

FICS & RCC SPORTS FACULTY EVENT

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FICS ICSC Lower Extremity Seminar

Holiday Inn Oxford, Peartree Roundabout,
Woodstock Road, Oxford, OX2 8JD, UK

**John Williamson FRCC (Sport) &
Dr. Daniel Vestol DC, ICSC, BSc Nut. Phys.**

Event Outline

Elevate your sports chiropractic expertise! This hybrid seminar, organised in partnership with Royal College of Chiropractors Sports Faculty (the UK's NCSC), is a key component for meeting the International Certification of Sports Chiropractic (ICSC) requirements, catering to both seasoned practitioners and those seeking to work with athletes at International events. Visit the FICS website for more details about the [ICSC](#).

Note that achievement of the ICSC, of which this seminar is part, also meets many of the core requirements of full membership of the Royal College of Chiropractors Sports Faculty [MRCC (Sport)].

Programme Outline

Lower Extremity - [Lower Extremity ICSC Seminar Education Learning Objectives.pdf](#)

The programme comprises theory and practical workshop components. The theory component is provided online and must be completed prior to attending the face-to-face practical session.

Theory Online - 10 hours of self-paced learning covering:

- Mopal/CMT theory and Lab
- Lower extremity practicum assessment
- Rehabilitation

Participants will have continual access to this material after the seminar through their FICS learning dashboard.

Practical Face to Face - 12 hours practicum

You will work in pairs, ensuring you gain valuable experience and skills that will set you on the path to becoming an outstanding sports chiropractor.

OCTOBER 2024

Sat 5th - Sun 6th

2-day programme

To register please visit:

rcc-uk.org/rcc-events

Registration fee: £730

RCCSF or FICS members: **£630**

RCCSF or FICS with ICCSP: **£570**

1st year graduate: **£465**

The fee includes lunch and dinner on the Saturday and refreshments throughout the event.

For enquiries or to register and pay by bank transfer, please call: 01491 340 022 or email: events@rcc-uk.org.

Registration closes:

Monday 23rd September 2024, 3pm (to allow sufficient time to complete the online learning prior to the seminar).

If travelling by car, please bring a portable bench for the practical sessions.

Suggested accommodation (self book): [Travelodge Oxford Peartree Hotel](#) [Holiday Inn Oxford](#)

Please contact events@rcc-uk.org or see our website for the full [cancellation policy](#).

Timetable

Saturday: 5 October 2024

08:00 - 08:30 Registration
08:30 - 12.00 Lectures + short breaks
12:00 - 13:00 Lunch
13:00 - 17:00 Lectures + short breaks
19.00 - Dinner

Sunday: 6 October 2024

08:00 - 08:30 Registration
08:30 - 12.30 Lectures + short breaks
Close of day

Speakers

John Williamson DC, ICSC, FCSS (Sport), FRCC (Sport)

John qualified from the Welsh Institute of Chiropractic in 2005. He worked in Newport and Cwmbran before relocating to Bicester in 2007. He developed a large and successful practice in an established clinic in Leighton Buzzard increasing his involvement in Bicester to full time in 2021.

John has continued to develop his special interests in treating soft tissue and sports injuries through postgraduate study in electrotherapy, dry needling (medical acupuncture), myofascial cupping, Graston Technique, laser therapy, shock wave therapy and taping techniques such as Kinesio and Dynamic taping.

Included in his many postgraduate qualifications is the ICSC (International Certificate in Sports Chiropractic) equipping him to practice at International Federation Games.

John has treated nationally and internationally as part of the British Masters Medical Team in France, Italy, Finland, Hungary, Birmingham, Cardiff, and London. He has extensive experience of working with power-based athletes and worked at Britain's and Europe's Strongest Man in 2019.

John is a Fellow of the Royal College of Chiropractors Sports Faculty and is a current elected Board Member of the British Chiropractic Association, whilst still continuing his work on the Professional Standards Committee for the same association.

John was born and educated in Pontypridd in South Wales. He is married to Jill Williamson and his other interests include surfing, the great outdoors, playing the guitar, classic cars and his dog.



Dr. Daniel Vestøl DC, ICSC, BSc Nut. Phys.

Daniel is based in Norway, where he works as a clinician in a multidisciplinary team with chiropractors, physiotherapists and medical doctors. He regularly instructs chiropractic techniques for spine and extremity adjustments, both in workshops for the Norwegian Chiropractic Association and in bi-weekly/monthly 1-1 mentoring sessions with several chiropractors, focusing on technique and case management.

In addition to his role as a clinician, Daniel holds three auxiliary positions: Medical and Strategic Advisor for the nationwide clinic group where he works, the Continued Development Advisor for the Norwegian Chiropractic Association and Chair of the Committee for Ongoing Educational Advancement for the Norwegian Chiropractic Association.

Daniel has been part of the Norwegian National Chiropractic Sports Council (KIRO) since 2016 and has served most of that time as a board member. In 2020, he was awarded the Chiropractor of the Year award by the Norwegian Chiropractic Association; the youngest chiropractor ever to receive this award.

Daniel found his love for teaching as an instructor in the Royal Norwegian Airforce, where he served as a sergeant before he moved to Australia to study Chiropractic. At Murdoch University, he was taught by Dr. Brian Nook (FICS master instructor) and Dr. David Lourie, the brilliant FICS chiropractor and mentor. This is where his passion for chiropractic really started. Daniel's passion for chiropractic further increased as an associate for the world-famous Sports Chiropractor, Atle Torstensen, who helped him hone his extremity skills.

