

Chiropractic History

History of the Royal College of Chiropractic Sports Sciences (Canada): the early years

John De Finney, BPHE, DC, FRCCSS(C)¹

Gordon Lawson, DC, MSc, FRCCSSC, FCCOS^{1,2}

David Gryfe, BSc, DC, FRCCSS(C)¹

Susan Gillis-Lawson, BSc, DC¹

John P. Crawford, BSc (Hons), MSc, PhD, DC, FRCCSS(C)¹

In 1978 the Canadian Chiropractic Association recognized the need to establish an organization that would prepare chiropractors to treat athletic injuries and promote these services to sports organizations. Dr. Adrian Grice approached three chiropractors to establish such an organization. The Canadian Chiropractic Sports Academy (CCSA) was established in 1978. This was the start of the chiropractic sports movement which has seen chiropractors playing prominent roles as team doctors to professional and amateur teams and athletes and in the delivery of care at major national and international competitions. This paper will show the work done by the original founders of the CCSA which has helped to pave the way to the

En 1978, l'Association chiropratique canadienne a reconnu la nécessité de créer une organisation qui préparerait les chiropraticiens à traiter les blessures sportives et proposerait ces services à des organisations sportives. Le Dr Adrian Grice a approché trois chiropraticiens pour établir une telle organisation. Le Canadian Chiropractic Sports Academy (CCSA) a été créé en 1978. Ce fut le début du mouvement sportif en chiropratique qui a vu les rôles importants joués par les chiropraticiens en tant que médecins d'équipe auprès d'équipes et d'athlètes professionnels et amateurs, et dans la prestation de soins pendant les principaux événements sportifs nationaux et internationaux. Cet article présente le travail effectué par les fondateurs initiaux du CCSA qui a contribué à ouvrir la voie au

¹ Private practice

² Assistant Professor, Canadian Memorial Chiropractic College

Corresponding author:

John De Finney

Active Health Centre, 254 Main St. North, Markham, Ontario L3P 1Y7

Telephone: (905) 294-0454

Fax: (905) 294-0480

e-mail: johndefinney@gmail.com

© JCCA 2016

present level of acceptance of chiropractic sports injury management and performance enhancement and as the progenitor of the Royal College of Chiropractic Sports Sciences Canada.

(JCCA. 2016;60(4):370-376)

KEY WORDS: sports chiropractic, history

Early History

By the mid 1970s the Canadian chiropractic profession had made great advances. The Canadian Memorial Chiropractic College (CMCC) moved from downtown Toronto to a new larger facility at 1900 Bayview Ave in Toronto.¹ All the provinces, except for Newfoundland, were regulated.²

Although chiropractic had proven itself quite capable and successful in treating injured athletes, there was no body to oversee research and education in the area of chiropractic management of sports injuries.³

During this period chiropractors were not included in the healthcare teams for national and international competitors.³ There were a few notable chiropractors who had great success with prominent athletes from the amateur to the professional ranks. Dr. Dan Komesh was the team chiropractor to the University of Ottawa GeeGees for years and also for the Ottawa Rough Riders of the Canadian Football League.⁴ Dr. Terry Watkins was the team chiropractor for the Winnipeg Blue Bombers of the CFL, the chiropractor for the National Throwing Centre and also worked on a world champion sprint cyclist and several National Hockey League players.⁵ Dr. John Kos was known for advocating for health through physical fitness.⁶ Dr. Al Schulte made contributions not only by treating athletes but also developing muscle testing techniques and devising a modified sphygmomanometer for muscle testing. He was also an avid lecturer with many presentations across Canada and the U.S.⁷ Dr. Harry Williams worked as a trainer for the Toronto Argonaut Football team and the Toronto Maple Leafs, as well as seeing many athletes in his East Toronto practice.⁸

With the emergence of amateur sports and the trend towards encouraging health through physical fitness as well as the success and publicity of the Montreal Olympic

niveau actuel d'acceptation de la gestion des blessures sportives en chiropratique et l'amélioration des performances et, comme le prédécesseur du Collège royal des sciences du sport chiropratique (Canada).

(JCCA. 2016;60(4):370-376)

MOTS CLÉS : chiropratique sportive, histoire

Games in 1976, the Canadian Chiropractic Association (CCA) began to realize the need for a sports organization within the Canadian chiropractic community.³ In April of 1978, Dr Adrian Grice, with the approval and encouragement of the CCA approached Dr. Tom Sawa, Dr. Stewart O'Brien and Dr. John De Finney to encourage them to form a chiropractic sports therapy association.⁹ Three CMCC students: Claude Bourassa, Keith Innes and David Lowe were also recruited by Dr. Grice to help out with literature reviews and publication of articles.⁹ The first meeting was held that month at Dr. Grice's office. The new association was formed under the name of The Canadian Chiropractic Sports Therapy Association. The executive was established and Dr. Thomas Sawa became the first president, Dr. Stewart O'Brien served as vice president, and Dr. John De Finney took on the duties of secretary treasurer.⁹ Many ideas were discussed with expansive plans for chiropractic and the care of athletic patients. The focus was on the prevention and treatment of sports injuries in athletes.⁹

The executive began immediately to formulate a plan to establish aims, objectives and a constitution and to map out a strategy to acquire a membership. Within a few months of operation, a discussion on the name of the Association took place. It was suggested that the name of the organization did not convey the academic input that chiropractic would add to the field of sports medicine. As a result of these discussions the name was changed to The Canadian Chiropractic Sports Academy (CCSA).⁹ With the help of Henry Czarnota the constitution was approved by the CCA.⁹ There were no subsidies from the chiropractic governing bodies. The CCSA functioned on the personal resources and donated time of the executive and volunteers. Members were recruited through announcements in the CCA Journal and fees were collected

Sports Injuries Seminar

Sponsored by The
Council on Sports Injuries
 AMERICAN CHIROPRACTIC ASSOCIATION
 And The
**Northwestern College
 of Chiropractic**

**May 17th and 18th
 1980**



THE REGISTRY HOTEL
 7901 24th Avenue South
 Bloomington, Minnesota 55420

THE PROGRAM



Saturday May 17, 1980

8:00-9:00 A.M. **Registration**

9:00-9:15 **Key Note Address**
 Dr. L.W. Schroeder, Council Pres.

9:15-10:15 **Dr. August L. Shultz**
 Extravertebral Manipulation and Support Technics

10:15-11:15 **Dr. Richard Ecker**
 The Role of Nutrition in the Cause and Prevention of Athletic Injuries

11:15-12:15 **Mr. Jeff Daley**
 The Coaches View of Baseball and Track Injuries

12:15-1:30 **Lunch**

1:30-3:30 **Dr. Irving I. Dardik, F.A.C.S.**
 The Medical Olympic Program

3:30-3:45 **Break**

3:45-4:45 **Dr. O'Brien and Dr. Sawa**
 Contact Sport Injuries

4:45-5:45 **Dr. J.V. Cerny**
 Injuries to the Lower Extremity and Its Related Problems

Sunday May 18, 1980

8:00 **Registration**

8:30-9:00 **Non-denominational Meditation**
 Rev. Donald B. Gourlay
 All Welcome

9:00-10:00 **Dr. O'Brien and Sawa Continue**

10:00-11:00 **Dr. Schultz Continues**

11:00-12:00 **Dr. Cerny Continues**

12:00-12:15 **Break**

12:15-1:15 **Dr. Ecker Continues**

1:15-2:15 **Mr. Daley Continues**

Figure 1.
Sports Injury Seminar pamphlet Northwestern College of Chiropractic May 17th and 18th 1980.¹¹

enabling the executive to produce a series of newsletters under the editorship of Dr. John De Finney.⁹ Notably, at the time, this was the first chiropractic sports organization in the world and in Canada it was one of the first, if not the first health profession with a sports injury specialty designation; these were true pioneers. Despite the humble beginnings and without much financial or manpower support much was accomplished in those early years.

A brief summary of the activities and output of the Canadian Chiropractic Sports Academy beginning in 1978 includes:

- A pamphlet on Fitness under the guidance of Henry Czarnota, CCA Executive Director was published and the term “preventacare” – see your chiropractor was coined and registered.¹⁰
- The CCSA was approached in 1978 by members of the ACA who wanted to establish a similar organization in the U.S.¹⁰

- The position paper “Sports, Fitness and Posture” was presented at the CCA convention in Quebec City in 1978 by Dr John Kos (an honorary member of the Royal College of Chiropractic Sports Sciences (C)) with contributions from Dr. Stu O’Brien and Dr. Tom Sawa.¹⁰
- In 1979 Dr. O’Brien and Dr. Sawa presented a program on Sports Injuries in Winnipeg as part of the CCA-CMCC Continuing Education Program. The next year it was presented in Regina.¹⁰
- The CCSA began relations with the ACA in 1979 by participating in research and curriculum presentations to the Pennsylvania Chiropractic Association in Pittsburgh and Philadelphia. This was spearheaded by Doctors John Pammer and Louis Sportelli. Post-graduate courses included a presentation to the Midwest Chiropractic Association on traumatic injuries

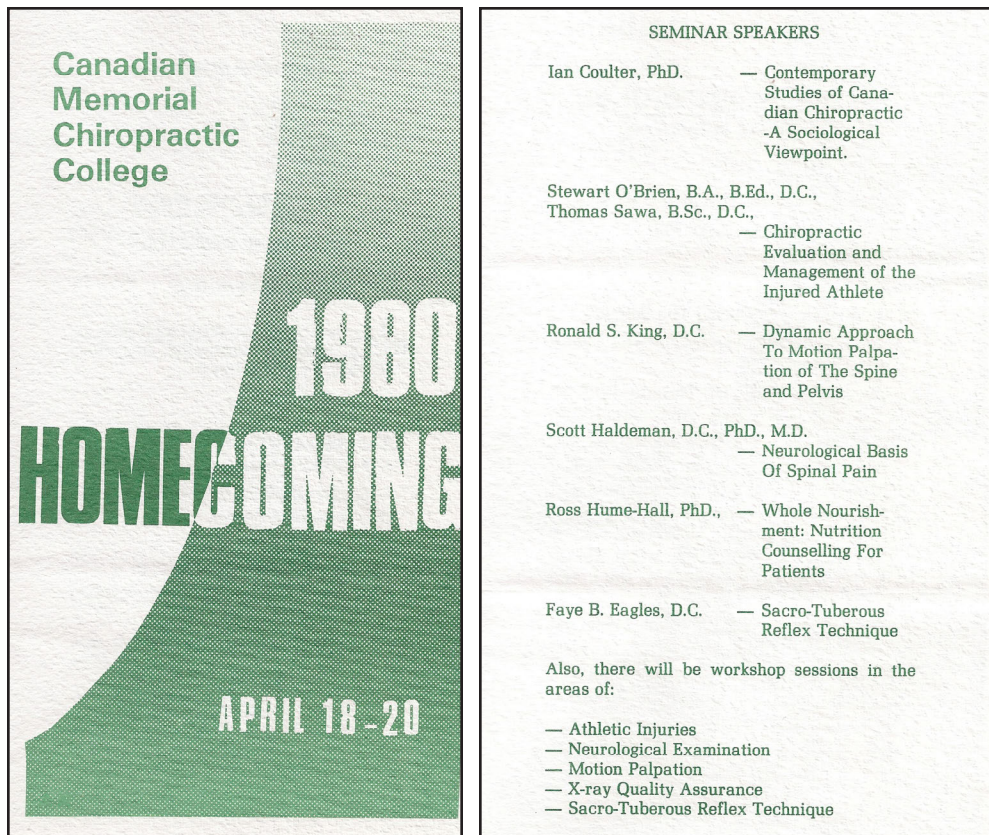


Figure 2.
CMCC Homecoming pamphlet
April 18-20 1980.¹²

and one co-chaired with Dr. Schultz, another pioneer in the field.⁹

- Dr. Len Schroeder, President of the ACA Council on Sports Injuries welcomed articles from CCSA members to be published in the ACA Journal.⁹
- The Canadian Olympic Wrestling Coaches Association invited the CCSA in 1979 to make a presentation to its group in Toronto. Dr. Sawa and Dr. O'Brien introduced the concept that neck bridging to build neck strength in wrestling was harmful to the facets and surrounding musculature of the cervical spine and suggested that other methods of strengthening the neck should be researched and implemented in their program.⁹
- Dr. Sawa and Dr O'Brien spoke on Contact Sport Injuries to the Sports Injuries Seminar sponsored by the Council on Sports Injuries

of the American Chiropractic Association and Northwestern College of Chiropractic on 17, 18 May 1980, in Bloomington Minnesota (see Figure 1 for pamphlet).¹¹

- Fellowship papers were presented at the scientific portion of the CCA convention in Banff, Alberta 1980.⁹
- In 1980 Dr. O'Brien and Dr. Sawa spoke on Chiropractic Evaluation and of the Injured Athlete at CMCC Homecoming (see Figure 2 for pamphlet).¹²
- In 1981 Dr. O'Brien and Dr. Sawa spoke in Vancouver on Traumatic Injuries to the Head and Neck to the Western Canadian Chiropractic Convention (see Figure 3 for pamphlet).¹³
- Representatives from the CCSA (Drs. De Finney, O'Brien, Sawa) were on the advisory committee of the OCA Council on Sports chaired by Dr. Tony Martin.⁹

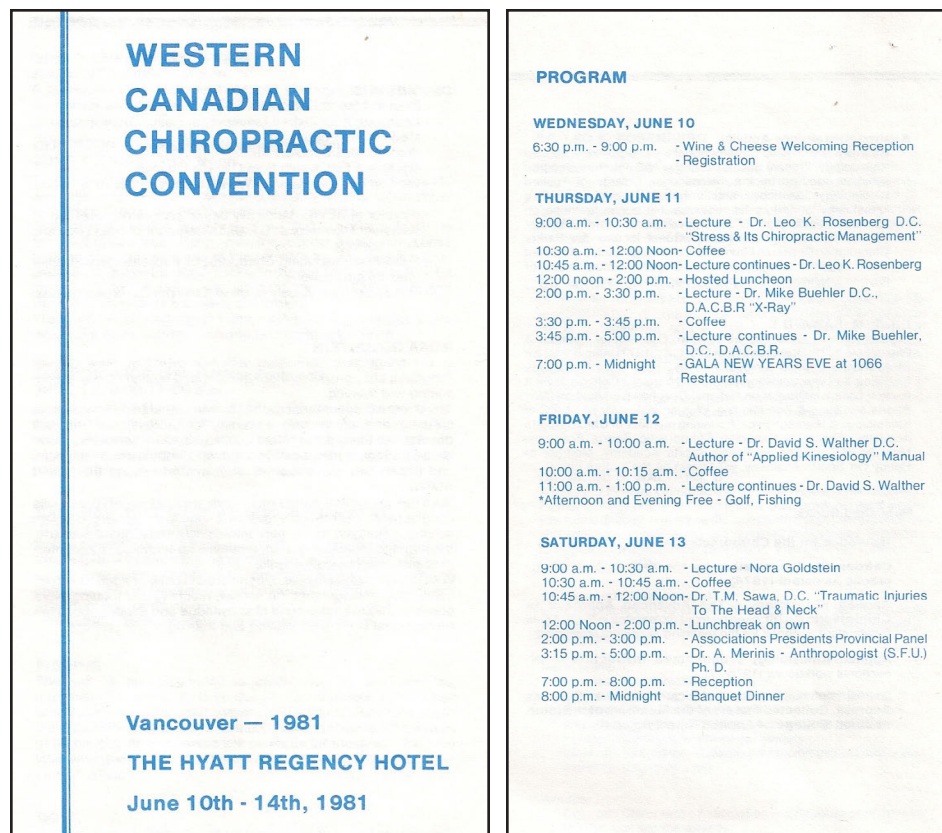


Figure 3.
*Western Canadian Chiropractic
Convention pamphlet Vancouver
June 10th – 14th 1981.¹³*

- A meeting with Mr. Jack Lynch of the Canadian Olympic Swim Association was arranged to enlist his help and advice on forming a professional affiliation with the Sports National bodies and coaching association of Canada. This eventually happened in 1984.⁹
- Four newsletters were published between 1979 and 1981 by editor Dr. John De Finney and mailed to all of the CCSA members. These newsletters will be archived in the CMCC library.

Transition to a New Board

Elections were held in August 1981 with the intent of bringing in new people with fresh ideas to the executive. Dr. Jamie Laws was elected as president, Dr. Larry Laughlin was elected as vice president by acclamation and Dr. Bruce Fligg was elected as secretary-treasurer by acclamation. There is very little to report about the

years from 1981 to 1984.^{10,14-16} In January and February of 1982, Drs. Sawa, O'Brien and De Finney were asked to present a seminar/workshop on Chiropractic Care of the Injured Athlete for CMCC's postgraduate and continuing education division (see Figure 4).¹⁷

In 1984, Dr. James Watkins, the Executive Director of the CCA, requested that Dr. Tom Sawa chair an open meeting in conjunction with the CCA convention in Ottawa to see if Canadian sports chiropractic should be revitalized.^{10, 16} The consensus in the meeting was that a Canadian chiropractic sports body was needed to guide the profession in the ever burgeoning area of sports injury management.¹⁶ Elections were held and Dr. Jacques Breton (now deceased), was elected President, Dr. Wayne Walker 1st Vice President, Dr. John De Finney 2nd Vice President and Dr. Gordon Lawson Secretary Treasurer. Dr. Tom Sawa, Dr. Stu O'Brien, Dr. Jamie Laws were appointed as advisors while Dr. Brian Seaman and Dr. Dominique Dufour were appointed as directors. The elec-

<p style="text-align: center;">CHIROPRACTIC CARE OF THE INJURED ATHLETES</p> <p style="text-align: center;">A WORKSHOP SEMINAR PRESENTATION BY</p> <p style="text-align: center;">C.M.C.C.</p> <p style="text-align: center;">POSTGRADUATE AND CONTINUING EDUCATION DIVISION</p> <p style="text-align: center;">(A two week-end course)</p> <p style="text-align: center;">January 30, 31, 1982 February 13, 14, 1982</p>	<p>Athletic injuries are on the increase and Chiropractors are seeing more and more of it in their offices.</p> <p>Though it is called an athletic injury, the patients who suffer from it are not always athletes and these injuries are almost always centered around the extremities.</p> <p>Chiropractors being a primary health care specialist should be able to act as a Consultant, as well as a therapist for athletes and groups of athletes.</p> <p>The programme is designed to provide the Chiropractor with an organized practical approach to the prevention, recognition, assessment, examination, treatment, and rehabilitation of athletically induced injuries.</p> <p>COURSE MATERIALS WILL BE DISTRIBUTED DURING THE WORKSHOPS</p> <p>PROGRAMME:</p> <p>WEEK-END I: HEAD, NECK AND SHOULDER</p> <ul style="list-style-type: none"> — Role of the chiropractor in athletic injuries. — Body imbalance and kinesiology. — Emergency care of the injured athlete. — ABC's of the initial contact. — Fracture vs soft tissue differentiation. — Analysis of injury mechanisms particular to the head, neck and shoulder regions. — Treatments for head and neck injuries. — Treatments for shoulder injuries. — Specific exercises and rehabilitation. <p>WEEK-END II: KNEE, ANKLE AND FOOT</p> <ul style="list-style-type: none"> — Analysis of injury mechanisms particular to the knee, ankle and foot regions. — Emergency care of these areas. — Diagnosis and treatments for knee, ankle and foot injuries. — Rehabilitation and specific exercises. 	<p>DATE: JANUARY 30, 31, 1982 CLASS 1 FEBRUARY 13, 14, 1982 CLASS 2</p> <p>TIME: SATURDAY: 1.00 p.m. - 7.00 p.m. SUNDAY: 9.00 a.m. - 3.00 p.m.</p> <p>LOCATION: Canadian Memorial Chiropractic College, 1900 Bayview Avenue, Toronto, Ontario M4G 3E6.</p> <p>Tel: (416) 482-2340, Ext. 185</p> <p>B. YUEN, D.C., Director, Postgraduate Division</p> <p>FEE: \$100.00 per class \$150.00 for 2 classes</p> <p>LIMITED ENROLLMENT TO ENSURE HIGH QUALITY OF WORKSHOP EXERCISES</p>	<p>At This Seminar You Will Learn How To:</p> <ul style="list-style-type: none"> — Analyse body imbalance and its kinesiology. — Evaluate the mechanisms of head, neck and shoulder injuries. — Treat shoulder, head and neck injuries in emergency situations as well as general situations. — Specific exercises and rehabilitation programmes for head, neck and shoulder injuries. — Differentiate between fracture and severe soft tissue injuries. — Treat emergency cases of knee, ankle and foot injuries. — Evaluate the mechanisms of the injuries. — Specific exercises and rehabilitation programmes to knee, ankle and foot injuries.
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Figure 4.
Chiropractic Care of the Injured Athlete for CMCC's postgraduate and continuing education division January 30, 31 and February 13, 14 1982.¹⁷

tion took place under the name of the College of Chiropractic Sports Sciences (Canada) pending approval of the name change by the CCA.^{16,18}

So began a new chapter in the role chiropractors played in the management of athletic injuries in Canada. The executives that followed have taken the Sports College to levels about which the pioneers could only have only dreamed.

Acknowledgement

This paper could not have been produced without the invaluable help and contributions from Dr. Tom Sawa who provided most of the historical references.

References

1. "Campuses' Health Sciences Library. CMCC, n.d. Web. 4 Oct. 2015. <http://www.cmcc.ca/page.aspx?pid=1003>.

2. Biggs CL. No bones about chiropractic: the quest for legitimacy by the Ontario chiropractic profession: 1895 to 1985. Doctoral dissertation, University of Toronto, 1989 table 1.1.
3. CCA News. Volume 1 Number 3.
4. Dr. Doug Brown, Interview with Dr. Dan Komesch. July 20, 2007.
5. Interview with Dr. Terry Alan Watkins, circa March 2013.
6. Professional Biography provided by Dr. Kos, February 10, 2014.
7. Interview with Dr. Al Schulte, circa March 2013.
8. Press S. The History of Sports Chiropractic. lulu.com publishing 2013.
9. CCSA Newsletter Vol 1.
10. From notes and conversations with Dr. Tom Sawa, circa January 2015.
11. See Figure 1.
12. See Figure 2.
13. See Figure 3.

14. Interview by Dr. David Gryfe with Dr. Jamie Laws, circa February 2015.
15. Conversations with Dr. Bruce Fligg, circa February 2015.
16. Conversations with Dr. Gordon Lawson, circa January 2015.
17. See Figure 4.
18. Notes from CCSS(C) executive meeting Montreal, November 3, 1984.