2022:

- ▶ Athletes from **77** of **99** countries (**77.78%**) received treatments
- ▶ Largest treatment # were:
 - ▶ **USA, Italy, Australia, Brazil, and Colombia**



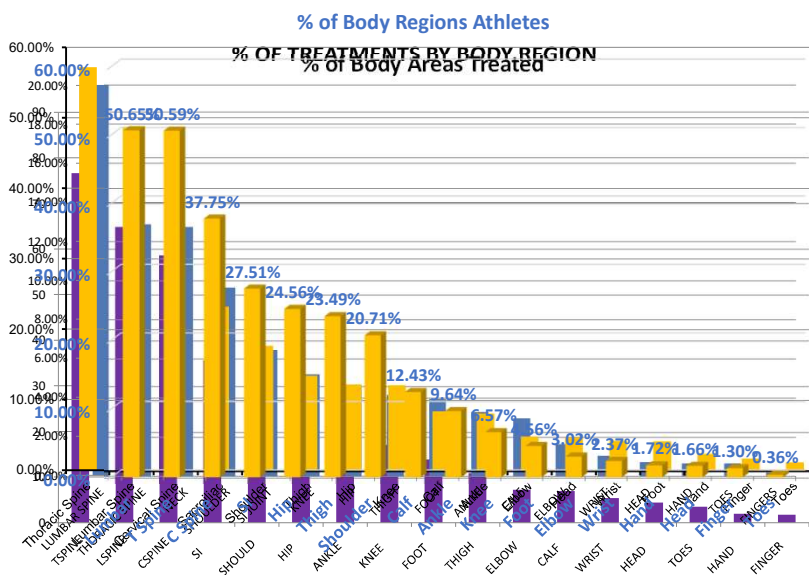
WE HELP ATHLETES ACHIEVE THEIR OPTIMAL PERFORMANCE NATURALLY

<https://fics.sport>



Results: Athlete Body region treated

- ▶ The spine was the most common area for athletes
 - ▶ TWG 2009: 697 (46.04%)
 - ▶ TWG2013: 1299 (88.79%)
 - ▶ TWG 2017: 1744 (45%)
 - ▶ TWG 2022: 2814 (59.71%)

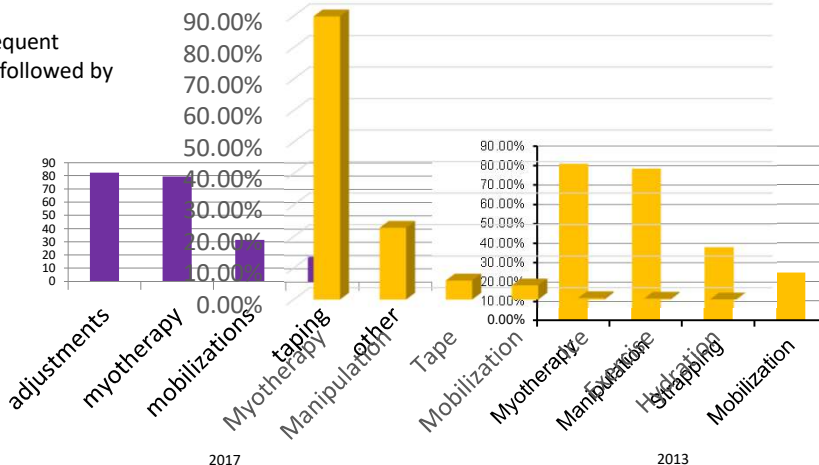
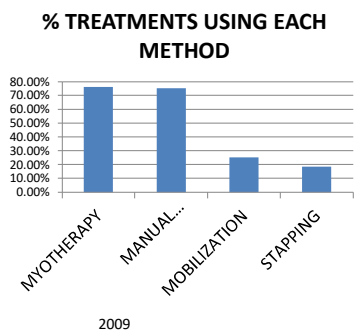


WE HELP ATHLETES ACHIEVE THEIR OPTIMAL PERFORMANCE NATURALLY

<https://fics.sport>

Results: Treatment modality

- ▶ Utilisation of therapy modalities was similar at both events
- ▶ **Myotherapy** was the most frequent treatment modality provided followed by **manipulation**



WE HELP ATHLETES ACHIEVE THEIR OPTIMAL PERFORMANCE NATURALLY

<https://fics.sport>

Results: Outcome Measures: Visual Analog Scores (Pain)

► VAS scores pre- and post- treatment revealed significant score reduction:

► **94.14% decrease in scores in 2009**

► **86.88% decrease in scores in 2013**

2009	Variable	Athletes	Non-athletes	Total
	Mean pre-treatment VAS	4.49	4.69	4.58
	Mean post-treatment VAS	1.89	1.73	1.82
	Mean change in VAS	-2.60	-2.96	-2.76
	# of treatments resulting in reduction	763	603	1366
	% of treatments resulting in reduction	93.50%	94.96%	94.14%

2013	Variable	Athletes	Non-athletes	Total
	Mean pre-treatment VAS	4.23	4.69	4.41
	Mean post-treatment VAS	1.71	1.56	1.65
	Mean change in VAS	-2.52	-3.13	-2.76
	# of treatments resulting in reduction	758	513	1271
	% of treatments resulting in reduction	84.50%	90.64%	86.88%

Results: Outcome Measures: Visual Analog Scores (Pain)

■ TWG2017 Athletes (Likert 0-10)

- Mean Pre-VAS = 4.37 (n=1095)
- Mean Post-VAS = 1.85 (n=1095)
- **Mean Change = 2.53**

■ **Combined 4 Games for Athletes**

- **Mean Change VAS = 2.56 (n=3221)**

■ TWG2022 Athletes

- Mean Pre-VAS = 4.09 (n=605)
- Mean Post-VAS = 1.50 (n=605)
- **Mean Change = 2.59**

The resulting minimally clinically important difference of pre- and post-treatment NPS has been defined as a reduction of **two points or 30%**.

Farrar JT, Young JP, LaMoreaux L, Werth JL, Poole MR. Clinical importance of changes in chronic pain intensity measured on an 11-point numerical pain rating scale. *Pain*. 2001;94(2):149-158. doi:10.1016/S0304-3959(01)00349-9

Salaffi F, Stancati A, Silvestri CA, Ciapetti A, Grassi W. Minimal clinically important changes in chronic musculoskeletal pain intensity measured on a numerical rating scale. *Eur J Pain*. 2004;8(4):283-291.

doi:10.1016/j.ejpain.2003.09.004

TWG2022 Results: Patient Reported Outcomes

► Global Perception of Change: (Likert 0-5)

► Median = 4.36 (SD=1.25; n=780)

► Patient Satisfaction Survey: (Likert 0-5)

- “My Chiropractor thoroughly explained the treatment I received” = 4.91 (SD=0.48; n=754)
- “My chiropractor treated me respectfully” = 4.96 (SD=0.43; n=708)
- My chiropractor answered all my questions” = 4.95 (SD=0.56; n=689)
- “Overall, I am completely satisfied with the services I received from my chiropractor” = 4.95 (SD=0.35; n=689)
- “I would return to FICS chiropractors for future services or care” = 4.96 (SD=0.35; n=691)

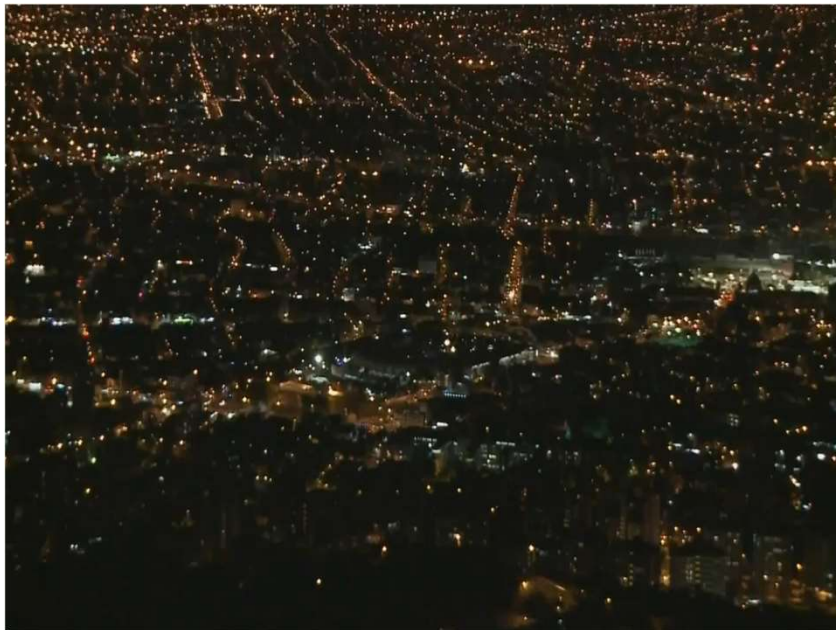


Discussion:

- Comparison of the TWG 2009, 2013, 2017 and 2022 demonstrates a consistent and respective usage rates by athletes and support personnel
- The spine (lumbar, thoracic and cervical) was the treated most often
- Results TWG 2009, 2013, 2017 and 2022 demonstrates significant decreased VAS scores post treatment
- Results from TWG 2022 demonstrates positive Global Perception of Change and Patient Satisfaction Scores

Conclusions:

- ▶ The data reveals similar results in utilization rates between the 4 events
- ▶ Supports the inclusion of chiropractic care at multisport events
- ▶ Demonstrates athlete improvement and satisfaction
- ▶ Demonstrates a significant impact on the host country through chiropractic service



INTERNATIONAL SPORTING FEDERATION PARTNERS

FICS
INTERNATIONAL FEDERATION OF SPORTS CHIROPRACTIC

WE HELP ATHLETES ACHIEVE THEIR OPTIMAL PERFORMANCE NATURALLY

<https://fics.sport>

FICS and TWG

- ▶ VISION
 - ▶ Every athlete deserves **access** to sports chiropractic
- ▶ MISSION
 - ▶ To **empower** athletes so they can achieve their optimal performance **naturally**

FICS
INTERNATIONAL FEDERATION
OF SPORTS CHIROPRACTIC

**THE
WORLD
GAMES**

**THE
WORLD
GAMES**
CHENGDU 2025

FICS
INTERNATIONAL FEDERATION OF SPORTS CHIROPRACTIC

WE HELP ATHLETES ACHIEVE THEIR OPTIMAL PERFORMANCE NATURALLY

<https://fics.sport>

<https://www.youtube.com/watch?v=LUyf0m6eLTc>



WE HELP ATHLETES ACHIEVE THEIR OPTIMAL PERFORMANCE NATURALLY

<https://fics.sport>

The screenshot shows the FICS website homepage. At the top, there is a blue navigation bar with a language selector, and buttons for 'Register for Courses', 'Pay Invoice', 'FICS Charity', and 'My Dashboard'. The main header features the FICS logo and a navigation menu with items: Home, Index, Directories, Road to Paris - 2023 Symposium, Scholarships, FICS Shop, and a shopping cart icon showing 0 items. A dropdown menu is open under 'Directories', listing: Games, ICSC Certificate, Seminars, Masterclass, Workshops / Guest Speaker, Membership, Starting your own Practice, Research at a glance, Marketing & Stories, E-News, Blog, Students, Mentoring Program, and Chiro Resources. The main content area has a large black banner with the FICS logo and the text 'INTERNATIONAL OF SPORTS CHIROPRACTIC'. Below the banner, the text reads 'As the leaders in Sports Chiropractic we...' followed by 'equitable access to sports'.

FICS Scholarships

- Master of Science Degree Strength and Human Performance – Parker University
- Master of Nutrition and Human Performance – Logan Chiropractic College
- Master of Sport Science and Rehabilitation – Logan Chiropractic College
- Olympian Scholarship



Olympic Scholarship

Dr Nicholas Taylor

Congratulations!
2023 Student Scholarship Winners

LUB
ABILITY · STABILITY · CONTROL

Zoe Campbell Oleg Gonorovski Kara Godkin

Soh Yi Xian Kamilah Jordaan

FICS INTERNATIONAL FEDERATION OF SPORTS CHIROPRACTIC
ERCHONIA
LOGAN UNIVERSITY LEADERS MAKE
LIFE University
21ST ANNIVERSARY 2001-2022

Student Scholarship

the REMARKABLE practice

MAKAB

BETTER FROM HEALTH

New Practice Grant

The Remarkable Practice Grant

JOINING TOGETHER FOR THE WEEKEND

- HANDS OVERHEAD ACTIVITY
 - IMAGING ALL THE LIVES WE HAVE TOUCHED WITH THESE HANDS
 - IMAGING ALL THE LIVES WE WILL TOUCH WORKING TOGETHER
 - CLAP IT OUT FOR ALL THE VOLUNTEERS AND THOSE THAT HAVE GIVEN THEIR TIME, TALENTS, KNOWLEDGE TO THE ATHLETES AROUND THE WORLD





HAVE AN EXTRAORDINARY WEEKEND