

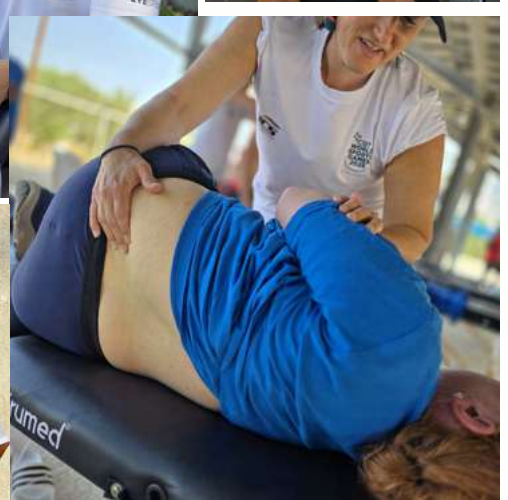
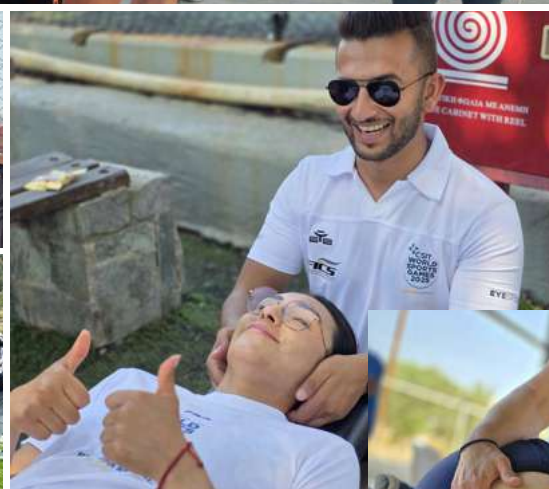
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- <04> President Report
- <06> Sec-Gen Report
- <10> Sports Chiropractic Business Tech: Save the Date FICS '25 Virtual Symposium
- <11> ISFC Report
- <14> CSIT World Sports Games Report
- <17> Upcoming Games Calendar
- <18> Calendar of Upcoming Seminars
- <19> CSIT World Sports Games Doctors Stories
- <29> Easternm Mediterranean Rep Report
- <31> Africa Regional Rep Report
- <32> Pacific Pulse: Pacific Regional Rep Report
- <35> Speaker Highlight: Dr Kylie Vincent
- <37> Management of Tendinopathy using Shockwave & Laser Therapy Webinar
- <38> Discounts for FICS Members
- <40> FICS Team to The World Games 2025
- <45> Dynamic Tape Supports Remarkable Comeback at Red Bull X-Alps 2025
- <47> ICSC Graduates April - June 2025
- <48> Heat or Ice AFTER Manual Therapy: The Evidence for Optimal Recovery
- <52> Durban University of Technology Report
- <53> Is Your Chiro Net in the Water? Inspiration
- <57> Australian Chiropractic College Talk
- <58> Q&A with Dr Shea Stark on KT Tape
- <61> Dr Story: 2024 IPF World Championships
- <63> Chiropractic Research Corner

PRESIDENT REPORT

BY: MARTIN ISAKSSON

Dear FICS Members and Friends

As we continue our journey into 2025, I'm pleased to share a brief update on recent milestones and the growing momentum across the FICS community. These developments reflect not only the dedication of our global team but also the shared vision we are advancing, one that positions chiropractic at the heart of international sport.

Raising Global Recognition

FICS is making steady progress in elevating the profile of sports chiropractic on the world stage. In recent weeks, we've deepened engagement with several international sports organisations, opening new avenues for collaboration and expanding awareness of chiropractic as a vital part of athlete health and performance. These conversations are a testament to the growing global respect for our profession.

Chiropractic at Major Multisport Events

We continue to champion the formal inclusion of chiropractic at major sporting events, with a focus on:

- Upholding professional and ethical standards globally
- Advocating for integrated, evidence-based care models
- Showcasing the qualifications and expertise of our global practitioners
- Ensuring chiropractic is recognised as essential in high-performance environments



FICS MEMBER
DR. CAMERON
GHOLAMPOUR WITH
HIS TICKETS TO THE
WORLD GAMES 2025



This work is paving the way for stronger multidisciplinary care for athletes, where chiropractic is seen as necessary part of the wider medical team.

Supporting Refugee Athletes

Our mission extends beyond elite sport. In line with our values of inclusion and equity, FICS is exploring how we can provide chiropractic care to refugee teams. Every athlete deserves access to high-quality care, and we are committed to breaking down barriers to make this a reality.

Local Leadership with Global Impact: Spotlight on Asia

Our National Chiropractic Sports Councils (NCSCs) in Asia continue to lead with innovation and purpose. Their efforts exemplify how local action fuels global progress. Recent highlights include:

- Launch of a culturally responsive sponsorship framework
- Strong uptake of ICSC professional development pathways
- Strategic support for the 2027 Southeast Asian Games, in partnership with Malaysia
- Strengthened collaborations with national sports institutes to advance research and regional growth

These achievements reflect a powerful alignment with the FICS mission and reinforce the role of NCSCs as the foundation of our international work.

FICS: A Movement, Not Just a Federation

FICS is more than an organisation, it's a global movement. It is driven by passionate volunteers and committed professionals who are united in raising standards, sharing knowledge, and enhancing athlete care. Each one of you plays a crucial role in this story. Whether at the local, regional, or global level, your contribution helps shape a stronger future for our profession.

Thank you for your continued dedication. Together, we are building a legacy, one that ensures every generation of athletes can access world-class chiropractic care, and every sports chiropractor can find purpose and pride in serving this global mission.

Warm regards,

*Sincerely,
Martin Isaksson*

PRES@FICS.SPORT

SEC-GEN REPORT

BY: BRIAN NOOK

FICS Global Update: Strengthening Our Network, Expanding Our Reach

Dear FICS Members and Friends

As we move through 2025, FICS continues to solidify its global presence through strategic relationships, international collaboration, and leadership development. We all have our own personal goals and a plan to see them to fruition. Most have realized that our success can be contributed to team effort and working in unity.

In the world of sport, teamwork is essential similar to each athlete, who has a team behind them, assisting with their success. This team also depends on a mature and continuously developing network. I was able to witness such an example of FICS teamwork during the **CSIT World Sports Games** in Loutraki, Greece 3-8 June, 2025.

FICS has had an agreement with the International Workers & Amateurs Sports Confederation since 2015. The CSIT games occur every 2 years and many of our members have contributed to the FICS team's success. It was an honour to be invited by the CSIT President to attend this latest edition to view the games and support the FICS delegation of 25 sports chiropractors from 10 nations working to ensure our vision of *every athlete deserves access to sports chiropractic*.

Each FICS member worked tirelessly doing what we love, helping athletes and support personnel,



expanding our profession, making new friends, experiencing an international sporting event in beautiful Greece, developing our network of key contacts, and enjoying the comradery of working as a team.

The WFC congress was held in lovely Copenhagen, Denmark 5-11 May 2025. FICS was strongly represented at the 2025 WFC Congress in Copenhagen, where Dr. Catherine Quinn and I jointly presented to the WFC delegation on the FICS parasport initiative and our current global activities.

The presentation was well-received and generated considerable interest from delegates regarding FICS membership. Several countries approached requesting further information on the development of sports councils, regional membership, and the process of becoming more involved. It is exciting to see the increasing interest in countries and areas to be engaged in FICS.

CONTINUE



In addition, WFC supported two FICS-led workshops during the congress. Catherine led a session focused on the parasport project, while I conducted a hands-on session addressing upper extremity function, which also served to promote the ICSC program. The congress provided a valuable platform for engagement with institutional and national leaders. Developing these networks with key leaders in our profession will assist in moving FICS and our profession forward.

FICS was honored to present at the **2025 ITTF Sports Science Congress**, held in conjunction with the World Table Tennis Championships in Doha. Our abstract was submitted and accepted for presentation, contributing to a highly respected scientific program that included 42 peer-reviewed abstracts authored or co-authored by more than 100 researchers. The congress featured 29 speakers and chairpersons, with approximately 80 participants attending in person and an additional 160 joining virtually.

During the event, I engaged with members of the ITTF leadership and national representatives from Norway, the Netherlands, and Brazil—each expressing genuine interest in working with FICS. Notably, it became clear that ITTF currently does not collect data related to injuries or athlete treatments at their events. Our research capabilities and systems, including FICSRx, sparked significant interest in exploring collaborative opportunities. This promising relationship represents a significant step forward in positioning FICS as a valued contributor to athlete care and data-driven insight within international table tennis.

FICS network development continues to develop leads to new partnerships with International Sports Federations. We have initiated talks with four new International Sports Federations on future collaboration. These contacts originated from the existing FICS network it has developed over many years. We are hopeful to obtain formal agreements in support of these



CONTINUE



Federations and further opportunities for our members in the near future.

There are many other examples of networking occurring through FICS and our profession. Each of you are ambassadors for our profession and FICS. you can do your part in your circle of influence. We encourage you to be involved in sport chiropractic in your area. This grass-roots level of involvement is the pillar to moving the profession forward and extremely is satisfying. Engaging in your NCSC and FICS events can broaden your network impact others. We appreciate your support and look forward to hearing from you. Together as a team and as a strong network we can make positive changes.

Sincerely, Brian Nook

SECGEN@FICS.SPORT



FICS SPONSORS / PARTNERS

Sponsors are an integral part of FICS and provide the much-needed resources necessary to achieve our strategic goals. Without them, we would not be able to accomplish all the good that we do, so on behalf of our members, FICS would like to acknowledge the support of the following generous sponsors.

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Roland Claes



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Josh Nelson

ISFC REPORT

BY: SCOTT MOORING, ISFC CHAIR

Shaping the Future: A New Era for the International Sporting Federations Commission

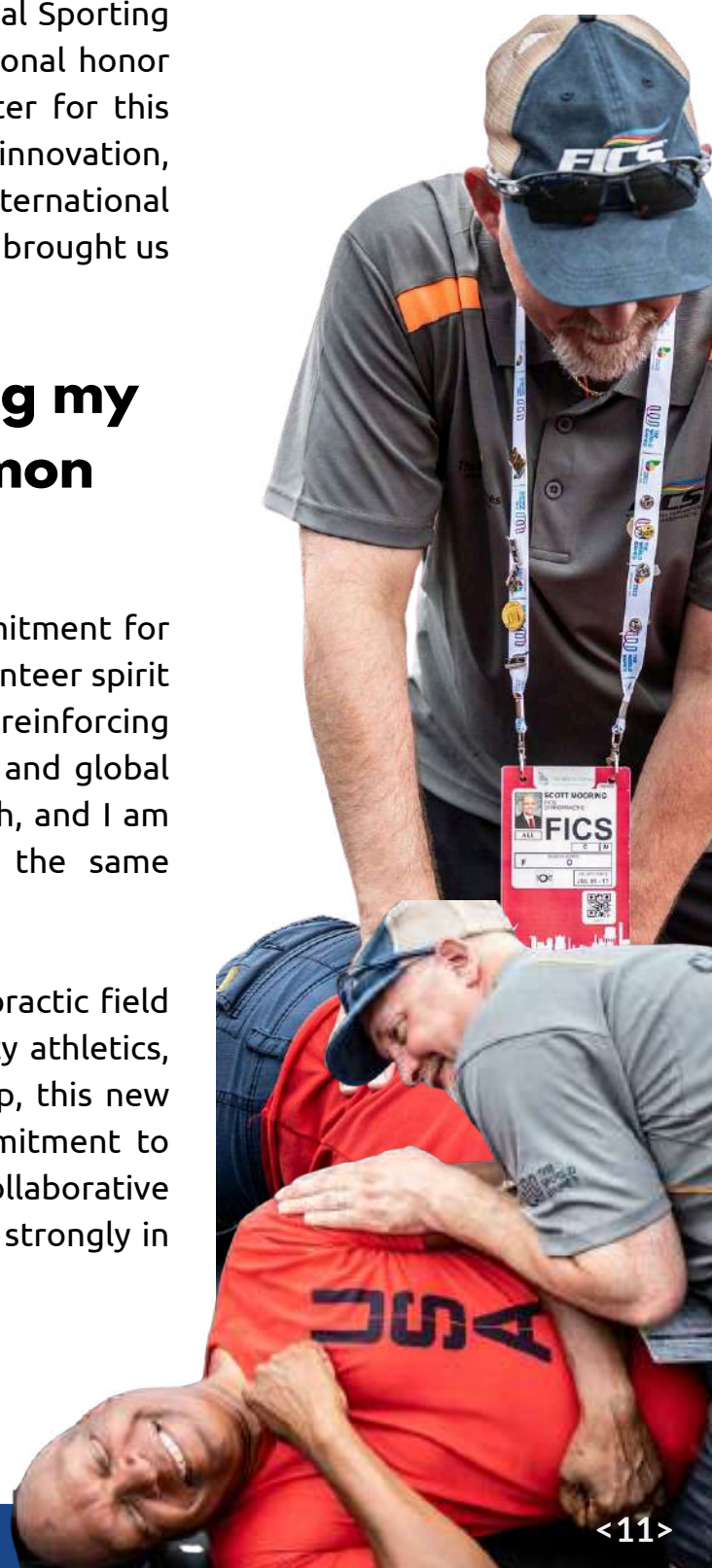
Dear FICS Members and Friends

Stepping into the role of Chair of the International Sporting Federations Commission (ISFC) is both a professional honor and a personal milestone. It marks a new chapter for this important body within FICS, one that will focus on innovation, engagement, and streamlining our approach to international event support, while honoring the legacy that has brought us to this point.

I'd like to begin by extending my deepest gratitude to Dr. Simon Lawson, who has served

this Commission and FICS with unwavering commitment for many years. Simon's leadership, humility, and volunteer spirit helped shape the foundation of this Commission, reinforcing the values that define FICS: service, community, and global excellence. His work has positioned us for growth, and I am committed to continuing that trajectory with the same integrity and passion.

As someone who has worked in the sports chiropractic field for over two decades, including roles in university athletics, professional mentorship, research, and leadership, this new position aligns naturally with my enduring commitment to advancing our profession. My leadership style is collaborative and focused on developing leaders, and I believe strongly in building systems that outlast individuals.



A Vision for Progress

The ISFC is entering a new era, one where we will innovate for efficiency, not simply for change. Our goals are not abstract. We intend to:

- Streamline volunteer engagement.
- Clarify expectations for international event participation.
- Elevate the educational and professional experience of our volunteers.
- Strengthen and expand our relationship with International Sporting Federations
- Achieve alignment with the FICS strategic mission and vision.

One of our top priorities will be developing a formalized provider pool. This tool will help us match the right volunteers with the right events while also providing a clear pathway for new and returning providers to engage. It will support consistency in service delivery, help manage logistics, and ultimately improve the volunteer experience.

To be clear, this is not about making participation harder. It's about making the pathway to volunteer more sustainable and transparent.

Fostering Connection and Readiness

Communication will be a cornerstone of our work. Many of the challenges FICS faces around event staffing and volunteer involvement can be addressed through more consistent outreach, listening, and support. We want to hear from our volunteers. We want to understand the barriers they face. And we want to offer meaningful ways for them to re-engage.

We're also working to create onboarding tools and orientation resources that will empower volunteers to show up confident, prepared, and aware of what's expected, whether it's their first or fifteenth event.



Leading Through Collaboration

The ISFC is only as strong as its team, and I'm excited to work alongside our newly appointed Commission members. Each brings unique strengths, regional knowledge, and a deep commitment to elevating our work across all corners of the globe. I am proud to welcome:

- Lotte Langhoff– Vice-Chair (Denmark)
- Craig Couillard– America and Latin American Representative (USA)
- Audrey Yargui– Europe Representative (France)
- Natalie (Nat) Sharp– Pacific Representative (Australia)

Each of these professionals brings a wealth of experience and insight to our mission, and I look forward to learning from them as we build systems that support both short-term needs and long-term growth.

I also bring a leadership philosophy rooted in mentorship and sustainability. Throughout my career, I've had the privilege of mentoring emerging leaders and guiding doctors through new opportunities. This is not about gatekeeping, it's about helping people grow into meaningful, impactful roles within FICS.

Building on Momentum

There's a sense of momentum building. The demand for sports chiropractic services at international sporting events is higher than ever. Federations are asking for us by name. And now, it's our job to deliver with professionalism, consistency, and competency.

When I started in sports chiropractic, we often had to explain what we did and why we mattered. Today, we're welcomed as valued members of interprofessional care teams. That's a huge leap, and FICS has played a vital role in that transformation.

Looking Forward

This is not just a regime change - it's an evolution.

Together, we have the opportunity to make the FICS International Sporting Federations Commission a model of excellence, inclusivity, and global impact. We're here to serve athletes, but we're also here to support the sports chiropractors who make that service possible.

To everyone who has contributed to this Commission, past and present, thank you. And to those looking to get more involved, now is the time. The door is open. The systems are being built. The future is bright.

Let's get to work!

Scott Mooring



CSIT WORLD SPORTS GAMES

BY: SCOTT MOORING, ISFC CHAIR

The 2025 CSIT World Sports Games in Loutraki, Greece, was more than just a sporting event, it was a celebration of global collaboration, shared purpose, and the collective strength of a unified team. Throughout the week, our international team of

chiropractors provided 1,124 treatments to athletes,

delivering evidence-informed care in fast-paced and sometimes unpredictable environments.

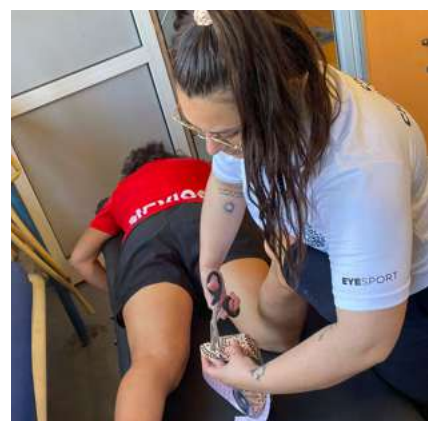
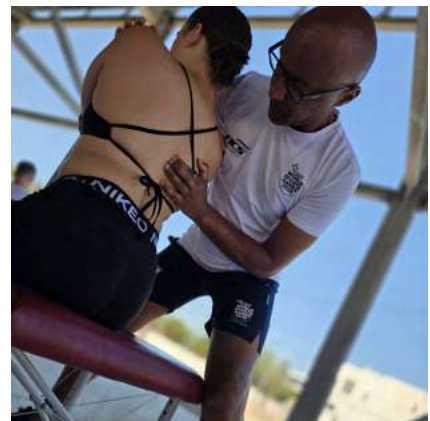
This experience reminded me not only of the power of sports chiropractic, but also of what's possible when passionate people come together in service. It reaffirmed my commitment to building something sustainable, grounded in teamwork, trust, and a shared vision for the future of FICS.

Leadership Rooted in Service and Shared Purpose

We encountered logistical and clinical challenges throughout the week, but we met them together, with professionalism, adaptability, and mutual support. Our team represented 13 countries, each volunteer contributing their own unique strengths, cultural perspectives, and commitment to patient-centered care.

I was fortunate to work alongside several key leaders whose dedication helped shape the success of the event:

- Tim Ray, Chef de Mission
- Sara Cuperus, Team Lead
- Chris Wood, Team Lead
- Brian Nook, FICS Secretary General
- Scott Mooring, Research Lead



Clinical Reflection

One particularly memorable moment came when Kimball Arritt alerted me to a coach showing signs of distress after walking up the hill at the resort to catch the team bus. The coach was experiencing chest pain and shortness of breath, and Kimball immediately recognized that the exertion had stressed him beyond what was normal. He contacted me for guidance, and together we worked out a plan to ask the bus driver to wait so that Brian and I could meet them before departure.

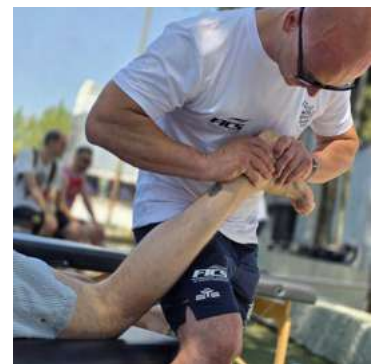
By the time we arrived, the coach's symptoms had mostly resolved. We learned that he was on multiple medications for a known heart condition but had forgotten to pack them for the trip. We provided Kimball's team with CPR barrier masks, asked him to locate the AED at the venue, and encouraged the coach to seek medical evaluation on-site.

Upon arrival at the venue, he was seen by medics, transported to the ER, treated with medication, and returned in time to coach the game, and they won! Later that evening, he personally thanked our team for the calm, coordinated response. Almost offhandedly, he mentioned it had been his 61st birthday, making the moment even more memorable for all of us.

Every Story Mattered

One of the most impactful parts of the event was working closely with FICS Games Administrator Julia Adamska to gather video testimonials from our delegation. Through this process, we had the privilege of hearing from nearly every volunteer, not just about what they did, but why they were there. Each person had a different story. Some spoke about professional growth, others about personal challenges, and many shared how the team around them became a source of support.

What stood out most was the sincerity and depth of these conversations. The stories were as diverse as the delegation itself, reflecting resilience, humility, and a shared commitment to patient-centered care. It was a reminder that FICS is more than an organization; it's a community shaped by the people who give their time, energy, and effort.



Throughout the process, Julia gave everything she had to help capture these moments, despite the heat, long days, and her ever-present concern for the cats of Loutraki. The work we did together wasn't just about media, it was about inspiration. These stories reminded us why this work matters. They sparked new conversations, built stronger bonds, and laid a foundation for strengthening our global volunteer network. Many individuals expressed a desire to stay involved, and I'm excited to explore how we can continue growing together.



Carrying the Momentum Forward

Whether they were seasoned veterans or first-time international volunteers, our team showed what it means to serve with both expertise and purpose. A photo I took with Julia, Sara, Chris, and Brian captures just a moment of that leadership energy, and I'm grateful to have selfies with every delegate who made this experience so memorable.



As we look ahead to the 2025 World Games in Chengdu, I'm energized by what we accomplished in Greece. This event reminded me that our work, whether clinical, logistical, or research-based is about more than just treatment. It's about building trust, creating global relationships, and advancing sports chiropractic on the world stage together.



Sincerely, Scott Mooring



GOLD TIER EVENTS

07 - 17 August

TWG The World Games, Chengdu, China



07 - 17 August

The World Games - China

29 Aug - 7 Sept

IPF World Classic & Equipped Sub-Junior & Junior Powerlifting Championships, San Jose, Costa Rica

September (TBC)

IFMA Youth World Championships, Abu Dhabi, UAE

4 - 7 September

TWIF European Championships, Nottingham, England

12-19 October

IPF World Classic & Equipped Masters Powerlifting, Cape Town, South Africa

10-16 November

IPF World Open Equipped Powerlifting Championships, Cluj Napoca, Romania

19-27 November

IFMA European Championships, Athens Greece

SIGN UP!



PLAY NOW



DR AUDREY YARGUI

I am thrilled to announce that I am selected to go to my third The World Games competition as a Chiropractor. If you're wondering if it's a good idea to finish your training and join us for an amazing, sometimes hard, but always fun journey, the answer is yes! Come and join us!

Come and join us!

FICS ICSC SEMINAR CALENDAR '25

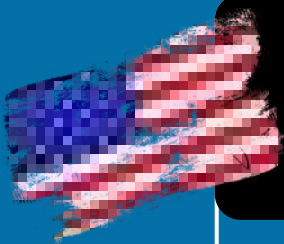
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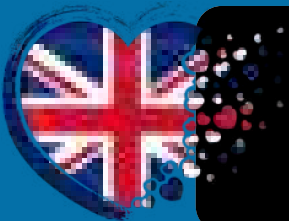
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OCT**

OXFORD UK
Upper Extremity



**8 - 9
NOV**

BARCELONA SPAIN
Lower Extremity



**COMING
SOON TBA**

FRANCE
Upper Extremity

COME TO GREECE, THEY SAID

BY: DR CHRISTIAN CALVERT

Come to Greece they said. It'll be fun they said. And by golly it sure delivered! A week filled with serving athletes from dusk to dawn under the Greek sun and late nights with the camaraderie of colleagues and friends worldwide.

The days that come and go is what will eventually be your life. You choose what you wish to fill it with. To quote the movie Troy "Do you know what's there, hiding beyond the beach? IMMORTALITY. Take it! it's YOURS! "



BY: DR SÉBASTIEN ROBIDOUX

What a fantastic experience this was! Meeting friends I had not seen in a long time, and making new ones. What was particularly fantastic was the collaboration and respect between chiropractors. None of us tried to show off, everybody shared their experience with one another.

I was chosen to be chef de mission for the swimming events at the pool and everything went so well with my colleagues. I'd work with them anytime. The appreciation of our care by the athletes was beyond what I ever expected. The CSIT Games were by far the best experience I have had in that aspect since I was involved with FICS in 1998! I sincerely hope I will be chosen again to participate to the next edition of the CSIT WSG !

CSIT GAMES FICS TEAM:

Joel Bienenfeld
Rodrigo Avendaño
Nils Osseiran
Patrick Murugan
Kimball Arritt
Michael Krasnov
Nikos Kaloger
Sara Cuperus
Scott Mooring
Mika Janhunen
Jacques Botes
Sandy Bansal
Sarah Crockett
Sébastien Robidoux
Jeniffer Nolan
Carlo Guadagno
Mollie Tolino
Muhammed Tagari
Chris Wood
Carlos Tavares
Adam Millsop
Christian Calvert
Mariam Elnamroti
Elliott Boulanger
Deb Nook
Brian Nook
Tim Ray
Julia Adamska

CSIT 2025 REFLECTION

BY: DR MIKA JANHUNEN

When the applications for CSIT 2025 opened I didn't have to think for long. I had all my paperwork sorted within a few hours and sent over to the FICS games commission. This was to be my third CSIT games and it promised to be the best one yet.

Why did I look forward to it so much? Well, allow me to tell you what the CSIT experience as a FICS chiropractor is all about.

First, I will go over the stuff that might make you NOT want to join us. I just want to be truthful and to give you a full picture.

The days in the event are long, we were treating from 9am to 9pm most days, so it's not exactly a holiday camp. We make do with what we got. We had tables, tapes, and a few tools of the trade, but anything that we forgot to bring we just had to make do without. The legendary "Greek Urgency" meant that the logistics between the hotel and the venues was always a question mark at best. It was also pretty hot and sticky.

Phew! That out of the way, let's get on with the fun stuff. The main reason that brings me back is the camaraderie among the team. CSIT attracts the right kind of docs as we all work hard, enjoy a laugh, support each other and nobody ever needs to be better than anyone else.

We rise and fall as a team. One of the students put it best, they said that "the team was very much like a family, apart from the fact that everyone seemed to like each other".

My advantage of having been twice before is that I have developed friendships with some CSIT officials and of course many docs from around the world (and introduced a couple people to the team myself) which means that I get to hang out with amazing old and new friends for a week each time. I honestly cannot remember laughing so much ever before in my life.

The team was very much like a family, apart from the fact that everyone seemed to like each other".



The CSIT games are the perfect opportunity for mentoring.

In my first experience I was a rookie to FICS events and I was under the wing of two esteemed and experienced colleagues who helped me and looked after me very well. I am now in a position where I get to give back to the profession by helping others gain confidence and experience in the games.

This time I had two amazing young chiropractors who worked like a pair of troopers and fit the team very well. Their company at the venue was great, we learned from each other and shared many jokes that got progressively more stupid as the week went on.

Each time I go to a FICS event, I always return with a few new tricks in the bag and new perspectives gained from colleagues in various conversations between patients, during meals, on the transports or even when lolling in the sea after a long day.

I have yet to come up with a better way to recharge my chiropractic batteries than CSIT games.

Holidays are great but being at the venues, treating athletes, coaches, officials and assorted hangers on is amazing - receiving their thanks, high fives, hugs and big smiles is on a different level of gratification.

After working our venue for a week, treating over a quarter of all the athletes present, having influenced the performance of every team in the competition, and potentially imparted an effect in the order of medals - we truly felt like a part of the family.



And boy oh boy, we received the most thunderous standing ovation from all the teams as we departed the venue. This I will forever remember as one of the highlights of my career.

CSIT games are a great excuse to travel to places where I otherwise might not choose to travel to. This occasion was no exception as everyone knows the Greek islands and they are indeed a popular tourist destination, however not many people travel on the Greek mainland. Prior to the games I spent some time looking up things to do and sights to see around Loutraki, in case I might have extended my stay by a few days, this time unfortunately it didn't work out.

To sum it up, going to CSIT energises me like nothing else can. I come home with a bag full of amazing memories and the "chiropractic batteries" fully charged. I return to practice ready and willing to serve my community. Next CSIT is going to be in Denmark 2027 and I have already mentally signed up for it - see you there.

Finally a big thank you to Team Chucky Chucky, Team Midnight Oil and of course LLFL.

Mika Janhunen



CSIT 2025 REFLECTION

BY: DR CARLOS TAVARES

Chiropractic is an exceptional profession, unparalleled in the health field. With just our hands, we can help many people. In the world of sports, the role of chiropractic is incomparable and at the same time a huge support for all other interventions in sports medicine.

Between June 3rd and 8th, in Loutraki, Greece (origin of the name of this beautiful profession: hands = chéria + practice = praktiki) we had the opportunity to be present, as sports chiropractors, and help hundreds of athletes optimize their performance.

These were 5 days that left us with our hearts full of positive energy following feedbacks from athletes, coaches, commissioners and volunteers.



It was extraordinary to realize that despite many athletes being unfamiliar with chiropractic, all, without exception, were unanimous in surrendering to the benefits of chiropractic.

This is the kind of experience that makes us return home with the confidence reinforced that we (chiropractors) are an essential part of the athlete's health and performance. It makes us want to come back and be side by side with colleagues who share the same passion, sharing experience and knowledge.

I am looking forward to the next adventure, the World Games, in Chengdu, China.

Carlos Tavares



CSIT FIRSTS

BY: DR PATRICK MURUGAN

Attending the CSIT 2025 Games in Loutraki as a FICS Sports Chiropractor was truly a beautiful and memorable experience. The opportunity provided to us by FICS to offer chiropractic care to athletes from around the world was special.

Many of the athletes we treated were unfamiliar with chiropractic care and were amazed by the adjustments and the way they felt after their treatments. They were thrilled that we were there to care for their needs, enabling them to be in their best shape to participate and compete in their respective games.

Taking care of athletes before, during, and after their training or competition was truly rewarding, as you can see the efficacy and results of their adjustments based on their expression of joy and happiness. In addition, it was also a fantastic experience for me to treat many American Football athletes from the US, Mexico, and Costa Rica.

While adjusting the oversized athletes, I had the incredible opportunity to smash a treatment table, which I never accomplished in twenty-six years of practicing in Italy and Mauritius. To my surprise, it was likely the only time that I came first in achieving something in my life, and it happened in Loutraki.

At the Combat venue, we treated athletes from many European countries, as well as several officials, who were very grateful for our presence and dedication to fulfilling the FICS mission, ensuring that every athlete has access to sports Chiropractic care.

I truly enjoyed being part of the CSIT 2025 FICS team, where I had the opportunity to meet many new colleagues from around the world. The camaraderie was truly genuine, and their willingness to share their knowledge and experiences was greatly appreciated. Thank you all for making the few days in Loutraki an extraordinary moment that I will treasure for years to come. Hopefully, we will have other opportunities to cross paths again with colleagues and athletes at future FICS events or on different occasions. See you guys at The World Games 2025 in Chengdu, China very soon.

*Love and Smiles.
Patrick Murugan*



CSIT STUDENT REFLECTION

BY: ELIOTT BOULANGER

EN

As a student from Quebec, my first experience with FICS was filled with uncertainty. What should I expect? What was expected of me? However, from the very first team meeting in Loutráki, Greece, all my doubts quickly faded. The warm welcome and openness of everyone made me feel right at home — like I had joined a new family from day one.

Over the following days, I had the privilege of connecting with chiropractors from all over the world and observing their work with athletes of all ages. It was an incredibly enriching experience, personally, academically, and professionally.

The days I spent in Greece will remain etched in my memory. I formed meaningful connections with amazing people I will never forget. If given the chance, I would relive this experience in a heartbeat.

Merci FICS for this amazing experience.



En tant qu'étudiant originaire du Québec, cette première expérience avec la FICS était remplie d'incertitudes. À quoi devais-je m'attendre? Qu'attendait-on de moi? Pourtant, dès notre première rencontre d'équipe à Loutráki, en Grèce, tous mes doutes se sont dissipés. L'accueil chaleureux et l'ouverture de chacun m'ont immédiatement fait sentir à ma place. C'était comme intégrer une nouvelle famille dès le premier jour.

Au fil des jours, j'ai eu le privilège d'échanger avec des chiropraticiens venus des quatre coins du monde et d'observer leur pratique auprès d'athlètes de tous âges. Ce fut une expérience profondément enrichissante, tant sur les plans personnel, académique que professionnel.

Ces journées passées en Grèce resteront gravées dans ma mémoire. J'y ai tissé des liens forts avec des personnes exceptionnelles que je n'oublierai jamais. Si l'occasion se représentait, je revivrais cette aventure sans la moindre hésitation.

Merci FICS pour cette expérience incroyable.

Elliott Boulanger

FROM THE LEADERSHIP TEAM

BY: DR. SARA CUPERUS

From the leadership team perspective, this was one of the most outstanding teams I've ever worked a games with. Each of the team members showed up selflessly to serve the athletes and serve each other. They understood the assignment.

Without complaint when things went sideways and the days were long or hot or the transportation situation was less than ideal. There were no egos and no one thought they were better than the person sitting next to them.

The team was very diverse in background and experience. I love that they showed up for each other and taught each other new things.

It was especially heartwarming to see the seasoned veterans mentoring and teaching not only the students, but some of the younger docs too.

They created bonds and friendships that only happen with an experience like this.

The leadership team was intentional about creating a "team" atmosphere and we hope that they felt that they were integral to the success of the games and our role in the games. They matter. Without them, FICS can't carry our mission forward and I'm so grateful to each of them for showing up in the best way possible.

Sara Cuperus



DIVERSITY IN SPORT

BY: DR. MUHAMMED TAGARI

Working at the CSIT World Sports Games in Loutraki, Greece, with the FICS chiropractic team was an extraordinary experience that I will cherish forever. Our team of 25 chiropractors represented 14 different countries, and the diversity in treatment approaches and athlete care was truly inspiring.

I remember one moment vividly: at our treatment camp, there were five of us from five different countries working side by side. The athletes who came to us were often surprised and even in awe at how global our team was—yet how seamlessly we worked together.

What stood out most was how every team member was not only highly skilled but also genuinely supportive—there was no sense of competition, only a shared commitment to working together seamlessly as one team. It was a beautiful reminder that despite our different backgrounds and techniques, we were united by a common goal: helping athletes achieve, perform, and recover at their best.

What made the experience even more special was the incredible privilege of working with athletes from so many sports and cultures. Each day brought new challenges and stories, and the chance to connect across languages and traditions added an enriching human element to the technical care we provided.

Without even realizing it, we built strong bonds—not just within our chiropractic team but also with the athletes we cared for. The gratitude they showed for our support on their athletic journeys was deeply moving. By the end of the week, the goodbyes were always emotional, marking the end of a brief but meaningful chapter in their sporting lives—and ours.

This experience has had a profound impact on me, both professionally and personally. The teamwork, cultural exchange, and the joy of helping athletes thrive made every moment worthwhile. Without hesitation, I would do it again—and I wholeheartedly encourage other chiropractors to participate in these once-in-a-lifetime opportunities. Being part of such a diverse, dedicated, and passionate team is something truly special, and the memories and lessons will stay with me always.

Muhammed Tagari



Thank you



For supporting taping at FICS Events, most recently the CSIT World Sport Games 2025



MASTER DYNAMIC TAPE UPCOMING COURSES

Instructor

Ryan Kendrick
Ryan Kendrick is the founder of Dynamic Tape and a Musculoskeletal Physiotherapist (MPhtySt, BPhy - Australia). He has worked extensively with professional cricket, tennis, and beach volleyball athletes, as well as numerous Commonwealth and Olympic athletes.

- ACCREDITED BIOMECHANICAL TAPING PRACTITIONER - Part A
- ACCREDITED BIOMECHANICAL TAPING PRACTITIONER - Part B

COURSE	EARLY BIRD (Sign up by 15 June)	FULL RATE
PART A	**\$765	**\$825
PART B*	**\$400	**\$425
PART A + B*	**\$1125	**\$1195

*Module A to be completed before B
**Prices not inclusive of GST

Location: Singapore
Mail: Admin@movingspace.sg
Contact: +6566109327

Dates:
Module A: 28 - 29 July 2025
Module B: 30 July 2025



MASTER DYNAMIC TAPE NOW IN MALAYSIA

Instructor

Ryan Kendrick
Ryan Kendrick is the founder of Dynamic Tape and a Musculoskeletal Physiotherapist (MPhtySt, BPhy - Australia). He has worked extensively with professional cricket, tennis, and beach volleyball athletes, as well as numerous Commonwealth and Olympic athletes.

- ACCREDITED BIOMECHANICAL TAPING PRACTITIONER - Part A
- ACCREDITED BIOMECHANICAL TAPING PRACTITIONER - Part B

COURSE	EARLY BIRD (Sign up by 18 July)	REGULAR	NON-MALAYSIANS
PART A	RM 495	RM 695	USD 120
PART A & B	RM 890	RM 1200	USD 210

Location: Offizo 38, 3rd Floor, Jalan Radin Anum, Sri Petaling, 57000 Kuala Lumpur.
(Take Entrance Beside Xiang Chu)

Contact: Jessica 016-216 7791
Rizam 012-826 1855
Zaki 016-977 9818
Farah 016-316 7977

Dates:
Part A: 31 July 2025
Part B: 01 August 2025

Thank
you ♥

KT TAPE

For supporting taping at FICS Events, most recently the CSIT World Sport Games 2025



EASTERN MEDITERRANEAN REPRESENTATIVE REPORT

BY: DR. AMY BOWZAYLO



This quarter, Dr. Debra Kopansky- Giles delivered a presentation that she and Dr. Amy Bowzaylo worked on together to present the unique Integrated Care models that are currently being used Ontario, Canada and Bahrain.

The presentation explored the unique challenges and opportunities chiropractors face when working within Bahrain's integrated healthcare system. It addressed the complexities of collaborating with medical doctors, physiotherapists, and other healthcare professionals in a setting where chiropractic is still gaining recognition. The discussion highlighted the need to overcome cultural perceptions, regulatory frameworks, and differing healthcare approaches to foster mutual respect and interdisciplinary cooperation.

SESSION C: BREAKING DOWN SILOES FOR TRANSFORMATIVE PATIENT CARE . CHAIR: PERNILLE POPP (DNK)

This plenary session aims to foster interdisciplinary collaboration and integration across healthcare sectors to enhance people-centered, evidence-informed chiropractic care. This session will explore strategies to overcome professional and systemic barriers that hinder effective communication and cooperation among healthcare providers. By highlighting successful models of integrated care, discussing best practices, and addressing challenges in breaking down siloes, the session seeks to equip attendees with actionable insights to drive a more cohesive, collaborative, and whole person approach to musculoskeletal health and overall patient well-being.

Dr Bowzaylo's portion explained how she navigated these challenges while aligning her practice with evidence-based healthcare objectives to demonstrate value and credibility within the healthcare system and the Sports Medicine Arena.

Key strategies for building trust included fostering open communication, demonstrating chiropractic's role through evidence-based outcomes, and engaging in collaborative treatment planning.

Practical approaches such as participating in multidisciplinary discussions, aligning with Bahrain's public health goals, and advocating for greater chiropractic inclusion in healthcare policies are being explored.

The presentation also considered cultural sensitivities, patient expectations, and the importance of ongoing professional development to enhance integration. Attendees gained insights, from both Dr's into positioning themselves as trusted healthcare partners within an evolving medical landscape, contributing to improved patient care and building stronger professional relationships."



From the DRC, which Katie De Luca presented on behalf of the committee

During the 18th WFC Biennial Congress, the DRC continued to advance these aims through the delivery of a rehabilitation focused workshop for chiropractors, titled "Chiropractors as part of the rehabilitation revolution".

The workshop had diverse representation of attendees from countries across the world and commenced with an overview of the WFC rehabilitation competency framework and evidence-based rehabilitation strategies relevant to chiropractic practice.

This interactive workshop continued with attendees identifying local, regional, and global strengths, weaknesses, opportunities and threats to chiropractors delivering rehabilitation services in health systems.

Sincerely, Dr. Amy Bowzaylo

AFRICA REGIONAL REPRESENTATIVE REPORT

BY: DR BRADLEY SANDLER

The following report is of the activities in Botswana, Mauritius, and South Africa. Each region is at a different stage of development with varying levels of member engagement, government collaboration, and operational execution.

South Africa- ChiroSport SA

ChiroSport South Africa has experienced a strong and steady start to 2025. Membership numbers have remained consistent, and membership growth remains a key focus for the organisation moving forward.

The organisation continues to actively support a number of long-standing sporting events, maintaining valuable partnerships within the sporting community.

Promising discussions have also been initiated with corporate entities, regarding potential collaboration on their Corporate Sport events, which may broaden our event footprint and member involvement.

Looking ahead, ChiroSport SA is proud to have members participating in upcoming international events, including the CSIT Games and World Games 2025, showcasing our commitment to global sports chiropractic involvement.

Mauritius

Dr Patrick Murugan met with the Honourable Deven Nagaligum, Minister of Youth and Sports, Mauritius. He had the opportunity to introduce FICS and its mission to provide Chiropractic care, empowering athletes participating in national and international competitions.

He was very pleased with the Mauritian NCSC proposal and has personally arranged to have a meeting with Dr Murugan and his departmental officials at the end of June 2025.



Botswana

The membership base in Botswana is small but active. There are several running and swimming events that are keen to have them work at. Logistics are busy being worked on.

Bradley Sandler



PACIFIC PULSE: KICKING OFF 2025 WITH IMPACT!

BY: DR NEKI PATEL - PACIFIC REGIONAL REPRESENTATIVE REPORT

Sports Chiropractic in New Zealand & Australia is charging into 2025 with energy, passion, and some serious sideline wins. From ice rinks and golf greens to pickleball courts and international arenas, 2025 has kicked off with heart, hustle, and collaboration across the Pacific.

SCNZ on the Move – Ice Rinks to International Arenas

The year has started with great momentum for Sports Chiropractic New Zealand (SCNZ). Across the motu, sports chiropractors are stepping up in both grassroots and elite settings, representing NZ proudly on the international stage and expanding our impact across a wider range of sports.

Madison Hooper: Ice-Cool and Trailblazing

After years of study and pitch-side experience, Madison Hooper officially earned her FICS certification and made an immediate impact, joining the Ice Fernz (NZ Women's Ice Hockey Team) at the IIHF Division 2 Group B World Championships in Dunedin. Madison became the first sports chiropractor to work with the Ice Fernz at a world championship event, helping the team skate their way to a silver medal.

Pickleball Power: Trans-Tasman Collab in Action

Madison's championship momentum didn't stop on the ice. Shortly after, she teamed up with Natalie Sharpe, a seasoned FICS chiropractor from Australia, to support athletes at the Pickleball Nationals in Auckland. The event was not only a great showcase of chiropractic in emerging sports—it was also a brilliant opportunity for trans-Tasman collaboration.



Working side-by-side, Nat and Madison shared clinical insights, case strategies, and plenty of laughs, creating a dynamic team that brought real energy to the event. Their partnership highlighted the value of connection between Aussie and Kiwi chiropractors, and opened new doors for cross-country mentorship, learning, and support.

Mexico City Bound: Cole Mackie

Cole Mackie once again represented SCNZ internationally, travelling with the Men's U18 Ice Hockey team to Mexico City for the IIHF Division 3 Group A World Championships. His consistent involvement with the team is a testament to the trust and value placed in chiropractic care at the international level.

Back on the Green with Neki Patel

Meanwhile, Neki Patel led a multidisciplinary team at the PGA Tour of Australasia – NZ Open in Millbrook. Chiropractic has long played a key role in supporting elite golfers across the region, and Neki continues to lead from the front- ensuring players are physically primed for every swing.

Chengdu: FICS Chiropractors Selected for The World Games

We're proud to share that Gert Ferreira and Tina Wu have been selected to join the medical team at the 2025 World Games in Chengdu, China this August.

Their selection is not only a personal achievement but also a huge win for the visibility of Pacific-based sports chiropractors on the global stage.

Get Involved: Lower Extremity Seminar This August

Want to take your skills to the next level? SCNZ is hosting the FICS Lower Extremity Seminar at the New Zealand College of Chiropractic on August 23–24.

Whether you're new to sports chiropractic or ready to level up, this seminar is a fantastic opportunity to get hands-on and field-ready.

Keen to know more? Reach out to SCNZ Co-Presidents Gert Ferreira or Cole Mackie and become part of our growing community.



The FICS Lower Extremity Seminar is at The NZ College of Chiropractic on August 23–24, 2025

AUSTRALIA SPOTLIGHT: GRASSROOTS GOLD

Brad Immermann shares a powerful reminder: grassroots sport is where sports chiropractic careers are built.

When you're the only healthcare provider on the sideline, you're not just managing injuries—you're building trust, sharpening diagnostic skills, and becoming an essential part of the athletic journey.

These local connections often lead to national or professional team opportunities. For many, the path to elite sport starts with muddy boots, community sausage sizzles, and game-day strapping tape. "It's more than a foot in the door—it's a proving ground."



Here's to a year of growth, connection, and elevating sports chiropractic together!

Neki Patel

PHOTO BELOW: MADISON HOOPER WITH THE ICE FERNZ (NZ WOMEN'S ICE HOCKEY TEAM) AT THE IIHF DIVISION 2 GROUP B WORLD CHAMPIONSHIPS IN DUNEDIN





DR KYLIE VINCENT

ICSC Lower Extremity Seminar NZ College of Chiropractic August 23-24, 2025

- Postgraduate qualifications: Masters of Strength and Human Performance
- Awarded the 1st FICS scholarship in 2022
- Guest lecturer at UNITEC school for sport: Sports Nutrition
- Sports Chiropractor for NZ MMA and various rugby league teams
- Placed 4th New Zealand's Strongest women 2020
- Won an MMA fight in 2022
- Recently won two bodybuilding shows in 2025

**REGISTER
NOW!**

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CHALLENGE YOUR
CURRENT THINKING.**

**LEARN THE LESSONS THAT
SHAPED A GLOBAL SPORTS
CHIROPRACTOR'S CAREER.**

**JOIN A COMMUNITY OF
LIKE-MINDED PRACTITIONERS
COMMITTED TO EXCELLENCE.**

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1. Gerdesmeyer L, Mittermayr R, Fuerst M, et al. Current evidence of extracorporeal shock wave therapy in chronic Achilles tendinopathy. *Int J Surg*. 2015;24(Pt B):154-159. doi:10.1016/j.ijsu.2015.07.718

2. Kartaloglu IF, Kus AA. Evaluation of Radial Extracorporeal Shock Wave Therapy on Treatment-Resistant Trigger Points Using Sonographic Shear Wave Elastography. *J Coll Physicians Surg Pak*. 2023;33(10):1159-1164. doi:10.29271/jcpsp.2023.10.1159

3. Aqil A, Siddiqui MR, Solan M, Redfern DJ, Gulati V, Cobb JP. Extracorporeal shock wave therapy is effective in treating chronic plantar fasciitis: a meta-analysis of RCTs. *Clin Orthop Relat Res*. 2013;471(11):3645-3652. doi:10.1007/s11999-013-3132-2

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<https://learn.chattanoogarehab.com/fics-quarterly-enews-2024>.

MANAGEMENT OF TENDINOPATHY USING SHOCKWAVE & LASER THERAPY **enovis**™

Join host Mark Callanen, Director of Clinical Education at Enovis™, and Cliff Eaton, a licensed MCSP and International Clinical Support Specialist at Enovis, to take a deep dive into tendinopathy management, sharing invaluable insights and practical knowledge.

Discover how to effectively treat tendinopathy with shockwave and laser therapies, and gain insights from industry experts on tailored treatment protocols and evidence-based practices.



This webinar is your opportunity to expand your understanding of tendinopathy management and enhance your clinical skills.

Key highlights

- Differentiating between acute and chronic tendinopathy
- Exploring the pivotal roles of shockwave and laser therapies in tendinopathy management
- Assessing treatment efficacy through clinical evidence and case studies
- Tailoring treatment protocols to specific tendon types

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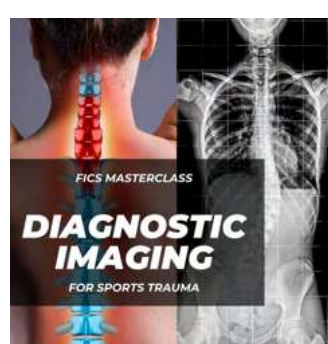
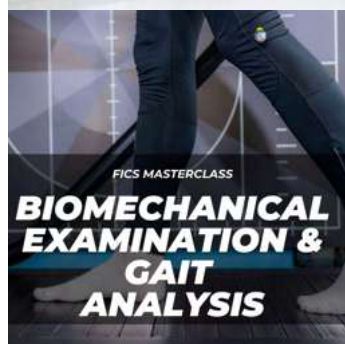
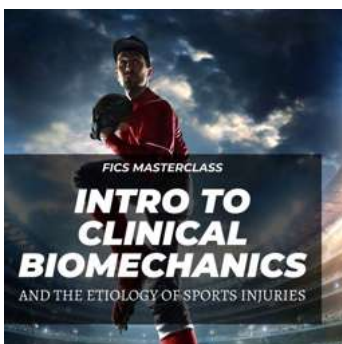
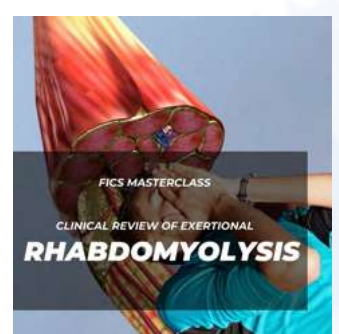
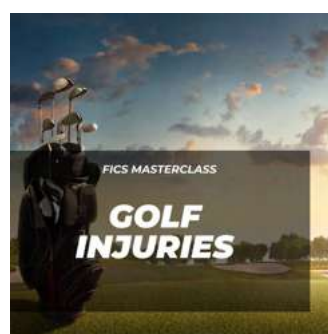
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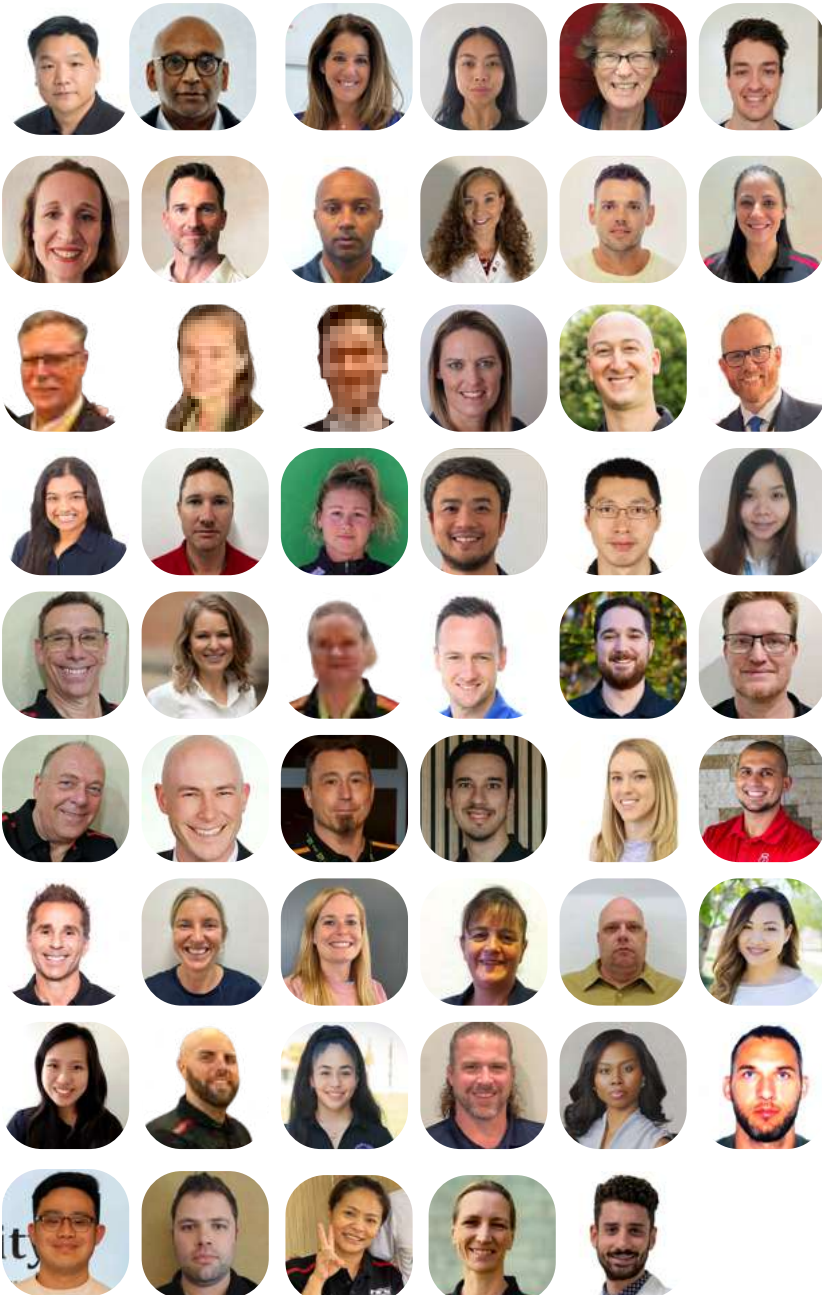
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CONGRATULATIONS TO THE FICS TEAM ATTENDING THE WORLD GAMES 2025



We are THRILLED to announce the FICS Team attending The World Games 2025! This August, FICS will be traveling to China with a delegation of 53, to provide Chiropractic care to elite athletes competing across 34 sports, 60 disciplines and 255 medal events. FICS have a strong and longstanding partnership with IWGA, spanning 20 years since the 2005 Games in Duisburg Germany. Congratulations to the Team chosen for this event.



Terri Blake	Lotta Koch
LaKia Brown	Michael Krasnov
Jeremy Busch	Lotte Langhoff
Leslie Ortiz	Sunshine Lau
Ryan Cevola	Jinjiang Li
Tian Chng	Fresh Li
Ian Chong	Aou Loge
Wynn Chua	James Lowe
Craig Couillard	Shivarny Maheswaran
Trish Donoghue	Fabrizio Marino
Devin Eernisse	Adam Millsop
Hayley Elmsly	Damien Morisson
Gert Ferreira	Patrick Murugan
Adam Floreani	Deb Nook
Ray Gaskey	Brian Nook
Cameron Gholampour	Fraser Oakman
Mike Hadbavny	Carlos Tavares
Thomas Halyk	Athena Plakotaris
Bryan Henslin	Renita Rasmann
Henrik Højgaard	Keith Schaller
Jackie Huang	José Verstraeten
Martin Isaksson	Chris Wood
Thomas Jeppesen	Tina Wu
Gillian Johnston	Audrey Yargui
Chris Jumper	Carly Zuehlke
Katharina Karn	
David Ko	
Joaquin Sanchez Hernandez	

AN INTERVIEW WITH DR RAY GASKEY



TWG
2025
CHENGDU



Why are you excited to work at The World Games? What excites me the most is the travel experience and the time I get to spend overseas in Chengdu. The experience of traveling to new places is more immersive when they are done with events like The World Games. As a doctor working with these events, I find I have better access and “behind the scenes” views and circumstances that the typical traveler would not.

I’m also looking forward to both participating in the treatment of athletes and spectating a number of sports. An all-time favorite, Sumo wrestling, is again on the bill as is softball, and both male and female. Bodybuilding is also back in the World Games after almost a 15-year absence.

What are you looking forward to? I most looking forward to reconnecting with the many other doctors I have met at prior events. One of the best benefits of working these large collaborative events are the people you meet.

At these events, you find yourself waking, eating, traveling and treating for long hours and then socializing after with the same team of international doctors. This can and will result in establishing lifelong friends and connections. Many of these doctors are spread across the world. The World Games and other large international events like it are great ways to reunite.



What advice would you give chiropractors hoping to work at events like The World Games?

Don’t miss an opportunity like this. Outside of the Olympics, there are few events that can compare. The World Games are a multi day, international, multi sport events on a Grand scale. This will afford any chiropractor, new or experienced, a rare opportunity to treat athletes from over 100 countries in dozens of sport disciplines.

As part of the treating chiropractic team, you will be granted access to otherwise inaccessible social and sporting events, unique opportunities to travel to diverse local regions and a chance to treat some of the worlds most elite athletes with the world's elite sports chiropractors. A chance to learn from so many talented and experienced sports chiropractors is unparalleled.

KATHARINA KARN



Why are you excited to work at The World Games? Working at The World Games is an incredible opportunity to support athletes from all over the world at the highest level of competition. It's exciting to be part of a great team dedicated to helping athletes perform at their best. I love the energy, the diversity, and the sense of purpose that comes with these international events. Being able to contribute to an athlete's journey is both humbling and deeply rewarding.

What do you hope to learn from this experience? I hope to gain deeper insights into how different athletes and teams approach performance, preparation, and recovery across a variety of sports. I'm especially looking forward to learning from other chiropractors from around the world — sharing knowledge, approaches, and building lasting professional connections.

What advice would you give chiropractors hoping to work at events like The World Games? Be curious, be adaptable, and be a team player. Focus on clear communication and always respect the athlete's needs and routines. Also, get involved early to gain experience: volunteer at smaller local competitions. Most importantly, never stop learning — every seminar, every event, every athlete is a chance to grow.

TERRI BLAKE



Hi, I'm Terri Blake, proudly representing ChiroSport South Africa. **This will be my first time attending the World Games,** and I'm incredibly excited to be there.

I'm looking forward to connecting with fellow sports chiropractors from around the world and learning from them. I'm especially excited for the opening ceremony—I'm certain it's going to be an unforgettable experience!

JOAQUIN SANCHEZ HERNANDEZ



Why are you excited to work at TWG? I'm very excited to attend and be part of such an international event where I will have the chance to meet and interact with athletes, fans, and media from all over the world. I can't wait to learn from the people that make such wonderful events happen and step behind the scenes.

What are you most looking forward to? I'm looking forward meeting everyone and feeling the energy of such a global event. Being part of the team and the challenge of helping athletes accomplished their goals at such event that only happens once every few years.

Is this your first time at The World Games? Yes , this will be my first world games. So excited and thankful for the opportunity to be in the world games which are the games where I will take a close look at sports such as sumo, flying disc, korfbal, parkour, and other wild, awesome events you rarely get to witness up close.

LESLIE CASTILLO ORTIZ



I am thrilled to be joining an incredible team of talented doctors at The World Games in Chengdu China. Working with FICS at TWG presents a unique opportunity for both professional and personal growth.

This being my first time working TWG, I am excited and honored to work alongside such experienced professionals in the field of Sports Chiropractic supporting elite athletes from all over the globe.

China, I'll see you soon!



RYAN CEVOLA

This is my second World Games. I am looking forward to being part of the team that brings sports chiropractic to thousands of people. TWG is an amazing experience. You get to work with the best world class athletes in their sport, go to the opening and closing ceremonies which are so nice and learn from other chiropractors on how they approach different situations. Work, fun, learn and also want some real Chinese food. I am so excited!



CAMERON GHOLAMPOUR

Why are you excited to work at The World Games? I'm excited to provide care to athletes whom may not have access to sports chiropractic care and to be around some of the best in the world, both athletes and clinicians. This is my 2nd time at The World Games. I was fortunate enough to go to Birmingham, AL in 2022.

What advice would you give chiropractors hoping to work at events like TWG? Get involved and participate! There are so many opportunities between TWG events to get experience, learn, and grow through FICS.



CARLOS TAVARES

This is my first time at the World Games. This has been a year of personal achievement, after climbing the African Summit (Kilimanjaro). Being able to attend such a major event with top athletes and sports chiropractors is not only a goal I have set for my professional life, but also an enriching experience that I will be able to bring to my patients and athletes at home. There is no better way to have these experiences in a short space of time.

DYNAMIC TAPE SUPPORTS REMARKABLE COMEBACK AT RED BULL X-ALPS 2025



"I WAS TOLD I'D NEVER DO HIGH-LEVEL SPORTS AGAIN. THIS YEAR, WE WON THE RED BULL X-ALPS."

In a sport that pushes the limits of endurance, biomechanics, and physiological resilience, Italian paraglider and mountain athlete Aaron Durogati has achieved the extraordinary—winning the 2025 Red Bull X-Alps after years of injury-related adversity.

The Red Bull X-Alps is widely regarded as one of the most grueling adventure races in the world, demanding athletes traverse over 1,280 km across the Alps by foot and paraglider, navigating rugged terrain, extreme weather, and immense cumulative physical load.

Aaron's path to the top was anything but linear. His first race appearance in 2013 saw him finish 8th. But it was in 2017 that his career trajectory was seriously challenged. A severe knee injury forced him to withdraw mid-race. Medical professionals warned he may never return to elite-level sport, citing long-term instability, compromised function, and persistent pain.

Despite these forecasts, Aaron pursued an intensive rehabilitation program focused on:

- Progressive loading and tissue conditioning



- Pain management and neuromuscular retraining
- Use of adjunctive support tools, including Dynamic Tape, to offload stress and facilitate safe, efficient movement patterns

In his own words:

"In 2019, my only goal was to reach the finish. My knee couldn't handle more than 20 km of flat walking."

"This year, we finally made it—1,283 km through the Alps. We faced thunderstorms, brutal hikes, and strong winds... and we won."

Clinical Application: Dynamic Tape in Movement Rehabilitation

Dynamic Tape played a supportive role in Aaron's recovery and return to performance. Unlike rigid tapes or elastic kinesiology products, Dynamic Tape is engineered to provide:

- Strong elastic resistance in multiple directions
- Effective load absorption to reduce stress on joints and soft tissues
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Ashleigh Handley - United Kingdom

Gert Lippens - United Kingdom

Michael Simele - USA

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Eric Bengel - USA

Dawn Hacker - USA



HEAT OR ICE AFTER MANUAL THERAPY: REVISITING THE EVIDENCE FOR OPTIMAL RECOVERY

BY: BRANDON STEELE FROM CHIROUP

Chiropractors often use manual therapy to treat orthopedic conditions, but a common question is whether to apply heat or ice afterward to enhance recovery. This brief review summarizes peer-reviewed research and clinical guidelines. It will also help you clarify when to use each modality, depending on whether the condition is acute or chronic and whether it involves soft tissue or joint structures.

***For this blog, I will focus on using heat or ice after manual therapy. A follow-up discussion will include the use of these treatments before manual therapy.**

Should I ICE After Treatment?

Physiological Rationale: Cryotherapy causes vasoconstriction and reduces local blood flow, which can limit edema and the release of inflammatory mediators. It also slows nerve conduction velocity, providing an analgesic effect. By “cooling” treated tissues after manual therapy, clinicians aim to decrease post-treatment soreness, swelling, and secondary tissue damage. Cold therapy has proven to be most beneficial for controlling excessive swelling within the first 6-12 hours post-injury for sprains, strains, contusions, etc. (1-3)

When To Use ICE Therapy

- In a neck pain trial, patients received cervical mobilizations with cryotherapy; after 5 weeks, pain and disability improved significantly. Notably, cryotherapy plus mobilization produced greater reductions in neck pain and disability than a similar program that added stretching exercises. (4)
- For lateral epicondylitis (tennis elbow), a pilot study combining manual therapy with local cryostimulation (-78°C cold spray) reported improved pain-free grip strength and reduced pain, comparable to exercise programs incorporating ice therapy. (5)

While heat may be the physiologically superior option in many cases, especially for improving mobility, patients who experience increased discomfort immediately following manual therapy may also benefit from ice therapy. Applying ice post-treatment can reduce soreness and limit secondary tissue damage, particularly in diagnoses involving active inflammation.

Should I HEAT After Treatment?

Physiological Rationale: Thermotherapy has the opposite vascular effect of cold – it causes vasodilation, increasing blood flow to the area. The warmth can relax muscles, reduce joint stiffness, and increase connective tissue extensibility. Heat also may activate pain gate mechanisms, providing a comforting analgesic sensation. After manual therapy, heat is often used to soothe tight muscles or to maintain tissue elasticity gains from stretching/mobilization.

When To Use HEAT Therapy

- Heat is commonly recommended for chronic or subacute musculoskeletal pain. Clinical guidelines for low back pain notably endorse superficial heat as an effective therapy.
- The American College of Physicians (ACP) guideline (2017) states that superficial heat is an appropriate first-line treatment for acute/subacute low back pain, with moderate-quality evidence that heat wraps yield moderate improvements in pain and disability. Likewise, many clinicians use moist hot packs or heating pads AFTER manual therapy for chronic back or neck pain to relax muscle spasms and alleviate soreness. (6)
- Applying heat after a manipulation or soft-tissue mobilization for chronic low back or neck pain can further loosen tight muscles and may enhance pain relief.
- Importantly, avoid heat in acute injury scenarios. Applying heat in the first 6-12 hours of an acute injury or immediately after an acute injury mobilization is contraindicated, as it can increase bleeding, swelling, and inflammation.

In summary, thermotherapy improves subjective pain and mobility in many chronic or subacute conditions but is less effective for acute inflammation or swelling.

Clinical Guidelines and Guidance

In summary, clinical evidence supports applying ice after manual therapy primarily for acute orthopedic injuries and any inflammation or pain flare-ups, as it provides short-term analgesia and limits swelling.

Applying heat after manual therapy benefits chronic or subacute conditions that aim to reduce pain and stiffness rather than inflammation. Guidelines note modest improvements in pain and mobility from heat in conditions like low back pain.

The choice between cryotherapy and thermotherapy should be tailored to the stage and type of injury: ice for acute (<12 hours), heat for chronic is a valid general rule. Still, exceptions exist based on individual patient responses.

Want to learn more about heat vs. ice? Check out our [in-depth blog](#) that breaks down which is best for musculoskeletal injuries.

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DURBAN UNIVERSITY OF TECHNOLOGY FICS STUDENT CLUB: POWERLIFTING & POSTERIOR CHAINS WITH DR. ROLAND CLAES

BY MICHAELA BARNES, DUT FSC PRESIDENT

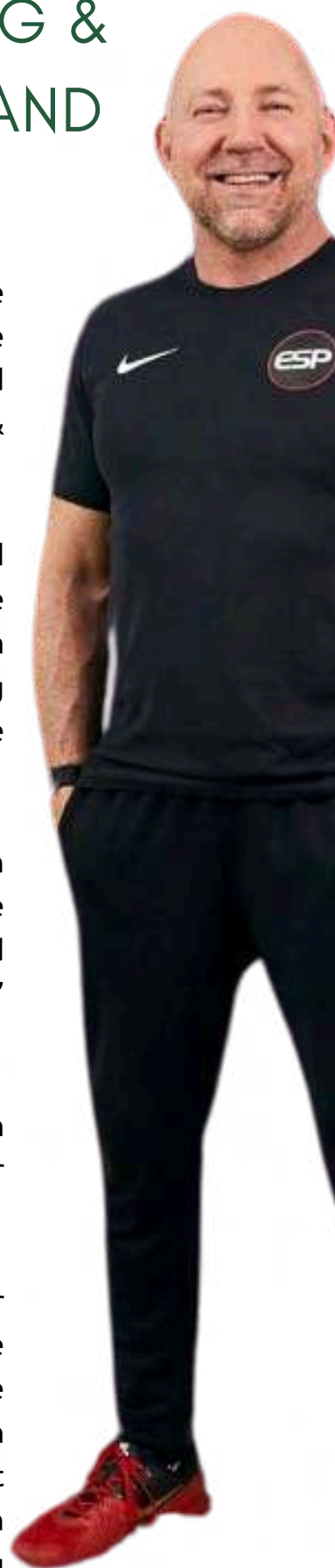
During the month of May, our student club had the incredible opportunity to host a webinar with Dr. Roland Claes, founder of Elite Sport Performance (ESP) in Belgium, who delivered an educational and insightful presentation titled “Strengthening Posterior Chains & Optimizing Back Biomechanics.”

As a powerlifting specialist, Dr. Claes brought both clinical insight and practical experience to the table, giving us a deeper appreciation of the posterior chain’s role in spinal health and athletic performance. From anatomy and function to injury prevention and training recommendations, the session was packed with useful and applicable knowledge for future practitioners and athletes alike.

One of the highlights was the live deadlift clinic, led by Coach Tristan Claes, which showcased proper form, common errors, and safe technique—something our members found particularly valuable. We also learned how modern habits like prolonged sitting can lead to “glute amnesia,” and what we can do to counteract these effects.


Whether you’re a student interested in sports chiropractic, strength training, or general spine health, this seminar was a powerful reminder of the importance of training the back to protect the back.

A huge thank you to Dr. Claes for his time, energy, and passion for empowering the next generation of young chiropractors coming into the sports world. Our DUT FICS Student Club is in its third year of existence and each year we are provided with more opportunities to learn through the organisation. Our National Chiropractic Sports Council (Chirosport SA) kindly sponsors our annual student club fee with FICS. Between these two organisations, we are fortunate to be provided many learning opportunities, whether it be hands-on seminars with our local doctors, or insightful webinars with FICS speakers, such as Dr. Claes.



IS YOUR CHIRO NET IN THE WATER?

BY DR NATALIE SHARP

I recently came across a cartoon that said, "If your net isn't in the water, you won't be catching any fish." It struck a chord because it is such an important message for us as chiropractors, particularly in sports chiropractic. Many practitioners wonder why opportunities seem scarce or out of reach. The answer might be simpler than we think: 

Too often, our nets aren't in the water.

The idea of casting your net is a powerful metaphor for taking action and positioning yourself for success. Opportunities don't come to those who wait passively, they come to those who show up, engage, and take proactive steps. Are you actively involved in your profession, or are you hoping opportunities will find you? The truth is, they won't. Not unless you make the effort to be in the right places at the right times.

For me, looking for opportunities started early. As a student, I had the chance to observe Pete Garbutt, a highly knowledgeable sports chiropractor. That one action taught me invaluable lessons and opened doors I never could have imagined. Pete was the head chiropractor for the National Beach Volleyball Tour, and after observing him, I was invited to work alongside him, which is a role I've held since 2011.

This wasn't just a job; it was a launchpad. Through that role, I gained experience working with elite athletes, understanding the unique demands of their sport, and learning how to adapt my skills to meet those demands. Volleyball Australia was growing, and so were the opportunities within the sport. Each event I attended, each athlete I worked with, and each connection I made led to the next step in my journey. Looking back, it's clear that none of this would have happened if I hadn't taken the first step. Observing Pete may have seemed like a small action at the time, but it was the start of something much bigger.



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<53>

Of course, not every step in my journey has been smooth. A few years ago, I found myself at a crossroads. I was burned out, unmotivated, and seriously considering leaving the profession. The passion I once had felt like a distant memory.

But then, I stumbled upon a podcast on ACL rehabilitation, a topic I hadn't explored deeply before and something about it sparked my interest. Just weeks later, a friend of mine ruptured her ACL, giving me the perfect opportunity to apply what I'd learned.

That one case reignited my drive. It wasn't just about the technical aspects of rehabilitation; it was about rediscovering the joy of solving problems, helping someone regain their strength and confidence, and diving into a new area of expertise. From there, the opportunities snowballed. I began presenting at international conferences, contributing to symposiums, and specialising in ACL rehabilitation, a field I now absolutely love.

One of the most rewarding aspects of taking action is the unexpected opportunities that come from it. Through my work in beach volleyball, I had the chance to treat someone who later became involved in the Pacific Pickleball League. When they needed practitioners to work on their tour, they reached out to me.

This connection might seem like a coincidence, but it's really a testament to the power of showing up. Every interaction, every event, and every conversation has the potential to lead somewhere new. You never know who might remember your name or think of you when an opportunity arises.

In the past, sports chiropractic events were filled with an incredible energy that was truly inspiring. These gatherings were more than just conferences, they were spaces where ideas flowed freely,



mentorships were formed, and connections sparked opportunities that shaped careers. The atmosphere was one of collaboration and shared passion for advancing the profession. However, over the years, that energy has noticeably declined. Challenges like the lingering effects of COVID-19 and the rising cost of living have undoubtedly played a role, and I began to worry that today's students and young professionals might never experience the same vibrant community that so many of us once did.

This year's symposium, however, brought a renewed sense of hope. It reminded me of what these events can be, dynamic, inspiring, and transformative. While it felt like a return to the spirit of the past, there's still more we can do to build on this momentum. With collective effort, we can ensure these gatherings not only recapture their former energy but evolve into something even greater for future generations.



One of the most exciting things about sports chiropractic is its diversity.

There's no single path to follow, and that's what makes it so appealing. Some practitioners thrive in clinical settings, while others prefer to work directly with teams or athletes. Some dive into research, pushing the boundaries of what we know about human performance and injury prevention. Others find their calling in teaching and mentoring the next generation of chiropractors.

The possibilities are as varied as the people within our profession. Whether you're passionate about grassroots sports or dream of working on the world stage, there's a place for you in sports chiropractic. The key is to explore, experiment, and find what resonates with you.

CONTINUE



With the Olympics on the horizon, many chiropractors will be vying for a chance to work in the polyclinic. It's a dream opportunity, but it's also highly competitive. The practitioners who will be most prepared are those who have been consistently building experience, making connections, and demonstrating their commitment to the profession.

Whether it's through volunteering at local events, engaging with sports programs, or presenting at conferences, these small steps lay the foundation for future opportunities. If working at the Olympics is your goal, now is the time to start positioning yourself.

Attending in-person conferences is another essential step. Organisations like AICE Sports and Exercise or FICS host events that offer a wealth of knowledge and invaluable networking opportunities. These gatherings are where doors open—not because of luck, but because you've taken the initiative to show up.

In my experience, some of the most transformative opportunities have come from conversations over coffee (or something stronger) or chance encounters during breaks at events like these. They remind us that our profession is not a solitary journey.

It's easy to feel stuck or unsure about your next step, but remember that even small actions can have a significant impact. Attend an event, reach out to a mentor, or explore a new area of research. These steps might feel insignificant at the time, but they can lead to incredible opportunities.



Taking action doesn't mean tackling the biggest challenges immediately. Sometimes, it's as simple as saying yes to small opportunities.

Volunteering at a local event, shadowing an experienced practitioner, or taking on a new case. Every step you take builds momentum, creating a ripple effect of growth and opportunity.

You don't need to have a perfectly clear vision of where you're headed; you just need to start. Opportunities lead to more opportunities, and the more you engage with the profession, the more likely you are to discover something extraordinary.

So, what's stopping you? Show up at that event, reach out to that mentor, or dive into that project you've been considering. You might learn something new, meet someone inspiring, or discover a new passion. Let's get out there, take action, and see where it takes us.

Nat Sharp



AUSTRALIAN CHIROPRACTIC COLLEGE TALK

BY DR NAT AKMENS
FICS 1ST VICE PRESIDENT

FICS 1st Vice President Dr Nat Akmens was in Adelaide last month, speaking with Australian Chiropractic College Adelaide students at the ACA Students Lunch & Learn.

Dr Akmens discussed sports chiropractic pathways for students, emphasising opportunities for advanced learning and the tools and techniques utilised by the modern day sports chiropractor.

Students gained a greater understanding of FICS and Sports Chiropractic Australia, and were encouraged to begin a formalised FICS Student Club to help assist their knowledge and development. Practical tips were shared on how athletes of all ages, stages, and levels are an integral part of a health and performance focused practice.

A big thanks go out to the ACC (Australian Chiropractic College, Adelaide – Australia) for the opportunity, including Dr. Billy Chow, Associate Professor Navine Haworth, Dr. Patrick Sim, and Simon Ruston for organising. And of course, to all of the students in attendance, AICE Chiropractic Sports & Exercise.

Dr Nat Akmens



Q&A WITH DR. SHEA STARK ON KT TAPE

As a leading voice in sports chiropractic, and Marketing Commission Chair for FICS, Dr. Stark shares how KT products are integrated into her daily clinical practice, the feedback she hears from patients, and why KT continues to be a staple in her care toolkit.

Which KT Tape products do you most often use in your clinic, and what are your go-to applications for each?

I have two go-to products in my clinic: the Pro Extreme tape and the magnesium infused creams. I use the tape mostly for knee and shoulder applications. I use the creams as emollient for cupping and IASTM and it works well.

Can you walk us through how you typically incorporate KT Tape into a treatment plan for a new or recurring patient?

I incorporate KT Tape into a treatment plan in a couple ways. First, I will include it for patients who are actively training for a sport or competition and need help with joint/muscle support or recovery. Second, I will include it for patients with chronic injuries that need help offloading the joint to allow for healing.

Are there specific patient populations or conditions where you've found KT Tape especially effective?

I find KT Tape especially effective for active patients who are training for or competing in an activity, patients with chronic issues such as plantar fasciitis or rotator cuff injuries, and support for aching joints and back support.



Do you have any pro tips on skin prep, tape placement, or stretch strategies that help improve outcomes?

Skin Prep: be sure to thoroughly clean and dry the skin before application. Both alcohol and soap and water work well to clean the area, just be sure the skin is completely dry before applying tape. Also, trim or shave hair in areas with more hair (legs, back, etc) to ensure proper adhesion of the tape.

Tape Placement: Do NOT start or end a strip of tape on another strip of tape. Be sure to start and end a strip of tape on skin for best adhesion. Do NOT stretch the ends to avoid ending on tape.

Also be sure to avoid creases in tissue (armpit, elbow crease, back of the knee, etc) as the skin is more delicate and it will likely cause irritation.

Stretch Strategies: Do NOT stretch the ends of the tape...ever! Be sure to have a 1–2 inch anchor on each end of the tape with zero stretch to avoid blistering or agitation of the skin. I always recommend stretching the underlying skin more than stretching the tape to avoid irritation. For example, when taping the lower back, have the patient roll forward, stretching through the lower back, then apply the tape with little to no stretch. That way when the patient returns to normal posture, the decompression effect of the tape still occurs.



Are there common mistakes you see clinicians or patients make when using KT Tape—and how do you coach around them?

Yes! A lot of clinicians rush through the cleaning process and/or don't wait for the skin to fully dry so the tape does not adhere properly. When the tape does not adhere properly, there is no benefit. Also, in haste, clinicians will overstretch the tape, especially at the anchors and this can cause irritation of the skin. When I see these issues, I just pull the clinician aside and instruct them on the proper technique and ensure they understand the purpose behind it so they are aware for the next time.

How do you maximize tape wear time or improve adhesion, especially in sweaty or high-friction areas?

As previously stated, properly cleaning the area is always very important. However, if I am applying tape to an athlete mid-competition and they need to return, I will clean and dry the skin, but also use a spray adhesive to increase adherence of the tape as they continue to sweat.

To improve wear time, I make sure to educate the patient on being careful when putting on or taking off clothes in order to avoid catching an edge of the tape and peeling it off. I also let them know to avoid soaking the tape in water for prolonged periods when possible.

What made KT Tape stand out to you initially—and what has kept it as a staple in your clinical toolkit?

The first thing that stood out to me about KT Tape was the quality of the fabric. I personally prefer the synthetic fabric tapes because they last longer. The second thing that stood out is that each different type of tape has its own formula of adhesive and not just more or less of the same adhesive. I also like that KT Tape/KT Health have introduced many more products outside of tape. Those, plus the superior nature of the products, are why it is a staple in my clinic.



How does KT Tape support your goals as a sports chiropractor treating active patients?

KT Tape has been so supportive of the sports chiropractic profession as a whole which has been invaluable in my practice. The company is so generous with products and samples which help boost the knowledge and confidence in the clinicians and patients who use it.

How has having KT Tape on hand enhanced your clinic's reputation or patient care experience?

Patients see KT Tape in the clinic, on me, or on other patients and ask questions about it and if it can help them. That curiosity fuels their desire in trying and using the tape and other products. I have many products on display in my clinic which starts many conversations about their use and if they can help with what the patient is dealing with. Once I use the products on patients and they feel better, they keep coming back for more because of the great experience they had.

Can you recall a specific case where KT Tape made a big impact on a patient's recovery or performance?

I was treating a young man several years ago who was a right-handed pitcher in high school and was having shoulder pain. He had gone to an ortho who told him to rest for 6 weeks. He did and the shoulder felt better...until he started pitching again. His dad brought him to my office and we did a

progressive cupping protocol with adjustments and supportive KT Taping of the shoulder over the course of 6 weeks. By the end of the treatment plan, he was pain-free and throwing faster and harder than before. He is now pitching in college and has not had the same issue again.

What would you say to a fellow chiropractor who's never used KT Tape before, or only dabbles with it occasionally?

I always highly encourage chiropractors to use KT Tape and other KT Health products because they are of amazing quality. If they aren't comfortable using it, I teach them or refer them to the KT Tape app or website for videos of how to use it. If I am at a convention or conference and KT Tape is a vendor, I always make it a point to not only visit the booth, but also tell everyone to visit it as well and learn about the products.

Want to learn more about how KT products can support your practice? Visit www.kttape.com for more education, taping demos, and product info, or explore our resources in the KT Tape App.



SPORTS CHIROPRACTIC IN ACTION AT THE 2024 IPF WORLD CHAMPIONSHIPS

BY DR. JINJIANG LI (JJ)

A week of lifting, laughter, teamwork, and a volcanic farewell

In November 2024, the FICS Sports Chiropractic team had the privilege of serving at the IPF World Open Equipped Powerlifting Championships in the awe-inspiring landscape of Reykjavík, Iceland. From world-class athletes to once-in-a-lifetime sights, this event had it all—and it was a powerful reminder of why we do what we do.

This championship was a milestone on multiple levels. For the athletes, it was a pivotal qualifier for the upcoming 2025 World Games. For us, it was a chance to witness incredible human potential, see athletes push beyond perceived physical limits, and continue building on FICS's mission to make sports chiropractic care accessible to every athlete.

With incredible support from event organizers and volunteers, our small but mighty team - Dr. Randi, Dr. Nils, and myself - provided care to athletes competing at the very peak of strength and performance.

The athletes we treated were nothing short of phenomenal. Legendary names like Cicera Tavares, 2022 World Games bronze medalist, and Sen Yang of Chinese Taipei - who earned his first world championship title - were just a few of the many who came through our treatment area. Their sincere appreciation for having chiropractic care available was both humbling and energizing. It's a strong testament to the growing recognition of sports chiropractic on the global stage.

And if we're handing out medals for sheer lifting volume? The real MVPs might just have been the spotters. These tireless young professionals—mostly in their early 20s,—who spent the entire week racking and unracking tens of thousands of kilos



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<61>

with machine-like precision. We made sure they received some well-deserved chiropractic care too—because let's face it, even superheroes need bodywork!

Outside the competition hall, Iceland delivered unforgettable moments at every turn. From the warmth of the local hospitality to the breathtaking farewell view of a volcanic fissure eruption from my plane window, the experience was nothing short of epic.

But what truly made this championship memorable was the spirit of teamwork and shared purpose. As a first-time FICS team leader, I was inspired by how seamlessly our team collaborated, supported one another, and cared for the athletes—and each other—with professionalism and heart.

To any FICS doctors considering future volunteer opportunities: Say yes! The friendships you'll form, the athletes you'll serve, and the memories you'll carry home will more than make up for the long days (and the cold toes). You'll grow as a clinician, a teammate, and a human being—and that's the kind of win that lasts long after the medals are handed out.

A heartfelt thank-you to FICS and the many doctors who've paved the way. Your dedication continues to inspire those of us now stepping onto the international stage. I look forward to seeing many more of you out there at future events!

Jinjiang Li (JJ)



CHIROPRACTIC RESEARCH

These four recent studies collectively demonstrate the growing evidence base supporting chiropractic care in athletic populations. The research spans performance enhancement, neurological mechanisms, comparative effectiveness, and economic benefits - providing sports chiropractors with comprehensive scientific backing for their clinical practice and advocacy efforts within the sports medicine community.

Comparison of Effect of Chiropractic and Sports Massage on Performance Measures in Athletes (2025)

[READ MORE](#)

Vancouver Reference: Cunliffe C, Abbott W, Hunnisett A. Comparison of effect of chiropractic and sports massage on performance measures in athletes. In: Association of Chiropractic Colleges Educational Conference and Research Agenda Conference 2025: Transformative Trends in Healthcare Conference Proceedings. New Orleans, LA; 2025.

Objective: To compare the effects of chiropractic care versus sports massage on athletic performance measures in competitive athletes.

Methods: Clinical study comparing athletes receiving chiropractic care versus sports massage treatments, measuring quantitative performance outcomes and qualitative assessments of recovery, perceived performance, and psychological benefits.

Results: Using Kruskal-Wallis testing, quantitative improvements were shown in all physiological measures across the chiropractic and massage groups compared with the control group ($p = .025$ and $p = .041$, and $p = .02$ and $p = .038$, respectively). The chiropractic group showed better outcomes compared with the massage groups ($p = .033$). Qualitatively, both chiropractic and massage groups reported improved benefits across recovery times, perceived performance, and psychological benefits.

Conclusion: Quantitative and qualitative results demonstrate that chiropractic care and sports massage significantly enhance athletic performance, recovery, and psychological well-being. Both modalities are perceived positively. Further research is needed to assess effects in individual sports disciplines.

Clinical Relevance for Sports Chiropractors: This direct comparison study provides sports chiropractors with evidence-based support for positioning their services competitively within athletic care teams. The finding that chiropractic care demonstrated superior quantitative outcomes compared to sports massage offers compelling data for sports organizations deciding between treatment modalities. The study validates that while both interventions provide benefits, chiropractic care offers measurably better performance enhancement, which is crucial information for sports chiropractors when educating coaches, athletic directors, and athletes about treatment options. The positive psychological benefits documented in both groups support the holistic approach that sports chiropractors emphasize in their athlete care protocols.

The Effects of Chiropractic Care Combined with a Three-Month Physical Training Program on the Development of Adolescent Basketball Players (2024)

[READ MORE](#)

Vancouver Reference: Zhang Q, Yang J-S, Qi G, Ma Y, Zhang X. The Effects of Chiropractic Care Combine with a Three-Month Physical Training Program on the Development of Adolescent Basketball Players. *European Journal of Sport Sciences*. 2024;3(4):18-24. doi: 10.24018/ejsport.2024.3.4.181

Background: With the development of kinesiology and exercise science, the concept of strength conditioning and its associated benefits have prevailed among coaches, parents, and adolescents themselves. Concurrently, chiropractic care has gained popularity, especially among young athletes.

Objective: This study assessed the effect of routine chiropractic care combined with a three-month strength and conditioning program on the physical performance of adolescent basketball players.

Methods: Thirty-one male athletes, aged 16–19, from elite basketball training camp in China, were divided into experimental and control groups. All subjects received cervical manipulation one time per week done by a team chiropractor. The program aimed to enhance agility, muscular strength, endurance, and speed through professional training. Measurements were taken at baseline, at six weeks, and after twelve weeks, using tests such as the $\frac{3}{4}$ court sprint, box agility, 1RM back squat, 1RM bench press, 65 kg bench press for maximum reps, and 17-line shuttle run.

Results: The experimental group showed significant improvements in all metrics except the box agility test, while the control group exhibited fewer substantial changes. Results indicate that structured strength and conditioning programs combined with chiropractic adjustment significantly enhance adolescent athletes' physical performance. The level of significance was set at $p < 0.05$.

Conclusion: The study concludes that consistent chiropractic care and professionally supervised training are beneficial for adolescent athletes' development, suggesting the integration of such programs into training routines for adolescent athletes to improve their physical capabilities and minimize injury risks.

Clinical Relevance for Sports Chiropractors: This randomized controlled trial provides direct evidence that sports chiropractors can significantly enhance athletic performance when integrated into structured training programs for young athletes. The study demonstrates measurable improvements in strength, endurance, speed, and agility through weekly cervical adjustments combined with strength conditioning, offering sports chiropractors concrete data to support their role in athletic development teams. The research validates the neurological enhancement concept underlying chiropractic care in sports settings and provides a framework for implementing evidence-based protocols with adolescent athletes, particularly in team sports environments where performance optimization and injury prevention are paramount.

CHIROPRACTIC RESEARCH

RECOMMENDED READING BY FICS RESEARCH COMMISSION

Neuroplastic Responses to Chiropractic Care: Broad Impacts on Pain, Mood, Sleep, and Quality of Life (2024)



READ MORE

Vancouver Reference: Haavik H, Niazi IK, Amjad I, Kumari N, Ghani U, Ashfaq M, et al. Neuroplastic Responses to Chiropractic Care: Broad Impacts on Pain, Mood, Sleep, and Quality of Life. Brain Sciences. 2024;14(11):1124. doi: 10.3390/brainsci14111124

Abstract

Objective: This study aimed to elucidate the mechanisms of chiropractic care using resting electroencephalography (EEG), somatosensory evoked potentials (SEPs), clinical health assessments (Fitbit), and Patient-reported Outcomes Measurement Information System (PROMIS-29).

Methods: Seventy-six people with chronic low back pain (mean age \pm SD: 45 \pm 11 years, 33 female) were randomised into control (n = 38) and chiropractic (n = 38) groups. EEG and SEPs were collected pre and post the first intervention and post 4 weeks of intervention. PROMIS-29 was measured pre and post 4 weeks. Fitbit data were recorded continuously.

Results: Spectral analysis of resting EEG showed a significant increase in Theta, Alpha and Beta, and a significant decrease in Delta power in the chiropractic group post intervention. Source localisation revealed a significant increase in Alpha activity within the Default Mode Network (DMN) post intervention and post 4 weeks. A significant decrease in N30 SEP peak amplitude post intervention and post 4 weeks was found in the chiropractic group. Source localisation demonstrated significant changes in Alpha and Beta power within the DMN post-intervention and post 4 weeks. Significant improvements in light sleep stage were observed in the chiropractic group along with enhanced overall quality of life post 4 weeks, including significant reductions in anxiety, depression, fatigue, and pain.

Conclusions: These findings indicate that many health benefits of chiropractic care are due to altered brain activity.

Clinical Relevance for Sports Chiropractors: This groundbreaking neurophysiological study provides the first EEG-based evidence that chiropractic care creates measurable changes in brain activity, particularly in the Default Mode Network associated with pain processing and cognitive function. For sports chiropractors, these neuroplastic changes explain the mechanisms behind improved athletic performance, recovery, and psychological well-being that they observe clinically. The documented improvements in sleep quality, anxiety reduction, and fatigue management are particularly relevant for athletic populations where mental health, recovery, and performance optimization are interconnected. This research provides sports chiropractors with objective neurological evidence to support their interventions for athletes dealing with pain, stress, and performance-related psychological challenges.

CHIROPRACTIC RESEARCH

RECOMMENDED READING BY FICS RESEARCH COMMISSION

Cost of Chiropractic Versus Medical Management of Adults with Spine-Related Musculoskeletal Pain: A Systematic Review (2024)



READ MORE

Vancouver Reference: Farabaugh R, Hawk C, Taylor D, Daniels C, Noll C, Schneider M, et al. Cost of chiropractic versus medical management of adults with spine-related musculoskeletal pain: a systematic review. *Chiropractic & Manual Therapies*. 2024;32:8. doi: 10.1186/s12998-024-00533-4

Background: The cost of spine-related pain in the United States is estimated at \$134.5 billion. Spinal pain patients have multiple options when choosing healthcare providers, resulting in variable costs. Escalation of costs occurs when downstream costs are added to episode costs of care. The purpose of this review was to compare costs of chiropractic and medical management of patients with spine-related pain.

Methods: A Medline search was conducted from inception through October 31, 2022, for cost data on U.S. adults treated for spine-related pain. The search included economic studies, randomized controlled trials and observational studies. All studies were independently evaluated for quality and risk of bias by 3 investigators and data extraction was performed by 3 investigators.

Results: The literature search found 2256 citations, of which 93 full-text articles were screened for eligibility. Forty-four studies were included in the review, including 26 cohort studies, 17 cost studies and 1 randomized controlled trial. All included studies were rated as high or acceptable quality. Spinal pain patients who consulted chiropractors as first providers needed fewer opioid prescriptions, surgeries, hospitalizations, emergency department visits, specialist referrals and injection procedures.

Conclusion: Patients with spine-related musculoskeletal pain who consulted a chiropractor as their initial provider incurred substantially decreased downstream healthcare services and associated costs, resulting in lower overall healthcare costs compared with medical management. The included studies were limited to mostly retrospective cohorts of large databases. Given the consistency of outcomes reported, further investigation with higher-level designs is warranted.

Clinical Relevance for Sports Chiropractors: While not specifically focused on athletes, this comprehensive systematic review provides crucial evidence for sports chiropractors when advocating for their integration into sports medicine teams and athletic healthcare protocols. The demonstrated reduction in opioid prescriptions, surgeries, hospitalizations, emergency department visits, and specialist referrals when chiropractors serve as first-contact providers directly applies to athletic populations where conservative, non-pharmaceutical approaches are preferred for performance and safety reasons. For sports organizations considering healthcare costs and athlete welfare, this research supports the economic case for including sports chiropractors in primary care roles for musculoskeletal injuries and pain management, potentially reducing long-term healthcare escalation and maintaining athlete availability and performance.

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