



International Certificate in Sports Chiropractic (ICSC) Program



FEDERATION INTERNATIONALE
DE CHIROPRATIQUE DU SPORT

Hands-on Seminars

General Outline for a Hands-on Seminar; approx. 20 hours each seminar. Each component will be specific to the seminar; upper (UE) v. lower (LE) extremity. Approx. hourly break-down per section. Example of a schedule for a LE timetable is provided below to assist you with your planning.

(LE) Lower Extremity Practical face to face seminar/workshop

- A. **CONCEPT OF THE SPORTS CHIROPRACTOR – 30-60 minutes (every seminar)**
- B. **HEAD INJURY IN SPORT – AN UPDATE – 60 minutes (every seminar)**
- C. **SOFT TISSUE THERAPY PROCEDURES – 4 hours (Lower extremity specific)**
- D. **ADAPTIVE AND FUNCTIONAL TAPING AND BRACING – 7-8 hours (Lower Extremity specific)**
- E. **MOTION PALPATION AND MANIPULATION – 7-8 hours (Lower Extremity specific)**

Time	Friday	Saturday	Sunday
8:00	Registration & Welcome	Coffee	Coffee
8:30	Intro to FICS and ICSC	Soft-Tissue interventions	Strapping
9:00	qualification	Lower Extremity	Lower Extremity
9:30	Head Injuries in sport		
10:30	Morning Tea	Morning Tea	Morning Tea
11:00	Mopal and CMT Shoulder	Soft-Tissue interventions	Strapping
12:00		Lower Extremity	Lower Extremity
13:00	Lunch	Lunch	Panel discussion all speakers
14:00	Mopal and CMT Shoulder	Strapping - Lower Extremity	
15:30	Afternoon Tea	Afternoon Tea	
16:00			
16:30	Mopal and CMT	Strapping - Lower Extremity	
17:00	Knee - Ankle - Foot		
17:30			
	8 hours + Lunch	7.5 Hours + Lunch	4.5 Hours





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(UE) Upper Extremity Practical face to face seminar/workshop

- A. CONCEPT OF THE SPORTS CHIROPRACTOR – 30-60 minutes (every seminar)
- B. HEAD INJURY IN SPORT – AN UPDATE – 60 minutes (every seminar)
- C. SOFT TISSUE THERAPY PROCEDURES – 4 hours (Upper extremity specific)
- D. ADAPTIVE AND FUNCTIONAL TAPING AND BRACING – 7-8 hours (Upper Extremity specific)
- E. MOTION PALPATION AND MANIPULATION – 7-8 hours (Upper Extremity specific)

Time	Friday	Saturday	Sunday
8:00	Registration & Welcome	Coffee	Coffee
8:30	Intro to FICS and ICSC	Soft-Tissue interventions	Strapping
9:00	qualification	Upper Extremity	Upper Extremity
9:30	Head Injuries in sport		
10:30	Morning Tea	Morning Tea	Morning Tea
11:00	Mopal and CMT - Shoulder	Soft-Tissue interventions	Strapping
12:00		Upper Extremity	Upper Extremity
13:00	Lunch	Lunch	Panel discussion FAQ
14:00	Mopal and CMT-Shoulder	Strapping - Upper Extremity	all instructors
15:30	Afternoon Tea	Afternoon Tea	1pm close of seminar
16:00			
16:30	Mopal and CMT Elbow	Strapping - Upper Extremity	
17:00	Wirst & Hand		
17:30			
	8 hours + Lunch	7.5 Hours + Lunch	4.5 Hours

