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President's Message

Guillermo Bermudez, D.C.,CCSP



It is with pride and humility that I find myself elected the President of the American Chiropractic Association Council of Sports Medicine

and Physical Fitness. First and foremost, I wish to thank past members of our Board and those leaders that have laid a clear path for us to follow in the pursuit of serving sports chiropractic. I especially would like to thank Dr. Ted Forcum who is our current past president and my mentor for introducing, nurturing, and guiding me to this wonderful association rich with gifted sports chiropractors. Other notable leaders are Drs. Tom Hyde, Bill Bonsall, Ed Feinberg, and Ira Shapiro, who are always available to provide wisdom, leadership, and a supportive word. The list goes on and on of exceptional sports chiropractors that are currently active with their talents and dedication to this organization.

I congratulate *you*, our members, for electing the following officers: Dr. Shane Espinoza, 2nd Vice President, Dr. Kelly Lange, Secretary, and Dr. Sherri Lashomb, 1st Vice President, and Dr. Carlo Guadagno, Treasurer, who are serving their second year of their two-year terms. I truly believe that our Board is industrious, creative, and dedicated to serving the ACA Sports Council and sports chiropractic.

I would like to share with you our goals, beliefs and efforts in representing sports chiropractors. We believe that our greatest asset and key to our success is our members. Each of us working cooperatively, together for a common goal, will strengthen our organization. To this

end, we have set a short-term goal on increasing our membership by 10% this year and another 10% in 2012. To help achieve this goal, we believe that our members would be better served by a dedicated Executive Director that can concentrate solely on our members' needs. We have established a committee made up of past presidents to perform a needs assessment, create selection criteria, interview candidates, and make recommendations to our Board so that we may select a qualified Executive Director. With the help of current members, we are promoting and marketing our memberships in Latin America and hope to attract new members with our 2011 Symposium in Puerto Rico.

We are also increasing our efforts with ACASC Student Sports Councils. Our goal is to have a council in every chiropractic school in the nation by 2015. We have a student liaison president and vice president to help with this endeavor. We have made great gains in this arena as witnessed at this year's symposium where we had 106 students in attendance. We also believe that our student ACASC members need advice, and mentoring upon graduation. Thus, we have started a committee to address those needs and create a preceptorship/mentoring program to benefit both our membership and our student members. I have been very impressed by the members of this committee. It is comprised of some of the nation's most experienced, enthusiastic doctors and I am looking forward to their success.

We treasure our relationships with our vendors, our business partners, and other health care providers. Hence, we will continue to promote our business partners and sponsors such as Future Health, who

has a three year \$5,000.00 sponsorship of the ACASC. We are building avenues and seeking revenue sources from vendors. Vendors have been a crucial part of our past symposiums and every year we have benefitted from their support of the symposium, sponsorships, and speaker sponsors. We will continue to build those reciprocal relationships and provide value to those who invest in our organization and our members. Additionally, we will continue on our current course of collaborating with medical doctors, PTs, athletic trainers, and other health care providers. I believe that more communication with other providers will lead to cooperation, trust, and an improved health care system. In this spirit, I selected Dr. Jay Greenstein to represent the ACASC at the NATA Youth Sports Safety Summit in Washington, D.C. The summit was titled "A Report Card on Youth Sports Safety". I submitted the ACASC organization's report card and highlighted our attendance at our symposium in Portland, Oregon where we addressed the concerns of youth safety by holding PPE classes and a concussion update session. I would like to congratulate Dr. Greenstein for volunteering and doing a wonderful job. He went a step further and submitted a report that identifies potential opportunities to our organization. I will continue to promote our profession and encourage participation, collaboration, and fostering referrals from other health care providers by building relationships at the Joint Commission of Sports Medicine (JCSM). I have asked Dr. Ted Forcum and Dr. Tom Hyde to accompany me to this meeting. This will be the second year that the three of us will be attending, and I believe that seeing familiar faces will be beneficial to achieving said goals.

Finally, based on input from many ACASC past presidents, members, and your current Board we are identifying benefits to our members that will provide value. Last January the Board voted to include FICS memberships out of the funds from your ACASC yearly dues. Every member of the ACA Sports Council is a current member of the Fédération Internationale de Chiropratique du Sport (FICS) which is comprised of national chiropractic sports councils worldwide. We will be performing a cost/benefit analysis of this membership to determine the value added to your membership dues. Lastly, at this year's symposium we included rehabilitation courses that were low cost and easy to integrate to any practice in the hope of creating revenue and marketing opportunities for our members.

This Board has adopted an ambitious agenda for this year. We feel we have momentum and support from our members to achieve continued success. We hope to see all of you, our membership, in Puerto Rico for our Annual Symposium and General Membership Meeting to be held July 29th- 31st. We have negotiated our room rate to be effective 2 days before the symposium and 3 days after the symposium so that you can bring your families and take advantage of all the thrills of Puerto Rico. We will also hold our legendary socials and plan activities for you and yours. I believe that we demonstrate our strength by the example we set and how we treat each other, our business partners, our patients, and our community. We will continue to work hard to live by our beliefs.

Sincerely,

Guillermo Bermudez, DC, CCSP

The ABCs of Organizing Care for the Sporting Event

Len Ershow, DC, CCSP

I have been very fortunate in my career as a sports chiropractor.

I have worked several Olympic Trials and National Championships, travelled as the chiropractic physician with 2 National Teams, have been the medical director for a national championship and the chiropractic coordinator for another national championship. I was able to meet incredible health care providers of all disciplines, worked with an amazing group of athletes and felt incredible gratification. However, if



you asked me how many patients I got in my office from all those events, it would be under double digits.

When Andy Klein returned from his stint as the US Olympic Team Chiropractor in 2000, I asked him about his experience and he said it was an experience of a lifetime,

"Once you have secured your participation with an event, make sure you know that sport and the injuries that are commonly associated with that sport"

but he really missed the relationships he had made when he was working with his high school football players. Marc Jaffe, the 2004 US Olympic team chiropractor, and Ira Shapiro, the 2004 and 2006 US Olympic Team Chiropractor, have both said to me how incredible the Olympic experience was, but the biggest supply of new patients to their offices was from their years of work with the local Pop Warner Football Leagues; something they still work every week to this day.

So, if you want to make an impact in your community as the local sports chiropractor and expert in your field, you should affiliate yourself with either a local sports team or volunteer to work or organize the first aid team for a local road race, triathlon or some other event. But wait! You say you don't have any experience? **Continued on page 5**

Please Join Us for the Annual ACA Sports Council Symposium in San Juan Puerto Rico July 29th-31st



A few of this year's topics will include:

Injury specific nutrition for recovery and repair

Sports chiropractic now and in the future

Vibrational therapy and the shoulder

Sports medicine and the TRX

The psychology of sport

We will also have poster presentations, vendors, tours and Salsa dancing.

In order to make reservations, individuals may call the Reservations Department directly at (787)721-0303 Ext. 2156 or (800)468-8585, fax (787)724-6992 or email them at

reservations.caribe@Hilton.com.

Please be advised that a credit card is required to guarantee room reservations.

Group code is ACAA11.

Please contact Shane Espinoza, DC, CCSP at vicepres2@acasc.org for more information.



Sheila Wilson, DC, CCSP, ICSSD

In January 2010, The ACA Sports Council officially became the US member to FICS (Federation Internationale de Chiropratique du Sport). This gives full dues paying members of the ACA SC automatic



the ACA Sports Council, was asked to be the Secretary General of FICS. This was made official by the executive committee in May.

It is my great honor to have been elected FICS President for a 4-year term in September.

Others elected as Executive Officers by the Council are Dr. Alex Steinbrenner (Germany),

First Vice- President, Dr. Gaery Barbery (Australia), Second Vice-President, Dr. Charmaine Korporaal (South Africa), Secretary and Dr. Marcelo Botelho (Brazil), Chief of Finances.

I am very happy with the work done by our Executive Officers and all of our commission members in the past two years. FICS now has the unity, structure,

FICS now has the unity, structure, expertise, staff support and business model to truly represent sports chiropractic internationally.

membership into FICS which is a \$125 membership value. This also gives the US greater representation in the international world of sports chiropractic. Prior to the FICS executive meeting in London in May 2010, Dr. Phil Santiago, a Hall of Fame Member of

expertise, staff support and business model to truly represent sports chiropractic internationally.

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Review of Youth Sports Safety Summit

Kelly Lange, DC, CCSP

In December of 2010 the ACA Sports Council sent Dr. Jay Greenstein DC, CCSP to the NATA Youth Sports Safety Summit which was held in our nation's capital. With approximately 50 attendees across multiple disciplines, this Summit provided a wonderful opportunity for sports chiropractic to be represented as well as be involved in issues facing doctors who work with youth in sports. With great thanks to Dr. Greenstein for his attendance and his report on the proceedings, we provide a review here for our members.

The day consisted of multiple panel speakers as well as an afternoon of networking. The topics included an address by the president of the NATA (National Athletic Trainers Association), multiple speakers on the topic of heat stroke including representatives from the Kori Stringer Institute, a review of traumatic brain injury (TBI) and



how it affects males versus females, sudden cardiac death, pediatric neurology as it relates

to sports medicine, and the sickle cell trait. Among these topics, there are many opportunities for the ACA Sports Council to take an



active role as we work to build sports chiropractic's involvement in the field of sports medicine.

Starting with the topic of heat stroke, a representative from the Kori Stringer Institute was there

as a presenter (<http://ksi.uconn.edu/>). This is an organization actively promoting awareness of heat stroke among athletes, especially young athletes. We urge you to take a look at their website to learn more about their organization and the role they are playing in awareness of this important issue facing the athletic population. We also urge you to utilize the CDC website (<http://www.cdc.gov/>) as a resource as there is much research taking place on this topic. Familiarize yourself with the protocol for prevention, treatment and management of these cases. There is also an important opportunity for you to reach out to your athletic community to educate coaches and parents since heat stroke is 100% curable with appropriate education and preventative measures.

The NATA will soon publish an article in their journal regarding TBI in males vs. females. We will post the abstract to this article when it is available. It was emphasized that much of the research on TBI does not include athletes who...

Continued on page 7

Name That Chiropractor

We recently dug through the deep dark archives of the ACA Sports Council and came across a number of photographs without labels. If you know who is pictured in these photos please send us an email - secretary@acasc.org



You don't know how to find an event? You don't know how to get started? Have no fear we have the answers for you.

Let me share a personal story with you that may help with these concerns. Fifteen years ago, I had never worked a sporting event. I was working in my office treating a patient of mine who I knew was a martial artist and taught the Taekwondo Club at our local university. He asked me to take out an ad in the program for their inaugural collegiate tournament. I said I would be happy to contribute, but I also asked if they had medical coverage for the event. He said they didn't and I offered to organize that for them. He accepted. I smiled. He left. I freaked out. Fortunately, I had just met four chiropractors who had their diplomates from the ACBSP - Dr. Bill Bonsall, Dr. Ira Shapiro, Dr. Marc Jaffe and Dr. Tony Criscuolo. I immediately called each one of them and asked them to please save my bacon. I brought them in, learned a tremendous amount and got the credit for being the "medical director".

This last paragraph illustrates a way to answer a few of the above concerns. First of all, look within your own practice for some of these opportunities. It automatically gives you a contact that can give you access to an event and can circumvent some of the resistance you could get by trying to get into an event cold. Secondly, if you don't have the experience, get help from qualified experts. Your state organization may have a sports council. If not, look for a C.C.S.P. or D.A.C.B.S.P. and include them on your team. Thirdly, reach out to the health care professionals in your area. This can be a great way for you to meet and work with local providers. It is also a fantastic way for those health care providers to be exposed to what we do and gain an appreciation for our clinical expertise in neuromusculoskeletal diagnosis and treatment.

“we had a bike accident where the young athlete needed transport to the hospital”

I remember evaluating a Taekwondo Athlete for a knee injury at a National Tournament. After I finished my evaluation, I determined that the athlete had a torn ACL. I brought over another member of our sports medicine team - an orthopedist - and shared my findings. He confirmed my diagnosis. A primary care physician had been watching me evaluate the athlete and observed my conversation with the orthopedist. He came over to me and asked me how I knew the athlete had an ACL tear. He had no idea that we could evaluate such an injury. After the tournament he referred his daughter, a dancer, to our office. Then he referred his wife and he has become one of the biggest referral sources to my practice. Another lesson I learned from this episode was that having a medical degree didn't necessarily insure that the practitioner had the same clinical experience that I had. By the way, the orthopedist also became a very strong referral source for my practice.

Once you have secured your participation with an event, make sure you know that sport and the injuries that are commonly associated with that sport. You should also make yourself familiar with the needs of the athletes participating in that sport. If you are fortunate enough to be in charge of organizing the sports medicine team it is your responsibility to keep your team informed about the times of the event, scheduling, dress code, code of conduct, types of injuries and any other incidentals like availability of parking, food, water and sun block if necessary. Familiarize yourself with the venue, the places where there needs to be medical coverage, how many people you need and the most effective place to set up your central evaluation and treatment area. You should also be prepared to contact the local first aid squad or contract an EMT unit if you think it is necessary for your event.

I was recently involved with organizing the sports medicine team for a youth triathlon. It was a joint effort with township and the local organizer. The township was an equal partner in the event. I was assured that the police and first aid squad were contacted. When I got to the event, there was no EMT unit there. I questioned the township and was assured the unit should be coming. Unfortunately, they weren't there and we had a bike accident where the young athlete needed transport to the hospital. When the police activated the EMS system and the unit arrived, they had no idea the event was going on. They were also immediately going to a football game for coverage after they dropped our athlete at the hospital and were the only unit on call that day. Luckily we had no other dramatic injuries. Later, I found out the definition of having been in contact with the first aid squad had meant that there was a message left on the answering machine. No one from the township had followed up with first aid squad to confirm that the message was received. **Continued on the next page...**

Chiropractic is being represented by you and the volunteers under you. Some events require different types of attire, but your volunteers are professionals and should dress professionally and appropriately for specific events. I have had doctors show up in torn or stained jeans, shorts and tee shirts. Also, there will be events where you are there to administer chiropractic care and there will be events where you are not going to be adjusting, but are going to be doing more emergency first response or taping or more sports medicine types of evaluation. Many times the latter type of participation will be just as important as going in and adjusting. This type of participation leads to a more comprehensive chiropractic approach in the future. You need to let your team know what is expected of them. The best way to address these issues is to write a simple manual that addresses the dress code, code of conduct and a description of the injuries that may be expected. I often send several emails re-iterating many of these points and send a manual of common injuries and a brief description of how to treat them. You may still have some chiropractors coming to your event believing they are going to be doing screenings and adjusting.

It is important to inform your team of when they are scheduled and to get their commitment for that time frame. You should also have a simplified form of an Athlete Injury Assessment Sheet specific for the sport you are covering. This sheet should contain the name of the event, the date, the name of the athlete, their age, their address, their telephone number, an area for a description of the complaint, objective findings, your assessment, what treatment was performed, what your recommendations are and whether the athlete is cleared to return to participation. It is extremely important that your form has a place for a signature where the athlete and/or their parent, guardian or coach (if the athlete is underage and the coach may act as guardian) accepts or declines your recommendations or your advice on return to participation. It is also extremely important for you to have some form of informed consent that specifically outlines the possible outcomes of their injury, evaluation and treatment. I usually have this on the back of my evaluation sheet and this requires a separate signature (of the athlete or parent/guardian) before the athlete is treated. It may be wise when you are putting your team together, to request that your team members submit a copy of their current license and malpractice insurance. This verifies that they are indeed licensed to practice at the event and are covered. Be careful to make sure a practitioner from out of state has or doesn't need to have a travel- to-treat allowance to work your event. They may also need to advise their malpractice carriers of their participation in the event.

If you have prepared well, communicated with your team, surrounded yourself with quality personnel, walked all your team through the venue (marked the exits for emergencies and transportation of injured athletes), bathrooms, medical area, introduced your team to the organizers, police, EMTs and the athletes, it is time for the fun to begin. Good luck and enjoy the day!

Dr. Len Ershow, DC practices in Princeton, NJ and is a Certified Chiropractic Sports Physician®. He has a manual that was assembled for the event featured in this article as well as an athlete assessment sheet he has used for this and other events. If you are interested in obtaining copies of these items, please contact Dr. Ershow via email at ershowchiropractic@comcast.net. ■ST

Continued....FICS

In the field of education FICS has a greatly improved ICSSD program with new online content, and in the past year there have been increased numbers of students in Australia, Europe, Latin America and North America. This is one step in FICS' goal of establishing a masters degree model. ACA SC member, Dr. Tim Stark, is the head of the Education Commission and has done outstanding work with the members of his commission on developing and updating this program.

In the field of games, FICS is now securing more international games opportunities for the sports chiropractor: the 2005 and 2009

World Games have been a big success for FICS and we currently have a signed contract for Pan American Games in Guadalajara in October next year and for the World Games in Columbia in 2013. Dr. Tim Ray, a Past President of the ACA Sports Council, is

“This gives full dues paying members of the ACA SC automatic membership into FICS which is a \$125 membership value”

the Chair of the FICS Games Commission. Dr. Angela Chiropractor of the Year, has also joined the Games continue for the International Sports Chiropractic Association

Salcedo, an ACA SC member and previous ACA SC Sports Commission and will play an increasingly larger role as plans (ISCA) to merge with FICS in the next year. **Continued...**

With all that has been accomplished there is always more work to be done. Some goals for my Presidency include:

Membership and member services. Few countries have strong national sports councils, and few colleges have strong student sport councils. These are the growth bases for sports chiropractic and FICS. These councils must be strengthened, brought into FICS membership, and provided with services they need and want.

Financial stability. After two deficit years FICS will have a small

surplus this year, because of tight financial control and increased income from the ICSSD program and sponsorships. However increased revenue and a stronger financial foundation are needed if we are to achieve our goals in sports chiropractic.

Maintaining unity. Lack of unity has been our Achilles heel in the past. At present we are united under a representative council elected according to world regions. We must all understand the vital importance of working together and with one voice and strengthen our new found unity.

Acceptance within the sports medicine team at all levels. The other goals above may not sound exciting but are the building blocks for the main goal. That is improving the quality and reputation of sports chiropractic education, practice and advocacy so that sports chiropractic services are accepted by athletes, international federations, games committees, other health professionals and the IOC as a necessary and valued part of overall sports medicine services for athletes in training and competition. ■ST

Continued.....Review Youth Sports Safety Summit

are pre-high school. This presents an opportunity for all sports chiropractors to take the lead in establishing a database of injuries involving pre-HS athletes. Many of you out there are dealing with these athletes on a daily basis and can make an impact with proper screening, proper care and tracking of injuries to this young population.

For all age groups of youth athletes, it is extremely important that we keep ourselves up-to-date on the topic of concussion management. Please take the time to go the NFL website to familiarize yourself with the Zackery Lystedt Law (<http://www.nfl.com/videos/tag/Youth%20concussions>). On this website, you can also find free posters geared for young athletes that can be posted in your office or locker rooms or used in your newsletter. Other resources for concussion care include: the CDC (<http://cdc.gov/concussion/>), USA Football (<http://www.usafootball.com/>), and the American College of Sports Medicine (<http://www.acsm.org/>). It is crucial that we remain involved as a profession on this issue so that we are included to clear athletes to return to play; we also must stay competent to perform the necessary evaluations and uphold the appropriate clinical standards.

With regards to pediatric neurology, the 4 goals in this area include: 1) primary prevention 2) improve care 3) increase capacity and 4) research. There are a couple of important articles that are a must-read. One is the Zurich guidelines from a 2009 article in the *Journal of Clinical Neuroscience* which provided a consensus statement on concussion in sport. The other article is titled "Cognitive Rest: The often Neglected Aspect of Concussion Management" published in *Athletic Therapy Today* in March 2010, emphasizing the need for rest in treatment of TBI. For the full text article of each of these, please go to the ACASC website.

Sudden Cardiac Death is another topic which affects youth sports. An important read for all sports physicians is the cardiomyopathy paper published in the American Heart Association journal *Circulation* in 2009. We have provided this article for you on our website. There are specific recommendations for pre-participation examinations distributed by the American Heart Association and other organizations. Any doctor doing PPEs should read the 4th edition of the PPE monograph (<http://ppesportsevaluation.org/>). Without working knowledge of these guidelines, we can and will be excluded from the right to be able to perform PPEs.

Lastly, the importance of identifying athletes with a sickle cell trait was discussed. The NATA guidelines on this topic are another must-read for doctors working in the field of sports medicine (<http://www.nata.org/NR062107>).

We thank you for your attention to this article and these important topics. There is a lot of information that was provided by our involvement in this summit; it is up to you to follow up and educate yourself on these issues facing youth sports safety. Thanks again to Dr. Jay Greenstein, DC, CCSP for attending the summit and providing a thorough report of the proceedings. For a complete list of the links provided in this article, please visit the ACA Sports Council website (www.acasc.org). ■ST

Call for
**BOARD
NOMINATIONS**
to the
**ACA Council on Sports
Injuries and Physical
Fitness**

Board Positions
to be Elected in
Puerto Rico, July 2011

President

1st Vice President

Treasurer

For more information and the
nomination application please
visit our website

www.acasc.org

New Member List

We would like to welcome our newest members to the ACA Sports council.

If you are a new member and we missed you on this list, please email us a secretary@acasc.org so we can correct the mistake and acknowledge you in our next issue of Sports Talk.

Erin Ducat, DC	Dean Burkholder, DC
Leo Bronston, DC	Tom Dewald, DC
Douglas Newcomb, DC	Donald Dudley, DC
Lisa Donner, DC	Ronald Gefaller, DC
John Clayton, DC	Julie Scarano, DC
Marc Anders, DC	Michael Simone, DC
Philip DeVasto, DC	Michael Tunning, DC
Kathy Pansegrau, DC	Kendal Hoard, DC
David Pine, DC	Nelson Santos, DC
Sergio Rocafort, DC	Andrea Buccino, DC
Brent Symes, DC	Richard Iglesias, DC, LAc
Damien Rodulfo, DC	

New Student Members:

Tyler Page
Tyler Smith
Sarah Hjersjo

