SPORTS TALK



Journal of the ACA Sport Council

2013 Prefontaine Classic Track & Field Meet

Ted Forcum, DC, DACBSP

Each year the Prefontaine classic boasts amazing performances. Just when you think it can't get any better it does. This year's event was no exception. Each event posted world leading marks, national records, high school record, or fastest time on American soil. The Prefontaine classic hosted a "distance night" on Friday

night May 31 and primary meet on Saturday, June 1. NBC aired the track and field meet worldwide on Saturday with the featured events live. The Prefontaine classic is clearly the biggest meet on United States soil and rated one of the top five meets worldwide.

One of the reasons this meet is so highly regarded is the fact that the athlete's



Image by Ahsan Awan for American Presswire

PRE CLASSIC









needs are recognized by the meet director, Tom Jordan. Athletes want to perform at the top of their ability, and at the Prefontaine Classic results show that they do. As result medical care focuses on performance care, and I think the meet results show it. The meet was staffed with three ACA Sports Council chiropractors, Dr. Gorman, Dr. DeShaw and Dr. Forcum, and 14 licensed massage therapists. 2007 ACA Sport Council Chiropractor of the Year, Dr. Gorman has been working with event for nearly three decades. Event staffing began Thursday and Friday at the host hotel and Friday evening and Saturday track side. Three other

chiropractors were on hand with "personal medical", working for individuals or groups. ACA Sports Council member, Dr. Josh Glass, was on hand, additionally working as the USAT&F Athlete **Advisory Sports Medicine** Chair. Also on hand were Dr. Ball from Chandler, Arizona and Dr. Pascal from Raleigh North Carolina. As with any event whereby you work as a team it is a reunion with athletes and colleagues, and an opportunity to learn tricks of the trade.

Images by Ahsan Awan for American Presswire



Presidents Message



Dear ACASC members,

I hope this issue of Sports Talk finds you and your families enjoying a wonderful summer. This issue is full of information on our members covering sporting events from coast to coast, an article from our new Affinity partner, MarcPro, details of our student Preceptorship program, and details on our 2013 Sports Symposium and current membership drive.

We love hearing from our members who are active working sporting events in their community or over seas. Have you been covering events recently?? If so, please send us the details!

Do you have the passion and interest to work international sporting events? Are you a CCSP and would like to obtain your ICCSP (Internationally Certified Chiropractic Sports Physician) to be eligible to work international events through FICS? If you've answered yes to either of these questions, then we need you!!! Attending the ACASC Sports Symposium in East Rutherford, NJ September 27-29 is a must! We will be offering an outstanding educational program, as well as the opportunity for CCSP holders to obtain the ICCSP easily by completing the Symposium. FICS representatives will be available on site for our doctors to complete the process.

Speaking of international events, we have several ACASC members who are serving at the World Games in Cali, Columbia, an event organized by FICS. Many if these doctors will be available at and speaking at our Sports Symposium. This is a great opportunity to learn from and interact with the best in our profession.

As if the Symposium isn't exciting enough, we also have the honor of inducting an ACASC member in to our Hall of Fame! Don't miss the black tie dinner on Saturday night! This is sure to be a "Who's Who" of sports chiropractic event!!

On behalf of the Executive Committee of your ACASC, I hope you enjoy this issue of Sports Talk. We welcome your feedback and suggestions. And we really look forward to reconnecting with you all at our Symposium in September!!

Sincerely,

Sherri LaShomb, DC, ATC, ICCSP

Announcing the ACASC and Marc Pro Affinity relationship

Marc Pro Option for members of the ACASC and the ACA:

The ACA Sports Council has formed an Affinity relationship with the Marc Pro Company that has incredible benefits for our membership and a potential for being a great financial resource for the ACA Sports Council.

This benefit applies to all members of the ACA SC and the ACA. Marc Pro normally will offer an automatic introductory off of 5% discount on the Marc Pro unit. The price with this discount is



\$617.00. However, all qualified members of the ACASC and ACA who decide to join the affiliate program will have the opportunity to buy their first 2 Marc Pro unit for \$395.00 per unit. That is an amazing savings. They do this so that the DC can use one unit for themselves, so they can experience the amazing effect and they can also use the second unit for their patients to take home and experience their ability to recover from a hard workout or experience the dramatic "anti inflammatory" properties (see the "Anti-inflammatory" article).

If the member DC decides to become an affiliate with Marc Pro and continues to sell units for use by their patients, athletes or for their office, they will receive \$100.00 from Marc Pro per unit sold. In addition, Marc Pro will donate \$100.00 to the ACA Sports Council.

To take advantage of this great opportunity, the member DC will have to contact our 1st Vice President, Dr. Kelly Lange for confirmation of membership as an ACA SC member. If the DC is not an ACA SC member, then they will have to be confirmed as an ACA member. At that time they will be put into contact with Marc Pro to become and affiliate and a unique code will be assigned to them for use on future purchases by the DC or their patients on the Marc Pro website.

The Marc Pro Advantage - speed recovery while improving performance!

The Marc Pro
electrical
stimulation
device utilizes
patented
technology to
effectively speed
the recovery
process after
strenuous
activity and
condition muscles

to enhance future performance. Four easy to use electrodes deliver a comfortable stimulus to the targeted areas improving the transport of nourishment and waste and speeding recovery.

The basis for post exercise recovery is the normalization of tissue through the movement of nourishment and waste. Marc Pro is specifically designed and excels at this particular task. The Marc Pro muscle conditioning device creates unique, strong, but completely non-fatiguing muscle contractions that set off a cascading series of physiologic events. We call this a Muscle Activated Recovery Cascade, or "MARC™" for short.

The process begins with the activation of Nitric Oxide (NO), which dilates blood vessels and leads to increased flow delivering more oxygenated blood and nutrients to the area. The lymphatic and venous systems also require and benefit from localized muscle activity. Because of this, using the Marc Pro after physical activity helps move the related waste and deoxygenated blood away from the fatigued area(s). This exchange of nourishment and waste, without stress or fatigue, accelerates the recovery of the muscle.

Recover Faster...

- Reduce muscle fatigue or soreness
- Get back to training or playing sooner
- Train or play more often
- Less likely to quite or postpone exercise programs

Recover Fully Without Yesterday's Fatigue You Will...

- Maintain proper biomechanics
- Perform better
- Lessen the likelihood of injury

Maximize Training Results During resistance exercise you break muscles down; the strengthening and improvement happens afterwards during the recovery/remodeling process.

• If you improve the recovery process you get more gains from the resistance training that you are already doing

Help Prevent Injury From pro athletes, to recreational athletes to urban athletes (computer work, etc) over-use causes the majority of injuries

- Over-used is really the same as underrecovered
- If you can't or don't want to do less then you need to recover more to help prevent overuse injury

The Marc Pro does more than accelerate the recovery process. When used on a consistent basis, the Marc Pro actually improves overall muscle performance in two ways:

 First, decreasing the down time between workouts and being more fully recovered for your next workout allows you to accelerate

- muscle development through a disciplined training program.
- Second, when the same Muscle Activated Recovery Cascade (Nitric Oxide, vascular dilatation, more oxygenated blood and nourishment) takes place on a regular basis, the result demonstrated in our research is the development of new blood vessels (capillaries) – a process known as angiogenesis. More capillary blood vessels in a muscle equals more oxygenated blood and related supplies in the muscle and more deoxygenated blood and waste out of the muscle. By increasing the overall throughput of nourishment and waste to and from the muscle through angiogenesis, the muscle has an increased capacity to do more work – it performs better.

A published research study showed a 200% increase in limb blood flow after the first application of Marc Pro technology. After a three week period of using Marc Pro five days per week, limb blood flow had increased by 247% upon application. This additional increase or reserve was possible because the consistent use resulted in new additional vessels in the area (angiogenesis) giving more capacity to the region. Another recent published study concluded that performing the same exercise program with Marc Pro stimulation to the exercised muscles during recovery appears to produce significantly greater gains in muscle strength and significantly greater reductions in feelings of muscle fatigue.

http://marcpro.com/mp/wp-content/uploads/2011/10/ Marc-Pro-study-mechanisms-JEP-Oct-2011.pdf

Preceptorship Program

Hello Sports World,

My name is Adam Mazzeo, a doctoral student at Northwestern Health Sciences University and the National 1st Vice President for the Student ACA-Sports Council. I wanted to take a moment of your valuable time to inform you of an exciting development ahead for the ACASC. In addition to working diligently to provide you a worthwhile experience at the 2013 Sports Symposium in East Rutherford, NJ, the ACA Sports Council is in the process of forming a Mentor/preceptor network, under its own umbrella, that will help embrace and expand the field of Sports Chiropractic as well as add value to the ACA/SACA sports council membership.

This formal network seeks to bring student Sports Chiropractors into direct relationships with you, the professional Chiropractors responsible for advancing the field in the most direct fashion. The techniques learned and developed by the private practitioner continue to be highly valued and passing those along remains a most rewarding experience. We envision the structure of this network to allow online pre-screening of potential preceptors so that willing mentors may respond efficiently and not be inundated with requests. This ensures an ability to build a fellowship of like-minded Sports Chiropractors, both student and professional, allowing each with a greater opportunity to successfully complete a Mentor/Preceptor relationship and build an enduring one for the future.

As Dr. Guillermo Bermudez, D.C., C.C.S.P., past President ACA Sports Council perfectly states, "A mentor/preceptorship is an avenue to give back, shape and mold the future of our profession. In my experience the more you give the more you receive. The relationship that is built by sharing my knowledge, experience and skills will last a lifetime." If you are interested in participating in this equally rewarding and important program as a mentor to a student sports council member and/or hosting a preceptor please email me, Adam Mazzeo, at amazzeo@nwhealth.edu (Subject: Mentor/Preceptor) for more information and to answer any of your questions. I will also be available at any time during the entire 2013 Sports Symposium at (818) 456-3318.

In Health,

Adam Mazzeo

University of Bridgeport Chiropractic Sports Program 2013

The University of Bridgeport's Sports Outreach Program got off to a running start this past January 2013 at the famed Armory Track and Field Center in NYC.

This was UB Chiro's first full semester of outreach that over a three month span offered a series of long, busy days with all the trials and tribulations of high level track and field.

In quick succession subsequent weekends included coverage at NYU's Gotham Invite, the Great Dane

Invite, the Armory Collegiate Invitational finishing up with the 100+ college ECAC Indoor Championship with schools coming from all over the East Coast for the two day meet.

Typical days lasted eight to nine hours with a constant flow of patients over the treatment time. Common treatments included chiropractic adjusting of the extremities and spine, soft tissue work and stretching. Athletes also had the opportunity for Active Release Technique, k-taping and traditional athletic taping if they desired.



University of Bridgeport Chiropractic Sports Program 2013

The student interns involved enjoyed the experience and used the time to hone their decision making and clinical skills.

While hamstring injuries treated with the "hamstring protocol" seems to have been the most frequently seen injury, a large percentage of the treatments rendered were for performance enhancement and accelerated recovery.

New program supervisor, Russ Ebbets, DC seemed pleased with the participation and performance of his student interns for his first season at UB and he looks forward to expanding the sports chiropractic opportunities for his students.

On a related note UB's Human Performance Lab has worked with several of the College's athletic teams on gait, jump and speed related analysis. The information gleaned by the Optojump technology can be used by either team coaches or the healthcare staff for early identification of injuries, to chart rehab progress or as a baseline to judge effectiveness of the strength and conditioning programs.

As more students become conversant in the technology the plan is to expand this program to Connecticut area colleges.

All in all it has been an historic and exciting first year for the UB Chiro Sports Program with the promise of more to come.

Left:
Reggie Grant, NY
Rangers strength
coach going over how
they use the technology
at with the Rangers
names right to left are:
Reggie Grant, Russ
Ebbets, John Dinneen,
Kenny May, Shannon
Hawk, Logan Luzadder
and Christina Ford





BENEFITS

Promoting Sports Chiropractic:

USA member to FICS

Legislative Action & Promotion

Joint Commission on Sports Medicine and Science

Student Mentorship

Member Opportunities:

USA Track and Field

Women's Professional Golf

Chiro Sports Networks

International FICS Events

As the

EDUCATION

WE HELP YOU STAY
CURRENT:

ANNUAL SYMPOSIUM

SPORTS TALK

E-BLASTS

SOCIAL MEDIA

WEBSITE

POSITION STATEMENTS

Membership Drive



WE ARE THE LARGEST SPECIALTY COUNCIL IN THE ACA AND WE ARE COMMITTED TO SPORTS CHIROPRACTIC ON THE FIELD, IN THE COMMUNITY, IN THE OFFICE AND ON THE LEGISLATIVE BATTLEFIELD.

As the membership of our association grows, so

does our strength. With increased membership we reach a larger audience, have a larger impact and a louder voice. This year the ACA Sports Council will be running a **Membership Drive** with incentives for referrals. We challenge each of you, our members, to refer new members to the Sports Council. To thank you for helping us grow, we offer the following incentives: for every three referrals made you will receive 1 year membership free, and for every 6 referrals you will receive a free symposium registration! Don't forget to remind the new member you recruit to use

your name as a referral source when they register.

NUMBERS

CURRENT MEMBERS

362

DOCTOR MEMBERS

295

STUDENT MEMBERS

67



Another "Classic" Sea Otter Experience for the Palmer West Campus Sports Council By: Chuck Bustillos Palmer West Campus Communications Director

Unseasonably warm weather, the backdrop of the Pacific Ocean, and a record-setting crowd combined to make this year's Sea Otter cycling event another "classic" experience for the Palmer West Campus Sports Council, which for the 11th year in a row, served as the primary sports care provider at the largest bicycling competition and expo festival in the United States, held annually at Mazda International Speedway in Monterey, CA.

The Sea Otter Classic (SOC) bills itself as "a celebration of cycling." And virtually every type of athletic endeavor that can be performed on two-wheels – whether speeding around the world renown 2.2-mile Laguna Seca track, barreling down a steep mountain-side course, or performing backward flips in the air – is on display during the four-day festival that draws riders ranging from pee-wee peddlers with "training wheels" to some of the world's premier professional and amateur cyclists.

"Once again our students made me very proud," said Ed Feinberg, D.C., West Campus Sports Council faculty advisor, who has been a part of every Palmer-associated Sea Otter event – as a clinician as well as a competitor!

"They fully embraced the team approach to sports chiropractic management, assisted and encouraged one another, and sought help whenever they were unsure of the appropriate 'best –practice' approaches. They worked long hours -- with no compensation other than the pure satisfaction of helping fellow humans reach their optimal performance."

The Sea Otter is one of the Sports Council's busiest events, and this year was no different. The Council cared for more than 400 patients during the four days of the event.

In addition to traditional chiropractic services, the Sports Council team, which included a rotating team of five clinicians and nearly 80 lower-quarter and internlevel students, tended to the wide range of conditions that the athletes (and even some spectators) typically present, ranging from minor cuts, abrasions, sprains and strains, to concussions and fractures.

"Our students had the opportunity to evaluate and manage many cases involving care for athletes -- many of whom had their first chiropractic experience at this event; many were regular chiropractic patients who needed additional care; and many were Sea Otter regulars returning for care from our Sports Council," said Dr. Feinberg.

Dr. Mehdi Moossavi has been a clinician at every SOC event for the 11 years Palmer has been involved. "Dr. Moossavi, in particular, provides the primary consistency at Sea Otter," said Dr. Feinberg.

"This consistency is valuable for the athlete who needs management for several days, as well as in the maintenance of interprofessional relationships with the firefighters, paramedics, and ski patrol who work alongside us each year."

Another source of continuity and consistency comes in the form of the event's primary medical director, which for each of the past seven years has been a former West Campus sports council president: Dr. Michael Lord, from 2010 to 2013, and Dr. Goldi Jacques Maynes for the Sea Otter events from 2007-2009.

The medical coordinator is responsible for oversight and direction of the multiple health care providers (EMTs, police, fire, wilderness rescue, etc.) who comprise the collective team that is involved with managing minor-to-major care for the thousands of athletes who participate in an everchanging event that covers not only the immediate area of the spacious Mazda Laguna Seca Raceway, but also outlying areas on the perimeter of the park.

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"Having the Sports Council run both of the medical tents at the SOC provides an incredible resource, and the athletes, as well as the spectators, are lucky to have this level of sports medicine available," said Dr. Lord.







Top:

Dr. Mehdi Moosavi with a Palmer West Sports Council Student.

Bottom two:

Dr. Ed Feinberg with Palmer West Sports Council Students "I don't know of many events that offer the level of care provided at the Sea Otter. Assisting with first-responder care on course at the events helps to offload a lot of volume from the fire, paramedic and ambulance crews, which keeps them free to respond to the more severe trauma that needs transport to the hospital. All of the different medical teams have built a great deal of trust and mutual respect over the ten-plus years of the West Sports Council's involvement and we are all more effective as a cohesive team – which is a fun and impressive thing to watch!"

"The Sea Otter Classic provides a great opportunity for me and fellow students – who will become my colleagues in practice -- to see the future of the chiropractic profession," said Nichelle Francavilla, West Sports Council president.

"The students at this year's Sea Otter event showed me they are not only going to be great doctors, but more important, that they are able to work as a team. The students that work at the Sea Otter event gain so much experience in on-field exams and diagnosis, which gives them advanced experience in the field of sports chiropractic before they graduate."



ACA SPORTS SYMPOSIUM 2013

New York / New Jersey Metropolitan Area Friday Sept. 27th - Sunday Sept. 29th, 2013

@ Meadowlands Sheraton Hotel







PROGRAM HOURS

Friday, Sept. 27th: 12:00PM—6:30 PM Saturday, Sept. 28th: 8:00AM—6:00 PM Sunday, Sept. 29th: 8:00AM—12:00 PM

credit (CE) is provided by:

Continuing Education

CONTINUING EDUCATION UNITS

Chiropractors:

16 Hours of CEUs will be available and based on proof of attendance. The following states are considered "Pre-approved" (no CE applications processed): CO, CT, DE, GA, ID, IL, IN, IA, MI, MS, MT, ND, NE, NM, OH, OR, RI, SC, UT, VT, VA, WA and Washington DC. Continuing education credit has also been applied for in select states including: CA, MD, MO, NC, NH, NJ, NY and PA.

Athletic Trainers:

New York Chiropractic College is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a max of 16 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity. BOATC Approved Provider #: P2441

License Renewal:

While applications relating to credit hours for license renewal in selected states have been executed for these programs, it remains attendees' responsibility to contact the state board(s) from whom they seek continuing education credits for purposes of ensuring said board(s) approve both venue and content as they relate to any seminar/course/lecture/webinar/online presentation (event). Neither a speaker's or exhibitor's presence at said event, nor product mention or display, shall in any way constitute NYCC endorsement. NYCC's role is strictly limited to processing, submitting, and archiving program documents on behalf of course sponsors. For information regarding these applications, please contact New York Chiropractic College's Continuing Education Department: 1-800-434-3955.

This year's symposium will offer 17 hours of lectures, hands-on and on the field learning while giving the opportunity to obtain the only internationally recognized sports chiropractic certification, the ICCSP, International Certified Chiropractic Sports Practitioner, (formerly the ICSSD) in conjunction with the International Federation of Sports Chiropractic (FICS).

Note-There are no fees or CEU requirements to maintain the ICCSP designation.

REGISTRATION	* RATES
Council Member	\$375
Non-Member	\$425
Faculty (Full-Time)	\$275
CA/Staff	\$150
Student Member	\$95
Stud. Non-Member	\$150
Athletic Trainers	\$425

* Early Bird rates end 8/16/13. After this date, add \$50. On-site registration, add \$100. Member Annual General Meeting Luncheon cost as well as CEU costs are included in registration rate.

CANCELLATION POLICY: Cancellations must be in writing and faxed to (541) 482-4203. A \$50 cancellation for will apply for cancellations prior to August 1, 2013. Fifty percent of the registration will be refunded (after the fee is assessed) for cancellations between August 1st & September 1st. No refunds will be given after September 1, 2013. Every attempt is made to offer this program as announced. The ACASC reserves the right to adjust program faculty, breation, dates, times and/or tailion to accommodate unanticipated occurrences, to limit seating, or to cancel due to insufficient enrollment. The ACASC is not responsible for any expenses incurred by registrants due to program adjustments or cancellation. Only those who are pre-registered can be notified in the event of changes.

SPORTS CHIROPRACTIC HALL OF FAME BANQUET: Saturday evening at our host hotel, the Sheraton Meadowlands Hotel. The cost will be \$100 in addition to your registration fee. Please join us for this exciting black tie optional event. There have only been eight inducted into the Hall of Fame since Earl Painter, the trainer/chiropractor for Babe Ruth and the Yankees. Further details TBA.

4th ANNUAL DR. TOM HYDE POSTER PRESENTATIONS: Contest is open to current chiropractic college student ACASC members attending United States or Canadian schools. Each Chiropractic college may select up to two representatives with one presentation each. Commemorative awards and scholarships will be given to the top 5 vote getters. For more details, contact Dr. Russ Ebbets: rebbets@bridgeport.edu or visit www.ACASC.org.

HOST HOTEL: Sheraton Meadowlands Hotel, Meadowlands Plaza • East Rutherford, NJ 07073 • (201)-896-0500 • www.sheraton.com/meadowlands. Group Rate: S149/night (plus tax/fees) valid until 8/16/13. The Sheraton Meadowlands Hotel is 20 minutes from the Newark Liberty Airport & provides a fitness center, indoor pool, sauna, Jacuzzi, high speed internet access & a spectacular views of New York City. Please use the following website to book your hotel: https://www.starwoodmeeting.com/StarGroupsWeb/res7id=1303158131&key=7D355.

TRAVEL ARRANGEMENTS: For assistance with booking travel to East Rutherford, the ACASC is using Lancaster Travel. Please call Silvana at (716) 685-5752 or email lancasteriravel@aol.com to her attention for all your travel needs.

SHUTTLE INFORMATION: The Sheraton Hotel offers easy and affordable access into Manhattan via train, bus, or car—and provides quick and free service to Secaucus Rail servicing Penn Station and Newark Liberty Airport. Round-trip train service into NYC is just \$8/guest and \$25/guest to Newark Liberty Airport.

ATTRACTIONS: During your stay, be sure to consider visiting New York City and all of its attractions: Time Square, the Statue of Liberty, the Empire State Building, Wall St., Broadway, Central Park, the 9/11 Memorial, Reckefeller Center, Yankee Stadium, restaurants and shops, all only 8 miles away. Other nearby attractions in New Jersey include MetLife Stadium, the IZOD Center, NJ Redbulls Soccer Team, the Meadowlands Race Track and Liberty State Park.

For questions or more information, please contact: Dr. Bill Bonsall, 2nd Vice President: (908) 410-9228, Email: vicepres2@acasc.org

ENROLL | ENGAGE | EMERGE

