



International Certificate in Sports Chiropractic (ICSC) Program

Hands-on Seminars

General Outline for a Hands-on Seminar; approx. 20 hours each seminar. Each component will be specific to the seminar; upper (UE) v. lower (LE) extremity. Approx. hourly break-down per section. Example of a schedule for a LE timetable is provided below to assist you with your planning.

1. (LE) Lower Extremity Practical face to face seminar/workshop

- A. **CONCEPT OF THE SPORTS CHIROPRACTOR – 30-60 minutes (every seminar)**
- B. **HEAD INJURY IN SPORT – AN UPDATE – 60 minutes (every seminar)**
- C. **SOFT TISSUE THERAPY PROCEDURES – 4 hours (Lower extremity specific)**
- D. **ADAPTIVE AND FUNCTIONAL TAPING AND BRACING – 7-8 hours (Lower Extremity specific)**
- E. **MOTION PALPATION AND MANIPULATION – 7-8 hours (Lower Extremity specific)**

Time	Day 1	Day 2	Day 3
8:00	Registration & welcome coffee	Coffee	Coffee
8:30	Intro to FICS and ICSC qualification	Soft-tissue Interventions	Strapping
9:00	Head Injuries in Sport	Morning tea	Morning tea
9:30	Morning tea	Soft-tissue Interventions	Strapping
10:30	Mopal and CMT - Hip	Lunch	Panel discussion
11:00	Lunch	Strapping	
11:30	Afternoon tea	Afternoon tea	
12:00	Mopal and CMT - Knee - Ankle - Foot	Speakers Dinner - optional	
13:00			
14:00			
15:30			
16:00			
16:30			
17:00			
17:30			
	8 hours + Lunch	7.5 hours + Lunch	4.5 hours

