



ChiroSport



February 2004

Newsletter of the British Chiropractic Sports Council

Edition 4.2

From The President

Following a very important meeting at the end of November 2003 at the Olympic Museum in Lausanne, Switzerland the World Olympians Association have agreed to support FICS' application to the International Olympic Committee to allow chiropractic to be part of the Polyclinic at the future Olympic Games.

For those of you that do not understand the provision of medical services at the Olympics the Polyclinic is the Hospital in the centre of the Olympic Village that provides Medical support to any athlete, from any country no matter whether their National Olympic Association has its own medical team. Currently Chiropractic is not part of this set up and if Chiropractic wants to be part of the sports medicine team politically, a very important nut to crack.



However, as I am learning their support requires us to do our bit in return. With any of these organizations a type of marriage has to exist. You help me and I will help you type of thing. If a relationship like this is to be sustained both

parties have to feel there is reciprocation, if not then ultimately the partnership will fail. As things take a long time to happen such reciprocation is even more important.

In this case FICS has agreed to get the support of a large number of the Chiropractic Colleges around the world, including AECC, to offer scholarships to Olympians that apply. This gives the profession, in time, ex-Olympians that can and will support Chiropractic in the sports world.

Secondly, that we will offer free Chiropractic care to any Olympian that would like access to it. This of course, comes with the agreement of the participating Chiropractor, the absence of insurance and the Olympian may well want to make a contribution

anyway. My hope is that initially, and with the agreement of the BCSC and its members that we offer this to the British Olympians through us first. If the scheme is a great success and the British Chiropractors want to support this, then we can always expand the scheme further to include the other National Associations. In the mean time we welcome your views on this and would like to know if you would be happy or not happy to take part in this scheme. Please let Melanie Burrow at melanie@scotiachiropractic.co.uk know your views.

The third opportunity we have is to take over the provision of all the medical services that are provided by the polyclinic at the minor games like the Caribbean Games, Pan American Games and so on. To do this FICS has to become an official sponsor to the Games. The cost is \$250,000 and for that we get to control the Medical services. The chiropractic profession then gets to control who is in and who is out of the polyclinic and we will have total control. How does that sound!! If FICS does a really great job, and boy we intend to, it could change the provision of Medical services in sport forever. This will cut through a lot of the red tape that we currently face and the impact on the profession and sport generally cannot be underestimated.



FEDERATION INTERNATIONALE DE CHIROPRACTIQUE SPORTIVE

FICS is currently looking into how to raise \$250,000 by 2006. One way is to get sponsorship from the suppliers to the Chiropractic profession as they will get exposure of their products at the Games. We are meeting with them at the Parker seminar in Las Vegas in January to see what they will do to help.

The second is through individual sponsorship from the chiropractors themselves. However, FICS is very aware that you never get something for nothing so we are currently looking into what an individual sponsor will get back and what they are willing to contribute. This will include things like signed photographs from Olympians to a plaque from the Olympic movement thanking you personally for your help. These can be

hung at your discretion in your clinics and will be very impressive. All this and it will be tax deductible!! Be warned you will be approached early in 2004 about this scheme and please think very carefully about supporting it.

2004 is going to be a huge year for sports chiropractic and I am delighted that you haven chosen to be part of it. Have a good one!

Tom Greenway

Sad News

I am sorry to announce the sad loss of a much loved and well travelled Atlas portable treatment table belonging to Dik Skippings, which failed to arrive for work at the World Masters Athletics Championships on the Caribbean island of Puerto Rico. It was duly delivered to the check in desk of Iberian Airlines at Heathrow airport where the British medical team assembled ready to embark for San Juan, Puerto Rico via Madrid. That was the last that was seen of it. It has now disappeared into that abyss of lost luggage.

The table had a long and distinguished career. It was bought in early 1986 for use in home visits. It was used as a demonstration / practice table in many practical sessions during various seminars. It started a new and more adventurous life in 1992 when, after successfully completing the ACA's Certified Chiropractic Sports Physician course, I got involved with the British Veteran (now renamed Masters) Athletic Team in providing chiropractic care for the athletes. Since then it saw admirable service at six British Track and Field Championships, six British Indoor Championships, four European Championships, two European Indoor Championships and three (this would have been number four) World Championships. It was also used for the World Short Track Speed Skating Championships in Sheffield in 2000. During this time it visited eleven different countries with four different chiropractors. This tally includes Puerto Rico because painstaking detective work leads us to believe that it eventually arrived at San Juan airport but never made those last 25 kilometers to the hotel.

It may have had a bit of a reputation for being a little "wobbly" but it never let anyone down and was always there when it was needed. I blame Simon "Voodoo" Lawson for what has happened. He had taken the table to San Sebastian, Spain for the European Indoors but was now in the company of a

brand new, virgin table of his own. It had only taken him three years to get around to buying one. As he gave a slight sneer in the direction of "old faithful" he pointed to it and said that it would never return to the UK. Spooky or what! I wonder if he was also responsible for my track bag disappearing from the medical room of one of the stadia where it had been left over night for safe keeping. He says that he will be doing a full time MSc (Sports Medicine) course at Nottingham University this year, but I think he's really off to Hogwarts to learn some more spells and incantations.

One of the Master's team Doctors is, among other things, a Consultant Psychiatrist and he tells me that the worst of the grieving should be over in three months and I should be able to come to terms with my grievous loss and be able to get over it all right. It may have been ready to be replaced, but I just wish I could have given it a decent send off. Buried in the long jump pit perhaps, or maybe submerged in the steeple chase water jump. If you see me all morose in a bar somewhere at a conference or seminar maybe you can help me. Buy me a drink or several and we can reminisce about the good times, have a laugh about the sights we have seen and as you buy me another drink I'm sure it will help.

Yours in mourning

Dik Skippings

Honorary Membership

At the last BCSC meeting it was agreed that Dave Hancock, the Leeds United physiotherapist, would be awarded honorary membership of the BCSC in recognition of his help and support of chiropractic at Elland Road.

Dance UK

If you treat any professional dancers or dance teachers you can be put on the Dance UK list of approved practitioners. I have tried to get a blanket entry for all BCSC members but unfortunately you will have to do it individually as you have to be sponsored by a dancer.

The contact details are best found at their website www.danceuk.co.uk.

ICSSD at AECC

Dear old AECC saw thirty plus students on the 9-11 January to attend the ICSSD Module 1 lower extremity program. The lecturers were of the highest standard and were either luminaries of sport chiropractic or FICS representatives. Despite an intensive timetable (we did 11 hours on the Saturday) there was also time to play.



The FICS Team

From l to r: Brian Nook, Charmaine Korporaal, Gordon Lawson, Sherri Lashomb, Tim Ray, Rikke Craven, Tom Greenway

A trip to the dog stadium in Poole was a first for many of us and helped bring the international mix of attendees together whilst we tried to work out what the hell was going on! There were people from all over Europe, a Korean and the president of the Greek Chiropractic Association; a truly cosmopolitan mix!

We learnt many things, too many to mention, but we now know that the word tendonitis has been replaced by tendonopathy and the peroneal nerve has become the fibular nerve!

Tom Hyde showed us a very simple but effective knee adjustment and then introduced us to the Graston Technique. I can only speak of my own experience on that day but it is a very gentle and effective soft tissue therapy.

Brian Nook has an infectious enthusiasm for chiropractic and would probably lecture well into the night if allowed. Littering his lecture with



clinical jewels, we were shown a hip, or strictly speaking, a capsular adjustment that certainly seems more effective than any other I have seen.

Foot adjustments, taping, the anatomy of the sport shoe and some other new soft tissue treatments all followed. Tom Greenway gave us the "heads up" on the state of affairs with the FICS and the IOC and our individual roles in ensuring success at getting chiropractic accepted by the IOC. We left tired, with our brains full and a new set of friends. As with all good courses there were things you could put into practice the next day - good results so far!!



Back in TR2!!

Forthcoming Events

06-07 March 2004	DSE National Junior Swimming Championships (Short Course)
26-28 March 2004	Spring Skiing Seminar
18 April 2004	London Wheelchair Marathon
24-25 April 2004	DSE National Indoor Bowls Championships
07-09 May 2004	DSE National Long Course Swimming Championships
15-16 May 2004	British Open Athletics
22-23 May 2004	DSE Mini Games
28-31 May 2004	ICSSD Module 1 (Lower Extremities)
19 - 20 June 2004	The LTA Sports Science and Sports Medicine Conference
03-04 July 2004	DSE Junior Athletics Championships
7 th July - 1 st Aug 2004	European Championships Aarhus, Denmark.
06-11 Aug 2004	Pre Olympic Congress
04-05 Sept 2004	DSE Mini Games
07 Jan - 09 Jan 2005	ICSSD Module 2 (Upper Extremities)

FICS

Exciting Advances for FICS, Sports Chiropractic and the Profession

The International Federation of Sports Chiropractic (FICS) has seen major advances during the past year. Reasons for this include improved internal organization and maturing partnerships with important organizations in sport, such as the General Assembly of International Sports Federations (GAISFs) and the World Olympians Association (WOA), and the chiropractic profession. This report highlights recent developments.

World Games Contract.

In what amounts to a significant step towards our ultimate goal of full inclusion in the International Olympic Committee (IOC), late last year FICS signed a contract with the World Games Organizing Committee to supply 15 Chiropractors for the World Games in Duisburg, Germany in 2005. The World Games are the biggest Games after the Olympics. They feature the major sports not included in the Olympics, from karate to roller-skating.

WOA.

The World Olympians Association represents all current and past Olympians and has a seat on and much influence with the IOC. There is now a firm relationship between FICS and the WOA which has agreed to help with FICS' application for inclusion within the Olympic movement. On their advice FICS is becoming more truly representative and is moving to adopt the rules and regulations accepted by the IOC. As part of this process there are current negotiations with World Anti-doping Agency (WADA) for its approval and support. The FICS Board has been restructured so that there is now representation from Africa and hopefully Asia.

Latin American Games.

FICS has now been approached with the opportunity to have a major administrative role for sports medicine services Latin American Games to be held in Colombia in 2005 and 2006. This would be a major advance for sports chiropractic and profession. We are currently negotiating support from colleagues in the USA and will be able to say more about this very exciting development soon.

GAISF.

Following the recent resignation of Kim Un-yong, the President of GAISF and Vice-President of the IOC

GAISF is expected to have new direction. We anticipate that this will present FICS with major new opportunities.

National Chiropractic Sports Councils.

Congratulations to Germany and Spain on their formation of Chiropractic Sports Councils. For the continuing credibility and advancement of FICS we need these councils in as many countries as possible. If you do not have a National Chiropractic Sports Council please act to establish one now. The process is simple, contact me direct for information at tgreenway@fics-online.org.

ICSSD Programs.

Following recent successful programs in the UK, next programs are May 28th-31st 2004 in Svendborg, Denmark and July 15-18th 2004 in Santorini, Greece. For all details - www.fics-online.org.

FICS AGM.

The next annual general meeting will be held Saturday August 7, 2004 at the 11th Pre-Olympic Congress in Thessaloniki, Greece. We hope that many of you will be able to attend to get first hand information on current developments and experience the pre-Games fever. Please see www.icsspe.org or the FICS website for more information.

In closing I would like to thank you individually, and all my colleagues and the profession for your ongoing support for FICS.

Tom Greenway, DC
FICS Secretary-General

From The Editor

Please accept my apologies for not producing an edition before now. One of the difficulties related to this is trying to get sufficient information and articles to fill four pages. I know we all have to work hard but please if you have a request for help or something you think may be of interest let me have it. Similarly if I ask you for something it really does help to have it quickly. Thank you.

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