and

Sports Chiropractic
The Role of the Sports Chiropractor

How services fit,
and
What are the benefits?

Traditionally there are two portals of entry into the care and treatment of athletes:

- Reactive Care Model
- Proactive Care Model
Reactive Care Model
Care delivered after injury or illness

We interface with MD’s, PT’s, EMT’s responsible for emergency life support, acute care, injury/illness care delivered “after the fact”.
The role of the sports chiropractor is a complimentary extension of reactive care, linking restoration and regenerative concepts of athlete care designed to enhance recovery and performance.
While most Doctors begin with a BSc degrees prior to their doctorate, the Sports Chiropractor also has advanced post-doctoral education in sports injury care, rehabilitation and recovery.
The Sports Chiropractor

Minimal Competency:

- The ICSSP (International Chiropractic Sports Science Practitioner)
- 180 hour course and competency examination
- Minimum 5 years in practice
- CPR Certification,
- Minimum 2 years prior experience as a Team Doctor at local, national and international level competitions
Most have advanced degrees
PhD, MD, PT, MSc

Diplomas
DABCSP, FCCSS, DABCO, DABCR

Certifications
ATC, EMT, CSCS, PES/CES, FMS/SFMA
Graston/FAKTR, ART, KT/FMT/PMT
The International Federation of Sports Chiropractic (1987)

- National Sports Councils of 39 Countries
- 11 Educational Institutions
- 15 Corporate Sponsors
- Member:
Associated Federations
Past Events

Games of the XXVIII Olympiad Seoul 1988

CSIT World Sports Games 2015

Fair Play for the Planet

Barcelona '92

World Games 2005 Duisburg

SALT LAKE 2002

Beijing 2008

Sydney 2000

Commonwealth Games Federation

Guadalajara 2011

The World Games 2009 Kaohsiung

7th All Africa Games Greater Johannesburg 1999
RESEARCH

Report of the 2015 World Sports Games injury surveillance of individuals that voluntarily utilized the Federation Internationale de Chiropratique du Sport Delegation
2015 World Sports Games

The FICS Delegation:
- 25 volunteer doctors from six different countries
- 12 students from two universities

Treatment provided to:
- Athletes
- Officials
- Volunteers
Purpose of the Study

To describe the frequency and nature of injuries treated by the FICS delegation at the 2015 World Sports Games.

Research Variables:
- Types of Injuries
- Location of Injuries
- Type of Treatment Provided
- Review VAS Pain Scales
- Injury Prevalence per Sport
<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Individual Patients</th>
<th>Average number of treatments</th>
<th>Male (%)</th>
<th>Female (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>993</td>
<td>516</td>
<td>1.92</td>
<td>45</td>
<td>55</td>
</tr>
</tbody>
</table>
Types of Injuries Treated

Overuse Injuries: 76%
Previous Injuries 33%
Traumatic Injuries 22%
Unknown Causation 2%
Types of Treatment

Soft Tissue Therapies
Manipulation/mobilization
Taping: Functional, structural
Referral to medical and or emergency services.
Overview

1. Safe, experienced International source of complimentary athlete care.

2. Expanded health coverage of your venue/event.

3. Full cooperation with existing medical systems.
Questions?

We are looking forward to working with you and your teams