

Course Title: **Lower Extremity Seminar – 22 hours**

Instructors: <https://fics.sport/icsc-instructors/>

Short Course Description:

1. **The Asynchronous (10 Hours)** learning includes the ICSC online learning modules and the ICSC pre-theory recordings conducted one month before attending this face-to-face assessment. This learning is the theory that prepares the candidates for the practicum part of the course.
2. **The Synchronous Practicum (12 Hours)** is the practicum part of the seminar and is 100 % hands-on, with instructor demonstrations, including scenarios and assessment of student skills. The students take part in all parts of the class, working in pairs and will develop techniques that sports chiropractors can use to support athletes in the sporting setting and physically active patients.

Course Outcomes: After completion of both the Asynchronous and Synchronous learning, the participants will be able to:

- Describe the relevant anatomy associated with the **Lower Extremity regions covered**.
- Understand taping techniques to aid muscle movement and enhance athletic performance.
- A range of soft tissue techniques to support sport-injury prevention and rehabilitation.
- Understand a range of motion palpation techniques to check the movement of the joints.

Asynchronous Program (10 hours actual time of instruction) Self-directed online learning

Delivered as a combination of live webinars and pre-recordings. This theory component is the pre-requisite for attending the face-to-face practicum and is offered as a refresher of the ICSC online learning module one month before the workshop. Section quiz conditions are 1 minute per question with an 80% pass mark. Candidates must hold a certificate of completion from this Asynchronous part of this course to attend the face-to-face practicum session. CEU Calculations - only instructional hours and course reading content will be tabulated toward CEU value determination.

1. **Emergency Procedures** - Video Lesson: 02:00:00 Section Exam: 9 questions
2. **Mopal/CMT Theory - Lower Extremity** - Video Lesson 02:00:00 Section Exam: 5 questions
3. **Taping Lower Extremity** - Video Lesson 02:00:00 Section Exam: 5 questions
4. **Rehabilitation** - Video Lesson 02:00:00 Section Exam: 5 questions
5. **Assessment of Sports Injuries – Lower Extremity**
Video Lesson 01:00:00 – Hip and Knee
Video Lesson 01:00:00 – Ankle and Foot
Section Exam: 5 Questions

Fédération Internationale de Chiropratique du Sport (FICS)
International Certification of Sports Chiropractic (ICSC) seminar – LOWER PRACTICUM

Lower Extremity Synchronous Practicum 12 Hours

100% hands-on with expert instructors – Learn and practise adjusting techniques in a practical, supervised setting. Please check the seminar schedule for daily start and finish times.

FICS ICSC LOWER Extremity Practicum – 12 hours hands-on	
30 minutes	FICS and World of Sport - not counted for CPD
2 hours	Hip Assessment and Coupled Chiropractic Technique: ROM, Orthopaedic testing, and Manual Muscle testing (including but not limited to the Rectus Femoris, Psoas, TFL, Quadriceps, Hamstrings, Glutes, Hip Abductors, Hip Adductors); Coupled Chiropractic HVLA of the hip region.
2 hours	Knee Assessment and Coupled Chiropractic Technique: ROM, Orthopaedic testing, Manual Muscle testing (including but not limited to the Quadriceps, Distal Hamstrings, IT Band, Gastrocnemius, Popliteus); Coupled Chiropractic HVLA for the knee region joint complexes.
2 hours	Ankle Assessment and Coupled Chiropractic Technique: ROM, Orthopaedic testing, and Manual Muscle testing (including but not limited to the Fibularis muscle group, Anterior and Posterior Tibialis, Gastrocnemius, Extensor and Flexor muscle groups) ROM, Coupled Chiropractic HVLA for the ankle region joint complexes Orthopaedic testing, and Manual Muscle testing (including but not limited to the Fibularis muscle group, Anterior and Posterior Tibialis, Gastrocnemius, Extensor and Flexor muscle groups); Coupled Chiropractic HVLA for the ankle region joint complexes.
2 hours	Foot Assessment and Coupled Chiropractic Technique: ROM, Orthopaedic testing, and Manual Muscle testing (including intrinsic muscles); Coupled Chiropractic HVLA for the foot region joint complexes.
1 Hour	Rehabilitation Considerations - The session objective is to review the basis of rehabilitation in the athlete. The student will understand the idea of load and intensity progression in corrective exercises.
1 Hour	Taping techniques to support injuries - various taping products, including biomechanical, dynamic, kinesiology, and ridge tape. Within the lab, students will demonstrate different taping techniques to aid in muscle movement and enhance athletic performance, and they will apply those taping techniques in a practical setting.
2 Hours	Soft Tissue Assessment Hip, Knee, Ankle and Foot - Acute, subacute, and chronic phases of care of the most common sports injuries.