



## CHIROSPORT SOUTH AFRICA NEWS

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### **A MESSAGE FROM OUR CHAIRPERSON**

**Dr Simon Lawson**

Welcome to the July 2015 Chiro sport SA newsletter!

It is an action packed newsletter as Chiro sport has been extremely busy this year. There are reports from:

- the highly successful ICCSP hands-on seminar which was held at the Department of Chiropractic at the University of Johannesburg in March,
- the ABSA Cape Epic
- the Student Chiropractic Sports Council
- FICS Appointments and reports from Athens

I can proudly report that Chiro sport now has the largest membership it has ever had in its 6 year history! I must extend a very big thank you to all of you who continue to show your commitment for Sports Chiropractic, week in and week out on the sports fields of this country treating our seasoned athletes, young hopefuls and elite heroes! You are the unsung heroes. The work that you do for the development of our profession and the advancement of Sports Chiropractic amongst your communities is immeasurable! Thank you!

Your committee of Dr Sandler, Dr Van der Merwe, Dr Lisa Dickerson, Dr Kerrie Ann Smith, Dr Darryn Whelan and Dr Jason Fyfer have worked hard this year to progress your organisation. The academic events that we have organised and the sporting events that we have covered have been nothing short of outstanding and highly professional – something to be truly proud of. Our organisation is growing from strength to strength and we thank you, the members for your ongoing support. Without you, Chiro sport would not exist.

We are busy organising a few exciting educational events so please keep your eyes peeled on your emails, on our website and our Face Book page. We will be running a BLS for Health Care Providers course in the next 6-8 weeks for all those who's first aid certificate has lapsed. (Did you know that this is a legal requirement to practice?) We are also busy confirming dates for Dr Sandstrom's muscle testing course and the Enhance Running course for next year! We are really excited for what we have planned and for where we see Chiro sport SA going in the future and we are ecstatic to have you on our team!

Please feel free to contact us at any time with any queries, thoughts or ideas. We are always open to your input!

Keep warm and we'll see you on the sports field!

Dr Simon Lawson  
Chair ChiroSport SA

### **WFC 2015 – ATHENS, GREECE**



### **FICS EXECUTIVE COMMITTEE MEETING**

The annual FICS Exco meeting took place on Tuesday 12 May in Athens Greece.

The purpose of the meeting is for the Executive officers, Regional representatives and Commission chairs to have an annual meeting, report back from the previous year and a discussion about the year ahead.

Matters relevant to South Africa included the appointment of Dr Simon Lawson as the new Chair of the International Federations commission. He takes over from Dr Brian Nook. New commission representatives include Dr Tjaart van der Merwe - Membership commission and Dr Rene Higgs - Ethics commission. We congratulate them on their new positions.

ChiroSport South Africa was congratulated on their excellent work at the World Powerlifting Championships in Potchefstroom and their successful hosting of the ICCSP hands on module.

The next EXCO meeting will take place in Sydney in 2016.

Dr Bradley Sandler  
FICS Chief of Finances  
African regional Representative.

### **FICS SYMPOSIUM AND NCSC REPORT**

After ChiroSport hosted a very successful FICS Symposium in Durban in 2013, it was a pleasure to sit back and enjoy some true Greek hospitality at the 2015 FICS Symposium which was held in Athens, Greece in May 2015. Dr Lawson and Dr Sandler were there to represent ChiroSport SA. Dr Lawson presented the National Chiropractic Sports Council (NCSC) report for South Africa on behalf of ChiroSport SA, which was very well received (the report is posted on the website). The morning was filled with reports from the FICS office bearers as well as all of the NCSC reports, whilst the afternoon was spent learning new techniques and a few practice pearls for Sports Chiropractic. We even managed to meet up with a couple of old friends from South Africa who were actively involved in our student Chiropractic Sports Councils when they were students. Dr Niko Kalogeropolous is now the Chair of the Hellenic Chiropractic Sports Council and Dr Roy Sery is the Chair of the Israeli Chiropractic Sports Council.

Home bred South African  
Chiropractors making a difference all  
around the world!

Dr Simon Lawson  
Chair of International Federations  
Commission

### **CONGRATULATIONS!**



Congratulations to Dr Charmaine Korporaal for being awarded the Outstanding Service Award at the FICS Symposium this year in Athens. We would also like to congratulate Dr Rene Higgs and Dr Tjaart Van Der Merwe for their appointments to the FICS Ethics, and Membership Commissions, respectively. We know they will represent ChiroSport SA with pride and will do a fantastic job. They join Dr Brad Sandler, Dr Simon Lawson and Dr Charmaine Korporaal as members of the FICS Committee. If you are interested in getting involved with FICS or ChiroSport SA, please contact us and let us know we are always grateful for new ideas and input.

### **EDUCATION:**

#### **ICCSP HANDS ON MODULE – JOHANNESBURG, SOUTH AFRICA**

ChiroSport South Africa was the proud host of a combined Upper and Lower extremity seminar- for the ICCSP. This was the first time the seminar has been hosted in South Africa in four years.

Fifty delegates attended the fully booked seminar. They were all fortunate to learn from two of the best Sports Chiropractors and educators from around the world- Drs Brian Nook and Ulrik Sandstrom. Everyone really benefited from learning from these two experienced individuals.

The purpose of the seminar was to complete the hands on - practical component for the ICCSP- The Sports Chiropractic accreditation from the International Federation of Sports Chiropractic (FICS)



A big thanks you to the University of Johannesburg for hosting the seminar and to FICS for providing us with the lecturers and content.

ChiroSport looks forward to hosting another seminar within the next two years.

Dr Bradley Sandler  
Event Organiser

### **EVENTS:**

#### **ABSA CAPE EPIC MOUNTAIN BIKE RACE**



ChiroSport SA was requested by Playmakers Sport Agency to provide its services for the ABSA Hospitality Tent at the ABSA Cape Epic this year. The event was held from the 15<sup>th</sup> to the 22<sup>nd</sup> of March 2015. This was the first year that ChiroSport SA had been approached to work at this event.

ChiroSport SA sent through 3 of its registered chiropractors to the event. They were kept on their toes and were extremely busy throughout the event.



The University of Johannesburg, Chiropractic Department, made a significant contribution. 10 students gave up their time to work and learn at this event. The Student Chiropractic Sports Council from the University of Johannesburg can be proud of the work that the students provided at the event.

ChiroSport SA is appreciative of the students services provided. We believe that the students gained good exposure and experience at such a great event.

Our sponsor for this event was Sprintmed. They supplied us with tubes of MyO2 gel for the event. ChiroSport SA provided kinesiotape and other consumables required.

The team was headed by myself and Dr. Darryn Whelan with the help of Dr. Rory Tyschen. Patrick Newman, the chairman of the Student Chiropractic Sports Council was asked to organize the student participation for the event.



## STUDENT CHIROPRACTIC SPORTS COUNCIL (SCSC)



Cycling, specifically mountain biking, is proving to be a worthwhile sport for Sports Chiropractors to become involved with. An event such as the ABSA Cape Epic requires not only physical but mental endurance as the cyclists are exerting themselves to points way beyond the norm. Injury and fatigue are all too common at this event allowing us as Chiropractors to make a significant contribution.

The cyclist's details were taken at every treatment for the purpose of the statistics.

**In total, 715 cyclists were treated over the course of 7 days and 781 spinal and extremity manipulations were performed.**

The ABSA Cape Epic was a great success for ChiroSport SA and we hope to be invited back again in the years to come while constantly improving on our performance.

Dr. Lisa Dickerson  
Secretary ChiroSport SA

The UJ Student Chiropractic Sports Council (SCSC) along with the ChiroSport SA doctors who have had a very busy year so far. We have picked a few key events to discuss.

This year we have added the following events:

- FNB league
  - This is a show jumping event which saw the students see a total number of 50 patients over the course of the two day event.
- Central Gauteng Track Cycling Champs
  - This was our first exposure to track cycling and although it started off slower than expected. Both the cyclists and the organisers saw how beneficial Chiropractic care was and later invited us to work at the South African Track Cycling Champs later on in the year. We managed to treat a total of 27 patients over the one and a half days of the Gauteng Champs and 93 patients during the four days of the national champs.
- ABSA pride rides
  - 10 of our students were given the chance to work alongside ChiroSport South Africa doctors at these 4 single day mountain bike

rides in Gauteng, these rides were put together to help the ABSA Cape Epic riders train for the event. These events were crucial in the build up to the ABSA Cape Epic as the riders got exposed to ChiroSport and how important pre- and post-Chiropractic treatment was for these athletes

- ABSA Cape Epic
  - The same 10 students worked alongside both Doctors from Gauteng and Cape Town learning from them and widening their knowledge of sports Chiropractic. During the 6 days we treated 715 cyclists.



We are always interested in adding events to our already busy schedule yet we pride ourselves in maintaining the standard of organisation and treatment which is allowing UJ SCSC to go from good to great.

These events include:

- Pick n Pay marathon
- Sarens marathon
- King Edwards High School Water Polo tournament
- King Edwards High School Easter Rugby Festival
- Nissian Trail Seeker series

Dates to Diarise:

- Nissian Trail Seeker series – 29/8/15
- St David's T20 cricket – 4-7/9/15
- Believe mountain bike race – 19/9/15
- Masters Soft ball finals – 24-26/9/15
- Nissian Trail Seeker series – 3/10/15
- Nissian Trail Seeker series – 31/10/15
- 947 MTB cycle challenge
- 947 cycle challenge – 15/11/15



Lastly on behalf of the SCSC committee I would like to personally thank the ChiroSport SA doctors who have helped. Without you none of this would be possible.

Doctors who I feel deserve recognition: Dr J. Fyfer, Dr L. Dickerson, Dr J. Bunge, Dr K. Smith, Dr D. Dampier, Dr L. Schmidt, Dr T. Van Der Merwe, Dr D. de Beer, Dr M. Busschau, Dr R. Conchar, Dr K. Bronco, Dr C. Young, Dr J. Mays, Dr J. Bezuidenhout, Dr G. Duddy, Dr D. Whelan, Dr R. Tyghsen,

Dr M. Franzsen, Dr S. Smilkstein, Dr R. Maris, Dr K. van Doorene, Dr M. Anderson, Dr D. Stewart, Dr A. Potgieter

Dr Darryn Whelan  
SCSC Event Co-ordinator and Liaison  
Chirosport SA

**THE CHIROPRACTIC STUDENT  
SPORTS ASSOCIATION AND  
COMMUNITY OUTREACH PROJECTS  
AT THE DURBAN UNIVERSITY OF  
TECHNOLOGY**

In 2015, the students have been involved in the following events over the course of the last 6 months, starting January 2015.

Career Expo – Kloof

Career Expo – Kearsney

Career Expo – Northlands

Career Expo – Howick and Districts

The above career fairs have been on an educational basis only – for scholars and parents, without provision of treatment.

The events below have been structured as Chiropractic treatment centres at the various venues:

Marburg Haven (weekly)

Sea Cow Lake (weekly)

Sydenham Marathon

NOSA Hillcrest Marathon

PMB – Eastwood

PMB – Marathon

PMB – Expo

Durban City Marathon

Stella Marathon

Library Week

Hockey IPT

Umgeni Water Marathon

Verulam Marathon

Baseball – IPT

Dick King Marathon

Waterpolo – IPT (Masters)

Chatsworth Marathon

Deloitte Marathon

Molweni Trail Run

Comrades Marathon

Spar Ladies Marathon

Kloof High Soccer Festival

Ballito Pro

Hockey – IPT (u/14 and u/16)

Bonela Community Event

MRC – Cato Ridge

In totality the attendance of these events has allowed the students to access over 4000 patients in the space of 6 months, these patients have additionally been valuable in adding to:

1. Research projects as patients
2. The clinic, by attending as out-patients
3. Applications, as scholars have been particularly interested in learning more about chiropractic whilst interacting with the students providing care
4. Positive community engagement as a requisite pillar of the DUT, allowing both students and patients to derive a mutual benefit from the interaction.



Some comments from the Ballito Pro organisers “We would like to thank you from the bottom of our hearts for the amazing partnership that you have afforded us for this event... We have received an overwhelming amount of compliments in respect of the event. Both international and locals have said it's the best event to date. This can be attributed to the support and partnership your team have afforded the event, which has been hugely instrumental in helping us make this event achievable and a success.” And from the surfers “It's amazing to have the same team of people back every year, not only do they understand our problems that are unique to surfing, but they also really care about our wellbeing” and “It is amazing that you guys have been with the Gunston 500, the Mr Price Pro and now the Ballito Pro, I first saw your team as a surfer in the late 1990's and now as one of the officials on the tour I still come and see you !”

Dr Charmaine Korporaal

Senior lecturer and Clinic Director :  
Chiropractic Programme

Durban University of Technology  
President : Chiropractic Association of  
South Africa

## **STOP PRESS:**

### **AGM 2015**

This year we will be holding the ChiroSport AGM at the 2015 SASMA conference at the Sandton Convention Centre. Details to follow.

### **SASMA CONFERENCE 2015, JOHANNESBURG, SOUTH AFRICA**

[www.sasma2015.co.za](http://www.sasma2015.co.za)



Thank you to all ChiroSport members who continue to support their regional SASMA branches. Our relationship and involvement with SASMA is vitally important.

ChiroSport members are encouraged to register for the 16<sup>th</sup> Biennial SASMA Conference to be held from 20-22 October 2015 at the Sandton Convention Centre.

ChiroSport SA have a dedicated session within the academic program. Be there to support your organisation at the following presentations:

1. Dr Tjaart Van der Merwe - The ABSA Cape Epic and Chiropractic - how does Sports Chiropractic benefit these extreme athletes?
2. Dr Bradley Sandler - Sports Chiropractic at International Multi-sport events: Why are athletes demanding their services?
3. Dr Simon Lawson - Including a Sports Chiropractor as part of the Multi-discipline Sports Medicine Team:



Overlap of skills or a vital piece of the team that is missing?

Make sure you are there to pick up the latest treatment protocols and perspectives in Sports Medicine from an esteemed panel of International Sports Medicine practitioners.

### **ADDITIONAL COURSES**

ChiroSport SA in conjunction with Nick Colosi, founder of SMART Tools, will be running a Level 1 Instrument Assisted Soft Tissue course in Cape Town and Johannesburg. Please visit [smarttoolsplus.com](http://smarttoolsplus.com) and click on the training section for more details.

In closing, we hope that not too many of your Winter athletes have picked up this type of injury!

