News item

American Chiropractic Board of Sports Physicians Chiropractic Sports Sciences Symposium 2011

The Chiropractic Sports Sciences Symposium 2011, presented by the American Chiropractic Board of Sports Physicians (ACBSP) and sponsored by Southern California University of Health Sciences, was recently held in Boston, MA. More than 240 sports chiropractors gathered for 3 days to hear updates ranging from the latest training techniques to recent advances in myofascial research.

Symposium Chairman Bryan Graham, DC, CCSP, chose strength coach Mike Boyle to open the symposium with “Joint by Joint Approach to Training.” Boyle discussed the kinetic chain and how each joint on the chain provides mobility or stability, moving from the ankle up through the glenohumeral joint. When a joint loses its primary function, the next joint up on the chain will try to compensate. He showed various ways to rehabilitate each joint to restore its primary function. Four presentations of the top 8 abstracts followed Boyle, covering topics from case studies to concussion reporting in ice hockey players.

“Sports Nutrition Research Update 2011,” presented by Doug Anderson, DC, DACBSP, CCN, highlighted studies in nutrition and compared high-intensity training programs. A favorite study found that men actually do perform better with small quantities of beer! The final general session presentation on Friday was “Implementation of Evidence-Based Care Strategies for Low Back Pain in a Community Hospital Setting” by Ian Paskowski, DC. This showed how the spinal clinician must evaluate patients based upon the National Center for Quality Assurance/Back Pain Recognition Program.

Several female sports chiropractors gathered for “Women Chiropractors in the Athletic Arena,” a roundtable discussion moderated by Karen Chaney,

DC, DACBSP. This forum set the stage for a women’s network and mentorship program.

Day 2 opened with “Suspension Training Bodyweight Exercise Principles.” Brian Bettendorf gave an overview of suspension training, the associated science and theories, training movements, and various programming using the TRX Suspension Trainer. After a break with the 28 exhibitors, the breakout sessions began.

Attendees had their choice of 4 different breakout sessions. “Introduction to Fascial Manipulation,” by Warren Hammer, DC, covered findings by Luigi Stecco and the biomechanical model of fascial manipulation. “Suspension Training Bodyweight Exercise Practical Applications” allowed Brian Bettendorf to continue his presentation in a smaller group setting where everyone was given the opportunity to try suspension training and feel the principles that had been highlighted in the large group presentation. Simple corrections to everyone’s forms made by Bettendorf showed how certain muscles can be missed during training. “Coding Therapeutic Modalities in Chiropractic,” by Susan Sanford, PT, LAc, discussed the hows, whens, and whys of modality codes. Implementation, interpretation, and documentation to comply with ‘red flag’ rules clarified usage for many.

The fourth breakout session was scheduled to be “The Shoulder Evaluation & Manipulation,” by Dan McClure, DC, CCSP. Because of a last-minute flight cancellation, McClure was unable to come. Dale Buchberger, MS, PT, DC, DACBSP, stepped in with “The Shoulder in Swimming: An Injury Prevention Workshop,” which covered primary shoulder injuries seen in swimmers and training programs to minimize injury while maximizing performance.

ACBSP President, Robert Nelson, DC, DACBSP, presented the 2011 Annual ACBSP Board Update at the Awards Luncheon, which was sponsored by Palmer College of Chiropractic. He reported on ACBSP board activities through the year. A major issue on which the board has been working involves the medical community's efforts to eliminate the sports chiropractor's legal right to diagnosis, treat, and return-to-play patients with concussion. The ACBSP board is currently working on the formation of a National Concussion Registry to maintain a list of qualified sports chiropractors who have advanced training and continuing education in the field of concussion. The ACBSP board, largely through the efforts of board member Spencer Baron and associate director Jenny Schnell, completed the second Sports Chiropractic brochure. "Expand the Team" is specifically designed to introduce health care practitioners to the field of sports chiropractic. A sample of the new brochure will be mailed out to all active certificants, with the opportunity for ordering a supply. This year also saw a change from printed symposium notes to a flash drive, co-sponsored by DOnline and D.I.S.C. Sports and Spine Center. As always, Dr Nelson encouraged all certificants to volunteer for the various committee opportunities (ie, written and practical examinations, abstract and position paper development). He thanked the current committee members for their hard work and suggested that more certificants get involved. Dr Nelson also emphasized the 2012 Call for Abstracts. "Even though you may have completed your diplomate requirement, abstracts are always welcome and everyone is encouraged to submit abstracts to continue to make our field evidenced-based." The complete 2012 Call for Abstracts can be found in this issue of the *Journal of Chiropractic Medicine*. In addition to the luncheon and flash drive sponsors, Dr Nelson also thanked the 28 exhibitors, reminding everyone to stop and visit with them, as they continue to show their support for the annual symposium. The update closed with the announcement of the 2012 symposium scheduled for Portland, OR.

American Chiropractic Association (ACA) Vice President Keith Overland, DC, CCSP, was a guest speaker at the luncheon. Overland, also a sports chiropractor, spoke about ACA support and how we all must work together to maintain our rights to diagnosis and practice as we choose. He noted that the threats to our existence are still there and, by continuing with good quality education, we can maintain the highest level of patient care.

Dr Robert Nelson presented the awards for best abstracts. From a total of 31 accepted abstracts, the

following were selected: The John N. Nash Award for Best Multi-Disciplinary Abstract was awarded to the team of Brett Guimard, DC, DACBSP, CSCS, MAOM, Lac; William Moreau, DC, DACBSP; and Richard Quincy, MS, PT, ATC, for "Multidisciplinary Management of an Ankle Injury with Persistent Ankle Dysfunction in an Elite Level Track Athlete: A Case Study." The Robert Reed Award for Best Abstract was awarded to the team of Joseph Horrigan, DC, DACBSP; Justin Grasmeyer, DC, CCSP; and Edward Carden, MD, for "A Two Year Retrospective Analysis of the Occurrence Rate of Complex Regional Pain Syndrome in a Chiropractic Sports Medicine Practice." The Leonard Schroeder Award for Best Original Research was awarded to the team of Donald Richardson, DC, DACBSP, CSCS; Brett Guimard, DC, DACBSP, CSCS, MAOM, Lac; Jason Reynolds, DC, CCSP; Kevin Pierce, DC, CCSP; and Jannet Gonzalez, DC, for "Hip Range of Motion Assessment as a Predictor for Injury Risk in High School Athletes—A Continuation Study."

Spencer Baron, DC, DACBSP, 2010 Sports Chiropractor of the Year, delivered the luncheon's keynote address. "Who Are You?" explained that, before you know where you are going and what you want to do with your life, you must identify who you are as a person, doctor, family member, and friend.

The awards luncheon came to a close with the announcement of the 2011 Sports Chiropractor of the Year, Blasé Toto, DC, DACBSP. In his thank you to the attendees, Toto cited the many hardworking sports chiropractors of the early 1980s and 1990s who laid the groundwork and paved the way for the current generation of sports chiropractors to succeed.

Breakout sessions continued after lunch, followed by the final 4 abstract presentations and the last series of breakouts. The attendees ended day 2 in the exhibitor hall, where they gathered for an evening reception and Poster Presentation of the final 23 abstracts.

Joshua Bletzinger, DC, CCSP, ATC, CSCS, led off the third day with "Contemporary Methods in Youth Athletic Development." Bletzinger emphasized that "kids should not be using modified adult programs." He compared athletic formation at various ages, identifying age-specific training principles with clearly defined objectives. Stephen Sweriduk, MD, closed the symposium with "MRI of the Knee." He discussed the anatomy and its appearance on the magnetic resonance imaging (MRI), clarified mechanisms of injury, and related them clinically to yield possible treatment outcomes. The flash drive views were most helpful, as all of the MRI pictures were clearly visualized.

The ACBSP would like to recognize and thank the following exhibitors for attending this year's symposium and look forward to seeing them again next year: ACA Sports Council, Aline Systems, Aluhring Jewelry, Ayush Herbs Inc, Bio Posture, BioResource Inc, Chiromatic Inc, Chiropractors Buying Group, Fitness Anywhere, Foot Levelers Inc, Human Touch, Intelliskin, Isagenix, Lite Cure LLC, Meyer Distributing Company, Multi Radiance Medical, Narson Table Co, Nutri-West, Oxy Health LLC, Palmer College of Chiropractic, Pharmanex/Nuskin, Powerstep, Shields MRI, Southern California University of Health Sciences, Tekscan, The Barral Institute, The Upledger Institute, and Theralase Inc.

Although the ACBSP Annual Chiropractic Sports Sciences Symposium provides the certificants of the

ACBSP an opportunity to get all of their needed continuing education hours for the year, it must also be noted the Symposium strives to provide information that is the most recent in the field of Sports Chiropractic. Updates on new literature, evaluation methods, and treatments will continue to be the goal of the ACBSP. Look for more information coming soon regarding the 2012 Chiropractic Sports Sciences Symposium in Portland, Oregon, on April 26-29, 2012. Save the Date!

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