



FÉDÉRATION INTERNATIONALE
DE CHIROPRATIQUE DU SPORT

SEPTEMBER 30, 2016

FICS News

www.fics-sport.org

MAISON DU SPORT INTERNATIONAL, AVENUE DE RHODANIE 54, CH-1007 LAUSANNE



President's Message Peter Garbutt

As we head towards the end of the year, things are anything but slowing. You will see in the Secretary General's report that FICS has undergone a recent staffing restructure, which has also included exciting new premises.

As a part of this restructure, I took some time in August to visit Toronto. This was a busy and productive time working through plans for the next phase of FICS with David and Christina. It was also a great opportunity to catch up with WFC Secretary-General Dr Richard Brown and discuss how FICS and the WFC can continue to work together.

FICS presents a very positive side of chiropractic through sport, and the WFC is very keen to highlight this. There continue to be some fabulous opportunities where our organisations can work together to help promote chiropractic globally.

Following my visit to Toronto, I was honoured to be a part of the chiropractic team to serve in the polyclinic at the Rio

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RIO 2016 and Sports Chiropractic

The RIO 2016 Summer Games, officially known as the Games of the XXXI Olympiad, were held in Rio de Janeiro, Brazil from August 5-21 and followed by the equally successful Paralympics ending September 18.

Despite media stories of doom and gloom beforehand, RIO 2016 was the outstanding demonstration of youth, sport, emotion and achievement that can only be found at an Olympics and Paralympics.

RIO 2016 was special for many reasons. These were the first Olympics held in South America, and American swimmer Michael Phelps became the most medaled Olympian ever.

Jamaican superstar Usain Bolt won 3 sprint golds for the third time, and 23 world records were set including the stunning 43.03 for the 400 ms gold medal by South African Wayde van Niekerk.

Brazil's first gold medal was won by judoka Rafaela Santos who was raised in one of Rio's poorest favelas, and Brazil won the gold it most valued – in men's football - avenging its World Cup loss in beating Germany in the final.

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Paralympic Games. It was a very special experience to be able to work with such amazing athletes and alongside some world class practitioners.

Many thanks to Marcelo Botelho who put in countless hours to make this a reality for our profession and also helped to make the experience as positive as possible for all involved. I hope you enjoy the article on the Rio Olympic and Paralympic games in this edition of FICS news.

By the time this newsletter hits your inbox you will probably have seen that applications are open for the World Games in Poland next year, as well as the World Sport Games in Latvia. Make sure you get applications in for these exciting opportunities as teams will be decided before the end of this year. That is needed to give people time to plan.

On October 1 election time for the FICS Executive Council for the next 4-year term is upon us again. This is where the National Chiropractic Sports Councils elect representatives for their regions to sit on the FICS Executive Council from 2017-2020. I know that there is a lot of enthusiasm for these positions and look forward to working with both new and not so new faces as we continue to move forward with FICS. The current Executive Council members are putting in some extraordinary work, and I thank them for their dedication and support during this busy time for the organisation.

Finally, one of the most exciting things on the calendar is DC 17, the WFC Congress in Washington DC from March 15-18 next year. The FICS General Assembly and Symposium will be held in conjunction with this on Wednesday March 15.



At the new FICS offices with Christina Davis, FICS Communications/Administration Manager; and David Chapman-Smith, Acting Secretary-General, in August.

This is a wonderful opportunity to hear what your organisation has been up to, attend an outstanding line-up of speakers in the FICS Symposium, and network with other sports chiropractors. Make sure you book early for this one, as it will be an event not to be missed and spaces will be limited.

Being held just prior to the WFC Congress means that you can continue the week of learning and catching up with colleagues from all around the world, so booking in for both is well worth while. I look forward to seeing many of you there.

Enjoy this newsletter – and see how FICS and sports chiropractic are thriving up to and including the Olympics, for the benefit not only of athletes but also the whole chiropractic profession. This is made possible by each of you our members, and all of us working together.

Yours in Sports Chiropractic and Health,

Pete ☺

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If you complete the PgDip, you can then go on to complete the full MSc in just one year.

*Bursaries available

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Dr Marcelo Botelho of Brazil, Coordinator of Chiropractic Services, with judo Gold medalist Rafaela Santos

However there was something else special for the chiropractic profession – this was the first time that chiropractic services were included in the host medical services for all athletes in a country where chiropractic is not regulated or recognized by law. Brazil has over 1,000 chiropractors, with most being graduates of its two university-based chiropractic schools, but they still do not have legislative recognition or protection of title.

“After the successful inclusion of chiropractic and osteopathic services within the host physical therapies at the 2012 London Olympics and now at RIO 2016”, said Dr Marcelo Botelho of Brazil who was Coordinator of Chiropractic Services at RIO 2016 and who serves as FICS First Vice-President, “chiropractic services are well-positioned to become a required part of the host medical team at TOKYO 2020 and other future Olympics.”

There was pressure on the Rio Local Organizing Committee (LOC) from athletes and coaches and administrators, and even from the IOC, to deliver a similar range of physical therapy services as at London 2012, which was widely regarded as having the best ever physical therapies provision at a Summer Olympics.

“Lengthy negotiations followed during which I had invaluable support from Dr Tom Greenway, co-ordinator of the chiropractic team in London, and FICS”, explains Dr Botelho, “and ultimately an international team of 16 sports chiropractors from 8 countries was chosen by the Rio LOC – countries represented were Australia, Canada, Japan, Norway, Sweden, UK, USA and Brazil.”

“Despite some recruitment and other administrative issues experienced by all volunteers and professions before the games,” reports Botelho, “our chiropractic services were very popular with athletes and others in the host medical team and were a complete success.”

The Games Polyclinic

The polyclinic is the multidisciplinary clinical environment that is included at most international multi-sports games including the Olympics, and in Rio it was constructed of two adjoining temporary building structures located in the Olympic Village. These housed many disciplines, a pharmacy, and a large radiologic imaging suite including two MRIs, diagnostic ultrasound, and xray.



The disciplines included triage doctors and nurses and multiple sports medicine physicians and other healthcare providers including sports chiropractors, podiatrists, osteopaths, massage therapists, physiotherapists, dentists, optometrists, and orthotists.

The polyclinic was available to the 17,000 athletes as well as the coaches and other supporting staff. Some of the larger countries provide their own sports medicine team but a good percentage of countries rely on the services delivered in the polyclinic.

The physical medicine or physical therapies service is one of the most used ones. In addition to chiropractors it included osteopaths, physiotherapists, massage therapists and podiatrists.

In the Rio polyclinic there were 2 sport chiropractors per shift with 2 shifts per day - the morning shift and an evening shift. Typically each chiropractor was scheduled for two weeks giving coverage for a total period of about 8 weeks from before the Olympics until the close of the Paralympics.

CHIROPRACTORS IN RIO POLYCLINICS

OLYMPICS

- Marcelo Botelho/ Brazil (LEAD)
- Timothy Stark/ USA
- Carlo Guadagno/ USA
- Clive Bridgham/ USA
- Camilla Tjensvoll/ Norway
- Martin Isaksson/ Sweden
- Masahiro Goto/ Japan
- Ulrik Sandstrom/ UK
- David Steven/ Australia

PARALYMPICS

- Peter Garbutt/ Australia
- Rene Fejer/ Denmark
- Marlise Carlesso/ Brazil
- Bruno Alvarenga/ Brazil
- Kazutoshi Isa/ Japan
- Bradley Sandler/ South Africa
- James Nicola/ Australia

RIO 2016 AND SPORTS CHIROPRACTIC CONTINUED...

Dr Tim Stark of the USA, who has worked at many previous Olympics and other multisport games and is Director of the Human Performance Center at Northwestern Health Sciences University, was chosen by the Rio LOC to work the 16 days prior to opening of the Olympics as the polyclinic was established, and here are some of his impressions.



I was honored to attend prior to the opening ceremony and was assigned to lead to chiropractic team during my stay. There were individual exam rooms available to see patients. However, the physiotherapy room was quite large and included at least 12 treatment tables.

While I was there, I preferred to see my patients as a sports chiropractor in the larger physiotherapy room so that I was able to utilize the other disciplines readily and to foster integrative care from the very first day. The organizer of the

physical therapy service, Felipe Tadiello, immediately appreciated this initiative of integrative care and encouraged this practice throughout the rest of the games.

Most members of the team integrated well, and there were frequent referrals both ways between us. However there were a few Brazilian PTs who were reluctant to refer and used spinal manipulation which could have been provided more skillfully by the chiropractors and osteopaths in the team.

The types of services requested by the athletes ranged from improved function and performance to treatment of injury that was limiting training. Some athletes simply asked to be checked over for assurance that minor aches and pains were nothing serious.

Others presented with more serious injuries suffered prior to arriving in Rio. Some has been suffering for many months because the services we were now offering were not available to them in their home country or region.

During my 16 days in the polyclinic I saw athletes from numerous countries - for example Benin, Colombia, Chile, USA, Mozambique, Namibia, Cameroon, Korea, Philippines, Romania, Ireland, Portugal, Brazil, Armenia, Guatemala, Cuba, Gabon, Congo, India, Nigeria, Egypt, Israel, Mexico, Algeria, Georgia, Australia, Greece, Dominica, Peru, Moldova, Portugal, Trinidad & Tobago.

As usual chiropractic care given included joint and soft-tissue manual and instrument-assisted treatments and taping and advice. No one was authorized to use acupuncture

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Polyclinic host medical services team as the games begin, including Dr Marcelo Botelho (standing, 4th from left), Coordinator; Chiropractic Services

FICS SYMPOSIUM

Washington DC– March 15, 2017

Washington Hilton Hotel
1919 Connecticut Ave., NW, Washington, District of Columbia, 20009, USA

Draft Program

Held in association with the World Federation of Chiropractic's 14th Biennial Congress

Host: American Chiropractic Association Sports Council

The Global Advance of Sports Chiropractic

7:30 – 8:30	<i>Registration for Assembly</i>
8:30 – 10:30	FICS Assembly
10:30 – 11:00	NUTRITION BREAK
11:00 – 12:45	<u>Session 1</u> – Part 1: Olympic and Regional Games: Role of Chiropractic <i>Moderator: Ted Forcum, ACASC</i> Welcomes: <i>Kelly Lange, President, ACA Sports Council</i> <i>Richard Brown, WFC Secretary-General</i> Presentations: <ol style="list-style-type: none"><i>An Athlete's Perspective – Dan O'Brien*, Decathlete, USA; Olympian Chiropractic Scholar, TBA (10 minutes each)</i><i>A CMO's Perspective – Jack Taunton, CMO, VANCOUVER 2010, Canada</i><i>A Chiropractic Team Lead's Perspective – Marcelo Botelho, RIO 2016, Brazil</i><i>A Clinician's Perspective – Ulrik Sandstrom, London 2012 and RIO 2016, UK</i> <i>Audience Q & A – 15 minutes</i> Sponsor Presentations.
12:45 – 14:00	LUNCHEON BREAK



14:00 – 15:30

Session 2 – Part 2: Skills Development - Workshops

Three Concurrent Workshops – 90 minutes each

1. *Dry Needling for Myofascial Pain Syndromes – Jay Shah.*
2. *Combining Biomechanical Taping and FAKTR – Todd Riddle.*

Sponsored by:



3. *Chiropractic Management of Post-Concussion Syndrome – Matthew Antonucci. Sponsored by: Carrick Institute and Brain Plasticity Centers.*

15:30 – 16:00

NUTRITION BREAK

16:00 – 18:00

Session 3 – Part 3: FICS Teams Around the World

Moderator: *Peter Garbutt, FICS President, Australia*

Two Presentations: – 15 minutes each

1. *World Games: A Large Team Environment – Brian Nook, Australia*
2. *World/Regional Championships: A Smaller Team Environment – Simon Lawson, South Africa*

Six Research Presentations - 8 minutes each

- *selected from those responding to the Call for Papers*

Original Research Awards Presentations

Sponsored by: **Life University**

Roberto Clemente Award

Closing Address – 20 minutes

** speakers to be confirmed.*

Workshop description and presenter bios

1. Dry Needling for Myofascial Pain Syndromes. This workshop will explore the dynamic /pivotal roles that myofascial trigger points (MTrPs), sensitization, limbic system dysfunction and objective physical findings play in the evaluation and management of chronic myofascial pain. Active (i.e., spontaneously painful) MTrPs and spinal segmental sensitization commonly occur in athletes and are often the underlying basis for persistent pain and dysfunction.

Fascinating knowledge emerging from the pain sciences will be presented in a clinically accessible way. Attendees will learn important palpation skills and needling techniques to more effectively treat painful MTrPs and sensitized spinal segments, thereby improving pain and performance.



Jay P Shah MD is a physiatrist and clinical investigator in the Rehabilitation Medicine Department at the National Institutes of Health in Bethesda, Maryland USA. His interests include the pathophysiology of myofascial pain and the integration of physical medicine techniques with promising complementary approaches in the management of neuro-musculoskeletal pain and dysfunction. He also completed the one-year UCLA Medical Acupuncture course and a two-year Bravewell Fellowship at the Arizona Center for Integrative Medicine.

Jay is a well-known lecturer on mechanisms of chronic pain, myofascial pain, acupuncture techniques and other related topics. Jay was selected by the American Academy of Pain Management as the 2010 recipient of the Janet Travell Clinical Pain Management Award for excellence in clinical care and by the National Association of Myofascial Trigger Point Therapists as the 2012 recipient of the David G. Simons Award for excellence in clinical research.

2. Combining Biomechanical Taping and FAKTR. In this hands-on workshop Dr Todd Riddle presents the principles and application of treatment using FAKTR protocol combined with the use of biomechanical tape.



Todd E. Riddle, DC, CCSP, CSCS, RKT, who currently serves as Assistant Professor at Texas Chiropractic College teaching rehabilitation, is a Certified Chiropractic Sports Practitioner (CCSP), Registered Kinesiotherapist (RKT) a Certified Strength and Conditioning Specialist (CSCS) with over 17 years of experience in sports medicine and sports performance training. Dr. Riddle's career in sports began in high school as an All-Ohio quarterback, earning him a full athletic scholarship to the University of Toledo, where he received his undergraduate degree in exercise science and kinesiotherapy.

In 2002, he started Evolution Sports Training, an athletic performance center based in Charlotte, NC that later became the first Athletic Republic Training franchise in the United States in 2007. Dr. Riddle has trained and treated thousands of athletes at all levels of skill and ability, ranging from the amateur to professional and hosted dozens of training camps for prospective college athletes throughout the USA.

Aside from his work at TCC, he is a certified instructor for FAKTR and Dynamic Tape seminars, teaching courses to chiropractors, physical therapists, athletic trainers, massage therapists and other healthcare providers all over North America.

3. Chiropractic Management of Post-Concussion Syndrome. New legislation allows chiropractors trained in concussion to certify return-to-play for post-concussion athletes. This course has been designed to solidify foundational concepts, symptoms, the neurophysiology, the areas of the brain that are most commonly affected by concussion, and how to test for them.

The seminar will prepare you to assemble the prerequisite knowledge to identify, grade, and advise post-concussive patients; to select the most appropriate testing to measure their cognitive function; to evaluate brain dysfunction in 5 minutes or less; and to deliver ReceptorBased® Therapies to restore proper neurological integrity.



Matthew M. Antonucci, DC, DACNB, FACFN. After receiving his doctorate in chiropractic medicine Dr Antonucci became a board certified diplomate in the sub-specialty of chiropractic neurology, completing residencies in functional neurology under Professor Fredrick R. Carrick, and in childhood developmental disorder, vestibular rehabilitation and traumatic brain injury rehabilitation.

Dr Antonucci finds particular interest in treating childhood developmental disorders, movement disorders, degenerative conditions, brain injuries, sports and neurological performance enhancement, and conducting clinical research. Dr. Antonucci is currently a review editor for the journal *Frontiers in Neuroscience* and the Director of Neurological and Performance Optimization for the Carrick Institute and Plasticity Brain Centers. He currently attends patients full-time at the Plasticity Brain Centers of Orlando, Florida and is in much demand internationally as a lecturer.

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Angela Salcedo
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David Chapman-Smith
General Counsel & Acting
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Roberto Clemente Sports Chiropractic Award

Call for Nominations



FÉDÉRATION INTERNATIONALE
DE CHIROPATIQUE DU SPORT



FICS and the FICS Foundation invite nominations for the prestigious **Roberto Clemente Sports Chiropractic Award**, given by them every 2 years at the FICS Assembly of Members to a doctor of chiropractic who has demonstrated **outstanding voluntary service in the field of sports chiropractic**.

This award honors the life and work of Mr Roberto Clemente, one of baseball's greatest players, an outstanding philanthropist and a strong advocate for the chiropractic profession.

Award: The award plus US\$1,000-00 to each of the award winner and a philanthropic, non-profit organization in the field of sport chosen by him or her.

Presentation: This, the first such award, will be given at the FICS Assembly and Symposium to be held in Washington DC, USA on Wednesday March 15, 2017.

Deadline for nominations: October 31, 2016

Notification to winner: November 30, 2016

For further information and nomination form: go to Events/Meetings at www.fics-sport.org or contact Christina Davis at cdavis@fics-sport.org.



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**ICCSP Lower
Extremity Seminar**
Sept 30-Oct 2, 2016
Oxford, UK



**ICCSP Lower
Extremity Seminar**
February 17-19, 2017
Brighton, Sydney, Australia



**FICS Assembly
& Symposium**
March 15, 2017
Washington DC, USA



**IPF Open World
Powerlifting**
November 14-19, 2016
Orlando, Florida, USA

**Open World Masters
Bench press**
May 22-27, 2017
Kaunas, Lithuania

**World Classic Powerlifting
Championships**
June 14-25, 2017
Minsk, Belarus

University Worlds
July 3-9, 2017
Potchefstroom, South Africa

**World Sub-junior & Junior
Powerlifting Championships**
August 27 - September 3, 2017
Orlando, Florida, USA

**World Masters Powerlifting
Championships**
October 2-7, 2017
Orebro, Sweden

**World Open Powerlifting
Championships**
November 13-19, 2017
Prague, Czechia



**TTV LAGERWEIJ 30th Anniversary
International Indoor Tournament**
February 17, 2017
The Netherlands

**International Tug
of War Tournament**
June 24, 2017
Switzerland

**TTV Fam. Janssens 25 Years
International Tournament**
May 11, 2018
Belgium



**JJIF World Championship
Seniors**
November 25 – 27, 2016
Wroclaw, Poland

**U18 World
Championship**
March 25 – 26, 2017
Athens, Greece

**Ju-Jitsu Grand Slam -
Paris Open**
April 29 – 30, 2017
Paris, France



June 13-18, 2017
Riga, Latvia



July 20-30, 2017
Wroclaw, Poland

UPDATE FROM THE SECRETARY-GENERAL

BY DAVID CHAPMAN-SMITH, GENERAL COUNSEL AND ACTING SECRETARY-GENERAL



New FICS Staff and Office

Prior to 2009 FICS had no staff and administrative office, relying solely on volunteers. Despite their best efforts this greatly limited the growth and effectiveness of the organization.

From 2009 until this year FICS had a mutually productive partnership with the World Federation of Chiropractic (WFC), sharing offices and staff at the WFC offices in Toronto. Some of the staff employed by the WFC, including Christina Davis who doubled as the FICS Executive Secretary, worked part time for FICS which reimbursed the WFC.

Both FICS and the WFC have grown significantly since 2009 – it was time for FICS to have dedicated staff and an office of its own. Following discussion of proposals by the ExCo in Oslo in May, and agreements subsequently signed, there has been this re-organization at FICS:

- From September 1 FICS has moved its administrative offices across the city in Toronto - from 1246 Yonge Street to First Canadian Place, 100 King Street West. FICS now has a serviced office in the downtown core.
- Christina Davis is now employed directly by FICS as FICS Communications/Administration Manager working principally from the new office but also a home office. This is through a contract with her business entity the Christina Davis Group, which has responsibility for providing such staff support as FICS and she may need.
- I continue as General Counsel and Acting Secretary-General, but under direct contract with FICS rather than via the WFC. This is for the period to December 31, 2017, with the situation to be reviewed by that time.

FICS President Dr Pete Garbutt visited Toronto in August to oversee the transition, which was made successfully and with support from the WFC and all involved. A fine job Pete, and even though you were heading on to serve at the Rio



Pete Garbutt with Christina Davis at the new FICS offices

Paralympics polyclinic, this was yet another unpaid week out of the office for FICS. Thank you.

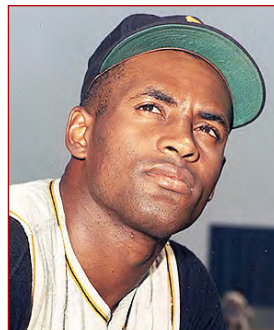
It is important that I also thank Dr Richard Brown, WFC Secretary-General, for his assistance with this administrative separation, which has brought the inconvenience and stress of change to him and other staff. And it is very important that I acknowledge and thank Khalid Salim and Sarah Villarba, WFC staff who have handled FICS financial and general administration since 2009, for their outstanding contributions to FICS.

ExCo Elections

Here is the timetable for the election, by you the member NCSCs, of the 9 regional representatives to the Executive Council for the next 4-year term commencing January 2017:

- October 1 – notice and nomination form sent to NCSCs, which must be fully paid up on dues by October 31 to vote in the elections
- November 15 – deadline for nominations
- December 1 – office issues ballots in regions where elections are to be held – i.e. where there have been more nominations than positions available
- December 31 – deadline for return of ballots
- January 15 – results given

Roberto Clemente Award



The Roberto Clemente Sports Chiropractic Award is a prestigious new joint award of FICS and the FICS Foundation, given for outstanding voluntary service in the field of sports chiropractic.

It is named after Puerto Rican Roberto Clemente, one of the most famous baseball players ever, an admired philanthropist who met an untimely and early

death while delivering aid in Central America, and an outspoken supporter of chiropractic.

The first presentation of this award will be in Washington DC – first at the FICS Symposium, then repeated the next day at the WFC Congress. Those attending the presentation include Roberto Clemente Jr, representing the family, Dr Clay McDonald, President, Logan University whose faculty first treated Mr Clemente, and Dr Aleisha Serrano, President, Puerto Rican Chiropractic Sports Council.

Please note that nominations close on **October 31**. For more details and the nomination form visit www.fics-sport.org or contact Christina Davis at cdavis@fics-sport.org.

ExCo September 21 Meeting

Following the northern summer the ExCo met by teleconference on September 21 and highlights include:

- **Finance.** Because revenue from the ICCSP programs and sponsorships is above budget, and expenses are contained, there is a projected surplus of \$20,000 for the year.
- **SportAccord Booth.** Because there was such benefit to FICS and sports chiropractic from having an exhibit booth and more delegates at SportAccord this year in April, it was decided to invest in a booth again next year.
- **Proposed Amendment to FICS Statutes.** Acting on a report from a Statutes Committee chaired by Dr John Downes, the ExCo decided to recommend to members a change that would allow two NCSC members from one country in exceptional circumstances. There will be a full notice to members on that during the next weeks, with the matter to come before the next Assembly in Washington DC next March.
- **FICS Foundation.** Proposals for amendment of the Foundation's bylaws were approved in principle. This is another matter to be explained in a notice to members and to come before the next Assembly.
- **Regional reports.** There was much of interest in short regional reports focusing on main developments. Dr Mustafa Agaoglu of Turkey, representing the Eastern Mediterranean Region, reported on successful progress of the university-based Chiropractic Masters Degree program in Istanbul. The first intake of 38 students comprises MDs and PTs, many with a strong sports background. Twelve of them were with the Turkish Olympic Team in Rio. After this initial chiropractic program, a full program will be implemented, following the pattern adopted so successfully in Brazil.

Dr Staale Hauge of Norway, representing Europe, reported strong growth of sports chiropractic in Norway and Sweden, with the NCSCs from both countries collaborating in this, and that the forthcoming ICCSP seminar in the UK is already sold out.

Dr Pete Garbutt, representing Australasia, reported on a highly successful joint seminar of FICS and Sports Chiropractic Australia in Coffs Harbour, New South Wales July 15-17, attended by over 80, and that further ICCSP seminars will be held in Australia and New Zealand in 2017.

RIO 2016

As the report in this FICS News show, these games saw the great advance of chiropractic towards becoming a standard service in the host medical services, and with major national teams.

As the photo shows, chiropractic and osteopathic services were an integral part of the physical therapies division of the host medical services in both LONDON 2012 and RIO 2016.

Two Brazilian chiropractic leaders deserving our profound thanks for the inclusion of chiropractic services in Rio, in a country where chiropractic is not yet recognized by legislation, are:

- Dr Plinio Barreto of Rio de Janeiro – the pioneer, who has accompanied Brazilian Olympic teams since SYDNEY 2000. He was with the team again in Rio, working at the High Performance Centre
- Dr Marcelo Botelho of Salvador, Brazil – the diplomat and Coordinator of Chiropractic Services, Host Medical Services. Marcelo, who is FICS First Vice-President and who holds DC and MD degrees and post grad qualifications in sports chiropractic (ICCSP) and medicine, worked countless hours over 3 years and is the architect of the profession's success in Rio. He was there in the 10 days before the Olympics as the polyclinic got up and running, and ironing out the last of the numerous administrative challenges that the LOC gave him.

On behalf of FICS, all sports chiropractors and the profession – thank you Plinio, thank you Marcelo.



Dr Plinio Barreto (left) and Dr Marcelo Botelho

HELPING OLYMPIANS CHOOSE A CHIROPRACTIC CAREER

ANGELA SALCEDO DC, CHAIR, FICS WOSP COMMISSION



The World Olympian Scholarship Program (WOSP) was created in 2002 for the purpose of offering an academic scholarship to any Olympian wishing to pursue a career as a doctor of chiropractic.

Under this program three outstanding Olympians have already graduated and several others are now at chiropractic schools. First graduates have been:

- Dr Neil Gardner of Kingston, Jamaica, a graduate of Parker University, 2009 – 400m hurdles, Jamaica, Atlanta 1996
- Dr Lindsay Alcock of Calgary, Canada, Palmer West, 2013 – skeleton, Canada, Salt Lake City 2002 and Calgary 2006
- Dr Melissa Hoar of Cupertino, California, Palmer West, 2015 – skeleton, Australia, Vancouver 2010



Dr Tom Hyde

The vision for this came from the prominent US sports chiropractic leader Dr Tom Hyde of Miami. He was supported by colleagues, but received important additional help from ATLANTA 1996 and its Co-Chair and CEO Dr Marc-Daniel Gutekunst, a noted epidemiologist. ATLANTA 1996 is the official Living Legacy Institution of the Atlanta 1996 Centennial Olympic Games.

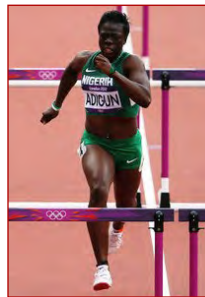
The goal was to identify Olympians interested in choosing to study chiropractic, and to facilitate that choice by securing scholarships from academic institutions to cover part or all of tuition fees.



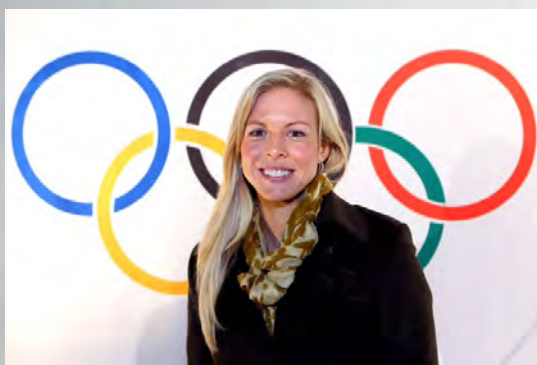
Dr Marc-Daniel Gutekunst

I have the privilege of Chairing a FICS commission created specifically to promote WOSP. Currently there are 9 participating institutions: full scholarships from Life University, Logan University, National University of Health Sciences, New York Chiropractic College, Parker University, Southern California University of Health Sciences (two scholarships), Texas Chiropractic College, and the University of Western States, and a 50% tuition scholarship from the Canadian Memorial Chiropractic College.

There are Olympian students at several of these schools, with others soon to start. For example, Seun Adigun, raised in Chicago with dual citizenship and representing Nigeria in 110m



Seun Adigun



Melissa Hoar





Lindsay Alcock



John Napier



Erika Figge

hurdles in the 2012 London Olympics, is at Texas College. John Napier, 2-man and 4-man bobsleigh driver for the USA at the 2010 Vancouver Olympics, who subsequently served with distinction in the US Army in Afghanistan for 6 months, is at New York College.

We want to continue to attract qualified Olympians from around the world into this program. Imagine if we had one Olympian commencing chiropractic studies each year at each participating school.

How You Can Help. We are asking you and all chiropractors to help us to identify Olympians you may know or meet who wish to pursue a career as a chiropractor. If you have access to any National Governing Bodies or individuals in the Olympic Movement, please help by making them aware of the WOSP initiative by providing them with this information as well as anyone else who may be affiliated with anyone in the Olympic Movement. If you have an interested Olympian please contact Dr Tom Hyde at tomhyde444@gmail.com.

You can also help financially, with a donation that will go towards additional educational and living expenses for Olympian chiropractic students. Donations are tax deductible and to be made through ATLANTA1996 [by clicking on this PayPal link](#).

WOSP Commission Members: Drs Angela Salcedo, Greg Doer, Marc-Daniel Gutekunst, Tom Hyde, Todd Reiter, Dale Richardson, and Greg Uchacz.

ICCSP GRADUATES

Congratulations to these 15 new graduates during the period July to September:

- Birdsey, Paul – South Africa
- Choi, Hwan Tak – South Korea
- Clohesy, Natalie – Australia
- Dang, Tue Minh – Australia
- Delsouiller, Loic – France
- Dominguez, Steve – Australia
- Fraser, Paul – United Kingdom
- Han, Daniel – South Korea
- Immermann, Brad – Australia
- Knedl, Ondrej – Australia
- Mays, Jaidan – South Africa
- Paton, Glen – South Africa
- Phillips, Mary – United Kingdom
- Thronson, Matthew – USA
- Townsend, Peter – United Kingdom



FEDERATION INTERNATIONALE
DE CHIROPATIQUE DU SPORT

Notice of 2016 FICS Student Scholarships



FICS, the international organization representing the specialty of sports chiropractic, is pleased to announce four US\$1,000 sponsorships for chiropractic students generously donated by **Foot Levelers** (www.footlevelers.com), **Life University** (www.life.edu), **Logan College of Chiropractic** (www.logan.edu), and **Standard Process** (www.standardprocess.com). These scholarships are open to chiropractic students worldwide.

Requirements

Enrolled fulltime at an accredited/recognized chiropractic school, graduating in or after 2016.

1. Submission of:

- (a) 500-750 word essay concerning the importance of sports chiropractic services to athletes in training and competition, and to the future growth of the chiropractic profession.
- (b) A description of personal participation in fitness and sports activities (100-200 words).
- (c) A description of contributions to sports chiropractic at the college and/or otherwise – e.g. participation in the students sports chiropractic council activities; volunteer services at the college at sporting events and otherwise; published news articles or research; any other activities promoting sports chiropractic (100-200 words).
- (d) Letter from faculty member teaching sports chiropractic and/or related subjects confirming good character and academic standard and recommending award.

Deadline for Applications October 31, 2016. Successful applicants notified by November 30, 2016.

Winners 2010:

Jo Adriaenssen, Institut Franco-Européen de Chiropratique (IFEC), France. **Nicholas Curry**, Logan College of Chiropractic, USA. **Raluca Duma**, University of Bridgeport, College of Chiropractic, USA. **Catherine Hughes**, Anglo-European College of Chiropractic, UK.

Winners 2011:

Reyhaneh Baha, Southern California University of Health Sciences, USA. **Beau Baird**, Logan College, USA. **Derek Page**, Macquarie University, Australia. **Sharon Sackey**, Anglo-European College of Chiropractic, UK.

Winners 2012:

Kelsey Dobesh, Logan College of Chiropractic, USA. **Casey Eisenbach**, Southern California University of Health Sciences, USA. **Kristian Frantzen**, Canadian Memorial Chiropractic College, Canada. **Andrew Hunt**, National University of Health Sciences, USA. **Kayleigh Knudson**, Palmer College of Chiropractic West, USA.

Winners 2013:

Roopali Hall, University of Bridgeport College of Chiropractic, USA. **Kelley Humphries**, Texas Chiropractic College, USA. **Bronwyn Hunt**, New Zealand College of Chiropractic, New Zealand. **Chelsea Warnecke**, Logan University, USA.

Winners 2014:

Dillon Cuppusamy, Durban University of Technology, South Africa. **Alyssa Fischbach**, Northwestern University of Health Sciences, USA. **Nicholas Le Lievre**, Macquarie University, Australia. **Eric Olson**, Texas Chiropractic College, USA.

Winners 2015:

Spencer Bell, Canadian Memorial Chiropractic College, Canada. **Richard Kan**, Macquarie University, Australia. **Arline Muller**, Durban University of Technology, South Africa. **Kyle Neagle**, New York Chiropractic College, USA.

How to Apply? Use the Application Form available at Education/Student Scholarships at www.fics-sport.org and return it to **Christina Davis, FICS Executive Secretary** at cdavis@fics-sport.org or at fax: 1-416-484-9665.

RIO 2016 AND SPORTS CHIROPRACTIC CONTINUED...

or TCM. Thanks to Theraband Xact Stretch for an awesome kinesiology tape, Graston Technique for skills and instruments that kept many athletes functioning, and FAKTR for advanced IASTM techniques.

Dr Clive Bridgham, a chiropractic sports medicine specialist from Barrington, Rhode Island in the USA with over 25 years of experience at local, national and international games events, including the Salt Lake City Winter Olympics with World Olympians Association, was in the polyclinic for the two week period from July 29 until August 11. Here are some of his observations on the facilities and services in the polyclinic.

On arrival at the Polyclinic we had our meeting of the physical therapies team of physios, chiros, and osteos, introductions all around, and then toured the clinic which included many specialties: dentistry, ophthalmology, emergency room, orthopedic sports medicine ,podiatry, osteopathy, massage therapy, and of course chiropractic.

The complex also included two state-of-the-art MRIs, one digital x-ray, a cryo pool room, a rehab room with an anti-gravity treadmill, conference rooms, storage rooms, IT rooms, break areas, and reception.



Drs Carlo Guadagno and Clive Bridgham in the Chiropractic Room

There was a room for orthotics and support braces for ankles to shoulders, a chiropractic table room, an osteopathic table room, and our main area for physical medicine - the physio room with 12 treatment tables and state-of-the-art physio machines for ultrasound, ems, laser, cryo/compression, and hot moist packs. There was also a Swiss machine for intense pulsed ultrasound. The one exception was that no acupuncture allowed in the clinic. The physios were allowed to perform mobilization but only the chiros and osteopaths were allowed to perform manipulation.

The early morning hours were relatively quiet with only an easy flow of returning athletes, so it was watch and learn and figure out what specialty we each were as we were all dressed the same and our credentials made no differentiation as to our degrees. It was an adaptive process on all sides, learning the subspecialties of each provider. Watching the team develop understanding and work was a great experience.

Our teams were divided into two shifts. On my first day there were only about 2,500 people housed in the OLV, by midway through my rotation the OLV swelled to at least 11,000 occupants. All athletes needed to be seen by one of the MDs and referred to chiro, physio, or osteo, unless coming without injury and being seen to maintain function. Athletes accompanied by their team doctor or team physio were allowed direct access and could either work with us or independently.

I found many team physios and some team MDs were very interested in referring and watching chiropractic services. Pleased athletes spread the word about the clinic and soon the volume increased exponentially. Once the athlete was in the physio treatment area interdisciplinary referrals were allowed and encouraged, providing the athletes with a world-class experience. My first day shift ended at 3pm with a debriefing and a team Rio cheer.



One shift of the physical therapies team – chiropractors, osteopaths and physiotherapists



The polyclinic



Since there was a full complement of physios and massage therapists they performed the ultrasound, ems, cryo, hot moist pack therapies, taping and massage. As chiros we used manipulation, pin and stretch, Graston, kinesiotaping, and muscle testing.

There are so many people to thank for their years of work in making the Rio 2016 Polyclinic the success that it was. Of special note are Dr Marcelo Botelho, the lead chiropractic physician and Felipe Tadiello, coordinator of Physical Therapy Services. Many people were exposed to chiropractic services for the first time.

It is amazing what happens when you have a dedicated team of professionals who are athlete centered treating the finest athletes in the world. It was truly a world-class experience, well worth the time to learn how to navigate the maze.

Chiropractic Outside the Polyclinic.

A good number of national teams brought their own chiropractic services for their athletes, for example:

- Brazil - for Dr Plinio Barreto of Rio de Janeiro, this was a 5th Olympics, serving the Brazilian Team at the High Performance Center in the Athletes' Village. One of the athletes he assisted was Robson Conceição, who won Brazil's first ever Gold medal in boxing. "Over the years I



Dr Barreto with Robson Conceição

have seen MDs much more ready to refer when athletes ask for chiropractic treatment" says Dr Barreto.

- USA - Team USA not only had 18 chiropractors for its athletes, but one of them – Dr Bill Moreau – was the team's Chief Medical Officer (see the following page).
- Canada - Dr Mohsen Kazemi of Toronto was with Canada's taekwondo team.
- Japan - Dr Nakanishi Osamu of Japan was in Rio as both trainer and chiropractor to one of Team Japan's most prominent athletes, decathlete Keisuke Ushiro, Japanese record holder and flag bearer for Japan in the Opening Ceremony.
- Ukraine and Greece - as at past Olympics the Ukraine (Dr Raul Carrillo of Mexico) and Greece (Dr Renaud Dejean of Italy) had sports chiropractors with their athletes.
- Philippines - with the Philippines was Dr Martin Camara of Manila, who is Co-Chair of the POC Medical Commission
- Sweden – this was Dr Per Rehn's third Olympics with the Swedish Equestrian Team
- Germany had no team chiropractor, but Dr Sven Kniphals, who is currently Vice-President of the German Chiropractors' Association, competed for Germany in Rio in the 4 x 100m relay and was relieved to have access to chiropractic in the polyclinic.



Dr Osamu adjusts decathlete Keisuke Ushiro

The Paralympics.

"In a Games of many golds, I have one last medal to present," announced International Paralympic Committee President Sir Philip Craven during his address to the Closing Ceremony of the Paralympics at Rio's Maracana Stadium on Sunday September 18.

"The IPC Governing Board has decided unanimously that tomorrow I will award the people of Rio and Brazil, the Paralympic Order, the highest honour a person or group of people may receive, for your outstanding support of the Rio 2016 Paralympic Games."

So ended the hugely successful Paralympic Games, the second best-attended ever after London, which closed with yet another vibrant and colourful celebration of Brazilian music and dance.

Many Paralympians from numerous countries received chiropractic care from 11 sports chiropractors in the polyclinic – the 8 chiropractors selected were joined by 3 provided by

Continued on page 22

RIO 2016 – USA TEAM CHIROPRACTORS



Doctors of Chiropractic on the sports medicine staff included:

OLYMPICS

William Moreau, Chief Medical Officer (CMO) USOC
Dustin Nabhan, USOC
Kevin Pierce, USOC, CMO Team USA Archery
Celeste Gabai, USOC
Gregory Bauer, USOC
Perry Williams, USOC

Norman Eng
Joshua Glass
Clark Scott, DIV, USOC Credentialed
Jeremy Summers, CMO Team USA Fencing
Julio Pardave, SAI, USOC Credentialed
Kevin Rindal
Sherri Lashomb
Ted Forcum
Casey Ho, TKD, USOC Credentialed

PARALYMPICS

Brett Guimard, Medical Director
Julia Johnson, USOC
Jason Reynolds, USOC
Joel Dekanich



Behind the scenes before Michael Phelps's last swim of the 2016 Rio Games – (from left) Kevin Rindal, DC CCSP, Michael Phelps (23 gold medals, 3 silver medals, and 2 bronze medals, for an Olympic record total of 28 medals), Dustin Nabhan DC DACBSP and Bill Moreau DC DACBSP



*The Team USA multidisciplinary Sports Medicine Staff, Athletes Village, RIO 2016. **Front Row:** Beth Morford MT, Heather Linden DPT, Hannah Gaveske ATC. **Second Row:** David Weinstein MD (Head Team Physician), Amy Murrin MT, Steven Isono MD, David Haight MD, Bill Moreau DC DACBSP (Chief Medical Officer), Emma Painter (IOC), Mark Hutchinson MD. **Back Row:** Dustin Nabhan (blue striped shirt) DC DACBSP, Tony Poland MT, Robert Gaisford ATC.*

SWEDISH EQUESTRIAN TEAM – ALL UNDER CHIROPRACTIC CARE

RIO 2016 was the third Olympics for Dr Per Rehn with the Swedish Equestrian Team. Here he shares his experiences treating some of the world's top riders in Rio. Dr Rehn (AECC, 1988) practices in Malmö, Sweden and Cape Town, South Africa

Being invited to attend the Olympics as chiropractor to the Swedish equestrian team is a huge honour, but also the precursor to a fair amount of self-doubt: *what if something goes badly wrong or an accident happens which is beyond my area of expertise?*

These were some of the thoughts running through my head as I packed my Swedish Olympics suitcase with the official blue and yellow wardrobe. But on the flight to Brazil my feelings of apprehension paled in comparison to those of the Tanzanian doctor seated beside me who had been given the responsibility of looking after the entire Tanzanian Olympics Team. Understandably, he was nervous!

Traditionally, horse riding has been a sport where all the attention has gone to the animal. Very little focus has been placed on the rider, despite the fact that most riders suffer from some form of lower back, neck or leg pain often caused by falls and injuries.

When I went to my first Olympics in Beijing in 2008 I was practically the only health professional signed up to

specifically treat one equestrian team. However, due to the success of the Swedish team there, the Swedish Olympics Committee started to invest more time and money into checking, treating and monitoring its riders.

So, while in the past riders largely had to take care of themselves, since the 2012 London Olympics they have started to receive regular physical, functional and chiropractic screening and checkups. In addition, a physical trainer has been assigned to the team, with the result that they are fitter overall.

Each Olympics has been quite different from the last. The Olympic Village in Rio De Janeiro was situated far from the city centre, and the sheer size of this city was bewildering. The location of the village was beautiful, ringed by lush green hilltops which made you feel like you were in the jungle. There were sparkling swimming pools, good running tracks, and of course great weather. We managed to sneak out of the village once or twice to celebrate wins and see a bit of the city and its vibrant nightlife.



With Peder Fredriksson, Silver medalist, individual jumping



Dr Rehn (left) with Swedish riders at the Opening Ceremony



Unlike most medical professionals, who are assigned to one athlete and leave after a few days, I am fortunate in that I am able to stay for the duration of the Olympics. In Rio I was treating the 15 riders who comprise the eventing, dressage and jumping teams, the 15 grooms, three captains, two vets, three physiotherapists and the farrier.

For this reason I had a bench in the stables where I treated the riders and grooms, and a room in the Olympic Village with the rest of the Swedish medical team.

While there is a polyclinic accessible to all athletes, there are definitely advantages to sportspeople having their own personal health care professionals. Nerves run high before events, and it's reassuring to receive treatment from somebody you know and trust.

However, it's impossible to prevent accidents from happening and despite our best efforts one of our top riders got a disc prolapse during a training session. We spent a lot of time trying to get him back on the horse, literally and proverbially. Happily he went on to win a silver medal in an incredibly tense and nail-biting final.

Two other highlights of the experience were seeing Usain Bolt win the 200m final, and being invited to walk onto the

stadium with the athletes at the Opening Ceremony, which is always a thrilling event.

I also became friendly with an American orthopedic surgeon who was responsible for the American riding team. We had some interesting conversations about how treatment of athletes is returning to more physical treatments, with chiropractic, massage, stretching and 'hands on' therapies replacing ultrasound, biolights, laser treatment etc.

As many people will know, it is a chiropractor Dr Bill Moreau who is in charge of the whole American medical team. The presence of chiropractors with national teams, together with FICS and the chiropractors in the polyclinic, are really putting chiropractic at the forefront of treating sports injuries.

As for the Swedish equestrian team, we were very successful, with no crises to speak of and everything going smoothly. It is a great career highlight to be part of an event like the Olympics. Treating that calibre of athlete, and watching the improvement, really affirms the power and importance of chiropractic in helping sportspeople consistently perform at their best.

Per Rehn DC

Rio Quotes

"My first Olympics was such an incredible experience, in a beautiful country. As a relatively young sports chiropractor there was so much learned in the polyclinic – clinically, professionally, and about how much elite athletes and others value and need our chiropractic care." Martin Isaksson DC, ICCSP, Sweden, Olympic Polyclinic



(From left) Dr David Steven, Australia, Dr Camilla Bjørnsen Tjensvoll, Norway, Dr Martin Isaksson, Sweden, Dr Masahiro Goto, Japan.

PHILIPPINES TEAM ALL RECEIVE CHIROPRACTIC CARE

The Philippine Delegation to the Olympics had 13 athletes from the disciplines of athletics, judo, taekwondo, swimming, table tennis and weightlifting. They were accompanied by two medical specialists.



Dr Camara with Silver Medalist Hidylin Diaz

Team physician Dr Ferdinand Brawner handled medical conditions and WADA issues. Team chiropractor Dr Martin Camara was in charge of the physical conditioning, alignment, stretching and taping of the athletes prior to training and up until their competition schedules.

Chiropractic care was provided to all of the athletes, including Hidylin Diaz who won the Philippines' first Olympic medal in 20 years, a silver medal in the 53KG women's weightlifting.

It was not only the athlete who expressed thanks for her chiropractic care. In a personal message to Dr Camara, Jose Cojuangco, President of the Philippines Olympic Committee (POC) wrote: "Nice Job on your part. Thank you for the very important contribution without which we could not have (won) the medal".

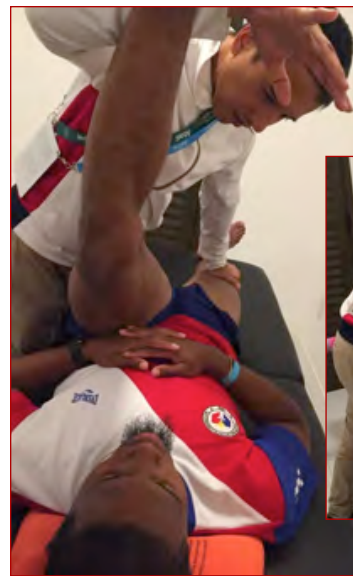
One approach used, Dr Camara reports, was adjustment to enhance the activation of motor nerves to certain athletic movements of the hip and shoulders, largely based on the functional muscle testing work of Dr Ulrik Sandstorm. Another which seemed to produce good results was fascial manipulation as taught by the Stecco group, which helps improve the efficiency and sliding of the fascial system to improve proprioception and force transfer of the muscles by removing densified areas of the fascia.



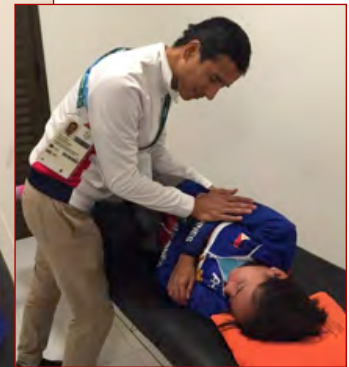
Dr Camara with IOC member Mikee Cojuangco (center) and Koji Murofushi

Dr Camara, who is Co-Chair of the POC Medical Commission, was also able to meet informally with two members of the International Olympic Committee to discuss the important role of chiropractic care at major games. He also met 4-time Olympian Koji Murofushi, a candidate for the Athletes' Representative to the IOC and TOKYO 2020's Sports Director.

Because he left Rio prior to the Paralympics Dr Camara arranged chiropractic care for the Filipino Paralympic athletes at the polyclinic. These athletes included two powerlifters supported by the FICS Foundation and given complimentary care by his clinic in the months prior to the games, Adeline Ancheta Dumapong and Agustin ??



At work – adjusting and stretching



Rio Quotes

"In Rio I liked the positive relationships with other professions, and not just chiropractors. We shared athletes, we taught each other. We laughed a lot and had good times." Kazutoshi Isa DC, ICCSP, Japan, Paralympic Polyclinic.



the US Team. As an example of how thankful the athletes were, see the following report from Adeline Dumapong from the Philippines.

In the year leading up to the Paralympics the FICS Foundation provided financial support and chiropractic care to three Filipino para powerlifters hoping to be selected for Rio. Two were Agustin Kiton and Adeline Dumapong – see her interview in the March 2015 FICS News. Here is Adeline’s report to the FICS News.

Adeline Dumapong Says Thank You

I have just returned from the Rio Paralympics where I competed in the Over 86kg Category. My three lifts were 112kg, 116kg, and 121kg respectively, short of my target from training of 128kg. A Dutch powerlifter won the bronze medal with 130kg.

During the competition day I was feeling 100%, and have chiropractic to thank for that. Aside from my training in the months before and at Rio, I received fantastic chiropractic treatment from Dr Martin Camara in Manila and then from Drs Rene Fejer and James Nicola in the Polyclinic at the Athletes’ Village during the 2 weeks before the competition day.

These chiropractors have been wonderful and I am truly grateful for the care and treatment they gave me. A former weakness in my left arm has gone, and the longer I get chiropractic care, the more I appreciate the benefit it gives my body. It has made me feel stronger and confident in my lifts.

Although, I did not get a medal this time I look forward to the next games, and with training and chiropractic care I am confident that I can win a medal in the future.



Adeline with Dr Peter Garbutt, Australia (left) and Dr René Fejer, Denmark

The generous support from your organization before the Rio games have enabled us to prepare and train before for the pre-paralympic games which we helped us go to the 2016 Rio Games.

On behalf of Agustin and Achelle, I would like to express our sincerest gratitude for the support that FICS has extended to the Philippine Powerlifting Team. It had helped us succeed at the pre Paralympic games and, for two of us, achieve selection for Rio. It is very much appreciated.

More power to your organization!



With Dr James Nicola, Australia

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X3™

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 +1.877.658.9552 (intl)

RIO 2016 AND SPORTS CHIROPRACTIC GALLERY



Dr Marcelo Botelho, Coordinator, Chiropractic Services



Morning briefing at the polyclinic



Ulrik Sandstrom, UK and Martin Isaksson, Sweden



Ted Forcum, USA and Martin Camara, Philippines



GLOBAL ADVANCE OF SPORTS CHIROPRACTIC

FICS Symposium & Assembly – Washington Dc – Wed March 15 2017

See the program in this FICS News on page 5-7

All information and registration: www.fics-sport.org under Events/Meetings



Raul Carrillo, Mexico

2016 World Spine Day **Competition**



Straighten Up and Move



[Click to learn more about the 2016 World Spine Day](#)



October 16, every year, is World Spine Day. This year we're encouraging everyone to Straighten Up and Move!

Spinal disorders are amongst the leading causes of disability. When people cannot move or get around properly, it impacts on their quality of life, their ability to work and their relationships with those around them. In some countries, it can stop people being able to earn a living so that they can feed their families.

World Spine Day raises awareness of spinal disorders. This year, our goal is to inform, educate and inspire people to prevent pain and disability by improving their posture and becoming more physically active – to Straighten Up and Move!

Prepare now and raise awareness of the importance of spinal health in your community with creative projects for your clinics, schools, offices, communities and neighbors.

Go to the World Spine Day website at www.worldspineday.org to register your clinic, association or educational institution as a supporter of World Spine Day. Patients, the media and the public will be expecting chiropractors, as spinal health experts, to be taking an active role.



[Click to watch the official 2016 World Spine Day video](#)

Get involved for a chance to WIN!

Here at the WFC, we want to hear how you have celebrated World Spine Day in your local community. Whether you're an individual chiropractor, clinic, organization, society, educational institution or student group, tell us what you've done to make an impact on World Spine Day.

Once again we will be recognizing the best projects and activities, so be sure to take plenty of photographs when you share your stories with us.

There are 5 prizes to be won:

Professional associations

First prize: US\$600

Runner up: US\$300

Educational institutions

First prize: US\$600

Runner up: US\$300

Clinic/individual practitioner

Best entry: US\$500

Send in your competition entries by **November 15, 2016** to Sarah Villarba at svillarba@wfc.org.

Winners will be featured in the December issue of the WFC Quarterly World Report.



[Click to submit your entry to the 2016 World Spine Day competition](#)

AROUND THE WORLD IN SPORTS CHIROPRACTIC

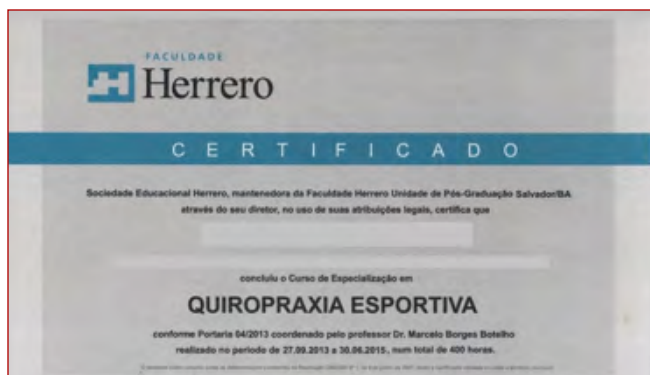
Brazil



Postgraduate sports chiropractic programs, pioneered by leaders in the USA and then FICS, were once only available in North America and Europe. Now these programs, and the qualifications they provide, are available in many countries.

In 2013 FICS assisted Dr. Marcelo Botelho and the Brazilian Sports Chiropractic Association (ABQE) to establish a 400-hour certification program, being developed at that time partly to prepared for the inclusion of chiropractic services at the Rio Games in 2016.

Importantly, the program was approved and the certification given by the Faculdade Herrero Brazil, a dental school and postgraduate education institution authorized by the Ministry of Education to give specialty titles. Here is the sports chiropractic (in Portuguese 'Quiropraxia Esportiva') specialty certification issued by Herrero.



Course Director was Marcelo Botelho DC, MD, ICCSP, MSc of Salvador, Brazil, who serves as FICS First Vice-President, and there were 17 graduates. At RIO 2016 Dr Botelho was Coordinator of Chiropractic Services at the polyclinic where the other 19 sports chiropractors chosen from 8 countries included a graduate from this program – Dr Marlise Carlesso of Rio Grande do Sul. A third Brazilian joining them in the polyclinic was Dr Bruno Alvarenga.

Also in Rio, working with the Brazilian team, was Dr Plinio Barreto of Rio de Janeiro. For more on RIO 2016 see the separate report in this FICS News.

Israel



The Israel National Special Olympics, an event for the mentally/cognitively impaired, was held on September 26- 27 at Wingate in Netanya.

Dr Omer Hirsh and Dr Laurence Been volunteered their chiropractic services to the athletes, their escorts and guides, as well as the other volunteers and staff, providing care where it



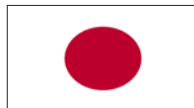
Dr Hirsh (left) and Dr Been

Respectfully submitted by: Roy Sery, DC, ICCSP, MBA, President, ICSC

was needed, while considering the special implication of the specific challenges presented by these very special athletes.

This was a wonderful event showing how sports and the Olympic spirit are not only about being the best but also about being the best you can be, overcoming disabilities, hardship and obstacles. It was such a pleasure for the Israeli Chiropractic Sports Council to be part of such a blessed event.

Japan



Olympian Decathlete under Chiropractic Care at Home and in Rio

Dr Osamu Nakanishi, a 2006 graduate of the Tokyo College of Chiropractic, formerly RMIT Japan, was with Team Japan Track and Field at the Rio Olympics as a trainer and sports chiropractor accompanying Japanese decathlon record holder Mr Keisuke Ushiro.

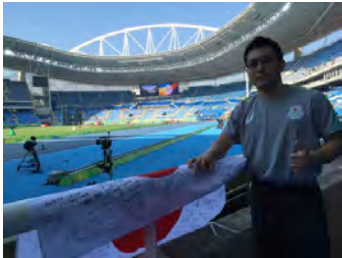
Mr Ushiro, one of the Japanese national team's most prominent athletes, was the flag bearer for Japan at the Opening Ceremony. In Rio Dr Nakanishi provided care to Mr Ushiro under supervision of the team medical doctor at the High Performance Center where Japanese athletes were training during the Olympic Games.



Dr Nakanishi (left) and Olympian decathlete Mr Keisuke Ushiro

In recent years Dr Nakanishi has treated Mr Ushiro on a weekly basis and also traveled with him to major international competitions such as the Asian Games and the IAAF World Championships. This is to maintain Mr Ushiro in top physical, mental and environmental condition, maximizing performance and preventing injury. Mr Ushiro was under his care when he broke the Japanese record.

Dr Nakanishi says “This is a great opportunity for me to work with a top athlete and appreciate being a chiropractor. I thank all the people who continuously support my work as a chiropractor including my family, athletes and coaches of the track and field national team, and the staff of Tokyo College of Chiropractic.”



Dr Nakanishi at the Olympic main stadium

Sweden



TWIF World Championships in Malmo

The TWIF 2016 Outdoor Tug of War World Championships were held in Malmo, Sweden from September 8-11 and the FICS team working the games comprised two fulltime chiropractors, Dr Lotte Langhoff of Denmark and Dr Emilio Kardaris of Australia, assisted by four Swedish colleagues part time.

The games were a great success and we were kept very busy. Everybody from the organizing committee was most helpful, and the location was perfect as it was right next to the competition field and all the athletes' tents. Our hotel was only a 10-minute walk away so there were no transport issues.

We saw 211 individual patients and in total we had 335 visits. Most people had multiple issues, but by far the most common problem was low-back pain, followed by tight hamstrings/thigh muscles and shoulder/neck issues. Many athletes also passed by the tent with damaged skin in their palms from



Drs Langhoff and Kardaris at work



pulling the ropes – these were for the most part passed on to the paramedics.

We saw athletes from most of the 25 countries, but especially those from the USA, Latvia, Poland, Basque Country, Scotland and Chinese Taipei came to see us frequently.

The paramedics at the games, two doctors and a physiotherapist, shared the tent with us. There was good cooperation, and we had a lot of fun during the four days. Fortunately, the weather was nice, because the tent wasn't big enough for all of us, if more than three chiropractors were present, and at times we had to set up tables outside.

The only concern was that two chiropractors were really not enough. Even with some part time assistance on Thursday, Friday and Saturday, were non-stop and extremely busy from 7:30 am to 9:00 pm every day, often with 3-5 people waiting in line.

Athletes are now well aware of and very thankful for the chiropractic services available at TWIF events. Three people fulltime are now needed and would be perfect.

Respectfully submitted by: Lotte Langhoff DC, ICCSP



USA



Robin Hunter – Trailblazer, Olympian, Hall of Famer, Buckeye.

Edited and reprinted from the ACASC's newsletter Sports Talk, a fascinating interview with Dr Hunter by Eric C Hammerstrom.



At the Salt Lake City Winter Olympics 2002

Dr Robin Hunter is all of these, and as they reflect on the 2016 Olympic Games in Rio, athletes and chiropractors can thank Hunter for making chiropractic care a regular part of sports medicine at the highest levels of competition. So can ballerinas.

For the past 30 years Dr. Hunter put in full days at the office, then headed to the training rooms, sidelines on game nights, and backstage at BalletMet Columbus, taking chiropractic care directly to athletes in a time when women and chiropractors were few and far between in the world of big-time athletics.

"I had lots of battles and lots of hard times just dealing with a testosterone-driven male world, but what doesn't kill you makes you stronger," Hunter explained. "It's funny. When I graduated from college, I was going to be a school teacher and had lots of injuries from my days in gymnastics. I walked

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DROXY-2-CHROMONE	ALPHA-TOCOPHEROL	BIPHENYL	CIS-GAMMA-BISABOLONE
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into a chiropractor's office for help with my neck injury and when I left, I said, 'this is what I want to do.'"

Dr Hunter followed her passion at Logan College of Chiropractic, and became a member of the student sports council. After graduating from Logan, Dr Bob Hazel and others on the American Chiropractic Association Sports Council encouraged her to run for treasurer. She served on the executive committee when chiropractors were just beginning to work in official capacities with US National Teams.

"The first two chiropractors to go (with US teams to international events) were Tom Hyde, who went to the Pan Am Games, and Jan Corwin, who went to Seoul, Korea*," Hunter explained. "Four years later, Phil Santiago was chosen to go to Barcelona. That's when I decided I didn't care what it took; I wanted to work with an Olympic Games."

Oddly enough, the first stop in her Olympic journey was a theatre in her home of Columbus, Ohio--the BalletMet--where she began treating members of the professional ballet company. Hunter noted that the dancers were among the greatest professional athletes she has ever encountered, adding that they dance through incredible pain each day.

Then, Hunter set her sights on working with athletes at Ohio State. "Russ Rogers, one of the track and field coaches at the time (1996), asked if I could come to campus, because it was hard for the students to travel to our office.

"He asked me to work on his shoulder, and I joked that if I did, I'd ask him for a letter of recommendation in three years for an internship in Colorado Springs with the US Olympic Training Center. Four

years later, in 2001, I got a letter congratulating me that I'd been appointed for the World University Summer Games in Beijing, China."

Hunter said the experience in Beijing was "wonderful," with work breaks allowing her time to join teams when they toured the Great Wall and The Forbidden City, where she and the US Volleyball Team were the tallest people in crowds of thousands.

Her Olympic wish came true in 2002, when she was appointed as a chiropractor for the US Olympic Team for the Salt Lake City Olympics--the first chiropractor ever at a Winter Olympics--proving the value of chiropractic care for athletes in winter sports. The next winter games, in Torino, Italy, included two chiropractors--one for rink sports and one for mountain sports.

Olympic ring attained, Hunter became a Buckeye, shifting her practice to full-time sports medicine and joining Ohio State University's Center for Integrative Medicine in 2004, as a clinical assistant professor with the Ohio State University College of Medicine and chiropractor with OSU Sports Medicine and Rehabilitation, the Performing Arts Medicine Program and a clinical associate professor at the Ohio University Heritage College of Osteopathic Medicine.

Again, she blazed a trail along the sidelines for women, treating Buckeye athletic teams including cross country, track and field, volleyball, football, and men's and women's basketball, all while still working with BalletMet.

"In so many environments where you are the first, how are you going to be met?" Hunter asked, "first, as a woman, and then as a chiropractor?"



World University Summer Games, Beijing, 2001



“When I was younger, I said, ‘someday, I’m going to work for that university,’ and when I finally did, it seemed like I was going from a rowboat to a cruiseliner - but really it was a battleship. There is so much competition over who gets the patients--surgeons, therapists, athletic trainers, and now there’s this chiropractor in the mix. It took years of building relationships with therapists and physicians.

“We have to build relationships. We don’t get out of chiropractic school and into a practice that will provide business. We are on our own and have to hack it out. When I was a young kid in gymnastics, my coach would say, ‘Robin, get up and try it again.’ I remember her saying the only time you fail is when you stop trying.

“Even going on the sports council, I was a new graduate, a woman with all these guys, and I had to hack it out and make myself known among all these guys. That’s how it is for women and how it is for chiropractors. There is no giving in. You have to try or you fail, and there is no failing allowed.”

Hunter has just retired from Ohio State after 13 years, and is proud of the advancements she and her colleagues have made in the care athletes receive. “I felt that athletes were an underserved population, and that’s been true for decades, but it’s so much better nowadays,” she said. “Overuse injuries start to compound... and how many hits can you take before things break down.”

Hunter said her time at Ohio State helped her fully understand the demands placed on young athletes.

“We convinced coach Jim Tressel that we needed massage therapists and chiropractors for his team. Even after the first week, the guys who got worked on recovered faster, and the trainers asked us to double the work we were doing. From football, it spread to other teams. They trained better, lasted longer, and were healthy further into the season.

“And these athletes were hurting. We look at them as heroic icons, but they are hurting. We don’t see that as the public. When they wake up the day after a game, they can hardly get out of bed. One of the football players estimated

he experienced a head-on collision going 30 miles-per-hour forty or fifty times per game.

“Those athletes need intervention and prevention - intervention when they’ve got pain and prevention. A body working properly is less apt to get injured and provides performance enhancement as well.”

Hunter was inducted into the ACA Sports Chiropractic Hall of Fame in 2013. “Nothing was a greater honor,” she said, “than to receive that recognition from my colleagues.” She added that the induction ceremony moved her to tears.

While she is retired from Ohio State and the BalletMet, she plans to continue partial private practice and to “do a lot more teaching” while living in Columbus with her husband, Jeffrey (a DC and DO), who works in healthcare administration.

Dr Hunter noted that she pursued the diplomate sports chiropractic training, has lectured nationally and internationally on sports-related topics, has been post-graduate faculty for Logan Chiropractic College, and was a contributing author to *Conservative Management of Sports Injuries* first and second editions.

When asked if there is one thing she’d remember from her career above all else, she referred to an Olympic moment.

“When the medical director and we were all gathered together at the end of the (Salt Lake City) winter games, he said, ‘I want to tell you this has been the most successful games we’ve had, and that’s in part due to you guys. I want you to remember that you will be Olympians for the rest of your life.’

“It is a great responsibility. That Olympic ring is still on my finger and not a day goes by where I don’t feel blessed. I will live a life of morality and integrity to honor the experience I had.”

**Dr Corwin was at the Seoul Games in 1988, but the first official chiropractor with a US Olympic Team was Dr Ilene Haworth at Los Angeles in 1984.*



Salt Lake City Olympics, 2002



With other ACA Sports Council Hall of Famers on admission in 2013 – (from left) Drs Phil Santiago, John Danchik and Tom Hyde