

**World Federation of Chiropractic**  
**Eastern Mediterranean and Middle East Chiropractic Federation**  
**WFC / EMMECF Eastern Mediterranean Regional Seminar**  
**Hosted by the Turkish Chiropractic Association**  
**September 7-8, 2019**  
**Bahçeşehir University, Istanbul, Turkey**



**Ulrik Sandstrom**

Olympic and UK Premiership Rugby  
**SPORTS CHIROPRACTIC**



**Anna Papadopoulou**

Private Practice, UK  
**PEDIATRICS & NEUROLOGY**



**Richard Brown**

WFC Secretary-General  
**WHY THE FUTURE IS EPIC**

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**[wfc.org/easternmed2019](http://wfc.org/easternmed2019)**



**WORLD FEDERATION OF**  
**CHIROPRACTIC**

# Welcome to Istanbul!

On behalf of the World Federation of Chiropractic (WFC) and the Eastern Mediterranean and Middle East Chiropractic Federation (EMMECF), we are delighted to welcome you to Istanbul.

This joint regional seminar hosted by the Turkish Chiropractic Association and Bahçeşehir University provides an opportunity for learning and networking in one of the world's iconic capital cities. Istanbul, steeped in history and with countless spots of beauty, offers visitors unparalleled opportunities to discover a fusion of eastern and western cultures.

Catering for chiropractors at all stages of their careers, this WFC / EMMECF Regional Seminar brings together the leading areas of special interest for a weekend packed with information on sport, neurology, pediatrics and contemporary developments in chiropractic.

The WFC's Eastern Mediterranean Region spans 13 nations from the island of Cyprus across to the Islamic Republic of Iran and into northern Africa. It is a region of rich cultural and political diversity, where chiropractic is still to gain a strong foothold.

The evolution of the chiropractic program at Bahçeşehir University (BAU) marks the first educational institution to offer chiropractic

training in the region. We're delighted and grateful to our friends at BAU for their generous hospitality.

With global interest and utilization of chiropractors in sport, we are thrilled to welcome Dr Ulrik Sandstrom as our keynote speaker. Dr Sandstrom is hugely experienced in the chiropractic management of elite and amateur athletes, and has been part of the medical services teams at the polyclinics at both the London (2012) and Rio de Janeiro (2016) Olympic Games.

Anna Papadopoulou is a graduate of AECC University College in the UK. Since qualifying as a chiropractor she has developed her special interests in neurology and pediatrics as a Diplomate of the American Chiropractic Neurology Board and a student on the Masters in Advanced Professional Practice (Musculoskeletal Paediatrics) program.

Finally, Richard Brown will update delegates of contemporary developments around the world and the WFC's #BeEPIC strategic campaign to develop the profession globally.

We look forward to seeing you to Istanbul for a stimulating weekend of chiropractic that will leave you energized and ready to implement your learning on Monday morning!

**Richard Brown DC, LL.M, FRCC**  
Secretary-General, WFC



**Stathis Papadopoulos DC, FFEAC**  
President, EMMECF



# Academic Schedule

## SATURDAY, SEPTEMBER 7, 2019

### SESSION A

**08:00 - 08:30**      **REGISTRATION**

**08:30 - 09:00**      **WELCOME AND OVERVIEW**

Stathis Papadopoulos DC, FFEAC and Richard Brown DC, LL.M, FRCC

**09:00 - 10:30**      **SPORTS CHIROPRACTIC**

Ulrik Sandstrom MSc, DC, ICSSD

#### **Sports Chiropractic: Why and How?**

*Being involved in the treatment of athletes has shaped Ulrik's career for nearly 30 years. It has provided some memorable experiences from 2 Olympic Games, working in professional football and sitting pitch side at big rugby finals. But most importantly, it has shown Ulrik the value of team work and how to integrate into a larger medical team. He will give attendees ideas of how to get involved in sport at all levels and also the pitfalls to avoid. He will also show how easily the skills learned from a sporting environment will support chiropractors in general practice.*

**10:30 - 11:00**      **REFRESHMENT BREAK**

### SESSION B

**11:00 - 12:30**      **SPORTS CHIROPRACTIC**

Ulrik Sandstrom MSc, DC, ICSSD

#### **Introduction to Functional Thinking, Assessment and Treatment**

*We don't treat conditions or diagnoses. We treat humans with functional deficits. Remembering this when we examine, manage and treat our patients, can completely change our outlook. Learn to expect immediate changes with treatment and think in principles of functional recovery, and you will be able to integrate all your treatment options in a much better way. Ulrik will show examples of how taping techniques, Instrument Assisted Soft Tissue Manipulation and spinal adjusting can dramatically change pain, range of motion and strength.*

**12:30 - 14:00**      **LUNCH AND NETWORKING**

### SESSION C

**14:00 - 15:30**      **SPORTS CHIROPRACTIC**

Ulrik Sandstrom MSc, DC, ICSSD

#### **Functional Muscle Testing**

*Muscles protect us from everything life throws at us by providing strength, control, flexibility and stability. Manual muscle testing is a much underused*

*tool in assessing our patient robustness and can give us a valuable insight into how their neuromuscular control is really working. Seeing immediate changes in muscle function is a revelation not just for the chiropractor but also for the patient. It is the one technique that has opened more doors for Ulrik in sports than anything else.*

**15:30 - 16:00 REFRESHMENT BREAK**

**SESSION D**

**16:00 - 17:30 SPORTS CHIROPRACTIC**

Ulrik Sandstrom MSc, DC, ICSSD

**Managing Return To Play**

*Much has been taught about complex return to play and rehabilitation protocols. Ulrik will present a simple formula for returning the people you treat to the activities they want. Whether that is an elite footballer getting back in the National Team – or a grandmother wanting to walk her grandson to school; the principles are the same. Progressive, controlled loading with a focus on varied, fun and relevant exercise is the key. The principles taught in this lecture is relevant to all your patients – whether sporty or not.*

**17:30 - 18:30 EMMECF AGM**

**SUNDAY, SEPTEMBER 8, 2019**

**SESSION E**

**09:00 - 10:30 NEUROLOGY**

Anna Papadopoulou M.Chiro, DC, DACNB.

**Refining the Neurological Examination in Clinical Practice**

*The session will focus on the essential elements of central and peripheral nervous system assessments in clinical practice. It will emphasise the importance of accurate recording, recognition of salient features of neurological deficit, pathological signs and contraindications to care. Featuring a practical assessment, delegates are encouraged to bring neurological testing equipment (reflex hammer, ophthalmoscope, and equipment for sensory testing).*

**10:30 - 11:00 REFRESHMENT BREAK**

**11:00 - 12:30 CONTEMPORARY ISSUES**

Richard Brown DC, LL.M, FRCC

**What It Takes To Be EPIC**

*Are you EPIC? The WFC believes that every chiropractor in every region has the opportunity to #BeEPIC – evidence-based, people-centred, interprofessional and collaborative. Richard will describe why there has never been a better time to be a chiropractor and why we can be such an integral part of the solution to the*

*epidemic of spinal pain and disability.*

**12:30 - 14:00**

**LUNCH AND NETWORKING**

**SESSION G**

**14:00 - 15:30**

**PEDIATRICS**

Anna Papadopoulou M.Chiro, DC, DACNB.

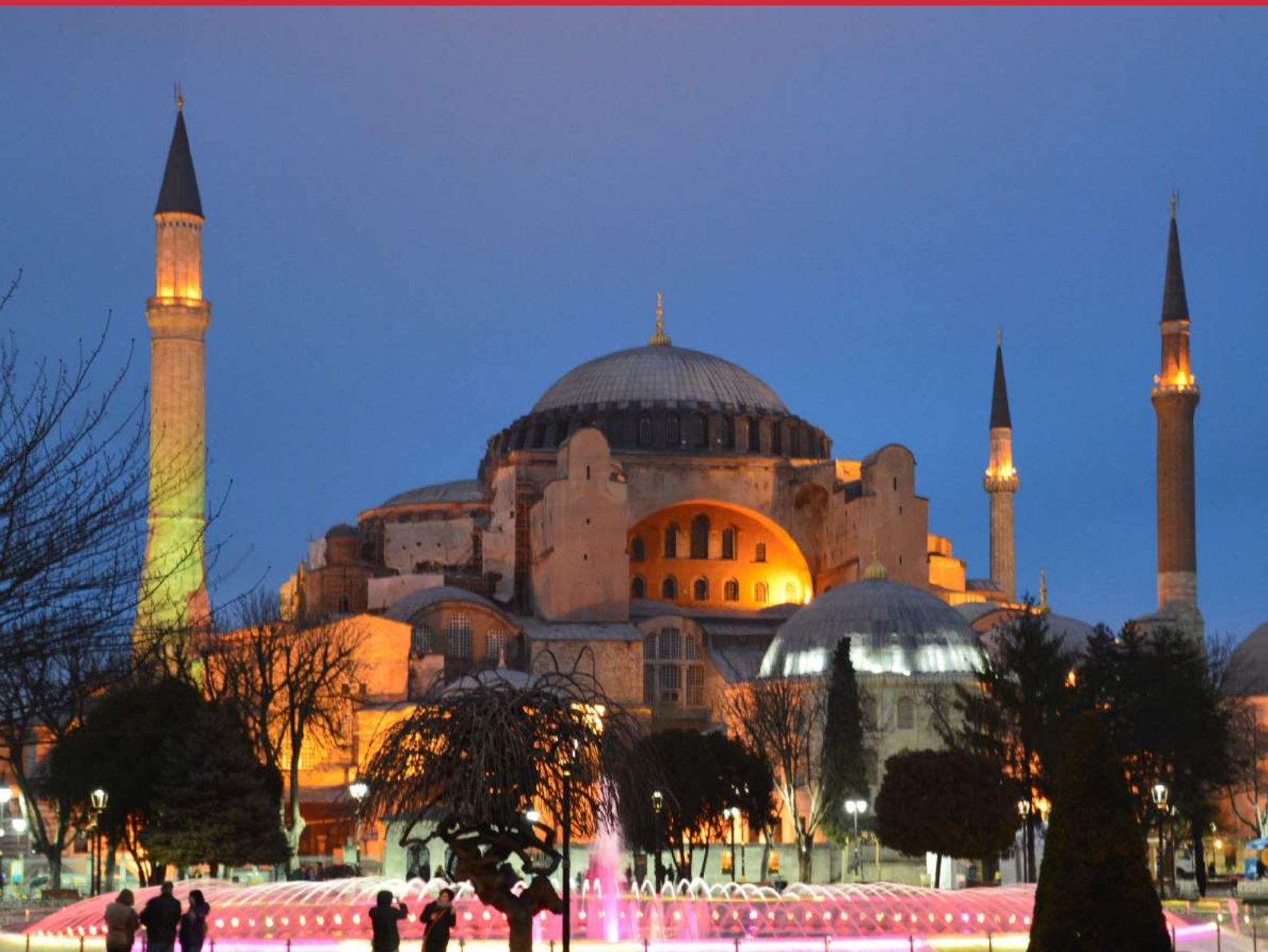
**Chiropractic Assessment of the Neonate**

*Chiropractors treat patients across the life course, from early years to old age. This session will emphasise the importance of performing an evidence-based assessment of the neonate and recognising signs that require onward referral. It will feature the essentials of case history taking and outline a protocol for physical examination. Specific emphasis will be placed on red flags, indications and contraindications for chiropractic care.*

**15:30 - 16:00**

**CLOSING REMARKS**

Stathis Papadopoulos DC, FFEAC and Richard Brown DC, LL.M, FRCC



# About the speakers

## Ulrik Sandstrom



Ulrik is one of Europe's most experienced sports chiropractors. He has served with the medical services teams at both the London 2012 and Rio 2016 Olympic Games, is the team chiropractor to the Leicester Tigers Premiership Rugby Team, and has worked within English Premier League football. Ulrik has lectured at events throughout the world, training chiropractors to manage both high level and amateur athletes. A 1991 graduate of AECC University College, Ulrik practises in the north of England, where he runs busy, sports-oriented clinics. He is currently the Secretary of the British Chiropractic Association.

## Anna Papadopoulou



Anna has been in private practice since 2014 after qualifying from AECC University College. She has continued her postgraduate education and has achieved her Diplomate from the American Board of Neurology (DACNB). Anna is also pursuing a Masters in Paediatric Musculoskeletal Health at AECC University College.

Anna is a member of the British Chiropractic Association and was the AECC UK delegate to World Congress of Chiropractic Students events. She is a member of the Royal College of Chiropractors Pregnancy and Paediatric Faculty, and is the editor of the faculty's newsletter.

## Richard Brown



Richard has served as the Secretary-General of the World Federation of Chiropractic since 2015. Prior to joining the WFC, Richard was the Secretary-General of the European Chiropractors' Union and President of the British Chiropractic Association.

A 1990 graduate of AECC University College, Richard spent 25 years in private practice. During this time he was active in professional standards matters and was awarded a Master of Laws degree from Cardiff University in 2009. As WFC Secretary-General, Richard serves as the strategic and operational leader for the organization. He is also the focal point for the WFC's official relations with the World Health Organization.

# How to Register

## Registration fees

Practising chiropractors and academics	USD 250
Students	USD 125

**REGISTER ONLINE AT [www.wfc.org/easternmed2019](http://www.wfc.org/easternmed2019)**

## Important Notes

All fees are in US dollars. The WFC will not be responsible for foreign transaction fees charged by credit card suppliers. Card payments using American Express will be charged in Canadian Dollar equivalence using the day's exchange rates. A transaction charge of 2% will be levied on all credit card payments.

## Cancellation Policy

Those wishing to cancel their registration must do so by August 7, 2019 in order to receive a refund of fees paid. Refunds will be subject to a 25% administration fee. All eligible refunds will be processed after the seminar. Requests for refunds after August 7, 2019 will not be considered. All requests for cancellation refunds must be forwarded to Khalid Salim at [ksalim@wfc.org](mailto:ksalim@wfc.org).

## Privacy statement

In registering for this event, relevant details will be incorporated into a delegate list for the benefit of all parties responsible for organization of the seminar. Private details of registrants will not be provided to third parties.

## Enquiries

Enquiries about your registration should be submitted by email to Khalid Salim ([ksalim@wfc.org](mailto:ksalim@wfc.org)) or by telephone (+1 416 484 9978 extension 203)

# Recommended hotel accommodation

Delegates are responsible for their accommodation and should make their reservations directly.

## Recommended hotel:

### **CONRAD HILTON ISTANBUL**

4.5 star rating

750m from seminar venue

Single rooms from EUR 130 per night

## Other nearby hotels:

### **CHEYA BESIKTAS**

3.5 star rating

500m from seminar venue

Single rooms from EUR 70-80 per night

### **OTEL BESIKTAS**

3.5 star rating

1000m from seminar venue

Single rooms from EUR 60-70 per night

**Booking links are available at the WFC registration page.**



