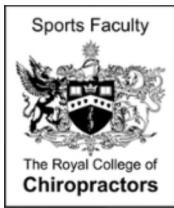


FICS ICSC Lower Extremity Seminar



Saturday 2nd & Sunday 3rd May 2026

**Health Sciences University, London Campus,
275 Borough High Street, London, SE1 1JE**



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)].

Short Course Description

1. The Asynchronous (10 Hours) Delivered as a combination of live webinars and pre-recordings. This theory component is the pre-requisite for attending the face-to-face practicum and is offered as a refresher of the ICSC online learning module one month before the workshop. Candidates must hold a certificate of completion from this Asynchronous part of this course to attend the face-to-face practicum session.

2. The Synchronous Practicum (12 Hours) is the practicum part of the seminar and is 100 % hands-on, with instructor demonstrations, including scenarios and assessment of student skills. The students take part in all parts of the class, working in pairs and will develop techniques that sports chiropractors can use to support athletes in the sporting setting and physically active patients.

Course Outcomes

After completion of both the asynchronous and synchronous learning, the participants will be able to:

- Describe the relevant anatomy associated with the Lower 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.

[Download the full programme here](#)

REGISTER NOW

Early Bird Pricing

Book by 30th March 2026 for this 10% discount!

RCCSF or FICS Members: **£507**

RCC or FICS (holding ICCSP): **£451**

1st year graduate: **£355**

Non Member/RCC Member: **£599**

Full registration pricing on page 2.

Registration closes 17th April, 2026, 5pm (to allow sufficient time to complete the online learning prior to the seminar).

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.

Please note accommodation and refreshments are not included, but there is an onsite cafe and others nearby as well as several hotels. Please contact us via: events@rcc-uk.org if you have any questions.

[Student Information](#)

Instructor



Dr Daniel Vestøl

A rising star in Norway's chiropractic community, he began his teaching career in the Royal Norwegian Air Force, where he developed a strong foundation in leadership and clinical instruction. He later refined his extremity adjusting techniques under world-renowned chiropractor Atle Torstensen.

As a clinician and mentor, he combines hands-on expertise with a passion for developing others. He is the youngest-ever recipient of the Chiropractor of the Year award and serves as an advisor within the Norwegian Chiropractic Association, as well as a national advisor for ongoing professional development.

Drawing from real-world clinical experience and years of mentoring Norwegian chiropractors, he teaches spine and extremity adjusting with clarity, precision, and practical insight.

Registration

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Pricing - book by 30th March 2026 for the early bird price of a 10% discount!

RCCSF or FICS Members: Full price: £563 | Early Bird: £507

RCC or FICS (holding ICCSP): Full price: £501 | Early Bird: £451

1st year graduate: Full price: £394 | Early Bird: £355

Non Member/RCC Member: Full price: £665 | Early Bird: £599

Please note accommodation and refreshments are not included, but there is an onsite cafe and others nearby as well as several hotels. Please contact us via: events@rcc-uk.org if you have any questions.

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