

# ACASC Hosts Annual Symposium in Portland, OR

By Julie Scarano, DC, CCSP



The American Chiropractic Association Sports Council hosted its 2010 Symposium in Portland, Oregon the weekend of July 30<sup>th</sup>-August 1<sup>st</sup>. Portland provided a beautiful backdrop for the 2010 event offering those present an opportunity to mingle with colleagues, shop downtown Portland, drive to the coast, tour the wine country, walk in the rose garden or run along the river.

Attendees were given the possibility to earn up to 16 CEUs with topics ranging from the latest in laser therapy, sports psychology and nutrition, to new approaches in rehab (“Wii-hab”), the barefoot running controversy, concussion/pre-participation evaluations and emergency procedures.



In addition, DCs were able to visit over 25 vendor booths present at the expo displaying many brand new products and services providing the potential to enhance any office. Presidential Sponsors included Polar Fusion’s “Tiger Tail” rolling muscle massager, North American Spine – the world’s sole provider of the AccuraScope discectomy and neural decompression procedure, and Microgate’s “Optojump/Optogait” – optical measurement systems paving the way in the world of identifying an athlete’s asymmetries and weaknesses with objective clinical data.



A remarkable 97 students attended this year's exposition, 8 of whom participated in the dedicated first annual Dr. Thomas Hyde Research Symposium. Dr. Hyde, one of the founders of the sports chiropractic movement, has remained active and influential with all of the colleges in terms of both support and direction. Topics presented throughout the weekend included: "Sports Specific Stretching Strategies," "MRSA," "The Role of Chiropractic in a Sports Setting," "Analysis of Injuries at National Senior Games" and more. This year's winners were: Shah Soleimani of L.A. Cleveland (Honorable Mention), Tom Lillie of NYCC (Honorable Mention), Joe Kula of Logan (3<sup>rd</sup> place) and Adam Meisenhelder of Palmer West (2<sup>nd</sup> place). New York Chiropractic College's Tyler Page took first place with his presentation on, "Spinal Manipulative Therapy and Knee Pain."



At Saturday's luncheon, student representatives of the Foundation for Chiropractic Progress ([www.foundation4cp.com](http://www.foundation4cp.com)) encouraged DC involvement and support of this foundation which embraces a mission of generating positive press for the chiropractic profession and increasing public awareness to the many benefits associated with chiropractic care. Former President of the ACASC, Dr. William B. Bonsall of Westfield, NJ, was honored with the ACASC's 2010 Sports Chiropractor of the Year Award for his 24 years of service and dedication in the sports chiropractic arena. Dr. Bonsall has served on the board of the American Chiropractic Board of Chiropractic Sports Physicians, been President of the NJ Chiropractic Society's Sports Council and Circuit Coordinator for Wrangler Sports Chiropractic. He has also been an active member of the Federation of International Sports Chiropractors, National Academy of Sports Medicine and the U.S. Olympic Sports Medicine Society. In addition, Dr. Bonsall currently lectures for the Chiropractic Sports Injury Program with New York Chiropractic College and is an Active Release Technique Instructor.



The election and announcement of this year's new board members, effective August 1, 2010, also took place during the luncheon appointing Kelly Lange, DC, CCSP as Secretary, Shane Espinoza, DC, CCSP as 2<sup>nd</sup> Vice-President and Guillermo Bermudez, DC, CCSP as the ACASC's newest President thereby designating Ted Forcum, DC, DACBSP, FICC, CSCS as Past President.

Appreciation awards were given out to Dr. Kelly Lange for her work with the education committee as well as to Joe Kula of Logan and Adam Meisenholder of Palmer West for their services as Vice-President and President respectively of the ACA Sports Council's National Student Liaison.



The luncheon concluded with the announcement of the location of the 2011 Sports Science Symposium at the Caribe Hotel in San Juan Puerto Rico. With an attendance of close to 160 this year, the ACASC hopes to see an even larger number of attendees next year at this fantastic site. The symposium will take place July 29-31. Mark your calendars now and check our website at [www.acasc.org](http://www.acasc.org) for more information coming soon regarding this event.