FICS™
INTERNATIONAL FEDERATION OF SPORTS CHIROPRACTIC

SEPTEMBER 2024 ENEWS

GLOBAL CHIROPRACTIC *Legacy*

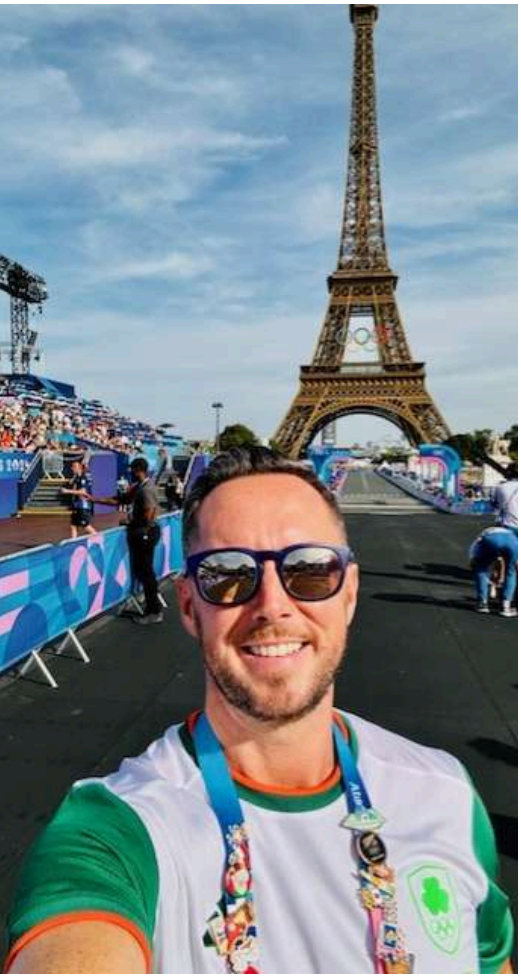








SEEK OUT THE *moments* THAT ENRICH YOUR LIFE THE MOST



















IN THIS ISSUE ...SEPTEMBER 2024

FICS
INTERNATIONAL FEDERATION OF SPORTS CHIROPRACTIC





<04> President address
<06> Secretary-General report
<08> Head of Operations report
<10> Membership Message
<11> Education Message
<13> Dec 2024 Virtual Symposium
<14> March 2025 Antonio Stecco
<16> Paris Olympics 2024 highlights
<17> Dr James Power
<23> Dr Joan Montserrat
<24> Dr Maj Britt Cielewicz
<24> Dr Wendy Mehaffey
<26> Dr Jordan Knowlton-Key
<27> Dr Peng Li
<28> Dr Josh Glass
<31> Games highlights
<32> JJIF World Cup Games Report
<35> Dynamic Tape - Rotator cuff tendinopathy
<36> ICSC recipients July - September 2024
<37> IMU (Malaysia) Students Reports
<40> Lori Niemand - Student Report
<41> Thujivan Kathiravelu - Student Report
<45> Africa Regional Report
<46> WAKO Kickboxing Games Report
<48> Middle East Regional Report
<50> Pacific Regional Report
<54> Europe Regional Report
<56> North America Regional Report
<57> Research Corner _ four (4) interesting articles as recommended reading

FICS NEWS - SEPTEMBER 2024

PRESIDENT

BY: MARTIN ISAKSSON



Dear FICS Members,

We are pleased to update you on our progress across several critical areas since our productive session in Porto. We are currently working on updating the statutes to strengthen FICS' operational foundations, positioning us for a more resilient and agile future. Our regular leadership meetings with the EMT, HOO, and SecGen are helping us align on how to leverage each other's strengths best to move forward together.

Over the last quarter, we engaged in meaningful discussions with key partners such as the WFC, RCCSS, Singapore, South Africa, ACASC, and Canada. These collaborations drive positive momentum and unity within the global sports chiropractic community.

We are also preparing for the 2024 Virtual Symposium and the in-person Ordinary General Assembly, which will be held in Kuala Lumpur, Malaysia, in March 2025. Applications of interest for TWG25, the ICSC, and Student Scholarships are already in motion, reflecting the exciting opportunities ahead.

A highlight of our time in Porto was the gathering of our Past Presidents. This was a remarkable celebration of our legacy, with only two Presidents absent: Dr. Stephen Press (Dec.) and Dr. Sheila Wilson, who unfortunately could not attend at the last minute. Looking ahead, our team is preparing for the IF Forum in Lausanne this October.

I will represent FICS at the Canada Symposium and participate in their AGM. This visit is an essential step in continuing the positive momentum we've built with Canada, as they are expanding and diversifying their membership base. Our presence at their conference underscores FICS' commitment to fostering strong communication with Canada and all NCSCs.



Left to right, in order of their service, FICS Presidents:

Noel Patterson – Australia – October 1989-1993
David Pierson – USA – October 1993 - 1995
Daniele Bertamini – Italy – October 1995 - 1999
Roland Noirat – Switzerland – October 1999- Sept 2010
Pete Garbutt – Australia – April 2016- August 2019
Mustafa Agaoglu – Turkey – August 2019 - October 2021
Brad Sandler – South Africa – October 2021 – June 2023
Martin Isaksson – Sweden – June 2023 - Current

Absence:
Sheila Wilson – USA September 2010 – April 2016
Stephen Press (RIP) – USA 1988 - 1989

Securing sponsorship remains a key focus, and the EMT leadership team has been working tirelessly on strategies that will position us firmly as we enter the 2025 budget year. We are fully committed to ensuring we have the support necessary to drive our mission forward and continue the remarkable growth we're experiencing.

In addition, FICS is offering all NCSCs the opportunity to leverage our global network to advertise your events. If your NCSC wants its event promoted, send all relevant details, links, and images to our admin provider, and we will ensure it's featured on the FICS website. We also encourage NCSCs to reciprocate by promoting FICS events on your platforms, helping to boost visibility and collaboration across our global community.

To ensure consistency and accuracy, we ask all members and NCSCs to verify that any FICS branding or information you are using is up to date. Please double-check that you're utilising the correct FICS logo and website details so your colleagues and networks can easily access the latest information and networking opportunities on the global stage. If you need any assistance, our admin provider is more than happy to help.

Sincerely Martin Isaksson



The wisdom of the past is the foundation upon which today's leadership builds a stronger future.







SECRETARY GENERAL

BY: BRIAN NOOK



We have hit the ground in a full sprint following our meeting in Porto. The executive management team (EMT) has focused on improving internal management systems, processes, and reviews. Externally, we continue to educate, inform, and develop new and existing relationships and opportunities.

The International Games commission has been working feverishly to support the International Federations (IF) that we have standing contracts to supply opportunity for ICSC sports chiropractors to work at their events. This is only possible with the selfless dedication of those members that attend these games. We thank you all for your service and encourage others to get involved.

Expressions of Interest are currently open for doctors wishing to join the FICS delegation attending The World Games (TWG) in Chengdu, China August 4-17, 2025. FICS has a new memorandum of understanding (MoU) and service agreement with the International World Games Association to provide FICS Sports Chiropractors for this event. This event occurs every 4 years and this will be the 6th World Games we have supported. At the last TWG22, the FICS delegation provided sports chiropractic care to 3440 treatments or over 25% of all the athletes and support personnel attending the event. We are attending the planning meetings for TWG25, and it will be a memorable event.

FICS will be selecting Chiropractic Students to attend the games to support the treating doctors as research assistants. Those selected will work side-by-side with the FICS sports chiropractors at the venues while they treat the athletes and support team during The World Games 2025.We are thrilled to continue and expand our collaboration with the IWGA, reflecting our shared commitment to support their events and provide “access to sports chiropractic for all athletes”.

The World Games 2025!
Destination: Chengdu, China 🏅



CHIROPRACTIC DOCTORS
EOI application

DEADLINE

20 October 2024

CLICK HERE

🏋️💪 **Don't miss out on this life-changing opportunity!** 🌟
#TheWorldGames2025 #Chengdu2025 #FICS #SportsChiropractic #VolunteerWithFICS #AthleteCare #CulturalExchange

CHIROPRACTIC STUDENTS
EIO application

DEADLINE

30 October 2024

CLICK HERE

The education commission continues to provide our ICSC program while continuing to improve our educational program quality. They are currently reviewing and refreshing online module content, supporting our virtual symposium with a A-list of speakers, planning the educational program for our AGM in Malaysia for March 2025, and further developing our Seminar Instructor pool. Monumentally they have reviewed our curriculum for our ICSC program and developed a detailed curriculum plan. This plan will allow us to approach various institutions and organisation to discuss the development of articulation agreements.

This would provide a mechanism for educational recognition of the ICSC in other education awards and degrees through advanced standing. We will be approaching various institutions and organisation to commence this negotiation over the next 6 months. This process will provide further recognition of your ICSC award.

We have been furthering our relationship with IF through attending Sport Accord in Birmingham, UK where all the IF come to meet. We continue communicating with these contacts and have increased the number of agreements with new IFs. Watch the events calendar next year for the addition of these new events and pick one to get involved in.
We continue to work with our chiropractic organisation. FICS representatives will be presenting at the WFC Education symposium in Kuala Lumpur in October 2024. This is an opportunity to introduce our ICSC and games statistics to the educational institutions and leaders at this event.

We are reaching out to our NCSCs to learn more about how FICS can support you and your members. We encourage you to communicate with us about your events and opportunities that we might be able to assist with. One strategy is to build off the agreements we have with certain IFs for your NCSC in your country. This will provide an opportunity for your members to work on local events and develop further in-depth in the world of sport. If you have any questions, please let me know and I encourage you to seek out the IFs we are working with and the vast amount of information on our website.

Thank you all for your dedication and working to further involve our profession in the world of sport. I hope we can see you at the virtual symposium in December and at our AGM in Kuala Lumpur in March 2025.



Sincerely,
Brian Nook

HEAD OF OPERATIONS

BY: MR GRAEME HARRISON-BROWN



In my three months as Head of Operations, I have refamiliarised myself with the organisation and the key issues affecting our long-term goals. As a former Secretary-General of FICS (2018-2019), I understand the organisation deeply. I also have a strong background in strategic and operational management developed through my executive leadership experience in government, not-for-profit, and commercial sectors. This coupled with my Master's in Business Management, focused on strategy and globalisation, equips me to help lead FICS in meeting its growth aspirations, developing a continuous improvement program and fostering a learning organisation. Working alongside a talented volunteer team, we are ready to make significant progress towards advancing the FICS Vision and Mission.

Key activities being worked on or in the pipeline for the next six months include:

Renewal of the FICS admin Service provider contract. The support contract is essential to FICS as it enables the organisation to function and provides necessary support to ExCo, EMT and Commissions as they try to balance their professional and personal lives with their FICS obligations. We are in negotiations with our current administrative provider to renew their services through to 2030.

FICS Insurance: One of the biggest challenges FICS has faced since its inception and as it has expanded globally is the necessity of insurance to cover its volunteers and the organisation. The challenge is understanding the types and insurance levels required based on our geographical spread. We continue to engage brokers in different countries to try and solve this ongoing riddle.

NCSC Generic Agreement: One of the key documents that is being revisited is the NCSC agreement. The NCSC's across the globe are our partners in the pursuit of providing Sports Chiropractic to all athletes. We have completed a draft NCSC agreement. The next step is to socialise this document internally with our regional representatives before seeking input from external organisations. This document will set the framework for how FICS and the NCSC's do business in the future.

Membership Model: The EMT and membership commission is currently exploring additional sub-membership types to accommodate the growth and changes to FICS over the years. As we expand into other countries with professional and political barriers to establishing registered NCSC's, we are looking at different models to assist and support them.

Regional Chiropractic Sports Council: The Regional Chiropractic Sports Council, which we are exploring, offers an innovative model where FICS provides administrative and financial support, while the true power lies in the hands of its members, with full operational control managed by a dedicated committee formed from within the membership.

Associate Members: We're exploring ways to expand access to FICS for chiropractic professionals worldwide. A potential change to the Associate Members category could allow members of chiropractic institutions not affiliated with NCSCs to join FICS directly. This membership, offered at twice the NCSC rate to honour our existing partnerships, would open doors for a larger pool of volunteers to support our growing number of sporting events and initiatives. We're excited about the possibilities this brings as we continue to grow and engage more passionate professionals!

Statutes: The statutes are currently being revised to correct a number of changes introduced in 2023 that either reduce the Governance model of the organisation or have introduced an operational narrative into a strategic document. These recommended changes will be circulated to the membership base by the end of September 2024 for comment. The intention is to ensure all questions have been answered before the General Assembly in March 2025, where they will be put forward for members' vote and acceptance.

Organisational & Management Reporting: We are updating how we organise and report within FICS to better reflect who we are today and where we want to go in the future. We're making changes to clarify the roles of our leadership groups so that everyone knows who is responsible for what.

By aligning tasks more closely with the right areas of business, we will create a more focused and stronger organisation, helping us operate more efficiently.

Strategic Plan: The 2025-2028 Strategic Plan is currently in development, designed to provide a clear and effective roadmap for the next three years. In July, the leadership team met in Porto with several NCSC presidents to help shape this direction.

The FICS leadership team, together with commission members, are focusing on three major initiatives to finalise the plan before presenting it to the broader membership:

- Reviewing goals and objectives to ensure they are measurable and time-bound.
- Revisiting the FICS Value Statement to confirm it aligns with and resonates with our target audience.
- Create a dedicated value statement for educational institutions, clearly outlining the benefits we offer to both institutions and their students.

Our goal is to complete these initiatives by the end of 2024, positioning us to present the final plan to the organisation and key stakeholders ahead of the General Assembly in March 2025.

The subsequent phase will focus on finalising the operational plan, detailing each commission's tactical activities to bring the strategy to life.

Policies and Processes: A review of all policies and processes is scheduled for 2025 when things slow down a little. During this process, we will assign different ExCo positions as the lead on specialist committees where required to provide organisational guidance to the teams when completing the review.

Sincerely Graeme Harrison-Brown

MEMBERSHIP UPDATE

BY: KIRSTY BELLOMBRA, MEMBERSHIP CHAIR



It's been another busy few months for me and the Membership Commission. I was fortunate to attend our Executive meetings in Porto, where I had the pleasure of meeting many of the NCSC Presidents in person. It was wonderful to put faces to names and dive into planning for the years ahead.

The bi-annual FICS Executive Meetings provided invaluable opportunities for NCSC Presidents to stay connected and discuss in detail how we can unite under global support. Together, we aim to leverage our collective efforts to support members and address challenges, both within their countries and on a global scale. FICS is a representation of all our member countries, and it's essential that we provide opportunities for NCSC Presidents and members to contribute to the direction and focus of FICS, your international organization. Much like the NCSCs, FICS is driven by dedicated volunteers who freely give their time to advance and improve the profession. That's why it's crucial that FICS initiatives reflect what our members around the world want.

FICS MEMBERS/FAMILY
STRONGER TOGETHER



I hope you've had the chance to participate in the survey we sent out to all members. To be part of the change, your voice matters, and filling out the survey is a key way to ensure that. The Membership Commission is currently busy collating all the information from the completed surveys, which will help guide our direction for future projects. If you haven't already, there's still time to have your say and help shape the future of FICS.

The Ordinary General Assembly will be held in Kuala Lumpur, Malaysia, in March 2025. This is a voting year, and FICS will focus on further strengthening the Statutes that govern our organization. I'm excited about the opportunity to meet many new faces from the Pacific and Asia NCSCs, especially as we're hosting this event in your region.

Sincerely Kirsty Bellombra

JOIN US - MALAYSIA 2025
Ordinary General Assembly
2025 Symposium



Fill in our members survey! What would you like FICS to focus on in 2025/2026

MEMBERSHIP@FICSPORT.ORG

FICS EDUCATION COMMISSION

BY DR FAYE DEANE



FICS Education Co-Chairs
Dr Faye Deane &
Dr James Geiselman

Advancing Sports Chiropractic Education

The FICS Education Commission has been actively working to elevate the standards and accessibility of sports chiropractic education worldwide. Supported by the Education Commission members, both James and I have undertaken several initiatives over the past few months to enhance the International Certification in Sports Chiropractic (ICSC) program. This update is aimed at fostering the growth and development of sports chiropractic education globally.

ICSC Champions Program and Academic Partnerships

The ICSC Champions Program is being rolled out globally to strengthen collaboration between FICS and chiropractic educational institutions. As part of this initiative, each chiropractic higher education institution (HEI) is offered complimentary access to the ICSC online theory course for one full-time academic staff member.

With over 52 chiropractic degree programs worldwide, this partnership empowers academic staff to become ambassadors for the program, enabling them to inspire and mentor the next generation of sports chiropractors. This initiative helps unlock opportunities for aspiring chiropractors, ensuring they are aware of the valuable career paths available to them after graduation.

For more information about the ICSC Championship program or to open discussion about articulations agreements for the ICSC curriculum.

CONTACT US

Updated ICSC Curriculum

A key focus of the FICS Education Commission has been the continuous development and refinement of the ICSC curriculum. The updated ICSC curriculum incorporates a comprehensive approach, including a module descriptor, delivery mode, module aims, indicative content, learning strategies, outcomes, and assessment criteria. Mapped to Bloom's taxonomy, the curriculum aims to produce chiropractic physicians who can provide athlete-centered, evidence-informed care, possess advanced knowledge of the musculoskeletal system, and integrate effectively into multidisciplinary care teams.

The curriculum development emphasises practical, hands-on training alongside digital learning, ensuring that all learning outcomes are competency-based and digitally empowered. This dual approach is designed to meet the evolving needs of the sports chiropractic community, making learning more accessible and flexible for both students and practitioners.

2025 Calendar for Hands-On Seminars and Practicum Development.

The ICSC hands-on seminar curriculum has been reviewed and updated to enhance the learning experience for participants. In July 2024, we had a meeting of many of the Master Instructors from around the globe and used this time to create updates to the PowerPoint presentations and film a lot of the extremity techniques taught in the class to create a robust resource center for both instructors and participants.

This update ensures continuity and uniformity in content delivery, with 80% of the material standardised and 20% for Master Instructors to add their pearls of wisdom and clinical insights. This approach balances foundational knowledge with real-world application, enabling participants to gain both theoretical and practical skills.

Online Instructor Courses and Video Library

To support the continuous development of instructors, FICS is building an online ICSC Instructor Course as part of the "Train the Trainer" initiative. This course, led by world-renowned sports chiropractic educators, demonstrates how to teach upper and lower extremity modules effectively. The online format allows prospective Master Instructors to complete their training before attending their first seminar as an associate instructor.

Additionally, an On-Demand Video Library is been created to provide short, easily accessible clips from training weekends. These clips serve as a reference for Master Instructors and offer lifetime access to students, ensuring ongoing learning and development.

FICS Instructor Pool Process and Renewal

FICS has refined the Instructor process to uphold the highest teaching standards. Prospective Instructors must complete an online course with at least an 80% score and pass peer evaluations. They are also required to teach a specified number of courses and engage in continuous professional development every three years.

Instructors must renew their status by completing online courses, undergoing peer evaluations, and mentoring new instructors. This ensures that they stay current with the latest in sports chiropractic education.



Upcoming educational events:

I encourage you to explore the impressive lineup of speakers we've assembled for the December 2024 Virtual Symposium and the 2025 in-person Symposium. These events not only provide excellent opportunities for professional development, but they also build your global networking and access to other like-minded sports chiropractors.

FICS is dedicated to maintaining excellence in education by staying up to date with the latest research, industry advancements, and regulatory requirements. Learning is a lifelong journey, and FICS is committed to ensuring that our educational offerings are relevant, providing you with continuous opportunities to upskill.

Sincerely Faye Deane

FICS 2024 VIRTUAL Global Symposium
Sports Chiropractic Advancements

7 DECEMBER 2024 REGISTER NOW ▸

One Day
11 World Renowned Speakers
6 Ground Breaking Sessions

This is your chance to be in the same **(virtual) room** as 11 world-renowned speakers, who are coming together on **7 December 2024** to deliver a cutting-edge program for better supporting physically active patients and athletes.

Access to the session recordings will be available after the Symposium.

Continuing Education Credits are available. The full agenda is **outlined below.**



Analyzing 3-dimensional motion capture models of the golf swing combining engineering background with expertise on the human body.

Dr Greg Rose
Co-founder of TPI



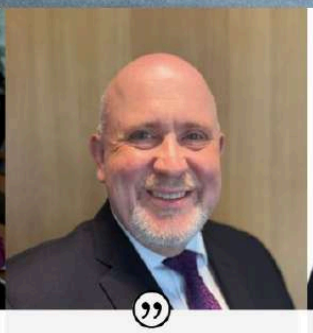
Unveiling the Power of Sports Radiology: Enhancing Performance and Injury Management

Dr Terry Yochum
Chiropractic Radiologist and Adjunct Professor



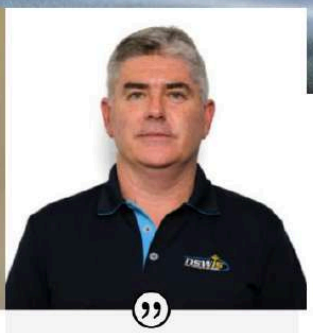
Unveiling the Power of Sports Radiology: Presenting with Dr Terry Yochum on Enhancing Performance and Injury Management

Dr Alicia Yochum
Registered Nurse & Chiropractic Radiologist



Panel: Joining Forces: Maximising Impact through Integration in the Sports Medicine Team.

Professor Richard Brown
WFC Sec-Gen, Honorary Visiting Professor AECC & Faculty member Eurospoine



Panel: Joining Forces: Maximising Impact through Integration in the Sports Medicine Team.

Dr Corey Cunnigham
Fellow of the Australasian College of Sport and Exercise Physicians (ACSEP)

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European Chiropractors' Union

REGISTER NOW! 15-16 March 2025

KEYNOTE SPEAKER: ANTONIO STECCO



REGISTER NOW



Dr. Antonio Stecco is a physiatrist with a study focus devoted to the human fasciae from a macroscopic, histological and physio-pathological perspective. He earned his medical and PhD degrees at the University of Padova in Italy and is currently an Assistant Professor at Rusk Rehabilitation at New York University Langone. He has taught courses across five continents on the Fascial Manipulation method and has been President of the Fascial Manipulation Association since 2010 as well as President of the International Myopain Society since 2020. Dr. Stecco also served as Assistant to the President of the International Society of Physical Medicine and Rehabilitation (from 2012 to 2014). He has co-authored five books as well as several chapters in international publications, as well as authored over 50 papers on fascia extension.

Sat 15 March: 1-hour Podium Presentation
Sat 15 March: LOWER Extremity Fascial Manipulation
Sun 16 March: UPPER Extremity Fascial Manipulation

- Understand the anatomy of the deep fascia
- Understand the pathophysiology of the deep fascia
- Understand the assessment of the deep fascia

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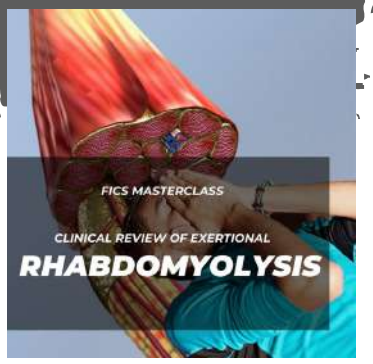
Masterclass

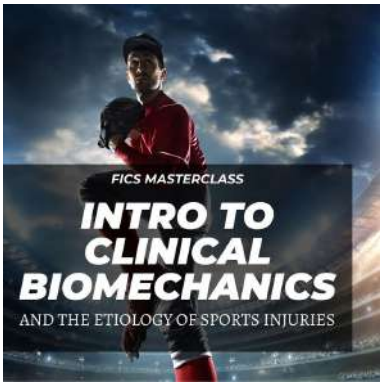
Your link to short courses on different injuries!

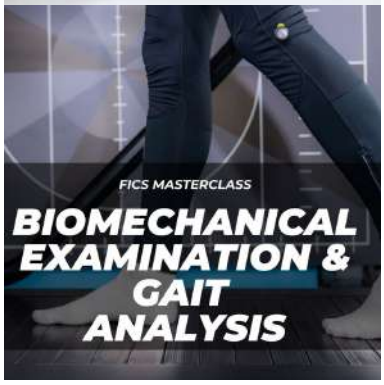


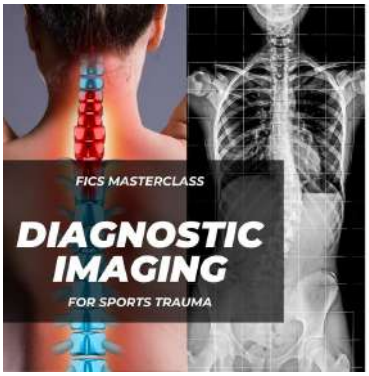


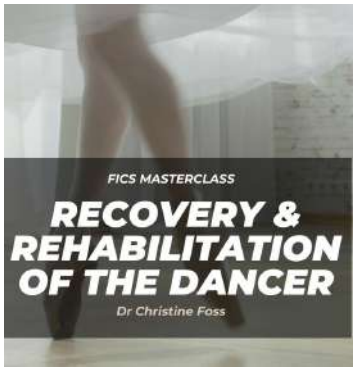












Explore the exciting world of sports chiropractic and stay ahead of the curve with the latest knowledge and trends.

Your passion for optimal well-being meets its match with our comprehensive coverage!

Claim a free masterclass from your members section on the FICS learning dashboard





The Masterclasses on the FICS website, are meticulously crafted to keep our members not only engaged but at the forefront of cutting-edge training in athlete treatment. Recognising the significance of ongoing education, FICS extends a warm invitation for you to harness the invaluable insights offered in these masterclasses.

Embark on a journey to elevate your sports chiropractic skills and knowledge, guided by some of the world's foremost experts in the field.

THE OLYMPIC DREAM

BY: SIMON LAWSON CHAIR ISFC

After more than 30 years of promoting Sports Chiropractic amongst the Olympic fraternity, FICS is starting to see the fruits of its toils coming through. With each Olympic cycle, more National teams; Individual athletes and, more recently, through the IOC Medical Commission's COPS (Chiropractic, Osteopathy, Physiotherapy & Sports Massage) program, the Olympic Polyclinic, is starting to see greater access and utilisation of Sports Chiropractic by athletes and teams at the Olympics.

FICS' vision is that every athlete unequivocally deserves access to Sports Chiropractic. In line with the IOC's ethos, the FICS mission is to empower every athlete to achieve their optimal performance, naturally!

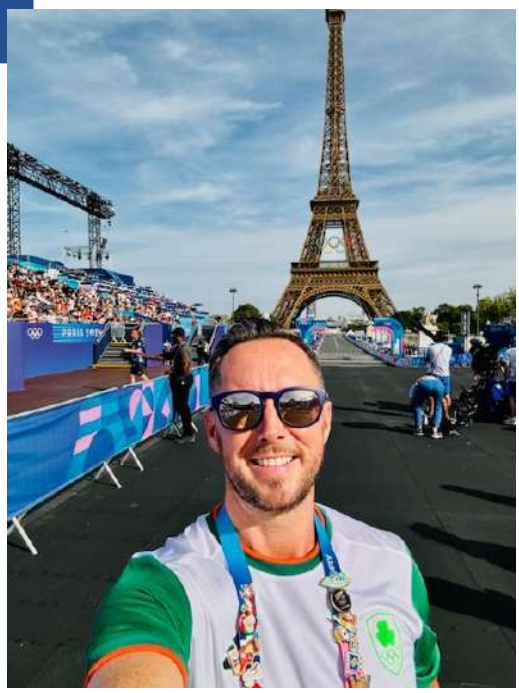
FICS is incredibly proud of all the Sports Chiropractors from around the world, but in particular, the FICS members, who have worked tirelessly to promote and achieve these goals within the Olympic circles, providing equitable access to all athletes at "the Games". As the curtain falls on the 2024 Paris Olympic and Paralympic Games, we would like to congratulate them and the IOC on another successful Olympic and Paralympic Games!

"Plus vite, Plus haut, Plus fort – Ensemble! Faster, Higher, Stronger – Together! We can only go faster, we can only aim higher, we can only become stronger by standing together — in solidarity."

These are their stories.

Sincerely
Simon Lawson





3 TIPS FOR CHIROPRACTORS WORKING IN ELITE SPORTS ENVIRONMENTS:

BY DR JAMES POWER

1. Be Ready to Adapt

Flexibility is key when working with elite athletes. No matter how well you prepare, situations can change in an instant—whether it's a last-minute treatment request or an unexpected issue that arises during a session. Be ready to adapt your techniques and approach on the fly, and always keep the athlete's immediate needs at the forefront of your decisions.

Why It's Important: The ability to quickly assess and respond to dynamic situations is crucial in helping athletes maintain peak performance, especially in a high-pressure setting like the Olympics.

A CHIROPRACTOR'S JOURNEY WITH TEAM IRELAND

BY DR JAMES POWER



My name is James Power, and I've been a practicing sports chiropractor for over 15 years, in London. Over the course of my career, I've had the privilege of working with athletes at all levels, from amateur sports enthusiasts to elite professionals.

My journey has taken me around the world to some of the most prestigious sporting events, including the Tour de France and the Commonwealth Games 2022.

Each of these experiences has been a steppingstone, preparing me for the unique challenges and rewards of working at the highest level of competition—the Olympics.

So, when the opportunity arose to join my home country, Team Ireland, at the Paris 2024 Olympics, I knew it was a chance of a lifetime to apply my skills in one of the most challenging and exhilarating environments possible.

CONTINUED ...

CONTINUED ... TIPS FOR WORKING IN ELITE SPORTS ENVIRONMENTS:

2. Embrace the Team Spirit

While your primary role is as a chiropractor, be prepared to step outside of your specialty and assist wherever needed. Whether it's helping with logistical tasks, supporting other healthcare professionals, or simply being a calming presence, your willingness to contribute to the team in any capacity will be invaluable.

Why It's Important: Elite sports environments thrive on teamwork. Your ability to contribute beyond your specific role will not only benefit the athletes but also strengthen the cohesion and effectiveness of the entire medical team.

3. Build Trust Through Communication

Establishing strong communication with athletes and the multidisciplinary team is essential. Take the time to explain your treatments, listen to the athletes' concerns, and be transparent about what they can expect from chiropractic care. Building this trust will enhance the effectiveness of your treatments and ensure that athletes feel supported.

Why It's Important: Trust is the foundation of effective treatment, especially in high-stakes environments where athletes are under immense pressure. Clear, compassionate communication helps build that trust, making it easier for athletes to fully engage with their treatment plans.

Dr James Power

The Olympic Experience: Reality vs. Expectations



The buzz of the athletes, excited team members, thousands arriving with the dream of winning a coveted medal was almost deafening as I walked into the Olympic Village for the first time. It was a world where every second counted, and where the margin between victory and defeat could hinge on something as simple as a well-timed adjustment. In that moment, I knew this experience would be unlike anything I had encountered before.

I had just come off an incredible high, having finished working with my Pro UCI world touring cycle team of 5 years, EF Education-EasyPost at the Tour de France, where we celebrated Richard Carapaz's thrilling victory with the Polka Dot Jersey. The very next day, I was on a flight to Paris to join Team Ireland at the Olympic Village. The whirlwind transition from some of the harshest roads and mountains of France to the heart of the Paris Olympics was both exhilarating and demanding, setting the stage for what would be a truly unforgettable experience.

For nearly three weeks, I lived in the big Green Shamrock postered building in heart of the Olympic Village, fully immersed in the unique atmosphere of the games. From the early morning routines to late-night sessions, I was surrounded by the constant buzz of athletes preparing for the pinnacle of their careers. It was both inspiring and somewhat overwhelming, but it gave me a deep appreciation for the level of dedication required at this level of competition.

Behind-the-Scenes Insights: Daily Routine

My days at the Olympics started early— usually sunrise 6am. After a quick trip to the onsite Boulangerie for a fresh coffee to jumpstart the day, I would review the schedule, mentally preparing for the athletes & tasks I'd be working with.

By 7 AM, I was setting up and getting ready for the first wave of treatments. Each day could be a different location depending if competition day, rehearsal or village training, the day would be a blur of activity, with athletes coming in for everything from pre-competition adjustments to post-event recovery. Each session required full focus and adaptability, as no two athletes had the same needs.

Being based in the Village meant that my role wasn't confined to Team Ireland's building. I had the privilege of being at some of the most prestigious venues, start and finish lines, working behind the scenes and witnessing the culmination of years of hard work. Whether it was assisting an athlete just minutes before a race or providing immediate post-race care, every moment underscored the critical role of chiropractic in supporting these elite competitors.

Going Beyond Chiropractic Care

One aspect of the experience that truly stood out was the team spirit that permeated every corner of the Olympic Village. While my primary role was to provide chiropractic care, it quickly became clear that being part of an Olympic team meant being ready to pitch in wherever needed.

Whether it was helping with logistical tasks, assisting other healthcare professionals during busy times, or simply being a supportive presence for the athletes and staff, it was all part of the job. This flexibility and willingness to contribute beyond my specific duties made the experience even more rewarding and underscored the importance of teamwork in such a high-pressure environment.

Cultural Experience

While the work was demanding, I made it a point to immerse myself in the Olympic Village whenever I could. It's a place that never sleeps, with 14,250 athletes, a 24-hour food hall, Olympic gym, games room, bakery, and much more, it had it all.

Everything was free, a simple Bonjour & Merci beaucoup was all that was needed. These small moments of normality were a reminder of the world outside the Village, and they provided a much-needed balance to the intensity of the games for athletes and team members.

One of most fun things to do when walking around the village was to pin swap! Every individual is given hundreds of their country's pins. Sounds strange but this is to encourage everyone to chat, swap pins and engage with those who may simply pass by.

Of course getting those unique countries, most colourful pins was my aim. This was the most incredible experience as it gave me the opportunity to ask, "so what discipline do you do" and find out more about their country, Olympic experience and how they got to be here. Humbling and



insightful when you a limitless resource of Olympians journeys at your fingertips. Breakfast/ lunch / dinner time was always a constant guessing game of "what sport do you think they do?".

The onsite Olympic gym was again nothing short of sensational. In the midst of state-of-the-art equipment, the biggest building filled to the brim with every type of stretch, strengthen, movement machine, I braved to exercise amongst these individuals. A rare opportunity to be amongst them.

Personal Highlights:

My work as a sports chiropractor, particularly with the road cycling team, was an integral part of my time at the Games. Cycling demands not only endurance but also precise physical alignment, given the strain the sport places on the body. The athletes faced challenges from repetitive motion, prolonged positioning on the bike, and the intense pressure of competition. My role was to ensure their bodies could handle these demands, preventing issues like lower back pain and knee strain from becoming performance-limiting factors.

One memorable case involved a cyclist who was struggling with lower back pain just days before a critical race. After a detailed assessment, I discovered a pelvic misalignment causing the discomfort. Through specific adjustments and therapy, we corrected the issue, and the athlete's relief was palpable. He went on to deliver an exceptional performance, a result that underscored the importance of the care I provided.

Most Memorable Moments

The Olympic Village itself was full of quirks. The cardboard beds, which were widely discussed on social media, were far from ideal. Lying down each night, I couldn't help but smile at the irony of being in such a prestigious setting with such basic accommodations. This shared discomfort became a way for everyone to bond. The food, often unpredictable, and the absence of air conditioning in the Paris heat added to the challenge. Yet, there was a simple joy in small comforts like also infamous chocolate muffins, which became a daily treat that brought a bit of happiness in an otherwise tough environment.

One of the greatest highlights of my Olympic journey was the incredible people I met. I had the surreal experience of meeting Serena Williams, whose poise and determination on and off the court are simply awe-inspiring. Then there was Sir Chris Hoy, whose kindness and wisdom during our conversations about the demands of elite cycling left a deep impact on me. And I'll never forget my brief encounter with the IOC President, who shared words of encouragement



that reminded me of the global significance of our work. These interactions weren't just about brushing shoulders with legends; they were moments that reinforced the unity and shared passion that sports bring into our lives.

Another highlight was simply being part of the Olympic atmosphere. The camaraderie among the team was incredible—there was a sense of mutual respect and a shared mission that made every day feel rewarding. The environment was demanding, but the teamwork and the knowledge that we were all contributing to something much bigger than ourselves made it an experience like no other.

Impact on Personal Growth:

Learning Moments

Reflecting on my journey with Team Ireland at the Olympics, each day brought something new, turning the experience into a series of unforgettable moments. One day, I'd find myself sharing an elevator with gold medallists; the next, I was watching athletes prepare for their events, their focus and athleticism on full display. Being in that environment, surrounded by such dedication, constantly reminded me of the incredible heights that can be reached through hard work.

Having worked at the Tour de France and the Commonwealth Games, I thought I was prepared for anything. But the Olympics, with its unique scale and intensity, taught me new lessons in flexibility—not just in the physical sense, but in mindset. The unexpected twists and turns, from last-minute treatment changes to navigating cultural differences, taught me to embrace uncertainty and find strength in adaptability. These experiences have not only made me a better practitioner but have also deepened my appreciation for the challenges that athletes face at the highest levels of competition.

Interaction with Other Professionals:

Collaborating with other experts, such as physiotherapists, nutritionists, and sports psychologists, provided a holistic view of athlete care that was incredibly enriching. We often found ourselves in deep discussions about best practices, sharing insights and techniques. These collaborations were a highlight of my time in Paris and have inspired new approaches that I plan to incorporate into my practice back home.

Gratitude and Looking Ahead

I'm deeply grateful for the opportunity to have been a part of Team Ireland's journey and to have witnessed the incredible power of the human body and spirit. As I return to my daily practice, I'm reminded of the importance of every adjustment, every consultation, and every conversation we



have with our patients. It's these moments that make our work so fulfilling, whether in the clinic or on the world stage, so keep going!

At the Olympics, the incredible impact that dedication, passion, and expert support has on athletic success is clear to see. The Olympics have reignited a global interest in sports, presenting an unparalleled opportunity for sports chiropractors to step up and make a difference.

Now, more than ever, athletes of all levels are seeking ways to improve their performance, prevent injuries, and optimize their recovery. This is our moment to capitalize on that momentum, to show the world

the vital role that sports chiropractic care plays in achieving peak performance. By bringing our expertise, commitment, and passion to the forefront, we can help shape the future of sports and empower athletes to reach new heights. Let's seize this opportunity to inspire, support, and contribute to the next generation of champions.

Final Reflections

Reflecting on my journey—from that young Irish boy watching his home country athletes return from the Barcelona 1992 Olympics, and saying to himself, "one day I'll be part of that" and now having completed that lifelong goal —I'm proud of the legacy we're building for chiropractic care in sports. Each event has strengthened my commitment to the profession and reinforced the impact we can have on athletes' lives. Moving directly from celebrating a victory at the Tour de France to joining Team Ireland at the Olympics was a whirlwind experience, but it highlighted the versatility and importance of chiropractic care at every level of competition.

Looking back, my time at the Paris 2024 Olympics was an experience I'll cherish forever. It was a privilege to support athletes who have dedicated their lives to their sport, and it was a learning experience that I'll carry with me in my practice. The camaraderie, the challenges, and the successes all contributed to a deeper understanding of what it means to work in this field.

As sports chiropractors, we now have an unparalleled opportunity to capitalize on the post-Olympic surge in interest in sports. The world is inspired, and athletes are more determined than ever to excel. By stepping up, sharing our expertise, and supporting athletes in their pursuits, we can play a pivotal role in helping them overcome challenges and achieve their dreams. This is our time to make an impact, to show the world the power of sports chiropractic care, and to be part of something truly extraordinary.

James Power

"SUCCESS IS NO ACCIDENT. IT IS HARD WORK, PERSEVERANCE, LEARNING, STUDYING, SACRIFICE AND MOST OF ALL, LOVE OF WHAT YOU ARE DOING." – PELÉ



A GOLD MEDAL

BY DR JOAN MONTSERRAT

I'm a sports chiropractor based in Berlin, and since 2022, I've had the privilege of working in the area of Track & Field.

For the Paris Olympics, the German Athletics Association made a strategic decision: they organized the main preparations in Germany, allowing athletes to train in top-tier facilities away from the pressures of the media and the intense competition environment. Athletes were then flown to Paris shortly before the events, fully prepared and focused.

Chiropractors were integral to this preparation camp, working closely with a dedicated team of physiotherapists, medical doctors, and psychologists. The athletes had access to a range of therapies, including ice chambers and ultrasound treatments, ensuring they were in peak physical condition.

Athletes sought chiropractic care for various reasons—some to ensure optimal alignment for peak performance, others to address acute injuries from intense training, or even issues as simple as poor sleep posture. The demands on these athletes are extraordinary, pushing their physical and mental limits. Every member of the medical team was fully committed, often working long hours to provide the necessary support.

The techniques I employed varied depending on the athlete, but my primary methods included chiropractic adjustments (Diversified, Gonstead), Kinesiotaping, and extensive soft tissue work. A good knowledge of the sports and their biomechanics helped to be more efficient. Also the use of Nerve Manipulation delivered exceptional results on athletes.





Yemisi Ogunleye - Olympic Champion (Shot Put) with Dr Joan Montserrat

For a therapist, a "Gold Medal" is to see a previously injured athlete being able to start their race and perform, knowing that not long ago they could barely walk due to the pain. Probably one of the most rewarding work you can do.

Of course, one very memorable moment, is witnessing an athlete become an Olympic champion. Seeing their hard work, dedication, and sacrifices lead to such a remarkable achievement fills you with joy for them. Being part of the journey and helping them achieving their goal is one of the greatest honor they can be.

Being part of this event was one of the most intense and fulfilling experiences of my career. The feedback from the athletes was extremely positive, reinforcing the valuable role that chiropractors play in high-level sports.

Looking to the future, I hope to see more chiropractors passionately engaging in sports care. It's a demanding field, but athletes needs it and the rewards are immensely gratifying.

MORE HUMANS THAN HORSES

BY DR MAJ-BRITT CIELEWICZ

I am a qualified vet, but also a DC and MD. Initially the plan was that I take care of all horses that needed help during their competitions. However quickly it spread the word, that I also treat humans, so people came to the vet clinic to receive treatments.

I didn't have a bench, so I ended up adjusting patients in the recovery box for the horses, against the wall, in a chair, on hay and shaving piles, on the couch in our staff room aso.

I treated fellow vets, who have now cancelled their already scheduled hip replacement surgery, riders who suffered from back pain while riding, and a physio who treated horses from their own nation and now has much sharper vision.

The woman in charge of the whole Versailles venue fell from a golf car during the events, and initially presented with knee pain to the medical staff.

It was a clear posterior sacrum and after adjustment she felt much more stable on her legs and the knee pain resolved. From that time onwards more and more working staff showed up at the clinic.

I ended up treating more humans than horses, and enjoyed every second of it. The vibe around the Olympics is amazing.





TO SHARE IN THIS WAS PRICELESS

BY DR. WENDY MEHAFFEY

I feel so honored to have worked in support of the world's best athletes at the Paris Olympic Games this past summer.

Walking into the Team USA Sports Med clinic for the first time, I was a bit nervous! I have worked at other international games, but none of this magnitude. However, I quickly felt at ease.

... CONTINUES ON NEXT PAGE

The other games definitely prepared me more than I initially realized. Since many of the USOPC staff had worked Games before, they were a great resource once on the ground, too. I was scheduled to work from 1 week prior to the Opening Ceremonies until the day before Closing Ceremonies. It's a long haul, but jam packed with so much that it went by in the blink of an eye.

Team USA Sports Medicine had a team of 200 medical providers at the Games, from MD's, DC's, PT's, ATC's, Welfare Officers, and many more. I was selected to work with the Village Sports Medicine Team. We had a team of about 30 clinicians. Our top priority was working with any and all athletes that needed care while in the Village. Whether it was to supplement what their NGB providers were offering, or as a stand alone service, our staff handled anything from blisters and stitches to acute and chronic musculoskeletal injuries.

With such a skilled range of clinicians, any sports medicine issue an athlete was experiencing, our providers were able to help. There was also a recovery area for the athletes in the clinic, so many would roll in at the end of their training day to recoup. The clinic would see athletes in and out all day long. The NGB providers would be with us in the clinic working with their teams, so it was a busy place to be both morning and night!

When we had slower clinic times, we were able to have great discussions about athlete care. These are some of my favorite moments of the Games! The sports medicine knowledge inside those four walls was incredible. To share in that was priceless.

When not working in the clinic, we had time to watch events at the venues. Seeing the events gave me a huge sense of appreciation of what these athletes are able to accomplish. Just incredible! I am so appreciative to have worked with Team USA at the Games.







WHATEVER NEEDS TO BE DONE

BY DR JORDAN KNOWLTON-KEY





I will be in the High Performance Center working within an integrative sports medicine team providing care to Team USA during the Paralympics. We will have a diverse team of physicians, massage therapists, athletic trainers, chiropractor (myself), dieticians, strength and conditioning specialists, and tons of support staff.

My role encompasses a wide gamut of activities, but, overall I will be providing chiropractic services (IE adjustments/manipulative therapy for the spine and extremities), injury assessment/management, return-to-play management, rehabilitation, manual therapy, event/practice coverage, and a plethora of other awesome activities!

However, when it comes down to it, I will be doing whatever Team USA needs. If that's moving mats to set up for a team coming in, doing laundry, muling ice out to the practice fields, or whatever else needs to be done!



CHIROPRACTIC BECOMING A NECESSARY COMPONENT OF SPORTS MEDICINE IN CHINESE COMPETITIVE SPORT

BY DR PENG LI







I have been involved with the Chinese Olympic Committee for over 6 years, representing chiropractors of Life University who had a collaborative agreement to provide chiropractic care to the Chinese Olympic Committee until 2022.

It was a great honor to be with the Chinese Olympic delegation for the 2018 Asian Games for Rowing, Canoeing and Kayaking, for the 2020 Tokyo Olympics across all sports, and then in Beijing for the 2022 Winter Olympics for Figure Skating and Speed Skating.

I have been supporting athletes in Gymnastics, Trampoline and Artistic Gymnastics during the 2024 Paris Olympics, and also seeing individual athletes from different sports, like Yufei Zhang, Haiyang Qin, Jiajun Sun, Jiayu Xu from the Swimming team, Hong Liu from Race walking, Yuhao Shi from Long jump, Lili Wang from female 3vs3 basketball, Hao Liu, Wenjun Lin, Shixiao Xu and Mengya from Canoeing, and Nan Wang from Kayaking.



Most of these athletes have been receiving chiropractic care for a few years. For instance, swimmer Yufei Zhang benefitted from chiropractic care regularly during the Tokyo Olympics, and undertook 3 months of regular care prior to Paris for both herself and Haiyang Qin.

Canoeing athlete Hao Liu has had experience of care before competition, and won the first ever gold for China in this sport in the 2019

DR PENG LI CONTINUED ...



World Championships, so required Chiropractic care before racing in Paris as well.

Among the athletes under care in Paris, China took home 3 golds (5 athletes), 1 silver (1 athlete) and 5 bronze medals (1 athlete). Among the athletes under chiropractic before Paris, there are 12 golds (21 athletes), 9 silvers (16 athletes) and 10 bronze medals (14 athletes).

The National Institute of Sports Medicine of the Chinese Sports Ministry is looking to introduce Sports Chiropractic as part of sports medicine in China. The director of the Sports Medicine Department visited Life University in 2023 and plans to establish a Chiropractic Performance Center in the National Institute of Sports Medicine.

We are looking forward to having chiropractic as a necessary component of sports medicine in Chinese competitive sports.

THE FUTURE IS BRIGHT FOR THE PROFESSION

BY DR JOSH GLASS



I was credentialed with the island nation of Grenada for the 2024 Paris Olympic Games. I'd previously worked with 2 of their top athletes, Kirani James and Lindon Victor, in past World Championships and professional track meets.

Grenada also had 2 time world champion Anderson Peters in the javelin. Anderson's massage therapist was part of the sports medicine staff, and we collaborated care for him. Grenada had a woman in the 100m for track and 2 swimmers.

I arrived in the Olympic Village on Thursday July 24th and stayed until Sunday August 11th.

CONTINUED ...

I worked with Kirani, Lindon and Anderson on a daily basis, including pre/post practice and competition chiropractic treatment.

Kirani had medaled in the past 3 Olympics for Grenada, and was the only Olympic medalist in their history. Lindon and Anderson both won bronze in their events and Kirani placed 5th in the best 400m race in history.

It was a historic showing for the athletes and their country, and an incredibly rewarding experience for me to help them. The previous 3 Olympics I was part of the USA Sports Medicine staff. In Paris I also worked as a personal medical provider for the following USA athletes: Sam Kendricks Silver Pole Vault, Kenny Bednarek Silver 200m, Sydney Mclauglin-Levrone Gold 400m hurdles and 4x400 relay, Grant Holloway gold 110m hurdles , Elle St. Pierre 8th 1500m.

I have worked with these athletes for years and it was perfect to continue my support for them at the Games. This was the 6th Olympic Games I've worked with athletes.

Each has been different and special. It is promising to see sports chiropractic care included in more teams and athletes sports medicine contingent. I'm sure the future is bright for the profession.





> I don't think I could have had the performances I had at the Paris Olympic games without Chiropractic care from Dr. Glass.
>
> My event is extremely intense, and having that care, whether it was Chiropractic adjustments, muscle activation or massage, all of it really helped my body feel ready to perform at my best. I was able to recover and reset after every round.
>
> **Kirani James Grenada 5th men's 400 meters. 4x Olympian, 3x Olympic Medalist**

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Games HIGHLIGHTS JULY - SEPTEMBER 2024

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"I wanted to take a moment to express my deepest appreciation for the amazing care that Michael and Vallejo provided. Both were truly exceptional, and I couldn't be more impressed by their professionalism and expertise. From athletes to officials, everyone who worked with them had nothing but praise for their services. It's clear that you both take great pride in the work, and it shows in the positive experiences of those their treated. Thank you once again for their dedication and commitment to providing top-tier care.

Warm regards, Jose Dominguez, UPJJ Sport Director "



IFMA Youth World Championships Bangkok
Thank you Aouregan Loge, Debbye Atkins, Jackie Huang, Sarah Crockett







IPF World Sub Junior & Junior Classic & Equipped Powerlifting Championships Malta
Thank you Amy Carter, Laurent Bourda-Couhet and Kyle Wingate









WAKO World Junior Championships in Budapest
Thank you Dr Renita Rasmann and Dr Muhammed Tagari for representing FICS









JJIF European World Cup

BY DR HENRIK HØJGAARD



Dr Henrik Højgaard (Sweden), and Dr Michael Krasnov (USA) were in Zadar in Croatia to work at the JJIF European and World Cup. 22nd to 25th of August 2024.

When I arrived at Zadar airport, my table was missing, and despite the staff's efforts, it couldn't be found. Then when I finally met my driver to take me to the hotel, he shared that he'd been coming to the airport for three days, hoping I'd show up, trying to reach people who might have my contact info. We laughed at the mix-up, and he ended up being our go-to driver for the rest of the trip!

When Dr. Krasnov arrived, we headed to the venue for a site visit and familiarized ourselves with the treatment area. The massive arena was mainly for basketball, but we found a spot in the warm-up area. We created a **"FICS zone"** with benches, two tables for our gear, and chairs, ready for the next day's work. Thankfully, my missing table finally arrived Friday night—I had a gut feeling it never left Copenhagen with me.

This seemed like a smaller JJIF event than usual. Thursday afternoon, we met the JJIF team at the arena, and as always, there were lots of laughs. I've worked with many of them before, and they're consistently helpful, with a great attitude and a wonderful sense of humor!

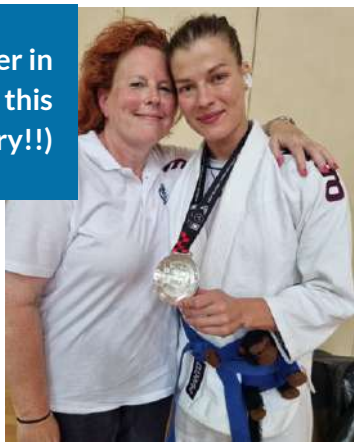
It took a while for the first athletes to arrive, but once they did, things got busy. Saturday was the busiest, with nine hours straight of treatments. Over the course of Friday, Saturday, and part of Sunday, we treated about 60-70 athletes, fewer than at previous JJIF events due to the smaller number of participants.

One moment, however, left a deep impression on all of us—the Ukraine team traveled five days by bus, 120 hours one way, just to compete in Ju-jitsu for a few minutes. Their dedication, resilience, and drive were truly inspiring. Seeing them return with medals was a powerful reminder of what passion and determination can achieve. Truly amazing!



Pictured left (lL to R): Dr Henrik Højgaard (Sweden), and Dr Michael Krasnov (USA).

Pictured right: This athlete is a soldier in Ukraine but took time off to go to this event. Just such a heartbreaking story!!)



A huge thank you to Michael for traveling all the way from the U.S. to help me at this event. Not only is he an incredible chiropractor, but he's also become a great. One last fun fact—while walking around Zadar, I noticed the "HR" on car license plates. Our driver explained that "Croatia" is an "American-made" name, and the country's real name is "Hrvatska." Try pronouncing that! Thank you FICS and JJIF for this opportunity to serve athletes.

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This issue we will briefly discuss the study by Meltem Koç PhD et al (2023) published in the Journal of Hand Therapy.



Compressive loading in combination with tensile overload has been reported as a contributing factor in the development of rotator cuff tendinopathy. A reduction in acromiohumeral distance (AHD), a narrowing in the subacromial space during arm elevation is thought to impact compressive loading.

This is the first study to look at the impact of a Dynamic Taping Upper Limb Offloading technique on the AHD while also comparing to a Kinesiotaping technique in symptomatic subjects.

The Dynamic Taping technique aims to take the weight of the upper limb. Dynamic Tape comes in different grades of resistance and recoil. The authors chose to use Dynamic Tape ECO which has a higher resistance but less elastic recoil than the original Dynamic Tape product.

Cont;nue <35>

As a result it can be considered less assistive than the original product but may provide a stronger hold against gravity. Of course, more force can be obtained by using additional layers as required to achieve the aims identified through assessment.

The various bands are applied with the arm elevated either through extension for the posterior band or flexion for the anterior band such that when the arm returns to the person's side the tape is stretched and provides a force vector upwards to support the weight of the arm. The anterior band can continue posteriorly across the scapula to the contralateral side of the trunk to provide resistance to downward rotation of the scapula and a forward positioning of the shoulder.

The change in position can reduce the distance between the centre of mass of the arm and the axis of rotation, reducing angular momentum dragging the arm downwards and the scapula with it. Furthermore, it can be argued that by maintaining a more upwardly rotated position, the lip of the glenoid and labrum can provide more passive support to the humeral head. The trapezius muscles are less elongated improving their capacity to generate force from a length-tension perspective.

Overall, there is a reduction in the amount of force that needs to be generated and an improved efficiency in developing and transferring force resulting in less work or load on the musculotendinous units responsible.

This would result in a reduction in tensile loading. Another study by Huang TZ and Kim SY (2020) showed that a similar technique resulted in a favourable improvement of activity in upward rotators such as Upper Trapezius and Serratus Anterior while reducing activity in the Middle Deltoid.

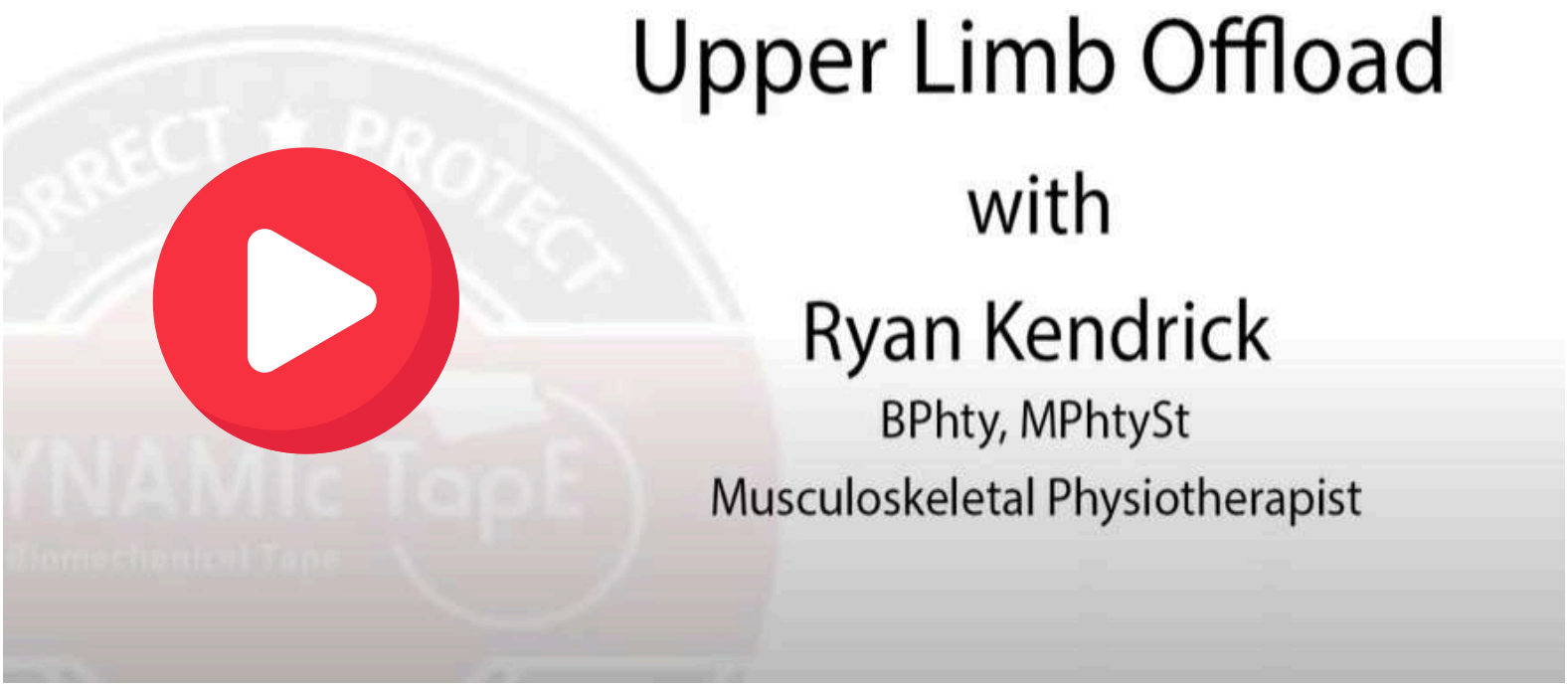
The present study used ultrasound imaging to measure the acromiohumeral distance in 0° and 60° of abduction. Results showed an increase in AHD of 13.66% and 16.89% respectively in the Dynamic Taping group compared with 6.27% and 9.26% in the Kinesiotaping group. This is the largest change to the study authors' knowledge. The techniques covered very similar areas of skin and were similar in appearance largely accounting for expectation and skin contact.

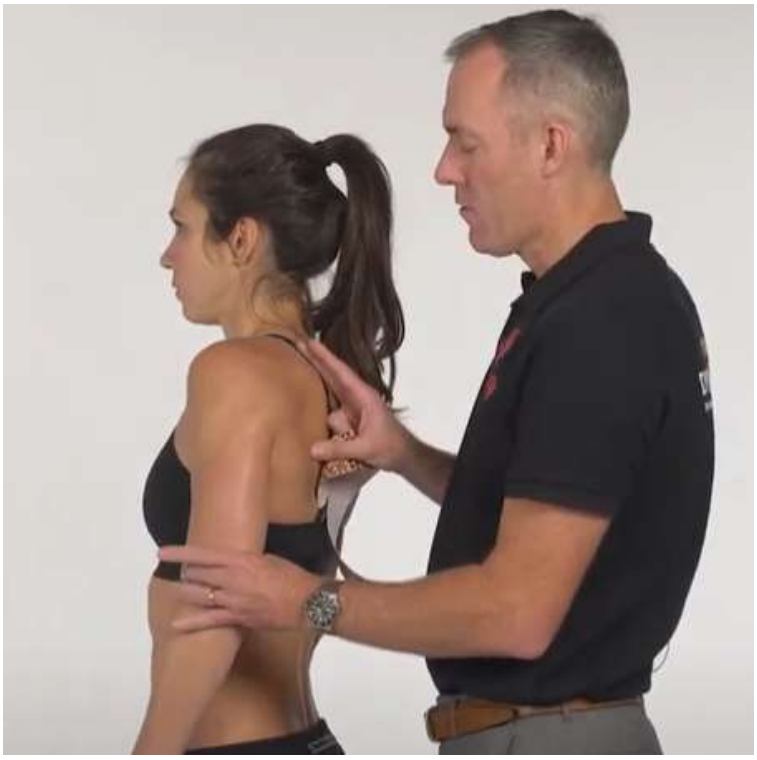
This study demonstrates that Dynamic Taping can create a significant reduction in the narrowing of the subacromial space which may reduce compressive loading of rotator cuff tendons which likely contributes to the pathology. This may influence pain also due to reduced stimulation of peripherally sensitised structures due to both reduced compressive loading and reduced tensile loading (over work). A couple of other studies have shown changes in pain however they investigated different techniques which would not be the techniques of choice or at least not in isolation.

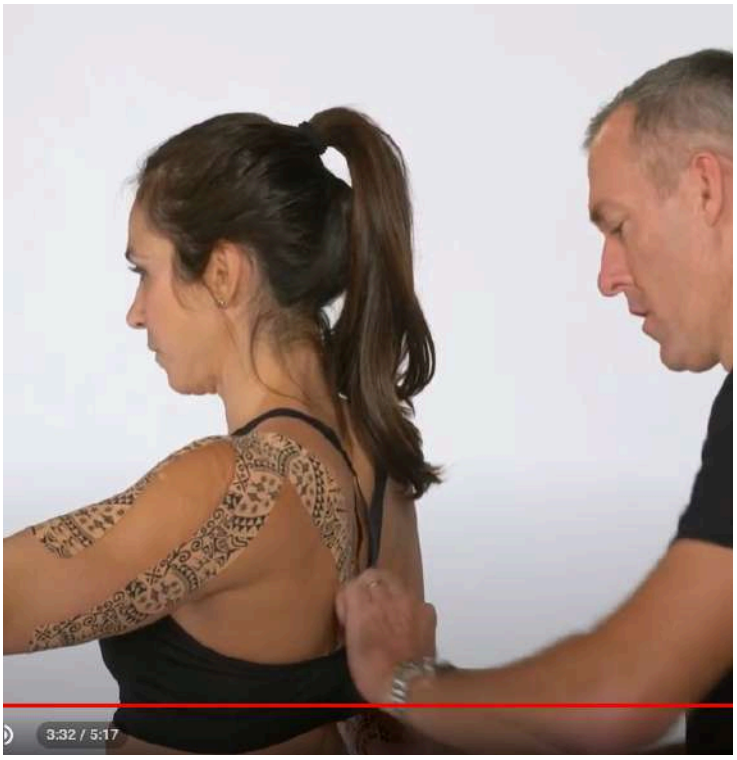
Continued ..Immediate effects of Kinesio Taping and Dynamic Taping on acromiohumeral distance in individuals with symptomatic rotator cuff tendinopathy.

Further studies will provide further insight into immediate and longer terms changes in pain and pathology.

To view an upper limb offloading technique similar to what was used in this study along with further explanation please visit - Dynamic Tape has a YouTube link below for you.







ICSC GRADUATES JULY - SEPTEMBER 2024



Become FICS ICSC certified and join us at The World Games 2025

LEARN MORE



Dr Lisa Paulin DC., ICSC - April 2024

Congratulations to the following doctors who completed their ICSC certification during the past quarter

Laurent Bourda-Couhet
Fabrizo Marino
Hsin-Yi LEONG
Alex Pucciarelli
Eleanor De Kock
Lizandi Schoeman
Matthew Kay
Amy Carter
Patrick Wigley
James West
Lynne Kushnirenko
Joline Grawunder
Brandon Trost
Brett Houlden
Tina Wu

Dr Alex Pucciarelli, ICSC - Sep 2024



Dr Tina Wu, ICSC - Sep 2024





IMU, Kuala Lumpur host ICSC Upper Extremity Seminar

BY IMU STUDENTS

"My name is Danish, and I am a student at the International Medical University (IMU). This year, I had the amazing opportunity to attend the FICS Upper Extremity Workshop conducted by Dr. Thomas Halyk and Dr. Pete Garbutt in Bukit Jalil, Malaysia.

I thoroughly enjoyed the whole two days, especially the focus on practicals during the first day which allowed me to experience real-world applications of sports chiropractic techniques. It was informative and hands-on, which made learning functional assessments and soft tissue work, particularly in upper extremity cases, both interesting and practical. Working with tools such as taping methods and details on how a sport's chiropractor handle conditions highlighted the practical approaches to treating sports injuries.

The emphasis on injury prevention and rehabilitation gave me new ideas for patient care, and I remained engaged throughout the session. I am keen on continuing forth in gaining the International Certificate in Sports Chiropractic (ICSC), and it is definitely a goal of mine to work in more sports events in the near future. Overall, it was a fantastic experience!

By: Danish Syahmi Bin Abdul Razali





IMU, Kuala Lumpur host FICS ICSC Upper Extremity Seminar continue.....

"The upper extremity seminar that was hosted by FICS is very informative and interesting where a mixture of chiropractors and chiropractic students gather to share the knowledge on the latest development of sports chiropractic. The speakers are well experienced and generous with sharing their knowledge with the room. It was a good experience overall and I am looking forward to the next seminar." **Anonymous student**

"My name is Kishan: FICS workshop was a good opportunity to explore the insights to sports chiropractic for future endeavors. A huge shout-out to the tutors for making the workshop engaging and meaningful for the participants to be up-to-date with the latest developments in sports chiropractic. It was a memorable experience for me and will be looking forward to more events in the future."

By Kishan Kumar A/L Jey Kumar



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Currently available in the US – Use this link **stopa.in/fics** to get started. FICS members receive a 10% discount and every Stopain Clinical purchase will result in a 10% donation to FICS. If you are located in another country please email us directly and we will do our best to bring Stopain Clinical to your area – **ptimko@stopainclinical.com**



2024 student FICS SCHOLARSHIPS holder

BY LORI NIEMAND

September has been a very exciting month. I graduated with a MHSC Chiropractic, with the dissertation title 'An exploration into the utilisation of vitamins and minerals by chiropractors in the management of musculoskeletal conditions in runners'.

I attended the FICS upper and lower extremity practical seminar in South Africa over the weekend (20-22nd Sep) and thoroughly enjoyed it! I learnt so many new muscle and orthopaedic tests from Dr John Williamson and Dr Simon Lawson, they were amazing instructors.



It was really interesting to learn new adjustments and soft tissue techniques which I will definitely start to include in my treatment plan for athletes. I will be finishing my theory component soon to complete my certificate.

The ICSC experience so far has been invaluable! I have loved learning from sports chiropractors who have a genuine passion for helping athletes- it is both inspiring and motivating. I am continuously grateful for this opportunity and cannot wait to complete my ICSC certificate!



2024 student FICS SCHOLARSHIPS holder

BY THUJIVAN KATHIRAVELU

The past few months have been nothing short of eventful. I recently completed my internship year at AECC University College (now HSU), capping off four intense years of study. The journey was far from smooth—particularly the first year, which was heavily disrupted by the pandemic. Despite the challenges, my time at university was transformative, filled with hard work, personal growth, and unforgettable memories. I'm deeply grateful for the support I received and the friendships I've built along the way.

Upon completing my final exams, I had the incredible opportunity to attend the FICS Lower Extremity Seminar in Porto, Portugal, with two friends from university. To say it was an action-packed weekend would be an understatement!

One of the unexpected highlights of the weekend came when we were invited to observe the FICS Executive Council meeting. Witnessing firsthand how the FICS operates—and learning about the amazing opportunities available to sports chiropractors and students worldwide—was truly inspiring. It was a powerful reminder of the global support and opportunities available for those in our field.

We kicked things off with the Dynamic Tape Masterclass on the first evening, which was my first exposure to how Dynamic Tape's unique properties can be used to address a variety of complaints.







The evening continued with a networking cruise along the scenic Douro River. Initially, I was a bit nervous—and admittedly starstruck—about mingling with some of the best sports chiropractors from around the globe, many of whom I had only interacted with virtually through my involvement with FICS. But to my relief, we ran into other new graduates before boarding the cruise, all of whom shared similar feelings. I even bumped into Mustafa Agaoglu, one of my lecturers from university, which helped break the ice. To be honest, though, the ice didn't really need breaking—everyone was incredibly welcoming and genuinely curious about our experiences as new graduates. And, of course, the port wine, delicious food, and stunning views didn't hurt either!







The main event of the weekend was the ICSC seminar. Learning from six master instructors, each sharing invaluable clinical insights they've gained throughout their careers, was a unique and deeply enriching experience. I absorbed as much as I could from their decades of experience and expertise.

I left Porto not only with new insights and skills but also with lasting connections and a renewed sense of excitement to apply everything I learned. It was an unforgettable experience, and I'm incredibly thankful for the opportunity to reconnect with old friends and make new ones along the way.



Sports Chiropractic Foundation

Every Athlete Deserves Access to Sport Chiropractic

The Sports Chiropractic Foundation provides an opportunity to raise funds to support a range of activities that will enhance the support of athletes at international events.

Grants for new practice start up

We're thrilled to support Dr Thujivan Kathiravelu a recent graduator from UK, has been awarded one of The Remarkable Practice Grants to kick start the set-up of his new practice.



Sports Chiro Foundation

“ The vision behind my newly established sports chiropractic clinic in North West London is to address the longstanding misunderstanding and undervaluation of chiropractic care in the area. With only a handful of clinics in the vicinity, all entrenched in outdated methods focused solely on spinal manipulation, our local community has generally not had the best of experiences with chiropractic and not yet had the opportunity to experience the benefits of modern, evidence-based chiropractic practices.

We opened our doors on 1st September 2024, and we are committed to redefining the patient experience in chiropractic care. Our mission is to demonstrate how chiropractors, equipped with a diverse set of tools and techniques, can treat a wide range of conditions that extend far beyond just back pain.



⚡ TJ attended the July 2024 Porto ICSC Lower Extremity Seminar, gearing up to expand his skill set and complete his ICSC certification so he can better support athletes at his new practice venue. We wish TJ all the best and look forward to the wonderful things on the horizon for him. #CreatingMemories #LifelongLearning #BuildingNetworks ⚡

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AFRICA REGIONAL REPORT

BY: SIMON LAWSON, REGIONAL REP AFRICA



The African region has been busy over the last quarter. The FISU World Squash Championships recently took place in Johannesburg, where Dr Steve Smilkstein and the Chirosport SA/FICS team did an outstanding job providing care for over 1,000 athletes.

"It was an incredible experience to share with the athletes as they faced the challenges of play throughout the week. You become a friend and confidant for each player as they struggle with fatigue.

Events like this show the unity and friendships that sport creates. It blurs the borders of Countries and encourages us to show our best qualities to each other by assisting and sharing in someone's trials and accomplishments. We all can resonate with taking care of athletes and giving them the best opportunity to do their best." Said Dr Smilkstein

ChiroSport and preparing for the IPF World Masters Bench Press in October, ensuring the team is well-equipped for the event, and the athletes receive the best care.

I have also engaged with the Chirosport SA Board to discuss strategies for growing Chirosport SA, increasing event participation, preparing for their AGM, and strengthening the relationship with FICS as the NCSC.

The FICS ICSC Hands-on module, led by Master Instructor Dr John Williamson, took place in Johannesburg in September, providing valuable practical training. I was honoured to be an instructor at this seminar.

I had productive discussions with the heads of the Universities in South Africa about ways to promote chiropractic growth across Africa, with a focus on expanding the reach of sports chiropractic.

A meeting with the Chair of ACF was held to explore collaboration opportunities with FICS, aimed at spreading sports chiropractic across the continent.

Lastly, I presented at the CASA Conference in Durban, highlighting FICS, Chirosport SA, and hosting a practical session to inspire attendees and promote both FICS and the NCSC.



WAKO YOUTH KICKBOXING CHAMPIONSHIPS 2024

BY: DR RENITA RASMANN

We were given an excellent position in the athletes' warm-up area. WAKO provided us with two informative roll-up banners, and I brought the FICS flag, which made us even more visible to the athletes. At previous events I attended, there had been a recurring issue where athletes didn't fully understand who we were, what we did, or how much our services cost. The roll-up banners effectively addressed these concerns, and we were busy from the moment we started. Athletes were already lined up, waiting for us while we were still setting up the last details of our treatment area. From the moment we began, there was no pause for either of us – a constant queue of athletes waiting to be treated.

We worked 10 hours a day, back-to-back, and on the busiest day, we provided 94 treatments. Over 5.5 days, we reached a total of 433 treatments. Despite the heavy workload, we maintained smiles on our faces, and the athletes were extremely appreciative, returning later with their medals to show their gratitude.

We had a chance to treat athletes from all over the world, and at the event, 65 different nations were represented. The most frequent athletes who came to us were from Italy (78 athletes) and Ireland (52 athletes).
Since this was a youth event, I inquired with the local Hungarian doctors about the legal age for athletes to sign their own consent which was 16 years old.



DR RENITA RASMANN



DR MUHAMMED YASEEN TAGARI

The youngest athletes were eight (8) years old, and I was initially concerned about how smoothly the signing process would go. However, word went around quickly, and the athletes understood that if they were under 16, they needed to bring a parent or coach to sign on their behalf. Fortunately, we encountered no major issues with this process.

My colleague, Muhammed, is a fantastic chiropractor with extensive knowledge, empathy, and skills. We made an excellent team, supporting each other whenever needed. He remained calm and handled challenging situations with professionalism. For this review, he noted that working at a youth event provided him with a valuable new experience in treating paediatric and teen populations, as his practice primarily focuses on adult patients.

The WAKO and the organising team were incredibly friendly, welcoming, and helpful. They were always available and expressed gratitude for our hard work. They were amazed at how many athletes we treated and frequently checked in to ask if we needed anything or were too tired. Even the president of WAKO, Roy Baker, the president of WAKO UK, Peter Edwards, and the President of the Association of IOC Recognised International Sports Federations, Raffaele Chiulli, came for treatment and were very pleased with their results.

It was a wonderful experience, and I am so thankful to have had the opportunity to experience this level of service at international events.

I feel like I continue to grow as a sports chiropractor because of these experiences.

The WAKO and the organizing team were incredibly friendly, welcoming, and helpful. Working at International events is so remarking.
Thank you FICS and WAKO















MIDDLE EAST REGIONAL REPORT

BY: AMY BOWZAYLO REGIONAL REP MIDDLE EAST

Pre-Season Rugby Training Kicks Off at BRFC

The pre-season rugby training sessions kicked off on the 12th of August 2024 at the renowned Bahrain Rugby Football Club (BRFC), marking the beginning of an exhilarating journey towards a promising season. Under the expert supervision of InTouch Clinic, our official medical team, these sessions are meticulously crafted to elevate the performance and resilience of our athletes. The training program is comprehensive and strategically designed to enhance strength, agility, and tactical acumen. With a focus on holistic development, these sessions promise to prepare our athletes for the challenges of the upcoming season, ensuring they are in peak condition both physically and mentally.



The pre-season game kicked off on the 13th of September 2024 with the official season commencing on the 18th of October 2024. This timeline allows our athletes ample opportunity to refine their skills and strategies, ensuring they are fully prepared for the competitive season ahead.



Pioneering Concussion Management in the Gulf: InTouch Clinic proudly stands as the first and only multidisciplinary concussion management clinic in the Gulf region. Established with a mission to provide comprehensive care for athletes and individuals suffering from concussions, the clinic integrates a variety of medical disciplines to offer a holistic approach to concussion management. The team comprises highly skilled professionals, all working collaboratively to ensure the best possible outcomes for our patients. The clinic is equipped with state-of-the-art diagnostic tools and rehabilitation facilities, enabling us to deliver cutting-edge care tailored to the unique needs of each patient. Our services extend beyond immediate treatment to include thorough assessments, personalized rehabilitation programs, and ongoing support to facilitate full recovery and prevent future injuries. By pioneering this comprehensive model of care in the Gulf, InTouch Clinic is setting new standards for concussion management and contributing to the overall safety and well-being of athletes and individuals across the region.

Championing Athlete Health Across Diverse Sports

Dr. Amy Bowzaylo treats professional athletes supported by InTouch Clinic from a diverse range of sports, including e-sports, jiu-jitsu, and rugby, with exceptional chiropractic services. Her expertise and dedication have led to numerous success stories, with athletes experiencing significant improvements in performance and overall well-being. Professional gamers have reported enhanced focus and reduced physical strain, martial artists have enjoyed quicker recovery times and increased flexibility, and rugby players have benefited from pain relief and faster rehabilitation. Dr. Amy's commitment to excellence underscores the comprehensive and high-quality care provided by InTouch Clinic, setting a benchmark for sports chiropractic services and supporting athletes in achieving their best.





Chiropractic Care Gains Attention in Turkish Parliament and Sports Federations

In June, Umut from Türkiye presented chiropractic care, including FICS, to the Turkish Parliament. A senator from the Commission of Public Health showed interest and requested further research and web page references (WFC, FICS). Collaborative efforts are anticipated, pending an invitation.

In late July, Umut contacted the Vice President of the Basketball Federation, providing relevant files and requesting a meeting. A response is awaited, with follow-up planned if necessary. Additionally, Umut met with the President of the Arkas Volleyball Team to discuss chiropractic care in sports and the FICS organization. He provided documentation and sought assistance in reaching the President of the Volleyball Federation. The files highlighted healthcare challenges faced by the Turkish women's team during the Olympic Games, including performance sustainability, delayed recovery, and frequent injuries, attributed to the absence of chiropractic care.



PACIFIC REGIONAL REPORT

BY: NEKI PATEL, REGIONAL REP PACIFIC



Pacific Region (Australia and New Zealand) Progress and Initiatives:

Over the past quarter, both Australia and New Zealand have focused on strategic planning and event preparation. A key activity has been organizing a symposium and developing a strategic plan for the next 12 months. Continued collaboration and open communication with FICS are vital to the success of these efforts.

In New Zealand, SCNZ (Sports Chiropractic New Zealand) facilitated a significant meeting between the New Zealand Chiropractic College (NZCC) and FICS. This meeting aimed to strengthen relationships and explore educational opportunities for final-year students interested in pursuing careers in Sports Chiropractic. SCNZ also hosted its first webinar of the quarter, featuring Dr Luke Nelson, a prominent Sports Chiropractor from Australia, who shared valuable insights into gait analysis in runners.

Challenges and Issues:

Both Australia and New Zealand are facing challenges in engaging practitioners and students in face-to-face activities. There is a noticeable preference for online events, driven by the belief that the same quality of education can be achieved without physical presence. This trend mirrors a broader global shift in event participation.

In New Zealand, SCNZ is also addressing issues related to historical financial records from the 2022 Upper/Lower Extremity FICS seminar. Ongoing discussions focus on resolving disagreements over costs and profit-sharing between FICS and the New Zealand Chiropractic Association.

Additionally, SCNZ continues to grapple with member engagement challenges, despite efforts to create cohesive and educational experiences through webinars.

International Sports Engagement:

Australia has expressed a strong interest in expanding collaboration with international sports federations. Specifically, there is a request for contact information for the International Squash Federation to facilitate engagement with the national squash association in New Zealand, especially with squash's inclusion in the upcoming Olympics.

In New Zealand, SCNZ has two Chiropractors who have applied for positions with the New Zealand Ice Hockey Federation. Cole Mackie has been appointed to look after the New Zealand U18 ice hockey team in Mexico in 2025, and Madison Hooper will oversee the New Zealand Women's National Ice Hockey Team at the 2025 World Women's Division IIB.

In the Pacific Islands, there has been a change of plans regarding the initial three-year contract with Cook Island Football. Despite strong initial links and efforts, including work on men's and U19 national teams, We have withdrawn due to concerns about the environment for players and clinicians. The efforts included establishing a

BY: NEKI PATEL, REGIONAL REP PACIFIC

notes process, equipment bags, training systems, nutritional advice, and a focus on women's health. Although the partnership didn't create a lasting legacy due to structural and directional changes within the club, FICS is optimistic about future opportunities in the Pacific and plans to update in the next quarter.

On the academic front, Australia is working to strengthen connections with universities offering Chiropractic programs, particularly with a new course set to launch in Victoria. As the course nears its launch, support from the FICS network will be instrumental in promoting and enhancing this initiative.

In New Zealand, SCNZ continues to build its relationship with NZCC, particularly in supporting the recently established Sports Chiropractic club. Efforts are focused on improving student engagement and raising awareness of the pathways and opportunities that FICS can offer.

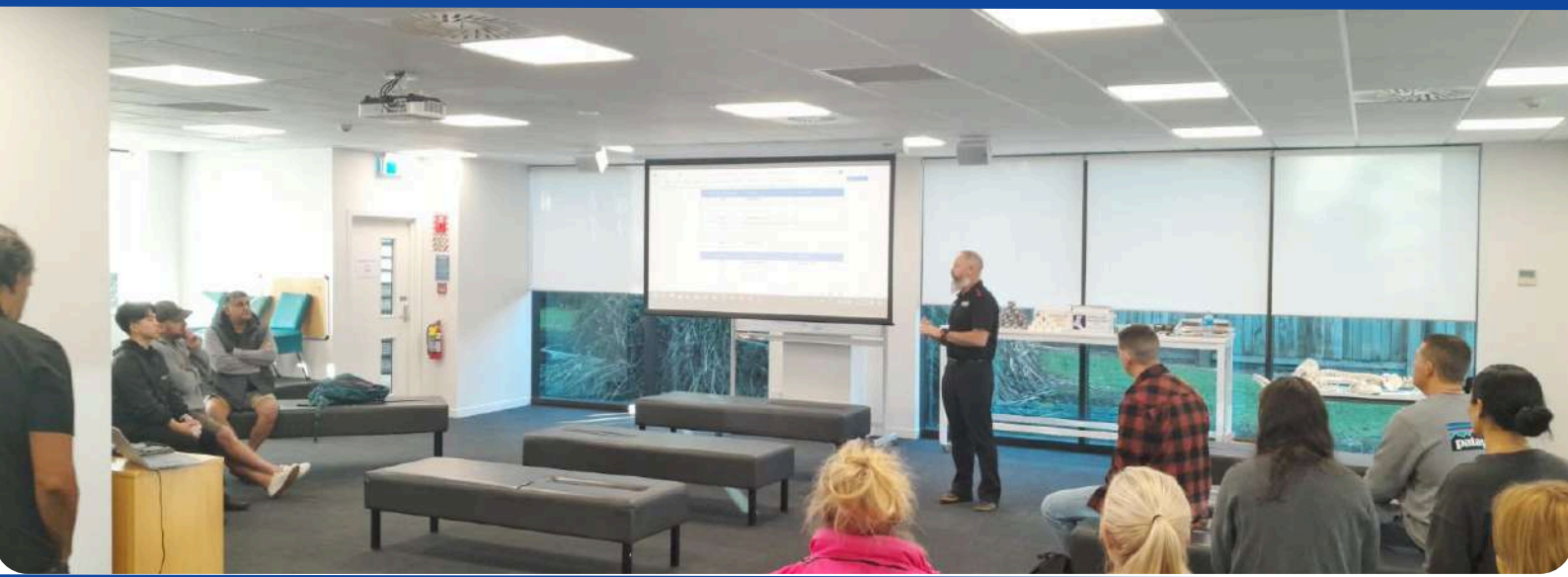
Opportunities for Support:

At this time, no additional opportunities for support or promotion have been identified in either Australia or New Zealand. We are currently using the Member of FICS with helping build the links with the Colleges.





Left to right above: Dr Pete Garbutt with Dr Robbie Moore and Dr Kylie Vincent (ICSC assistance instructor from New Zealand) - New Zealand Upper extremity Seminar 2024



MENS NEW ZEALAND FLAG FOOTBALL

BY: NEKI PATEL, REGIONAL REP PACIFIC

New Zealand Flag Football Championship Highlights Transformative Impact of Education and Coaching

Dr. Wigley recently attended the Men's New Zealand Flag Football Championships, where he highlighted the significant strides the program has made in advancing the sport across the Pacific. The championship not only showcased athletic talent but also underscored the crucial role education plays in developing players both on and off the field. Across the Pacific, the growth of sporting talent is undeniable, and the program's success is firmly rooted in its robust commitment to player development through education.

By equipping athletes with the knowledge and skills they need, the program empowers players to take an active, informed role in shaping their future. Whether it's in managing workloads or understanding the physical demands of their positions, athletes are becoming more attuned To their bodies and the rigors of the sport. The focus is on building a sustainable foundation that fosters leadership, personal development, and long-term success.

Program Highlights

Dr. Wigley's observations from the event paint a compelling picture of progress:

- Empowering Younger Players: The younger players and those with not as much high performance experience showed noticeable improvements. Their engagement in the program has been especially positive.
- Support for Coaches: Coaches have benefited from practical advice, particularly in managing players' workloads, balancing performance with recovery, and making informed decisions on rest periods.
- Player-Centered Approach: The approach is pragmatic, with advice tailored to the specific needs and realities of each player, fostering trust and collaboration.

Dr. Wigley noted that a deeper understanding of the physical stresses that flag football places on players—based on their positions—is an area for future exploration. With time, a more nuanced approach to workload and movement management will enhance performance further.

Positive Impact on the Team

Since the program's implementation, several key improvements have been observed:

- Consistent Performance Strategy: Players have embraced a consistent approach to performance variables, significantly benefiting their overall development.
- High Engagement: Weekly meetings during the initial four weeks of the program were well-attended, demonstrating the players' appreciation for the educational content.
- Focus on Conditioning: The diet and conditioning advice has been enthusiastically adopted by the team, with players sharing what they've learned among their peers.
- Openness About Injuries: Players are now more transparent about injuries, moving away from the "tough it out" mentality, which has led to better injury management and prevention.

- Access to Sports Doctors: Some players, including Darcy, Ethan, and Jackson, have been connected with high-level sports doctors for further evaluation and treatment, opening doors for elite care.
- Introduction of Player Profiles and Managed Breaks: These initiatives have been especially beneficial in managing player recovery and performance, contributing to the team's overall well-being.

Areas for Continued Growth

Looking ahead, Dr. Wigley outlined several key areas to explore:

- Injury Management: A priority is managing injuries during the last four weeks while maintaining player readiness and sharpness. The challenge lies in balancing recovery with high performance.
- Flag Grabbing Practice: Players are eager for a session focused on diving techniques for flag grabbing. Exploring safe ways to conduct this, such as using a venue like Piha Beach, could enhance their skills while minimizing injury risks.
- Pre-Tournament Planning: Mapping out a strategy for the travel period leading up to the games, including managing excitement, jet lag, and preparation, will be essential for optimal performance.
- Tournament Preparation Balance: Balancing the additional work coaches do during tournaments—like late-night film sessions and extra game planning—with adequate rest is critical. Dr. Wigley highlighted the need to find the right balance to avoid burnout.
- Long-Term Development

In the long term, continued focus on the following areas will further elevate the program:

- Understanding Position-Specific Demands: Gaining deeper insights into the specific demands of each player's position will be vital in tailoring training and support to their needs.
- Strengthening the High-Performance Unit (HPU): Building stronger relationships with the top 27 players in the High-Performance Unit will strengthen the program's overall impact.
- Next Generation Development: Connecting with players on the development tour and coaches will ensure the pipeline of future talent remains strong and well-supported.
- Dr. Wigley's involvement has already made a significant impact, and as relationships with players deepen and knowledge of the sport grows, the program is poised to reach even greater heights in the years to come. The Men's New Zealand Flag Football Championships are a shining example of how education, leadership, and sport can intersect to shape not only athletes' performance but also their personal and professional growth.

Stay inspired, and keep serving!
Get ICSC accredited and join me working as an International Sports Chiropractor at International Sporting Events.

LEARN MORE

EUROPE REGIONAL REPORT



BY: DR ROLAND CLAES REGIONAL REP EUROPE

I've been proud to work with and help shape the athletic journeys of athletes as they strive for greatness, representing themselves, their country, and their sport at the highest level. They both truly embody the Olympic spirit of dedication, collaboration, and excellence in sports. This is their story and I am proud to support them.

Jorre Verstraeten, a celebrated -60kg judoka, two-time Olympian in Tokyo 2020 and Paris 2024, has carved out an impressive sporting career marked by perseverance and dedication. Throughout his journey, he has honed his skills at ESP (Elite Sport Performance) in Kortenberg – Belgium.



Jorre's passion for judo began at a young age, fueled by a relentless pursuit of excellence. His journey to the Olympics reflects years of rigorous training and unwavering commitment to his craft. At ESP, Jorre has found not only a training ground but also a supportive environment where he has been able to optimize his athletic potential.

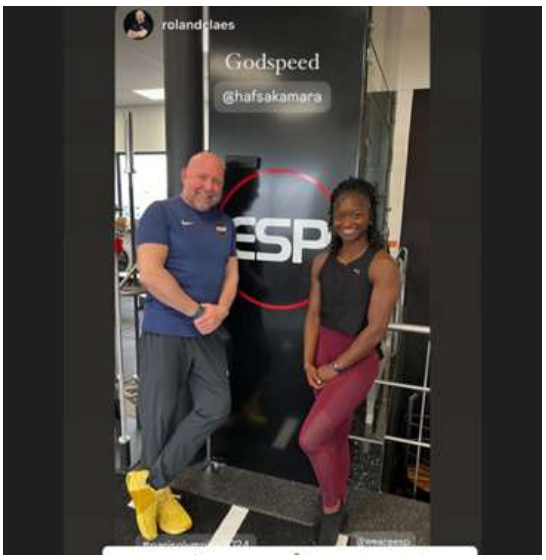
I am a seasoned professional in sports chiropractic care and elite athlete coaching with over 30 years experience. Whilst working with Jorre Verstraeten he has benefited from specialized training techniques tailored to enhance his agility, strength, and overall performance as a judoka. Roland's expertise in sports chiropractic has played a crucial role in Verstraeten's physical conditioning and injury prevention strategies, essential elements in the demanding world of competitive world-level judo.



Jorre Verstraeten's achievements, including his participation in two Olympic Games, underscore the culmination of years of hard work and strategic training. His partnership with my clinic exemplifies the synergy between elite athletic training and specialized sports chiropractic care, paving the way for continued success on the global judo stage.

Hafsu Kamara – Track & Field

Sprinting Sensation from Sierra Leone



Hafsa Kamara has emerged as one of Sierra Leone's most promising athletes, captivating the world with her speed and determination on the track. Specializing in the 100m and 200m sprints, Tamara's journey to the Olympics has been marked by perseverance and extraordinary talent.

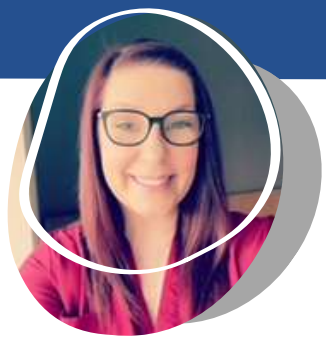
Kamara first garnered international attention at the African Championships, where her impressive performances earned her a spot on Sierra Leone's Olympic team. Her participation in the Tokyo 2020 Olympics was a historic moment for Sierra Leone, showcasing the nation's athletic potential on a global stage.



Although she did not medal, Kamara's presence at the Olympics inspired many in her home country. Her relentless work ethic and dedication to her sport have made her a role model for young athletes in Sierra Leone and beyond. Kamara continues to train and compete, aiming for future Olympic Games and further success.

Hafsa Kamara's Olympic journey is a testament to the power of ambition and the spirit of Sierra Leonean athletes. With her sights set on more achievements, she remains a beacon of hope and inspiration for her nation.

Empower athletes to achieve their Optimal Performance Naturally



NORTH AMERICA REGIONAL REPORT

BY: DR SHEA STARK, EXCO REGIONAL REP

The American Chiropractic Association Sports Council was thrilled to watch the phenomenal Olympic and Paralympic athletes compete while having some of our members as integrated sports medicine providers embedded within the sports! We could not be more proud of all the athletes, and chiropractors who came from all over the globe to support their respective teams.



We continue to keep the energy high as we transition into our 2024 Annual Symposium in Denver from Sept 27th-28th. The symposium also provides the opportunity for the Executive Committee to meet for a full day of meetings/work before everyone else arrives, interact with student attendees, and the hold a trilateral meeting with FICS, ACBSP, and ACASC.

Congratulations!

Pictured left. Dr Scott Mooring awarded ACA Sports Council - Sports Chiropractor of the year.

Pictured below are some of the US members which were part of the 2022 World Games. We love a reunion photo.

ACASC symposium, September 2024





Lower extremity return to sport testing: A systematic review.

Smiley T, Dallman J, Long R, Kapple M, Aldag L, Mok A, Bernard C, Martin K, Vopat L, Vopat B.Knee. 2024;50:115-146. doi: 10.1016/j.knee.2024.07.021. (FREE)

Abstract: Background: Lower extremity injuries account for an enormous portion of sports medicine cases in the United States each year. Unfortunately, there are no uniform criteria for athletes to complete prior to returning to sport (RTS) following a lower extremity injury. Therefore, the purpose of this systematic review is to review current literature for joint-specific and global lower extremity testing to determine the most valid functional test that can be utilized to reduce the risk of re-injury as athletes RTS.

Methods: A systematic search of PubMed, PubMed Central, Cochrane Library, OVID, and Embase databases was conducted for studies prior to May 2024 following PRISMA guidelines. ROBINS-I Tool was utilized for the risk of bias assessment.

Results: Of 19,189 studies, 114 (0.6%) studies published prior to May of 2024 met inclusion criteria and were analyzed. Eighty five percent of articles discussed RTS for individuals with knee pathology. Furthermore, 82% specifically analyzed RTS following ACL reconstruction. The most common RTS test was isokinetic dynamometry testing which is seen in 73% of studies. Only 6.2% of studies analyzed RTS for individuals with hip pathology and only two studies analyzed RTS for patients with ankle injuries.

Conclusion: Even with the enormous amount of literature that exists regarding ACL injuries and testing there is no standardized criterion for RTS clearance. The suggested test batteries from this review can serve as a framework for future research and validation for joint-specific RTS functional testing.

Keywords: Ankle; Hip; Knee; Orthopedics; Return to Sport; Sports Medicine.

Comment: An important overview of functional testing of the lower limb for return to sport. The authors suggested lower extremity joint-specific test batteries from this review.



READ MORE

The distal tibiofibular joint effusion may be a reliable index for diagnosing the distal tibiofibular syndesmosis instability in ankle.

Sun S, Chen C, Sheng Z, Wei M.Skeletal Radiol. 2024 Feb;53(2):329-338. doi: 10.1007/s00256-023-04395-4. (FREE)

Abstract

Purpose: To analyze the accuracy of MRI in diagnosis of distal tibiofibular syndesmosis instability (DTSI) and construct new diagnostic parameters.

Materials and methods: This retrospective study evaluated 212 patients with history of ankle sprains and 3 T MRI and received a final diagnosis of distal tibiofibular syndesmosis instability by ankle arthroscopic surgery from October 2017 and December 2021.

Results: A total of 212 patients (mean age, 35.64 ± 11.79, 74 female and 138 male) were included. Independent predictive MRI features included syndesmotic injury, qualitative index of distal tibiofibular joint effusion, and quantitative index of DTJE including the height, projected area of equal-point method, and projected area of incremental-value method. The quantitative index of DTJE showed a higher area under the receiver operating characteristic curve (0.805/0.803/0.804/0.811/0.817/0.805 > 0.8, $P < 0.05$; in comparison with all other method).

Conclusions: Our research translated a complicated string of MRI multi-dimensional spatial measurements into a simple measuring process, and established the significance of quantifying DTJE in the diagnosis of DTSI. We found that the 8-mm height of DTJE was a more specific indicator for DTSI and could serve as a novel MRI diagnostic cutoff in clinical practice.

Keywords: Arthroscopy; Diagnostic-accuracy study; Distal tibiofibular joint effusion; Distal tibiofibular syndesmosis instability; MRI; Retrospective.

Comment: 8 mm of DTJE height can be used as the diagnostic cut-off value of DTSI through the statistical analysis of a large number of MRI data. It can greatly reduce the diagnostic difficulty of DTSI and can be used as a new diagnostic method in clinical practice.



A RESEARCH SURVEY ON PERFORMANCE ENHANCEMENT THROUGH SPINAL MANIPULATION IN A STRENGTH ATHLETE POPULATION -A PILOT STUDY

Williams B, Louis M, Giles Gyer G
J Contemporary Chiropractic 2023: 6(1); 185-190.

Objective: Spinal Manipulation has become increasingly popular as an intervention for athletes. Although progress is being made, little research or interest has looked at manipulation and its effect on strength athletes. Research shows correlations between it and positive outcomes regarding pain, range of motion (ROM), cortical drive/maximal voluntary contraction (strength), balance and proprioception (technique) and recovery. The main research question in this study was, "What is the perceived impact of SM on strength athletes?"

Methods: An international research survey was conducted for this purpose. Each of the 5 questions included in the survey was designed to measure the perceived effectiveness of SM on strength performance: recovery, technique, range of motion (ROM), pain, and strength.

Outcomes: All enrolled participants (n = 69; ±0.10) were 21–55; 81.2% were men, and 18.8% were women. Of the participants who responded, there was a perceived improvement in recovery (68%), lifting technique (60%), ROM (73%), and strength (59%), with an associated decrease in pain during training (78%). 95% of the sample population scored above the hypothetical mean value of 25, with 33.7 or 67.4% (95% CI: 31.2–36.3), meeting the critical value inclusion criteria of 5% (P = 0.05) with a 95% confidence interval, a margin of error of 2.6, and a standard deviation of 10.8.

Conclusion: The data indicates that there is a perceived benefit of SM on the overall performance of strength athletes based on improvements in pain modulation, ROM, technique, strength, and recovery. It's essential to recognise the need for further research to transition from subjective perceptions to objective measurements.

Comment: The single most important take-home message from this study is that strength athletes perceive spinal manipulation (SM) as beneficial for their performance across multiple factors, particularly for pain reduction. More high quality research is needed to make any firm conclusions.



Ankle Injury Prevention Programs for Youth Sports: A Systematic Review and Meta-analysis.

Berkey R, Sunesara A, Allen L, Pontiff R, DeVries A, Fisher SR.Sports Health. 2024 Feb 26:19417381241231588. doi: 10.1177/19417381241231588. (FREE)

Context: Previous research has demonstrated that using a multicomponent approach to ankle injury preventions can significantly reduce ankle injuries; however, these studies lack specific intervention recommendations.

Objective: To evaluate the exercise components of prevention programs on ankle injuries specifically in high school athletes.

Data Sources: A total of 5 databases were searched through September 26, 2022.

Study Selection: Study inclusion criteria included randomized control trials (RCTs) investigating exercise interventions in high school athletes aged 13 to 19 years, participation in sports competition, reporting of injury incidence, and specific exercise interventions used. Study Design: Systematic review and meta-analysis. Level of Evidence: Level 1.

Data Extraction: Pooled overall ankle injury incidence rate ratio and 95% CIs were calculated using random-effects meta- analysis.

Results: A total of 10 studies were included, of which 9 used multicomponent exercise interventions and 1 used only balance training. Of the 10 studies, 3 demonstrated statistically significant reduction in ankle injuries.

Conclusion: The most effective injury prevention programs included multiple components, emphasized strengthening and agility exercises, and promoted high adherence to the intervention.

Keywords: ankle; exercise; prevention (injury); sports; youth

Comment: Targeted injury prevention programs may reduce ankle injuries in youth sports.

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