

# FICS & RCC SPORTS FACULTY EVENT

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## FICS ICSC Upper Extremity Seminar: Connecting you to a global network of learning to extend your skills and widen your access to collaboration

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

**Practicum Seminar with Master Instructor John Williamson  
(UK) & Assistance Dr. Daniel Vestol (Norway)**

**Instructors:** <https://fics.sport/icsc-instructors>

### Event Outline

This hands-on workshop will introduce and deepen your knowledge of the techniques used by Sports Chiropractors worldwide to support athletes and enhance patient-centred care. As part of the International Certification in Sports Chiropractic (ICSC), this session connects you to a global community, offering opportunities to expand your skills and build valuable networks for future collaboration. This seminar is open to professionals who hold a chiropractic degree.

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

### Practicum Outline

**This workshop style program has two parts:**

#### Part 1 -Asynchronous learning. Virtual Learning Platform

Upon registration for this program you will be connect to the FICS virtual learning dashboard where you will, in your own time and comfort of your home, complete a range of five (5) short two (2) hour modules which sets the foundation of knowledge for the skills delivered in the hands on session.

#### Part 2 - Synchronous program. Saturday 4 – Sunday 5 October 2025, Holiday Inn Oxford UK

An exhilarating, 100% hands-on session! Led by expert instructors, you'll engage in dynamic demonstrations, real-life scenarios, and skill assessments. You'll work in pairs, mastering techniques that Sports Chiropractors use to support athletes and active patients, elevating your practice to new heights!

After completion of both the Asynchronous and Synchronous learning, the participants will be able to:

- Describe the relevant anatomy associated with the **Upper Extremity regions covered.**
- Understand taping techniques to aid muscle movement and enhance athletic performance.
- A range of soft tissue techniques to support sport-injury prevention and rehabilitation.
- Understand a range of motion palpation techniques to check the movement of the joints.

**OCTOBER 2025**

**Sat 4<sup>th</sup> - Sun 5<sup>th</sup>**

**2-day programme**

Don't miss out on this unique opportunity to elevate your skills and join a global network of Sports Chiropractors!

Register now and take the first step toward transforming your practice and supporting athletes at the highest level!

**RCCSF/FICS Members:** £643

**RCC/FICS with a ICCSP accreditation:** £581

**1st-year graduate:** £474

**Non-Member/RCC Member:** £745

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

To register online, please visit: <https://rcc-uk.org/rcc-events>. For enquires or to register and pay by bank transfer, please call 01491 340 022 or email: [events@rcc-uk.org](mailto:events@rcc-uk.org).

**Registration closes Monday 22<sup>nd</sup>**

**September 2025, 5pm** (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 Peartree

[Refund Policy](#)

[Information for Students](#)

## Timetable

### Saturday 4<sup>th</sup> October – 8 hours

08:00 – 08:30	Registration
08:30 – 09:00	FICS and World of Sport
09:00 – 12:30	Morning Sessions (incl. Break)
12:30 – 13:15	Lunch
13:15 – 18:15	Afternoon Sessions (incl. Break)
19.00	Networking buffet dinner

### Sunday 5<sup>th</sup> October – 4 hours

08:00 – 08:30	Welcome
08:30 – 12:45	Morning Sessions (incl. Break)
12:45	Close

[Download full program](#)

## Speakers

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

John qualified as a Chiropractors from the Welsh Institute of Chiropractic in 2005. He started working in a clinic in Newport and Cwmbran before relocating to live in 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 post graduate study. Including; electrotherapy, dry needling (medical acupuncture), myofascial cupping, Graston Technique (a specialised soft tissue technique using shaped metal instruments), laser therapy, shock wave therapy, and taping techniques such as Kinesio and Dynamic taping.

Included in his many post graduate qualifications is the ICSC (International Certificate in Sports Chiropractic) that enables John as a sports chiropractor to attend International Federation Games. This has enabled John to treat nationally and internationally as part of the British Masters Medical Team in; France, Italy, Finland, Hungary, Birmingham, Cardiff, and London. John has extensive experience working with power based athletes which led him to work at Britain's and Europe's Strongest Man in 2019.

He is also a Fellow of the Royal College of Chiropractic Sports faculty. John 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. He lectures nationally for the Royal College of Chiropractors for the International Certificate in Sports Chiropractic program.

John was born in Pontypridd in South Wales where he lived and was educated. 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's dedication to chiropractic care extends from his professional commitment to his genuine passion. He practice as a chiropractor in Norway, where he works as a clinician in a multidisciplinary team with chiropractors, physiotherapists, and medical doctors.

In 2020, he was awarded the Chiropractor of the Year award, becoming the youngest in history to receive this award from the Norwegian Chiropractic Association. Daniel 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. One as a Medical and Strategic Advisor for the nationwide clinic group where he works. He also serves as the Continued Development Advisor for the Norwegian Chiropractic Association. Furthermore, Daniel leads 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.

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 under Dr. Brian Nook (FICS master instructor) as Dean as well as a technique instructor and was taught by Dr. David Lourie, the brilliant FICS chiropractor and mentor. This is where his passion for chiropractic really started. Daniels's passion for chiropractic further increased as an associate for the world-famous Sports Chiropractor Atle Torstensen where Daniel worked and honed his extremity skills. With Daniel, you meet a deeply engaged chiropractor who seeks knowledge above all.

