

Sports Chiropractic in Canada

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The December issue of the JCCA has been devoted to highlighting the significant advances being made by Sports Chiropractic in Canada.

In Canada, Sports Chiropractic is regulated by the College of Chiropractic Sports Sciences (Canada), CCSS(C). Chartered as a Specialty College of the chiropractic profession in 1984, the CCSS(C) is an educational and co-

ordinating organization that acts as the Regulatory College for Chiropractic Sports Specialists.¹

CCSS(C)¹ defines the Sports Chiropractor as, “Chiropractic Sports Specialists keep active Canadians at their best by treating neuromusculoskeletal dysfunction. Using chiropractic adjustments, soft tissue therapies, modalities and rehabilitative measures, sports chiropractors aim to restore and enhance the body's neuromusculoskeletal system for peak performance. Chiropractic Sports Specialists are experts in the diagnosis and treatment of sport related injuries. They are proficient in injury prevention and rehabilitation measures, and have a sound knowledge base of return-to-play criteria.”

The Chiropractic Sports Sciences Residency Program consists of following education, placements and written requirements. The core academic curriculum includes: research methodologies, biostatistics and critical appraisal, sports injury management, sports nutrition, sports psychology, chiropractic sports jurisprudence, high performance evaluation and testing, and first responders. Placements (minimum of 1000 hours) include: fracture clinic, sport orthopedics, sports imaging facilities, sports teams/events, biomechanics/research/chiropractic clinic, and multidisciplinary sports injury clinic. Written requirements includes: 4 book reviews, 4 case reports, 1 literature review, and completing one major research project of scientifically admissible quality.

Upon completing the program and requirements the resident will be eligible to sit for the CCSS(C) Fellowship exam, which is written and practical in format. Successful candidates would receive the prestigious “Fellow of the College of Chiropractic Sports Sciences (Canada)” and be recognized by the designation FCCSS(C). This is one of

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only five chiropractic specialties in Canada recognized by the Canadian Federation of Chiropractic Regulatory and Educational Accrediting Boards (CFCREAB).¹

Sports chiropractic has been constantly raising the professional platform in Canada. What started as a chiropractor providing care for individual athletes and local teams has grown to the point that most professional and National sports teams now have a chiropractor on their health care teams. Sports Fellows are now included in the Canadian Core Health Care Teams for major and minor games. Many Canadian Sports Chiropractic Fellows are now part of or the head of the Health Care teams for several sports. CCSS(C) is affiliated with the Canadian Olympic Committee (COC) and the Canadian Sports Centres. Members of the CCSS(C), along with sports Medical Doctors, sports Physiotherapists, Athletic Therapists and Sports Massage Therapists make up the Service Provider Expert Group which advises the COC on health-

care policy development and provider selection for various International Games.¹

However, looking at the literature, there is a paucity of research in Sports Chiropractic effectiveness and treatment. This is one of the most hindering obstacles for Sports Chiropractic progress and inclusion in the health care of athletes. As such it is our responsibility to focus and encourage research in Sports Chiropractic. For this very reason and the fact that there is no Sports Chiropractic Journal to showcase the Sports Chiropractors' research, this issue of the JCCA is devoted to showcasing our Canadian Sports Fellows and residents' research. I hope that this Sport Issue of JCCA would encourage and inspire you to get involved in research in Sports Chiropractic.

References

- 1 CCSS(C) (2008). <http://www.ccssc.ca/index.phpresearch>

CCRF

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