



FÉDÉRATION INTERNATIONALE DE CHIROPRATIQUE DU SPORT

# FICS News

[www.fics-sport.org](http://www.fics-sport.org)

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



## President's Message *Sheila Wilson, DC, ICCSP*

The keynote interview in this FICS News is with Adeline Dumapong. She is one of the three, Filipino, powerlifting athletes with disabilities receiving FICS Foundation support – monthly financial support for training and travel

to games events, chiropractic healthcare, and motivation and encouragement – as they work and hope for selection for the Rio de Janeiro Paralympic Games in Brazil in September.

As it turns out, it is Adeline who is motivational for us. You will be amazed by her story. Her achievements since contracting polio and losing the use of her legs at the age of three are inspirational – achievements academically, in sport, in community service and as a parent.

*Continued on page 2*

## Interview

### *Adeline Dumapong-Ancheta*

*Since October 2015 the FICS Foundation, the charitable organization affiliated with the International Federation of Sports Chiropractic (FICS), has been supporting disabled athletes internationally. This includes three para powerlifters in the Philippines hoping to qualify for the August 2016 Paralympic Games to be held in Rio de Janeiro, Brazil.*

*The FICS Foundation, in cooperation with the Philippines National Paralympic Committee PHILSPADA, is providing them with financial support for training and competition, and chiropractic care. This is an interview with one of these three elite powerlifters, Adeline Dumapong-Ancheta of Manila, who is receiving chiropractic care from Dr Martin Camara, a member of the FICS Foundation Board.*

*Continued on page 3*



*The three Filipino para powerlifters supported by the FICS Foundation, (from left) Adeline Dumapong-Ancheta, Augustin Kiton and Achelle Guion with Dr Martin Camara (left) and Nico Sanchez, a sports physical therapist at Dr Camara's Intercare clinic.*

I know you will join me in wishing her all possible success in selection for the Rio Paralympics, which will be her fifth such games, and her performance there.

Congratulations also to Dr Martin Camara of Manila, a member of the FICS Foundation Board and a Palmer West graduate, through whom Adeline has discovered the power and value of chiropractic.

If you are moved by Adeline's story, and the fact that FICS and its Foundation are giving priority to helping athletes with disabilities like her in several countries, I ask you to respond now by taking two important practical steps to help.

First join me and many others in giving financial support, and second contact one friend and colleague asking her/him to do the same.

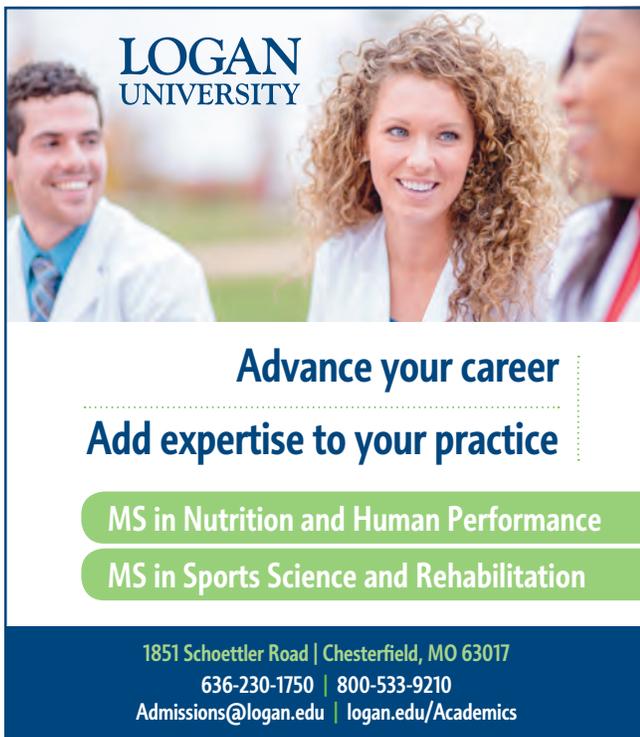
You may find further information on the FICS Foundation and make your donation at [www.fics-sport.org/foundation](http://www.fics-sport.org/foundation). We are just commencing the Foundation's first serious fundraising drive and truly need your support to build, maintain and expand the Foundation's work.

Give at the level that suits you, with a continuing monthly gift at any level from US\$5-00 to US\$100-00. There is also a one-time gift option, but ongoing monthly gifts are better. They allow stable and ongoing support for the Foundation's programs for athletes like Adeline. Please donate that way now. Thank you for your generosity. All donors will be acknowledged by name, equally and without dollar figures, in the next FICS News.

Finally on the Foundation, its overall mission includes funding for sports chiropractic education, research and volunteer services at games events. We know we need star power to help us succeed in this. Look for an exciting announcement coming soon concerning a very prominent athlete who will be featured as a new spokesperson for the FICS Foundation.



Sheila Wilson



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\*Bursaries available

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KEYNOTE INTERVIEW: ADELINE DUMAPONG-ANCHETA ..... 1, 3 AND 15



*Adeline receives her ASEAN Games gold medal*

**First Adeline, congratulations on your recent gold medal at the 8th ASEAN Para Games in Singapore last December. You have won more than one gold medal at these Games?**

Thank you. Yes, that was my sixth gold in women's para powerlifting in my weight class at the ASEAN Games which are held annually, my first being in Vietnam in 2003.

**Before discussing powerlifting and your athletic career, tell us about your background and the nature of your disabilities.**

I was born to a poor family with six children in Kiangan, Ifugao, a mountainous part of Northern Philippines, in 1973. At the age of three I had polio, lost the use of both legs, and became confined to a wheelchair. At six my parents, believing that education would be the key for me to make something of my life in spite of my disability, made the painful decision to send me to an institution and school for children with disabilities in the capital city Manila.

After 10 years of primary and secondary education in this school, for children with disabilities only, I went to St. Paul University in Quezon City where I graduated with a bachelor of science.

I then worked in both in the corporate and non-profit sectors in administration and marketing. I have just completed a 4-year contract as Executive Director of the Freedom Technology Wheelchair Foundation, a non-profit wheelchair factory in Mindanao.

Currently I am a fulltime mother to my 13-year old daughter, but combined with my athletic career, freelance work for local NGOs and other voluntary work. I am the athletes' representative at PHILSPADA, the governing body for Paralympians in the Philippines, and on the Women in Sport Committee of the Asian Paralympic Committee.

**What is powerlifting?**

Powerlifting is a strength sport similar to weightlifting, but with the three disciplines of benchpress, deadlift and squat. In para powerlifting there is only one discipline, the bench press, with competitors in 10 different categories based on body weight. This has been a Paralympic sport since 1984. Competitors

lower the bar to the chest and then press it upwards to arms' length with locked elbows. Athletes are given three attempts and the winner is the one who lifts the greatest weight.

**How long have you been in the sport?**

EIGHTEEN years. During my 10 years at school in Manila I was introduced to sports such as wheelchair race, wheelchair basketball and athletics. I discovered powerlifting in 1997, when it was a relatively new sport and mostly for men. When I tried the bench press I felt challenged and loved it. I began to compete locally, and PHILSPADA then sent me to Thailand and the USA to qualify for the Sydney Paralympic Games in 2000. In Sydney I won the bronze medal in my weight division, the first ever Paralympic medal for the Philippines, and the most prestigious medal I have won.

I competed at the Athens (2004), Beijing (2008) and London (2012) Paralympics but did not medal. I am currently free of injuries and training hard for selection for the Rio Paralympics.

**What injuries have you had?**

My main concern has been carpal tunnel syndrome in both wrists due to overuse of my hands, aggravated by my powerlifting activities. Surgical release has been recommended but I have refused that treatment. Aside from that I have had the usual pain in the shoulders, arms, chest and mid- and lower-back that comes with living in a wheelchair, also aggravated by my sport.

**Tell us about your chiropractic care.**

I had heard of chiropractic treatment in the past but I was skeptical about it from my only experience, which was from chiropractic volunteers who came to treat us once a year during the last 2 years. To be candid I did not feel any different.

Then last October my athlete friends and I met Dr. Martin at the office of PHILSPADA and the result has been very impressive. I felt that he performed 'magic' when he made

*Continued on page 15*



*Xiao Fei Gu of China, powerlifting silver medalist men up to 82.5 kg, London 2012 Paralympic Games, shows how much these para powerlifters press. (Credit: IPF website)*

## IN MEMORIAM: STEPHEN PRESS DC, CCSP, PhD



Dr Stephen J Press of Englewood, New Jersey, USA, the founder and first president of FICS, passed away in the company of his loved ones on Sunday March 6, 2016, ending the remarkable life of a multi-talented man.

Dr Press graduated from Palmer College of Chiropractic magna cum laude in 1978 and from that time practiced in Englewood, New Jersey, increasingly in the fields of sports chiropractic and nutritional medicine. Prior to studying chiropractic he ran a security business in Englewood and served on the Englewood Auxiliary Police Force becoming Chief after six years. He also served on the town's Volunteer Ambulance Corps, becoming the first nationally registered EMT in the state.

He founded FICS in 1987 while serving on the Board of the American Chiropractic Association Sports Council, and on a FICS trip to Moscow in 1988 commenced a relationship with Russian athletes and authorities that led to him being Chief Physician for the Soviet Union team at the 1992 Winter Olympics in Albertville, France. By this time he was fluent in both Russian and French, two of 12 languages he spoke to some degree.



*Dr Press receives his Founders' Award and medal in 2011 from Dr Sheila Wilson, FICS President, and Dr Phil Santiago, FICS Secretary-General.*

For many years he commuted to the Russian Federation every 4 to 6 weeks, establishing a chiropractic clinic in Moscow and forming the Russian Chiropractic Association. During this time he completed a PhD in sports medicine in Russian.

He was repeatedly honored by the profession and FICS for his leadership and vision, most recently with the FICS Founders Award at the FICS Assembly in Rio de Janeiro, Brazil in 2011.

Skilled in digital technology, Dr Press founded Chiropractic Wikipedia, known as WikiChiro, and later the wiki site for the City of Englewood, called WikiEnglewood. He authored several books, including an autobiography *Passion, Profession, and Politics and History of Sports Chiropractic*. In his youth he had been accepted to study at Juilliard as an accomplished cellist and clarinetist. He was active in Rotary and as a Freemason, being a Past Master of his local Lodge.

"I've known Dr Stephen Press for almost thirty years", says Dr Stephen Perle, Chair, FICS Research Commission, "and he was one of the most remarkable men I've known. If he set his mind to it, it happened. From teaching himself more than a dozen languages to billiards to blacksmithing to starting FICS and other organizations. His passion and energy for promoting chiropractic will be missed."

"Stephen not only conceived and founded FICS," notes FICS President Dr Sheila Wilson, "but over many years he brought the skills and energy that allowed FICS to grow into the powerful force for sports chiropractic that it is today. His legacy includes opportunities and success for many sports chiropractors and the athletes they serve."

Dr Press is survived by his wife Dr Olga Serova Press, formerly of St Petersburg, Russia, and two children by former marriage, Dr Robert Press and Alyssa Press, to whom we extend our condolences. Farewell Stephen. You stand tall in the history of FICS and will always be remembered for your vision, leadership, abilities and enthusiasms.

*Memorial donations may be made in Dr Press' name to the FICS Foundation at [www.fics-sport.org/foundation](http://www.fics-sport.org/foundation).*

When did you last visit [www.fics-sport.org](http://www.fics-sport.org)?

Go there now for:

- ◇ Membership information and applications
- ◇ ICCSP seminars and other meetings
- ◇ Sponsorship benefits and opportunities
- ◇ This and past issues of the FICS News
- ◇ FICS statutes, history, and much more



# **ANNUAL MEETING & SEMINAR** MAY 4-6, 2016 – **OSLO, NORWAY**

## FICS SPORTS SEMINAR

WITH CHRIS DEGRAAUW DC, LUKE NELSON DC, PETER GARBUTT DC, FRANK THORE JACOBSEN PT AND SINDRE BUSK WITZØE DC

RADISSON BLU SCANDINAVIA HOTEL

### Wednesday, May 4

- 09:00 – 10:30      **Dr deGraauw – EIMC (Exercise is Medicine Canada) Workshop**  
Exercise in Prescription in Primary Care  
Objectives:
- Use the “Exercise vital sign” with every new patient encounter.
  - Be able to discuss the health benefits and safety of regular exercise with your patients.
  - Be able to provide basic exercise counseling and prescription to your patients.
- 10:30 – 11:00      **Refreshments**
- 11:00 – 12:00      **Dr Luke Nelson – Movement Variability; Implications for Rehabilitation**  
What is movement variability, the relationship between pain and movement variability, and how we can use this concept with rehabilitating our patients.
- 12:00 – 13:30      **Lunch**
- 13:30 – 14:30      **Dr Peter Garbutt – Running Technique as Treatment**  
The presentation will discuss how technique tips can impact on various common running injuries and the research behind this.
- 14:30 – 15:00      **Refreshments**
- 15:00 – 16:30      **Dr Frank Thore Jacobsen and Dr Sindre Busk Witzøe – Kinesio Taping**  
An introduction to the properties and functions of Kinesio Taping and a case study with application of Kinesio Tape in a track and field sprinter.

**COURSE FEE:** US\$365

**REGISTRATION:** Register at [www.fics-sport.org/Oslo2016](http://www.fics-sport.org/Oslo2016)

# FICS ANNUAL MEETING & SEMINAR MAY 4-6, 2016 – OSLO, NORWAY

RADISSON BLU SCANDINAVIA HOTEL

## FICS SPORTS SEMINAR

WITH CHRIS DEGRAAUW DC, LUKE NELSON DC, PETER GARBUTT DC, FRANK THORE JACOBSEN PT AND SINDRE BUSK WITZØE DC



### About Dr Chris deGraauw

Dr. Chris deGraauw has been the owner and operator of Duffins Creek Health Centre since 1998. He also co-directs Durham Sports Centres, the branch of the health centre which services the athletes of Durham for the Ontario Soccer Association. Raised in Pickering, Dr. Chris deGraauw was competitive at both the national and international level in flatwater canoe paddling and dragonboat. His commitment to sports led him to complete his postgraduate residency and attain a Chiropractic Sports Specialist designation in 2003. As a fellow of the College of Chiropractic Sports Sciences Dr. deGraauw is chair of the Fellowship committee, director of examinations and is a vice president of the Board. Dr. deGraauw continues his work at the Canadian Memorial Chiropractic College as an Assistant professor. Dr. deGraauw also uses acupuncture as an adjunct to chiropractic therapies in treatment. He continues to enjoy golf, tennis, paddling, and cross country skiing with his wife Lara, and their three children.



### About Dr Luke Nelson

Dr Nelson has been in private practice in Melbourne, Victoria since graduating from RMIT in 2003. His post graduate qualifications in sports chiropractic include an ICCSP, a post graduate diploma in Sports Chiropractic and a Masters in Sports Science.

Dr Nelson has involvement in a number of organizations including Finance chair of FICS, Victorian state council of Sports Chiropractic Australia and board member of the Victorian State branch of Sports Medicine Australia. He has worked with a number of elite athletes within and outside of practice including athletics, triathlon, water polo, cricket and golf.



### About Dr Peter Garbutt

Dr. Garbutt has been in private practice in Sydney and then Canberra, Australia, since graduating in 1996 from Macquarie University. He holds two postgraduate qualifications in sports chiropractic, a master of chiropractic sports science, Macquarie University (2000) and ICCSP (2006).

Dr Garbutt is the founder and director of Enhance Running, which teaches running technique in Australia, the USA, Greece and Norway. He was the chairperson of Sports Chiropractic Australia from 2007-2013 and President of the ACT branch of Sports Medicine Australia from 2010 – 2016. In 2015 Dr Garbutt became the first chiropractor to be admitted into Fellowship in the Australian Sports Medicine Federation. With a wealth of sports chiropractic experience spanning sports such as beach volleyball, water polo, triathlon, soccer and pole dancing, Dr Garbutt lectures both nationally and internationally on topics in sports injury management and running technique.

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RADISSON BLU SCANDINAVIA HOTEL

## FICS SPORTS SEMINAR

WITH CHRIS DEGRAAUW DC, LUKE NELSON DC, PETER GARBUTT DC, FRANK THORE JACOBSEN PT AND SINDRE BUSK WITZØE DC



### About Dr Frank Thore Jacobsen

Frank Tore is a physical therapist from the University College of Sør-Trøndelag (Norway) and works at “Klinikk for Alle, avd. Majorstuen” where, in addition to being a physiotherapist, he also has the academic responsibility at the clinic. He has an additional interest in the fascia and myofascial connections and how this can cause musculoskeletal disorders. In this context, he finds Kinesio Tape as a wonderful tool that he combines with various manual techniques, insoles (Formthotics) and shockwave treatment to name a few modalities. Frank Tore finished his first Kinesio Taping courses through AlfaCare in 2008 and was certified Kinesio Tape instructor (CKTI) in 2009. He has held 15 courses a year and participated in all major international events in Kinesio Taping since. He has also been on the podium at several major conferences. Frank Tore is a member of Kinesio International’s Research Advisory Team (RAT), and has also assisted in several scientific studies with kinesiointaping.



### About Dr Sindre Busk Witzøe

Sindre Busk Witzøe graduated from AECC, Bournemouth, England in 2011. He started his career at Klinikk for Alle in Bergen before returning to his birth city, Oslo, to continue his practice, currently at Klinikk for Alle Majorstuen. From starting his practice in Bergen, he’s been devoted to Track and Field, working with some of the best Track and Field Clubs in Norway, as well as some of the best Norwegian T&F-athletes, both national and international. Sindre has been involved in Sports Chiropractic since before he graduated, and has since 2012 been a board member of the Norwegian Chiropractic Sports and Rehabilitation Association, currently developing the curriculum for an official education in Norway towards becoming a Sports Chiropractor. A long and extensive list of courses and seminars has made Witzøe knowledgeable in differential diagnosis, extremity treatment, sports medicine and pain treatment, which is more accessible with his latest musculoskeletal ultrasound education. He is currently aiming to become the first Chiropractor to be an official part of the medical support team associated with a Norwegian Olympic Team in Rio 2016.

Register now at [www.fics-sport.org/Oslo2016](http://www.fics-sport.org/Oslo2016)



# ANNUAL MEETING & SEMINAR

## MAY 4-6, 2016 – OSLO, NORWAY



### FLOWCHART OF EVENTS

#### Wednesday, May 4

- |                 |                                                                                         |
|-----------------|-----------------------------------------------------------------------------------------|
| 9:00am – 4:00pm | <b>FICS Sports Seminar</b><br><i>Radisson Blu Scandinavia Hotel – Scandinavia Scene</i> |
| 8:00am – 4:00pm | <b>ECU General Council Meeting</b><br><i>Radisson Blu Scandinavia Hotel</i>             |
| 6:30pm – 8:00pm | <b>ECU Welcome Reception – City Hall</b><br><i>FICS welcome to attend</i>               |

#### Thursday, May 5

- |                  |                                                                                                      |
|------------------|------------------------------------------------------------------------------------------------------|
| 8:30am – 4:00pm  | <b>FICS Executive Officers' Meeting</b><br><i>Scandic Holberg Hotel – Erasmus Montanus Boardroom</i> |
| 12:30pm – 1:30pm | <b>AECC Alumni and EAC Fellows Lunch</b><br><i>Radisson Blu Scandinavia Hotel</i>                    |
| 2:00pm – 5:00pm  | <b>EAC General Council Meeting</b><br><i>Radisson Blu Scandinavia Hotel</i>                          |
| 4:30pm – 6:00pm  | <b>FICS Commission Chair Meeting</b><br><i>Scandic Holberg Hotel – Erasmus Montanus Boardroom</i>    |
| 7:00pm – 10:00pm | <b>FICS Exec/ECU Dinner</b><br><i>Südøst Restaurant</i>                                              |

#### Friday, May 6

- |                   |                                                                                                    |
|-------------------|----------------------------------------------------------------------------------------------------|
| 8:30am – 4:00pm   | <b>FICS Executive Council Meeting</b><br><i>Scandic Holberg Hotel – Erasmus Montanus Boardroom</i> |
| 12:00pm – 2:00pm  | <b>CMCC Alumni Luncheon</b><br><i>Radisson Blu Scandinavia Hotel</i>                               |
| 12:00pm – 2:00pm  | <b>Palmer Alumni Luncheon</b><br><i>Radisson Blu Scandinavia Hotel</i>                             |
| 4:30pm – 6:00pm   | <b>NCSC Presidents' Meeting</b><br><i>Scandic Holberg Hotel – Erasmus Montanus Boardroom</i>       |
| 7:30pm – 11:00pm  | <b>FICS Dinner</b>                                                                                 |
| 7:30pm – Midnight | <b>ECU Gala Dinner</b><br><i>Frock and Rock</i>                                                    |

## FICS GAMES CONTRACTS

TIM RAY DC, ICCSP, CHAIR, GAMES COMMISSION



Through partnerships with IFs (e.g. Bobsleigh and Skeleton, DanceSport, Flying Disc, Powerlifting, Ju Jitsu, Tug of War) and multisport organizations FICS has had agreements for FICS teams for the following games events since June

2015. More agreements are currently being negotiated.

### 2015

1. 4th CSIT World Sports Games  
June 7-14, 2015 – Lignano, Italy
2. Ju-Jitsu Senior European Championships  
June 6-7 2015 – Almere, Netherlands
3. Ju-Jitsu Pan-American Championship  
August 27-30, 2015 – Sibate, Colombia
4. Ju-Jitsu World Championship Seniors  
Nov 20–22, 2015 – Bangkok, Thailand
5. Ju-Jitsu Asian Championships  
7-10 August 2015 – Suonwon, South Korea
6. Ju-Jitsu World Championship Juniors  
13-15 March 2015 – Athens, Greece
7. 2015 WFDF Under-23 Ultimate Championships  
12-18 July, 2015 – London, UK
8. Tokyo Open DanceSport Games 2015  
March 7-8, 2015, – Tokyo, Japan
9. TWIF European Outdoor Championships  
3-6 September 2015 – Belfast, Northern Ireland
10. International Powerlifting Federation (IPF) , Men's and Women's World Championships  
Nov 9-15, 2015 – Hamm, Luxembourg
11. Austrian Bobsleigh and Skeleton Federation 2016 World Championships Training Week  
9-14 November 2015 – Innsbruck, Austria

### 2016

12. Austrian Bobsleigh and Skeleton Federation 2016 World Championships  
8-21 February 2016 – Innsbruck, Austria
13. TWIF Indoor World Championships  
18-21 February 2016 – Volendam, Netherlands.
14. Ju-Jitsu Junior World Championship U21  
Mar 18–20, 2016, Alcobendas – Madrid, Spain
15. IPF Classic World Bench Press Championships  
15-22 May 2016 – Potchefstroom, South Africa
16. Ju-Jitsu European Open Championship Cup  
June 3–5, 2016 – Ghent, Belgium
17. IPF Classic World Powerlifting  
19-26 June 2016 – Killeen, Texas, USA
18. TWIF Outdoor World Championships  
8-11 September 2016 – Malmo, Sweden.
19. IPF Open World Powerlifting  
14-19 November – Orlando, Florida, USA

See a report from Dr Audrey Yargui of France on the JJIF Junior World Champs (item 14) under Spain in this FICS News – and thanks to Audrey and Dr Joan Montserrat on their fine work at this event.

Thank you to all doctors who have served on FICS games teams during the past year.

On one hand working these games events is extremely rewarding, as I know from personal experience. On the other hand, having negotiated these agreements FICS needs a strong continuing flow of volunteers.

Now that you have an ICCSP have you joined a FICS games team? Where will you volunteer this year?





**ICCSP Upper  
Extremity Seminar**  
April 15-17, 2016  
Amsterdam, Netherlands



**FICS Sports Seminar**  
May 4, 2016  
Oslo, Norway



**ICCSP Upper  
Extremity Seminar**  
July 15-17, 2016  
Coffs Harbour, NSW, Australia



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



**IPF Classic World Bench  
Press Championships**  
May 15-22, 2016  
Potchefstroom, South Africa

**IPF Classic World  
Powerlifting**  
June 19-26, 2016  
Killeen, Texas, USA

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



**Ju-Jitsu European Open  
Championship Cup**  
June 3-5, 2016  
Ghent, Belgium



**2016 Outdoor World  
Championships**  
September 8-11, 2016  
Malmo, Sweden



**World Games 2017**  
August 3-13, 2017  
Wroclaw, Poland



**Rio de Janeiro Summer  
Olympics (RIO 2016)**  
August 5-21, 2016  
Rio de Janeiro, Brazil

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Bradley Sandler, ExCo – South Africa

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Angela Salcedo  
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Member at large

[ChiroCentric@aol.com](mailto:ChiroCentric@aol.com)

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Charmaine Korporaal – South Africa

Henry Pollard – Australia  
Alexander Ruhe – Germany

### **Olympians Scholarship Program Commission (CoWOSP)**

Angela Salcedo, Chair – USA  
Gregory Doerr – USA  
Jay Greenstein – USA  
Tom Hyde – USA  
Kevin Jardine – Canada  
Stephen Press – USA  
Todd Reiter – USA  
Dale Richardson, ExCo – Australia  
Greg Uchacz – Canada

## ADMINISTRATION

### **FICS Headquarters:**

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Christina Davis – Executive Secretary  
[cdavis@fics-sport.org](mailto:cdavis@fics-sport.org)



**Philip Santiago**  
Secretary General



**Christina Davis**  
Executive Secretary



**Khalid Salim**  
Administrator  
Coordinator



**David Chapman-Smith**  
General Counsel

## CONGRATULATIONS TO THESE RECENT GRADUATES FROM THE ICCSP PROGRAM

Adam Awari – USA	Eva Sepulveda – Puerto Rico	Julia Fukushima Tsuchida – Brazil
Adam Palombo – USA	Fernanda Nader Kawassaki – Brazil	Kelley Humpries – USA
Aleisha Serrano Alvira – USA	Frances Myrel Bigas-Morales – Puerto Rico	Laura Groom – Germany
Ana Paula Marques Dos Santos – Brazil	Gerard Bogin – USA	Maria Dueño Berrios – Puerto Rico
Andre Colon – Puerto Rico	Graziela Agostini Turmina – Brazil	Matthew Swager – USA
Bradley McAdam Jr. – USA	Gregory Hom – USA	Matthew Meyers – USA
Carl Russo Jr. – USA	Guilherme Petri Leoni – Brazil	Michael Troknya – USA
Cláudio José de Souza – Brazil	Harris Delfinis – Australia	Miguel Fernandez – USA
Damiano Tomassoni – Australia	John Piazza – USA	Milton Hernandez-Santiago – Puerto Rico
Diego Murcia – USA	John Curry – USA	Oscar Adorno Bruno – Puerto Rico
Edward Camacho – USA	Jonathan Grendelmeier – UK	Oscar Otero Gonzalez – Puerto Rico
Eldin Mehanovic – USA	Jorge De La Torre – USA	Raluca Alexandra Duma – USA
Eric O’Connell – USA	Joubert Campelo da Silva – Brazil	

## UPDATE FROM THE SECRETARY-GENERAL BY PHILIP SANTIAGO DC, DACBSP



### Annual Meetings – Oslo, Norway, May 4-6

This year FICS holds its **FICS Annual Council Meeting** in the beautiful city of Oslo, Norway, together with the **ECU Annual Convention**. As usual there will also be a FICS Sports Seminar and NCSC Presidents' Meeting. Our host will be the Norwegian Chiropractic Sports Council. Key events are:

- Wednesday, May 4 (9-4pm)  
**Sports Seminar** – Radisson Blu Hotel
- Thursday, May 5 (8:30-4pm)  
**Executive Meeting** – Scandic Holberg Hotel
- Thursday, May 5 (4:30-6pm)  
**Commission Chair Meeting** – Scandic Holberg Hotel
- Friday, May 6 (8:30-4pm)  
**Executive Council Meeting** – Scandic Holberg Hotel
- Friday May 6 (4:30-6pm)  
**NCSC Presidents' Meeting** – Scandic Holberg Hotel
- Friday May 6 – (7-10pm) – **FICS Dinner**

See a full flowchart of FICS and ECU events at [www.fics-sport.org](http://www.fics-sport.org) and in this FICS News.

The Wednesday **FICS Sports Seminar** features leading sports chiropractic lecturers Chris deGraauw (Canada), Luke Nelson and Peter Garbutt, (Australia) and Sindre Busk Wit-zøe (Norway), and kinesiotaping expert Frank Thore Jacobsen PT. See their bios and the program outline in this FICS News and at the website. All details and registration are at the website. Registration is separate from the ECU Convention. We look forward to meeting you there.

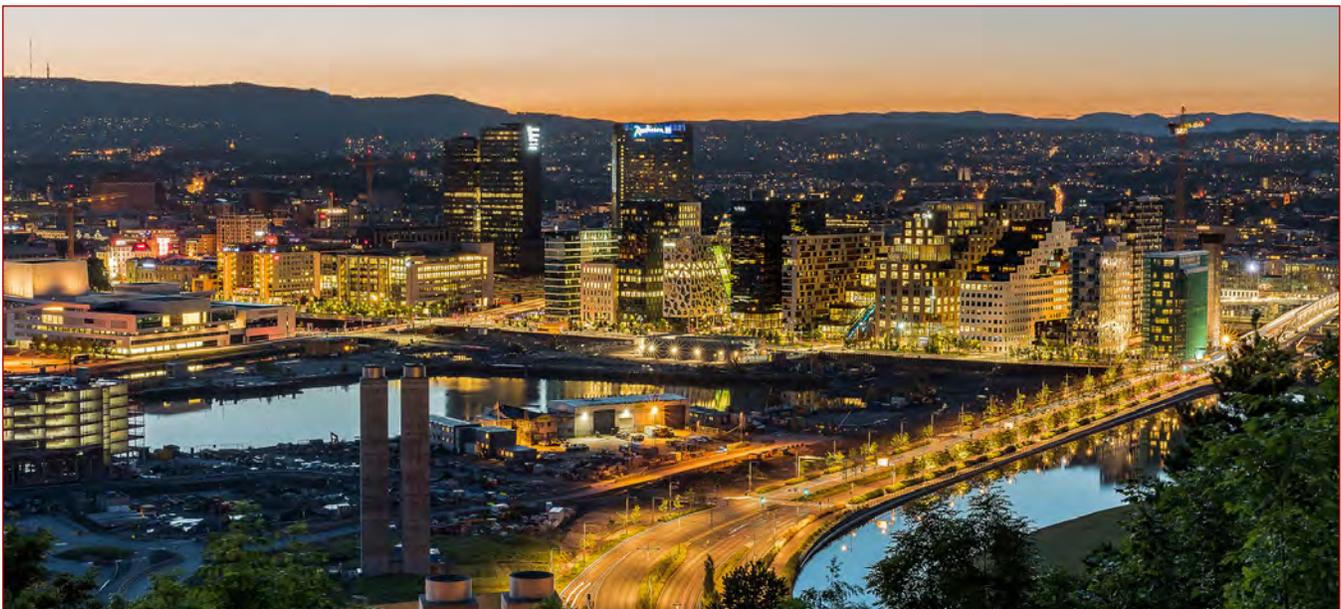
### FICS ICCSP and Seminars

The ICCSP (Internationally Certified Chiropractic Sports Practitioner) postgraduate education program continues as one of FICS' most important activities. ICCSP certification is a prerequisite for serving on a FICS team at international games events.

It provides sports governing bodies with a baseline guarantee of quality of service when they enter into agreements with FICS. It is typically achieved by a combination of online study and two expert, hands-on weekend seminars. All details, including prior qualifications that give advanced standing, are at the website.

For various reasons there was increased diversification of the ICCSP program during 2015, which included:

- The online program and weekend modules in South Africa (March - lower and upper extremities), Switzerland (June – lower), Australia (August – lower) and the UK (October – upper).
- Partnership with FICS member NCSCs (sports councils) in Brazil and Japan so that eligible students completing postgrad sports chiropractic programs there, in Portuguese and Japanese respectively, could take examinations and qualify for an ICCSP.
- An arrangement under which US students who had completed study and the requirements for the US qualification CCSP could elect and take a FICS examination for an ICCSP, giving them access to FICS teams at international games. The first such exams were in Albany, New York late last year, and the next two in Levittown, New York in February and Puerto Rico in March 2016



Oslo, Norway.

This range and diversification of the ICCSP program has required huge volunteer hours and effort from the FICS Education Commission and its Chair Dr René Fejer of Denmark, and individuals organizing each program such as Dr Marcelo Botelho in Brazil, Dr Kaz Isa in Japan, Dr Dik Skippings in the UK and Dr Pete Garbutt in Australia. On your behalf, most grateful thanks to them – especially as the ICCSP program remains the single biggest and a vital source of income for FICS.

***Are you ready for further study to improve your skills and opportunities?***

A consistent message in interviews with sports chiropractic leaders in the FICS News, as you may remember, is that further education is the key to career success and satisfaction in sports chiropractic. Here are some FICS offerings for the year ahead in 2016:

- **FICS Sports Seminar – Wednesday May 4 – Oslo, Norway.** The day before the ECU Annual Convention, and together with the FICS Annual Council Meetings May 5-6. All details at [www.fics-sport.org](http://www.fics-sport.org) and in notice in this FICS News.
- **ICCSP Modules and Weekend Seminars**
  - » Amsterdam, Netherlands – April 15-17 – upper extremities
  - » Coffs Harbour, Australia – July 15-17 – upper
  - » Oxford, UK – Sept 30-Oct 2 – lower

These hands-on, expert modules from senior sports chiropractors with Olympics and other major games experience can be taken as single seminars. If you then decide to pursue an ICCSP they can be credited to that. Even if you have an ICCSP, why not decide to take further education this year – for the knowledge, skills and fellowship this will give you. Make plans to do that today

*Editor: Congratulations and thank you Phil for your huge role in the ICCSP programs during the past year - both as an organizer and lecturer in the USA and overseas.*

**SportAccord – April 17-22, 2016, Lausanne, Switzerland.**

This year, for the first time, FICS will have a booth at SportAccord, as we meet with leaders of international sport federations (IFs) and multisport organizations. For this we have a new video and marketing materials. This will take us to a new level of visibility, and grow our ability to promote the utilization of chiropractic services at regional and world championships and multisport games.

FICS is doing this because this year's SportAccord will be better attended than usual, being in Lausanne, Switzerland where the IOC and many IFs are based. This also means that FICS can have six delegates instead of three, including Executive Secretary Christina Davis from the FICS office. She is the one who administers the agreements reached at

SportAccord for FICS teams at games events, and will at the booth throughout the week.

Usually FICS is represented by the Chair, FICS IFs Commission - currently Dr Simon Lawson of South Africa - and President and Secretary-General. Dr Sheila Wilson, Dr Lawson and I will be accompanied by Dr Brian Nook, Past Chair, IFs Commission and IWGA Liaison, a representative of the Swiss Chiropractic Sports Council and Christina Davis. Look for a full report in the next FICS News.

To illustrate the progress already made with IFs at recent, annual SportAccord meetings see the Games Report from Dr Tim Ray in this FICS News. There are many upcoming international championships for which FICS is selecting teams.

Are you going to apply through the FICS website to volunteer for one of these championships? Please do so today – for your own growth and experience, to provide important support for those at FICS who are creating these opportunities, and to build future success for sports chiropractic and the athletes we serve.

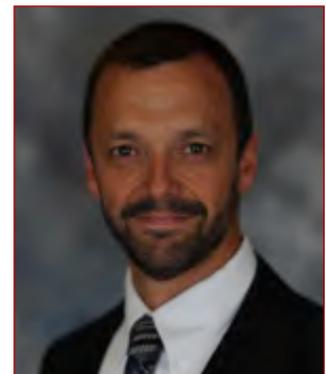
**Education Commission – Tim Stark joins René Fejer as Co Chair**

We all owe a huge debt of thanks to Dr René Fejer of Denmark who has served as Chair of the FICS Education Commission since 2013 during a period of rapid expansion of the ICCSP and other FICS education programs. This has required countless volunteer hours, and his outstanding qualifications and commitment.

To provide him with vital assistance FICS President Dr Sheila Wilson has recently appointed as Co Chair Dr Tim Stark, Director of the Human Performance Center at Northwestern Health Science University in Bloomington, Minnesota, USA. Tim is a member of the Commission and a past Co Chair. Congratulations and thank you Tim.



René Fejer DC, PhD, ICCSP



Tim Stark DC, MPhil, ICCSP



a simple adjustment to my neck area on his first treatment. The result was immediate and I felt the difference in my next training day. My left arm, which has always been my problem, had clearly improved in strength. I was so impressed.

I was afraid however that this wouldn't last - so much so that I asked Dr. Martin if there was an expiration date for this magic he had performed. There hasn't been. In the months since I have remained under his care to fix some recurring problems, and to keep free of injury and pain during my full training schedule.

Now I am a believer that with this combination of proper training and chiropractic treatment I can still improve in my sport. I lifted 110 kg for my bronze medal at the Sydney Paralympics in 2000, improved to a personal best of 128 kg in 2012, but injuries then limited my training and brought me back around 110 kg. Since my gold medal at the ASEAN Para Games I achieved a number 4 ranking at the World Cup Powerlifting Qualifier in Malaysia on February 29 with a lift of 117 kg. I hope this will lead to selection for the Rio Paralympics and a strong result there.

**How long will you continue to powerlift?**

Sport is very important to me because it has been the one constant thing in my life since I was a child. There was a period in my life when it was the only thing that kept me going, giving me the will to just keep moving forward. I only have a few more years left for competitive powerlifting, but will then find another sporting activity.

I plan to stay engaged in para powerlifting as a coach or a technical official, and to encourage other athletes with disabilities. In all the years of being in disabled sport I know very well the challenges for persons with disabilities, particularly in a developing country like the Philippines. However we can still produce world class athletes in spite of everything.

**Describe some of the voluntary work you are doing already.**

I try to influence and convince other persons with disabilities, especially children and women, to engage in sport or at least have an active lifestyle. I do a radio program called The Paralympic Hour on Wednesdays 11:00 to 12 noon at Sports

Radio DZSR 918 and have organized two groups here in Luzon for women with disabilities.

I assist the performing group Rondalla On Wheels, which is to keep children with disabilities active in music rather than in sport. My involvement includes teaching basic music theory, teaching how to play the banduria (a 14-stringed Filipino instrument), and counselling.

Finally, I receive and accept many invitations to speak in schools and to other organizations about my life and athletic career in disabled sport. My parents' decisions gave me a strong education and much new opportunity in life. Because of that and my experiences I want to create opportunities for others, particularly through generating support for sport for persons with disabilities.

**A Note from Dr Martin Camara**

On behalf of the FICS Foundation I met with Adeline and other athletes at the PHILSPADA offices in Manila on October 22, 2015. She was curious about what chiropractic had to offer for her recurrent problems encountered during training (bilateral wrist, elbow and shoulder pain, and persistent low-back pain), asked many good questions regarding how chiropractic could help her medical conditions - and became increasingly interested when hearing about how chiropractic might help to optimize her lifting.

Seeing how interested she was I decided to assess her first, and proceeded to muscle test her problematic left shoulder and to identify cervical spinal levels that could facilitate shoulder strength. A Gonstead adjustment (C5 left) led to dramatic improvements in her shoulder flexion and abduction strength.

At this point the team was convinced and we proceeded to schedule them in our clinic to begin their chiropractic care working towards qualification for Rio Paralympic Games. All three athletes have responded well, and now continue on maintenance care to prevent injury and improve performance. At present Adeline has none of her previous recurrent problems and is no longer considering any type of carpal tunnel surgery.

## Australia



### Garbutt is First Chiropractic SMAF Fellow

Sports Chiropractic Australia (SCA) would like to acknowledge Pete Garbutt, immediate past chairman of SCA and FICS Second Vice-President, for his amazing achievement at the end of 2015. Pete was awarded a Fellowship of Sports Medicine Australia (SMA), becoming the first chiropractor to receive this prestigious award.



Sports Medicine Australia ([sma.org.au](http://sma.org.au)), founded in 1963 by leaders in sports medicine and whose publications include the Journal of Sports Medicine and Science, has become a national multidisciplinary organization of professionals committed to working together to enhance the health of all Australians and prevent lifestyle diseases through safe participation in sport.

Pete has been a board member of the Australian Capital Territory (ACT) Branch of Sports Medicine Australia since 2007 and the President of that board since 2010. During this time the ACT Branch has been very productive and influential, making great inroads with government and other key stakeholders in sports medicine.

An ASMF Fellowship, SMA's highest award, is for individuals who "have contributed by being a full member for seven years, attending Australian and international conferences, having research published in national or international publications, higher tertiary qualifications, assisting in the administration of some SMA projects and lecturing at workshops."

The names of all fellows, and their professions, are listed at the SMA website, where Pete is now named beside others from various disciplines (e.g. sports MDs and PTs, orthopedists, exercise physiologists, sports scientists, podiatrists, etc.)

When asked Pete has been typically humble about his award. "Leading a branch that has achieved so much in government relations, local sporting engagement and strong professional education has been a pleasure. SMA ACT has a truly multidisciplinary and great board and executive, and these things have been achieved through a collaborative approach."

"To be accepted into the Fellowship is a truly humbling honour. One of my hopes with this Fellowship is that it brings an awareness of chiropractors as team players in the sports medicine community. However my ultimate goal really is to be a part of this community not as a chiropractor, but as a member and a contributor."

Congratulations Pete. SCA commends you on this outstanding achievement. This is also a huge step for the recognition of chiropractors within the sports medicine community in Australia.

*Respectfully submitted: Jon Tan, Chairman, Sports Chiropractic Australia and Matt Bulman*

## Canada



### 2015 FICS Report from Canada

*Summary highlights only from an annual report from Dr Glen Harris, FICS Executive Council, representing North America (Canada), Past President, Royal College of Chiropractic Sports Sciences (Canada), and including a report from Dr Luc Lavigueur, President and Dr Alain Maillé, Secretary, Conseil Chiropratique des Sciences du Sport du Québec.*



Glen Harris



Luc Lavigueur



Alain Maillé

### RCCSS(C)

The last year has been a very exciting one for sports chiropractic in Canada as the Royal College of Chiropractic Sports Sciences (Canada) continues to grow through the Residency programs and members of the organization continue to serve in key educational, political and research stakeholder positions.

In July and August 2015 Canada hosted the Pan and Parapan American Games centred in the Greater Toronto Area. These were the largest multi-sport event ever hosted in Canada, much larger than the 2010 Vancouver Winter Olympic Games. More than 140 chiropractors were selected as volunteers for these Games, which could be the profession's largest participation at a sporting event ever.

This was a very rewarding collaborative opportunity, to serve athletes and to develop and strengthen the chiropractic profession's relations with the other health and allied health professions. It was my honour (*Dr Harris*) to serve as the RCCSS(C) representative in the Host Medical Services Planning Group. With the experience gained assisting the Planning Committee for these 2015 Games there could be an opportunity to assist the Peruvian chiropractic profession, as they prepare to host the 2019 Pan and Parapan American Games.

Through its First Vice-President Dr Scott Howitt the RCCSS(C) continues to have representation within the Canadian Concussion Collaboration, with the mission "to create synergy between health care organizations concerned with concussion to improve education about concussions, and the implementation of best practices for the prevention and management of concussions."

The RCCSS(C), with Dr Chris deGraauw, RCCSS(C) President as liaison, continues to support Exercise is Medicine



Canada as a Local Partner, and the Canadian Memorial Chiropractic College (CMCC) in Toronto has included the components of this program into their undergraduate curriculum.

The RCCSS(C) continues to host two annual conferences. These historically have been hosted in Toronto (East) in November and in Vancouver (West) in April. These events continue to grow in attendance, with numbers of delegates typically exceeding 120. FICS members are invited to attend these events, next scheduled for April 9-10, 2016 in Vancouver and November 19-20, 2016, in Toronto.

On November 20, 2015 Dr Sheila Wilson, FICS President, Dr Phil Santiago, Secretary-General and David Chapman Smith, General Counsel met in Toronto with the Board of the RCCSS(C), which is the FICS member for Canada. This was an excellent opportunity for both Boards to meet, share ideas and discuss important initiatives for both groups. This was very constructive and it is recommended that the FICS Executive continue to meet with the Boards of the various national member councils (NCSCs) whenever possible.

The RCCSS(C) continues to support the initiatives of FICS, it has been a pleasure to serve as a representative for North America (Canada), and I (*Dr Harris*) look forward to continuing to serve our organization.

### Sports Chiropractic in Quebec - CCSSQ

The year 2015 has been a good year for the sports chiropractic field in Québec, and for the Conseil Chiropratique des Sciences du Sport du Québec (CCSSQ), which now has 67 full and student members.

This year the CCSSQ gained acceptance to provide services to athletes through the National Sport Institute in Montréal, and was appointed as the reference point for the accreditation of chiropractors as care providers for games events. This was an important achievement for the CCSSQ and athletes.

Under a collaborative agreement with Triathlon Québec Fédération the CCSSQ is an official health care sponsor at all of the 9 events of the TQF's Coupe du Québec, and offers education through articles published regularly in the TQF's publications. Sports chiropractors also serve at the Mont-Tremblant Iron Man and event with international participation, and the annual Half Iron Man.

Another significant sports event in Québec is the Jeux du Québec or Québec Games, held every two years and attracting approximately 4,000 youth athletes. CCSSQ members have provided chiropractic services there for the past 5 Games, and we are already planning for participation at the next Games in 2017.



The Université du Québec in Trois-Rivières, through its Faculty of Chiropractic and in collaboration with the CCSSQ, has established a post-graduate short program in sport chiropractic of 12 credits, which will hopefully lead to the development of a master's degree in sport chiropractic over the next few years. There have now been first graduates of the program.

The CCSSQ holds an annual conference on Sport Chiropractic, and 2016 will be the fifth edition of this. The 2015 conference speakers included four chiropractors, a physiotherapist, a physiatrist and a kinesiologist.

In fall 2015 the CCSSQ participated in a 4-day sports multi-disciplinary conference with 82 speakers and over 600 participants. The Council presented at two parts of the conference, one geared toward the general public and the other oriented to sports professionals.

Collaboration with the Québec provincial chiropractic association has been very good. The CCSSQ has assisted in the creation of pamphlets on golf, alpine skiing and soccer, and in 2016 will collaborate in the production of 2 more pamphlets and a video on cycling and running respectively.

*Respectfully submitted by: Drs Glen Harris, Luc Lavigueur and Alain Maillé*

## France



### Chiropractic at the European Skicross Cup

The International Ski Federation (FSI), the governing body for all the skiing disciplines, held its European Skicross Cup for the first time at Saint François Longchamp in France from March 7-11, 2016, and four members of the French Chiropractic Association (AFC) and its Sports Chiropractic Council were invited and present to attend to the athletes and coaches.

Skicross, a separate discipline within the FSI since 2003, is the ski competition in which a group of skiers, usually four, start simultaneously atop an inclined course with jumps and woops, then race to reach the finish line first. Its rise to Olympic status had given a bright future for this spectacular and media-related discipline. A lot of alpine skiers are now going for skicross attracted by the combination of technical skiing and the direct confrontation or competition. Saint François Longchamp offers a slope especially built for skicross.

The team of French chiropractors (Jessica Daumas, who comes originally from this ski station, Lara Steiner, Stephan Aurimond et Amaury Leporé) worked afternoons during the competition days, and cared for more than 20 athletes and for staff from several European countries. Many of the athletes treated had competed in World Cup and Olympic Games events. Three made the podium and a fourth won a FSI alpine race at the venue the day after the Skicross Cup on March 12.

The AFC chiropractic team received much praise from the athletes and their coaches who were clearly thrilled to have chiropractic treatment available. This was also a great opportunity, however, to introduce the benefits of chiropractic to a sports group with high profile in Europe and internationally – this has been the first time chiropractic services have been invited to a FSI sponsored event in France. We would like to thank the athletes and the St François Longchamp Station's team for their warm welcome and support.

*Respectfully submitted: Philippe Fleuriau, AFC President*



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XY-MELLEN	ALPHA-TOCOPHEROL	BETAIN	CIS-GAMMA-BISA
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XY-MELLEN	BENZYL-GLUTAMATE		
XY-MELLEN	BENZYL-GLUTAMATE		

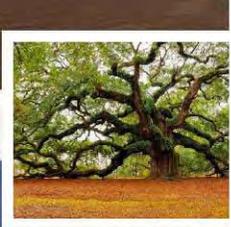
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# SAVE THE DATE

## 2016 ACA Sports Council Symposium



**October 7th-8th, 2016**

**Program begins at 8AM on Friday the 7th**

**New Orleans, Louisiana**

**Hilton New Orleans Riverside**

*Information on program & registration coming soon...*



**[www.ACASC.org](http://www.ACASC.org)**

## Japan



### Farewell to Sports Chiropractic Pioneer Koike

There was shocking news in Japan on January 21 2016 when Dr Fred Koike of Tokyo, a highly respected colleague and a sports chiropractic pioneer in Japan, finished his journey by suddenly passing away at his home at age 68. He was still in fulltime practice, with practices in Tokyo and Shizuoka.



*Fred Koike DC, 1968-2016*

Fred, who graduated from the Logan College of Chiropractic in 1977, was the first president of the Japanese Federation of Chiropractic Sportive (J-FOCS), the national sports chiropractic council in

Japan and worked extremely hard for the development and recognition of sports chiropractic over many years.

To illustrate his determination and ability, when Fred went to United States to study chiropractic he spoke little English. He started at Logan College 3 days after his arrival in the US, and graduated four years later.

He was one of the true leaders of the profession in Japan. His stubbornness to maintain high standards for the profession, which has faced many problems in Japan and is still not recognized or regulated by law, was phenomenal. He always thought of a successful future for chiropractic and sports chiropractic in all he did. He was my great mentor, and will remain so. I will work to make sure that Japanese sports chiropractic will flourish as we discussed many times.

Thank you Fred. We will remember you forever and miss you very much. May you rest in peace.

*Respectfully submitted: Kaz Isa, Japan, FICS ExCo, Representative for Asi.*

## Spain



### Ju-Jitsu Junior World Championships

Under a contract between FICS and the Ju Jitsu World Federation (JJIF) a FICS team of Dr Joan Montserrat and Dr

Audrey Yargui, both members of the French Sports Chiropractic Council, attended athletes at the JJIF Junior World Championships held in Madrid, Spain from March 18-20, 2016.

To compete in these Junior championships, which were hosted by the Royal Spanish Judo Association, athletes had to be under 21 and over the age of 15. They competed in a number of categories (e.g. Ju Jitsu fighting; Ne Waza; duos; national team) and weight classes. A large number of them were at their first World Championships, and over the course of the 3 days there were many injuries, both major and minor.

We were welcomed and our services were in much demand. We treated over 100 athletes from many countries with chiropractic adjustments, soft-tissue work and taping, often with very little time, and used the equivalent of 5 single rolls of tape. The athletes' comments made it clear that they were very satisfied with our advice and expertise, and the dynamics of our duo or team.

We want to thank Dan a Mortelmans, JJIF Secretary General, Dr Simon Lawson, FICS IFs Commission Chair, and Dr Tim Ray, FICS Games Commission Chair, for this opportunity to work the Championships.

*Respectfully submitted: Audrey Yargui.*



*Drs Montserrat (left front) and Yargui with the South Korean team.*



*Athletes receiving Neuro Impulse and ART*