

Winter 2013

SPORTS TALK

Journal of the ACA Sport Council



Newest inductee into the Sports Chiropractic Hall of Fame, Dr. Robin Hunter, pictured with previous honorees, Dr. Phil Santiago, Dr. John Danchik and Dr. Tom Hyde (Photo submitted by Dr. Tom Hyde)

2013 ACASC ANNUAL SYMPOSIUM

Includes Hall of Fame Induction and International Certification

Nearly 20 years after the East Rutherford, Sheraton Hotel played host to the first ever Diplomate Course, the American Chiropractic Association Sports Council (ACASC) hosted its annual Symposium and General Membership Meeting in the very same location the weekend of September 27-29, 2013.

This year's event was unique in that it featured the induction of the newest Doctor into the Sports Chiropractic Hall of Fame. There have only been nine doctors bestowed with this high honor since the first, Dr. Earl Painter, the trainer/chiropractor for Babe Ruth and the New York Yankees. Also unique to this



By: Dr. Julie Scarano

2013 ACASC



Top: Dr. John Danchik, announces the Hall of Fame Inductee, Dr. Robin Hunter (Photo submitted by Dr. Tom Hyde)

Middle: The 2013 ACASC Executive Committee Members (Photo submitted by Dr. Shane Espinoza)

Bottom: Sports Chiropractic Hall of Fame Trophies (Photo submitted by Dr. Tom Hyde)

symposium was the option for CCSPs and DACBSPs 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). The ICCSP is a requirement for those doctors who wish to work events at an international level appropriating this year's tag line, "*If you can make it here, you can take it anywhere...*"

Over the course of the weekend, there were 17 hours of lectures, hands-on and on-the-field learning with distinguished lecturers including:

Dr. Philip Santiago: *International Sensitivity in Sport*
 Dr. Tim Stark: *Acute Management, Risks On and Off the Field*
 Dr. Tom Michaud: *The Biomechanics of Walking & Running with Implications for the Management of Running-Related Injuries*
 Gary Reinl: *Advances in Muscle Recovery*
 Dr. Ed Feinberg: *Concussion Updates*
 Dr. Ira Shapiro, Dr. Len Ershow, Dr. Ranier Pavlicek and Dr. Vic Dolan: *On the Field Injury Management*
 Dr. Robert Silverman: *Nutritional Considerations for Optimal Performance in the Female Athlete*
 Dr. Jennifer Illes: *Can Mouth Guards Boost Sports Performance?*
 Dr. Greg Doerr: *FAKTR/Functional Taping*
 Dr. Kevin D. Jardine: *Shoulder Specific Rehabilitation Utilizing Therapeutic Exercises and Taping*
 Dr. Rob DeStefano: *Facilitated Active Stretch Technique*
 Dr. Perry Nickelston: *Fascial Functional Taping*
 Harlan Pyes: *Introduction to Radial Shock Wave Therapy*

Additionally, Dr. John Danchik hosted an interactive roundtable discussion in which renowned DCs including Dr. Robin Hunter, Dr. Ira Shapiro, Dr. Sheila Wilson, Dr. Josh Glass, Dr. Eric Nelson and Dr. Greg Doerr discussed, *How to Stand out as a Leading Sports Chiropractor in Today's Challenging Environment*. **Continued on page 14**



Panel discussion hosted by Dr. John Danchik (Photo submitted by Dr. Tim Ray)

Presidents Message



I hope this edition of Sports Talk finds everyone enjoying the Holiday season with family and friends.

We are very excited to announce that our 2014 Symposium is scheduled for October 2-4 at the Embassy Suites in

Portland, Oregon. Please "Save the Date"!! We have many surprises for you at this year's Symposium. Without revealing too much, just a hint that we have scheduled this Symposium purposely to coincide with the Portland Marathon. This will be an amazing weekend not to be missed. Watch for more details soon and be sure to save this weekend to Enroll, Engage, and Emerge.

We are also very pleased to announce that we are close to finalizing our involvement with the Special Olympics. Please take a moment to view this inspiring video card. <http://www.specialolympics.org/holidaycard/> This partnership will be a wonderful way for our membership to give back to their communities, while helping an extremely under served population to receive proper health and fitness screenings. Again, more details to follow as we firm up our agreement.

On behalf of the entire ACASC Executive Committee, please accept our sincerest wishes for a healthy and prosperous 2014. We look forward to continuing to serve you through out the coming year!

Respectfully,

Sherri LaShomb, DC, CCSP, ATC, ICCSP
President, ACASC

SAVE THE DATE

2014 ACASC SPORTS SYMPOSIUM

OCTOBER 2-4 EMBASSY SUITES PORTLAND, OREGON

Dr. Ted Forcum Elected to JCSMS Board

Past ACASC President Dr. Ted Forcum has been elected to the Board of the Joint Commission on Sports Medicine and Science. Dr. Forcum will be the first chiropractor ever elected to this multidisciplinary board. The purpose of the Joint Commission is to serve as a convener and as a catalyst for cooperative ventures. The Joint Commission accomplishes its purpose, in part, by convening an annual forum, where representatives from the societies come together to share what they are doing and learn what others are doing and debate those issues that will affect the future of the sports medicine profession.

For more information about the JCSMS a brief history and background is available [here.](#)

34th

AMERICA'S CUP



Crewed by 11, the AC72 catamaran is a lightweight speedster that measures in at 72 feet long by 46 feet wide and weighs 13,000 pounds. The AC72 is powered by a wing sail that stands 131 feet tall and covers 2,798 square feet in area.

Nearly 3 months ago I was lucky enough to be a part of Oracle Team USA (OTUSA) as they won the 34th Americas Cup. I have been asked "what it was like," and the only answer I have been able to give has been:

I don't think I'll have perspective on this for a while!

By: Michael Lord, DC, CCSP



When the windspeed hits 18 knots, the AC72 sails at 35 knots (40 mph), and have been clocked at over 50mph. A dynamic feature of the AC72 is its ability to hydrofoil. The carbon fiber hydrofoils, about the size of a surf board, are built to withstand upwards of 15 tons.



OTUSA walking out to the dock-out show before racing

“This regatta has changed sailing forever.” - Larry Ellison

I don't think you can condense the experience into a short answer, let alone an article. The sports medicine and performance team was. The individuals, the effort and results we achieved were amazing.

The 34th AC was filled with drama, speculation, legal battles, and some of the most exciting sailing ever seen. These things are nothing new to the AC, as they are as much about technology innovation as they are about sailing, which is what makes them so exciting. We get to see the best sailors sailing the fastest boats. But this AC format and boat was the most physically demanding in AC history.

The sailors were burning between 6-9,000 calories a day training and sailing, and during a 30 minute race their heart rates were averaging 85-95% maximum capacity.

I have worked in multi-disciplinary settings in the past, but I cannot put into words how unique this

They were burning 6-9,000 calories per day

The sports medicine and performance team started to take shape nearly 2 years prior to the actual event. The team gradually grew in numbers as we got closer to the event but eventually included 7 core members. Two strength and condition coaches, two chiropractors, one primary care physician, one exercise physiologist, and one massage therapist. My brother Dr. Daniel Lord and I being the two chiropractors. Daniel was the first addition to the team after they hired their head trainer. Daniel had already been taking care of the sailors who had arrived in San Francisco earlier in the campaign.



Drs Daniel and Michael Lord, sailors Joe Spooner and Simon Daubney



Dr. Daniel Lord and sailor Shannon Falcone



Drs Michael Lord and Arnold Lee on the water pre-race

Pictured right: SM&P Team

Jodi Mainwaring - Massage

Arnold Lee - Medical Doctor

Craig McFarlane - Head Trainer

Larry Ellison - Owner OTUSA

Daniel Lord - Chiropractor

Michael Lord - Chiropractor

Ryan West - Exercise Physiology

Not pictured Brent Humphrys - Trainer

That position did not come easily as Daniel had to gain the trust of the head trainer. His background had been professional rugby, most recently in England, and did not have a high regard for chiropractic. However he was open minded and took the time to learn and experience what Daniel was doing with the sailors.

We "inherited" a number injuries as most of the sailors were joining the team directly after finishing extremely demanding competitions such as The Volvo Ocean Race and Olympic campaigns. In truth most of the sailors finished this Americas Cup healthier and in better physical shape than when they began. That is directly a result of the amazing team I was able

to work with, as this AC was undoubtedly the most physically demanding and longest in history.

This AC was different than any in previous history. Larry Ellison (Owner of of OTUSA) and Russell Coutts (OTUSA CEO) set out to change the AC and make the sailing more exciting and appeal to a larger audience by making it more extreme.

"This was the most magnificent spectacle on the water," Ellison said. "These 40-plus knot catamarans are amazing. By going to catamarans we tried to make sailing a bit more extreme, friendlier for the viewing audience. A lot of people weren't interested in sailing, and now they are. Continued on page 8





Disc Extrusion Treatment Outcomes: 3 Cases

Nichelle Francavilla Gurule, B.S., CSCS

Physical Medicine and Rehabilitation Department, Walter Reed National Military Medical Center

INTRODUCTION

Lumbar disc extrusions are a common health problem, which can lead to low back pain and radicular symptoms. The disc injury and its inflammatory response are thought to be one of the causes of pain.

Standard Medical Treatments:

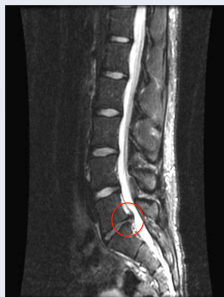
- Anti-Inflammatory Medications-reduce the inflammatory process
- Epidural Steroid Injection-direct access to reduce the inflammatory process
- Surgery

Conservative Treatments:

- Chiropractic Care-maintain motion
- Avoid provocative movements-specifically spinal flexion
- Core Exercises-stabilize the low back
- Extension Exercises
- Anti-Inflammatory Diet-reduce inflammation naturally

This case series contrasts the management approach of 3 different treatment methods for lumbar disc extrusion.

Patient A: Standard Medical Treatment - Unchanged



Pre-Treatment MRI



Post-Treatment MRI

Patient B: Spinal Flexion-Based Physical Therapy Treatment - Worsened



Pre-Treatment MRI



Post-Treatment MRI

Patient C: Conservative Treatment - Improved



Pre-Treatment MRI



Post-Treatment MRI

RESULTS

All 3 patients demonstrated significantly different outcomes:

Patient A:

Standard Medical Treatment - Unchanged

- Patient received an anti-inflammatory prescription and epidural steroid injection
- Herniation size remained unchanged from the initial injury as seen in the follow up MRI 11 months post injury
- Full function was not returned a year later

Patient B:

Spinal Flexion-Based Physical Therapy Treatment - Worsened

- Patient received an anti-inflammatory prescription and physical therapy that encouraged provocative spinal flexion movements
- Herniation size drastically worsened within 10 months causing significant neurological deficits requiring surgery
- Full function was not returned and permanent nerve damage occurred

Patient C:

Conservative Treatment - Improved

- Patient received Chiropractic care, limited anti-inflammatory medication usage, avoided provocative movements (specifically spinal flexion), prescribed extension and core exercises
- Herniation resorbed 6 months later
- Full function returned

CONCLUSION

Patients with a disc herniation need to be managed on a case-by-case basis. The purpose of the case series is to present how the natural inflammatory process contributes to disc resorption. No definite conclusion can be made from case studies, but the value of conservative treatment should be further assessed to see if this may be the best treatment to allow for full function, reduced pain levels, and disc resorption.

DISCUSSION

The natural immune response to a disc extrusion is to initiate an inflammatory process¹. The nucleus pulposus is identified as "foreign material" bringing macrophages with the protein matrix metalloproteinase 3 to infiltrate the disc³. The metalloproteinase 3 remodels the proteoglycan aggregate through cleavage of the cartilage³. The bigger the size of the herniation has shown a greater ability for disc resorption^{1,2}. This has been theorized to be due to a greater inflammatory response.

The case series demonstrates standard medical management led to disc material remaining in the spinal canal space, narrowing the canal. This may result in problems later on as there is always the potential for other space occupying lesions to occur in the canal such as stenosis, lipomatosis, facet hypertrophy, and more. The ability to maintain the maximum space in the canal should be achieved whenever possible.

The conservative method led to a near complete disc resorption, suggesting that by allowing the natural inflammatory response to occur without suppression from anti-inflammatory methods, the disc extrusion may resorb².

It should be recognized that the inflammatory process can occur in excess and herniation size may be too great to allow for conservative methods. In the case of any nerve damage or signs of red flags the aggressive methods may be the treatment choice to prevent further injury.

The handout from the 4th Annual Dr. Thomas Hyde Student Poster Contest winner Nichelle Francavilla

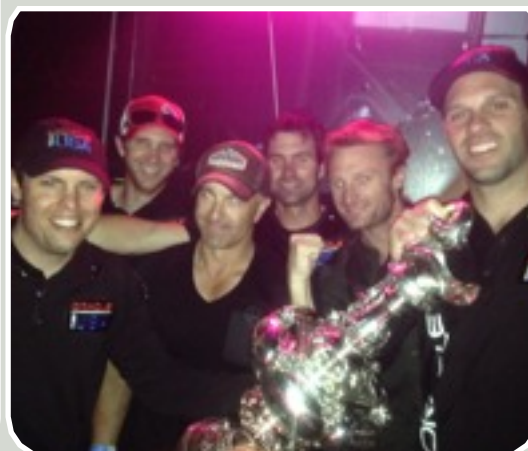
THE OLDEST TROPHY IN SPORT



The **America's Cup**, affectionately known as the "Auld Mug," is the oldest international sporting trophy.

Left: Drs Daniel and Michael Lord.

Below: Part of the SM&P Team



Continued from page 6

"This regatta has changed sailing forever. More people watched the first race of this America's Cup than all of the America's Cups in history, so I think it's a success," Ellison said.

For those not familiar with the 34th AC it has been called "the greatest comeback in sports history" by many. Teetering on the brink of defeat at match point for seven straight races, OTUSA climbed back from 8-1. Winning 7 straight races over 5 days. OTUSA brought the best AC to an 8-8 tie with one race to decide it all.

The slow building wave of momentum was an unbelievable feeling. Day in and day out the 100 plus members of OTUSA came in with one central focus, just win the next race, everyone pitching in and doing everything possible to turn the tides.

AC 34 was
the longest AC
in history

After every win you could feel the confidence growing. The team would gather in the lunchroom to watch the post race press conferences, you could probably write a text book about sports psychology watching OTUSA Skipper Jimmy Spithill's never wavering confidence.

Now that the AC had pressed on 3 days longer than scheduled due to wind delays, we were all running on pure adrenaline, most of us had worked every day in September (or more), it was finally the last day of racing.

One race, winner takes all!



The whole sports medicine and performance team gathered together to watch the final race as a collective nervous wreck. I think our heart rates may have been 85-95% maximum capacity, especially after a near catastrophic nose dive rounding the first mark of the race. But our near impossible comeback was to be complete and as OTUSA crossed the finish line AC champions. Emotions ran wild and the celebration began.

The experience was nothing short of amazing and I have to say being able to share that with my brother may have been the best part.

Inter-Association Recommendations in Developing a Plan for Recognition and Referral of Student- Athletes with Psychological Concerns at the Collegiate Level: A Consensus Statement

This statement was written for the National Athletic Trainers' Association by:

Timothy L. Neal, MS, ATC; Alex B. Diamond, D.O.; MPH, Scott Goldman, Ph.D.; David Klossner, Ph.D., LAT; Eric D. Morse, M.D., DFAPA; David Pajak, MBA, DRM, ARM; Margot Putukian, M.D., FACSM; Eric F. Quandt, JD; John P. Sullivan, Psy.D.; Cory Wallack, Ph.D., and Victor Welzant, Psy.D., contributed to the conception and design, acquisition and analysis, interpretation of the data, drafting, critical revision, and final approval of the manuscript.

Inter-Association Recommendations in Developing a Plan for Recognition and Referral of Student- Athletes with Psychological Concerns at the Collegiate Level: A Consensus Statement

Objective: To present athletic trainers with recommendations on developing a plan for recognizing and referring student-athletes at the intercollegiate setting with psychological concerns for an evaluation and/or treatment by mental health care professionals, considerations in developing this plan in collaboration with athletic department and institutional administration, as well as campus and local mental health care professionals.

Background: There are growing concerns of the prevalence and understanding of mental illness in young adults in the United States. Participation in intercollegiate athletics doesn't offer the student-athlete immunity from this fact, and in some circumstances, participation in athletics may trigger or exacerbate a present psychological concern. With the continuing rise of mental illness in the demographics found in student-athletes, the lack of education and appreciation on this growing prevalence of psychological concerns in student-athletes by athletic

trainers, university coaches and administrators, and the growing probability of mental health incidents that may violate an athletic department or university code of conduct policy, athletic trainers, collaborating with athletic department and university administration, should consider developing a plan to identify and address psychological concerns in student-athletes.

Recommendations: Recommendations are provided to assist the athletic trainer, in collaboration with athletic department and institutional administration, in developing a plan to address psychological concerns in intercollegiate student-athletes. The recommendations set out to educate athletic trainers, coaches, and administrators on the prevalence of mental illness in college-age adults, provide recommendations on recognizing potential psychological concerns in

student-athletes, offer recommendations in developing an effective mental health care referral system to send student-athletes for an evaluation and care by credentialed mental health care professionals, risk management and legal considerations in developing a plan, and considerations on how to initiate and develop a plan in collaboration with athletic and institutional administrations. The athletic trainer's role in this plan is not to provide psychological care directly to the student-athlete because this care is outside the scope of practice for the certified athletic trainer (unless the certified athletic trainer has a dual credential as a mental health care provider). This Consensus Statement provides a plan for the certified athletic trainer to utilize in collaboration with their respective athletic department and institution to facilitate psychological care for the student-athlete by recognizing potential psychological concerns, providing a plan of education, and developing a referral system to mental health care professionals. This Consensus Statement provides recommendations for consideration and is not intended to establish legal standards or rigid requirements that must be followed in all cases. There are significant differences in resources that may be available to the athletic trainer or athletic department at any particular institution, and those resources need to be considered when developing a recognition and referral plan for student-athletes with psychological concerns.

Marc Pro Affinity Contract 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. 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.

Watch Dr. Nick DiNubile discuss the Marc Pro [here](#).

Parker Regains Chiro Games Championship

By: Steve Weller, Athletic Director Parker University

No, it's not Ohio State verses Michigan, or even Texas against Texas A&M, but the rivalry between Parker University and Life University is the hottest match-up in the Chiropractic world. Last year, at the Chiro Games in Cocoa Beach, Florida, Life put an end to Parker's hopes of a third consecutive overall team championship in the 12-sport event. So Parker responded by stealing Life's Provost in December when the board of trustees named Brian McAulay the President of Parker University. So naturally, before the November 2-3 Chiro Games, Parker students adopted the theme "President McAulay isn't the only thing going from Life to Parker this year." And the Patriots didn't disappoint, winning the 22nd Annual Chiro Games 56-52 over Life and bringing back the game's traveling trophy. Logan College collected third place honors with 42 points, while New York (34), Palmer-Iowa (20), Palmer-Florida (16), Canadian Memorial (14) and Los Angeles CC (6) topped the 13-school field.



Parker's march to its record-breaking 12th title was highlighted by four championship performances. Men's basketball got the parade to the awards stand going with a title over Palmer-Florida. The Patriots kept the momentum going when they topped Life for the gold medal in flag football. The Parker tennis team then grabbed its first championship since 2010 with a victory over Palmer-Florida and in the most dominating performance of the games, the Parker swim team cruised past New York for the team championship. Parker also picked up silver medals in women's basketball and softball, and a bronze in running.

The championship also marked Parker's seventh title in the past nine years and extended the Patriots streak to 13 years of finishing among the top three teams.

The championship for Parker also proved it is not how many teams and athletes you have, but who you have. Life made the drive down from the Atlanta area with a record 18 teams and 180 students, while Palmer-Florida and Logan each entered 15 teams. New York and Canadian Memorial weren't far behind, entering 12 teams. But Parker's 11 teams and 89 student-athletes proved to be enough in an event that attracted more than 900 students to the Space Coast of Florida. Parker also fielded teams in golf, men's soccer, women's soccer and beach volleyball.

SCUHS Sports Medicine Residency Opening

The Sports Medicine Clinical Division offers a two-year, full-time residency program. The Sports Medicine Residency at Southern California University of Health Sciences is a two-year concentrated experience in clinical and academic sports medicine. Its mission is to provide a superior quality learning experience in the field of primary care sports medicine. Residents follow a comprehensive syllabus, which provides for a variety of learning formats. Residents participate in a wide array of exciting real-world sports settings including working with both high school and world class athletes. Residents are selected on a competitive basis and openings are limited. The resident receives an annual stipend and health benefits. Upon completion of this program, a doctor of chiropractic is eligible to sit for the diplomate examination of the American Chiropractic Board of Sports Physicians (ACBSP).

Highlights

- Two-year, full-time appointments
- Stipend and full benefits
- Leads to eligibility to sit for specialty experience exam
- Excellent teaching and learning experience
- Off-campus rotations throughout Southern California

More information

Please contact Dr. Nathan Campbell, Director of Sports Medicine

NathanCampbell@scuhs.edu

ACASC MEMBERSHIP DRIVE

As the membership of our association grows, so does our strength. With increase membership we reach a larger audience, have a larger impact and a louder voice. The ACA Sports Council will continue to run 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.

Chiropractic Sports Network

The ACASC is looking to complete its Chiropractic Sports Network list. If you or someone you know is interested in becoming a state coordinator in their state please contact [Dr. Kelly Lange](#).

As an incentive to encourage the continued growth of our Chiropractic Sports Network we are rewarding current members who recruit a new member in states that currently have no members, if that new member would also like to be the state coordinator for that state, the referring doctor will get an ACASC polo shirt.

The bolded states have no current member in that state.

Alabama
Arkansas
Connecticut
Delaware*
Hawaii*
Idaho*
Kansas
Kentucky

Maine
Maryland
Michigan
Mississippi*
Montana
Nevada
New Mexico
North Dakota

Ohio
Pennsylvania
South Carolina*
Tennessee
Texas
Vermont
West Virginia

Developing the Healthy Youth Athlete:SM

The Public Health Challenge and Opportunity

February 11-12, 2014

Sports Performance Conference Series

*Disney's Coronado Springs Resort and ESPN
Wide World of Sports Complex*

Lake Buena Vista, Florida

Joint Commission on Sports Medicine and
Science brings you this conference hosted by:

*American College of Sports Medicine
ESPN Wide World of Sports
The Aspen Institute's Sports and Society Program
National Council of Youth Sports*

[Click Here for More Information and Registration](#)

This conference blends research and science with real-life examples and community best practices to update your understanding of the hot topics in youth athletics. Let's harness the power of youth sports as one solution to society's physical inactivity epidemic. And, through interactive sessions and conversations with your peers, develop creative solutions and unique strategies that will help shape the future of youth sports in communities across America.

Continued form page 2

Doctors and students in attendance were invited to visit the multiple vendors that made the journey to New Jersey to be present at the exposition. Support from vendors is instrumental to the growth of the organization and crucial in pulling together events such as the annual symposium. The ACASC would like to extend a special thank you to this year's Presidential sponsors including Performance Health and Rock Tape.

A remarkable 77 students attended this year's symposium, several of which participated in the 4th Annual Research Symposium dedicated in honor of Dr. Thomas Hyde. The contest, administered by Dr. Russ Ebbets of the University of Bridgeport College of Chiropractic, is designed to promote research and study by students in the field of sports chiropractic.

This year there were 12 poster presentations from 8 different colleges. The winners included:

2nd Prize: 3rd Prize: 4th Prize: 5th Prize:



DC Student Poster Presenters pictured with Dr. Russ Ebbets (Back row, left) and Dr. Tom Hyde (Back row, 2nd from right) (Photo submitted by Dr. Birger Bastrup)

1st Prize: Nichelle Francavilla, Palmer West: *Disc Herniation in Navy Football Players*

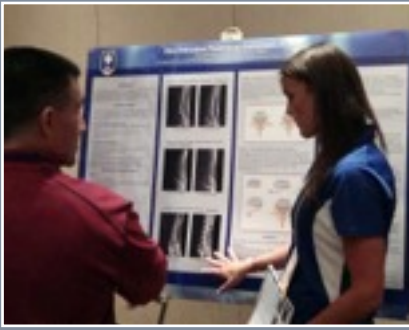
Amin Javid, U of Bridgeport - *The Art of Injury - Closed Kinetic Chain*

Ben Ramos, Western States: *Elbow Injuries in MMA*

Mike Nelson, Palmer Florida: *Hamstring Rehabilitation Strategies*

Marigot Vreeland, U of Bridgeport - *Phantom Limb Syndrome*

Additional prizes were provided by Dr. Tom Hyde and Dr. Greg Doerr/FAKTR, Dr. Peter Gorman/Microgate and the ACA Sports Council and were awarded to poster contestants Jaron Banks from Logan, John Lavere from National, FL and Angela Walhovd from Palmer, IA.



Palmer West Chiropractic Student Nichelle Francavilla presents her winning poster to Dr. Shane Espinoza (Photo submitted by Dr. Tim Ray)



Dr. Carson Mui sharing his experience working the finish line medical tent at the Boston Marathon bombing

At this year's luncheon, Dr. Kelly Lange, 1st VP of the ACASC announced that to date council membership includes 285 members and 77 students, up 7% from last year. She also revealed that the council will continue its Membership Drive this year challenging each member present to bring someone new with them next year. Referral incentives include a free 1 year membership for every three referrals made before the early bird registration deadline for the 2014 Symposium and a free symposium registration for every 6 referrals. States still in need of representation within the Sports Council include: AL, AR, DE, HI, ID, MD, ME, MI, MS, KA, KY, MT, NV, NM, TX, NC, ND, OH, PA, WV. If you can recruit a member from a state without representation, you will receive an ACASC polo.

As Student Sports Council Faculty Liaison, Dr. Ed Feinberg commended the growth of the Student Sports Council both in the number of chiropractic colleges/faculty involved as well as the number of student members and students present at the student program this year. He also divulged to the group the deliverance of the updated concussion statements to all of the college presidents through the Association of Chiropractic Colleges (ACC).

Nichelle Francavilla, the ACASC Student President, presented on behalf of the Student Councils reporting on this year's successful creation of operation manuals for both the College Sports Councils as well as the ACASC Student Exco. She also noted the continued development of the Mentorship Program organized to help connect practicing DCs with students nearing graduation in the location they are looking to practice. Doctors interested in becoming a part of this program should look for more information to come at: www.ACASC.org.



In that same regard, Dr. Len Ershow, ACASC Treasurer, reported that last spring the New Jersey Chiropractic Board of Examiners unanimously approved the ability for Chiropractic Physicians, who are appropriately trained, to diagnose, assess and prescribe return to play following his submission on behalf of the ACASC.

Dr. Ira Shapiro instructs Docs with cervical spine stabilization and back boarding (Photo submitted by Dr. Julie Scarano)

The guest speaker for the afternoon was Dr. Karson Mui of West Newton, MA. Dr. Mui, a graduate of Palmer College of Chiropractic Florida, was a 2nd year volunteer in the main medical tent of the Boston Marathon on April 15th, 2013, approximately 100 yards from the finish line. With a heavy heart, Dr. Mui shared his experience throughout the bombing that took place on this tragic day. He was sequestered into trauma 3 and immediately began dressing trauma wounds with whatever gauze pads, bandages and Bacitracin he had available to him for dealing with blisters and other common running injuries. Dr. Mui praised his training as a sports physician which helped him to make a difference that day, "Thank God I had training....my CCSP." He also thanked his many chiropractic colleagues that helped to support him during the difficult days following the event, "If it weren't for the support of you all, I wouldn't be here." A hero and inspiration to the Sports Council, Dr. Mui was presented with a Distinguished Service Award for his dedicated service to the sports chiropractic profession.

A Distinguished Service Award was also given to Dr. Noah Edvalson very appropriately via video messaging for his on-going efforts to help the Sports Council with renovations to the website and various other IT challenges that present throughout the year.

Dr. Philip Santiago and Dr. Ted Forcum admitted Dr. Bill Bonsal, current 2nd VP of the ACASC, and Dr. Sheila Wilson, President of

FICS, as Fellows of the International College of Chiropractic (FICC). According to Dr. Santiago, "These individuals have excelled in our profession, but also helped to raise our profession to a higher level."

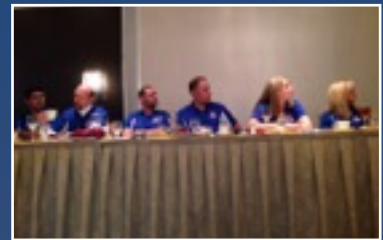
Also at this year's luncheon, Dr. Josh H. Glass was bestowed with the ACASC's highest annual honor, the 2013 Sports Chiropractor of the Year. Dr. Glass, a second-generation sports chiropractor following in the footsteps of his father, Dr. Hank R. Glass, is a graduate of Life Chiropractic College and currently still resides and practices in Georgia. Past 1st Vice President of the ACASC, Dr. Glass has been working with athletes of all levels from the beginner to the professional and Olympian for over 10 years. A well deserving candidate for this award, he has also served on the USA Medical Team at the 2012 London Olympics and has worked with the USA Track and Field Medical Team since 2004 to name merely a few of his impressive endeavors.

Elections were not held at the luncheon this year as each Board Member ran unopposed. Past President Dr. Guillermo Bermudez welcomed the returning Board for this upcoming year:

President – Dr. Sherri Lashomb
 1st VP – Dr. Kelly Lange
 2nd VP – Dr. Bill Bonsal
 Secretary – Dr. Michael Lord
 Treasurer – Dr. Len Ershow



ACASC President, Dr. Sherri LaShomb presents Dr. Karson Mui, Chiropractor at the 2013 Boston Marathon, with the Distinguished Service Award (Photo submitted by Dr. Tom Hyde)



ACASC ExCo listening to Dr. Karson Mui



Dr. Phil Santiago, Dr. Frank Nichi, Dr. Julie Scarano, Dr. Michael Mestan



Christina Davis and David Chapman-Smith from FICS



Drs Sherri LaShomb, Bill Bonsall, Sheila Wilson



Drs Jan Corwin, John Danchik, Tom Hyde, Rob Monokian,



ACASC Hall of Fame Awards

On Saturday Evening, the ACA Sport Council's Executive Committee welcomed members to attend the first Hall of Fame banquet to take place since Dr. Philip Santiago was inducted in 2005. This prestigious award is not easily obtained and is considered the pinnacle of a chiropractor's career. To be considered for this award, the honoree is first discussed amongst the existing members of the Hall of Fame. Once their decision is made to nominate a member, the doctor's name is then presented to the Executive Committee for deliberation and a vote. According to ACASC President Dr. Sherri LaShomb, "Selection of this nominee was an easy decision."

On stage to present this highest honor were three of the four living Hall of Fame members, Dr. John Danchik, Dr. Tom Hyde and Dr. Philip Santiago, each welcoming their dear friend, Dr. Robin A. Hunter to join them on stage and into the club.

Dr. Hunter is a 1975 graduate from Montclair State University, NJ and a 1986 graduate of Logan College of Chiropractic. She is a clinical assistant professor with the Ohio State University College of Medicine and chiropractor with OSU Sports Medicine and Rehabilitation, Performing Arts Medicine Program and a clinical associate professor at the Ohio University Heritage College of Osteopathic Medicine.

She was the first chiropractic physician to be appointed to an Olympic Winter Games. She served as a member of US Olympic medical team at the 2002 Winter Olympics held at Salt Lake City, Utah. She also was the first female chiropractor ever to be appointed to an official US Olympic medical team. She was a member of the USOC medical team at the 2001 University World Games in Beijing China. Dr. Hunter has also served as the company sports chiropractor for *BalletMet Columbus* since 1986.

ACASC Current & Past Presidents at HOF Dinner



Drs Guillermo Bermudez, Carl Heigl, John Danchik, Sherri LaShomb, Robin Hunter, Sheila Wilson, Ted Forcum, Jan Corwin, Rob Monokian, Bill Bonsall, kneeling Tom Hyde



DR. ED FEINBERG PRESENTING ON CONCUSSION



Among her other accomplishments, Dr. Hunter has lectured internationally, nationally and locally on a variety of topics in sports chiropractic, sports injuries and physical fitness, healthy lifestyles, kinetic chain assessment and treatment, and dance wellness topics. She is also on the postgraduate faculty of New York Chiropractic College and Logan College of Chiropractic.

Presentations for Dr. Hunter were made by two college presidents, Dr. Frank Nicchi of New York Chiropractic College and Dr. John Scaringe of the Southern California University of Health Sciences. Remarks were also provided by David Chapman Smith, JD, Secretary-General of the World Chiropractic Federation, Past Director of Sports Medicine of the U.S. Olympic Committee, Ed Ryan, and by Dr. Hunter's husband, Dr. Jeffrey Hunter.

When finally given her own opportunity to speak, Dr. Hunter, the first woman to be bestowed this honor, shared stories about the challenges she has faced along

her road to success. In her words, "It's not always easy, but it's about what you learn along the way...Doors open and shut, but you persevere...It's about loving, caring for those who are suffering, and compassion."

Dr. Robin Hunter, the first female to be inducted into the Hall of Fame (Photo submitted by Dr. Tom Hyde)

Following the successful conclusion of the 2013 Symposium, the ACASC Board has revealed the return of the Symposium to Portland, Oregon for 2014 the weekend of October 3rd-5th. Mark your calendars today and please visit the website: www.ACASC.org for more information coming soon regarding this event!