



The Association of Italian Chiropractors and the Comitato Italiano Chiropratica dello Sport are proud to present

AIC SPORTS CHIROPRACTIC SYMPOSIUM

MILAN, ITALY

OCTOBER 23rd, 24th, 25th 2026

FROM CORE TO FLOOR



DR. JON MULHOLLAND is a sports chiropractor and strength coach specializing in injury recovery and performance enhancement. He holds a B.S. in Exercise Science from Ithaca College (1996), a Doctor of Chiropractic from Northwestern Health Sciences University (2000), and a post-graduate International Certificate in Sports Chiropractic (ICSC).

Beyond his private practice, Dr. Mulholland has served as Chiropractic Consultant at the US Olympic Training Center in Lake Placid and traveled as a team chiropractor for the US Bobsled & Skeleton Teams. He was the Sports Medicine & Performance Enhancement consultant for the New Zealand Cycling Teams at the 2012 London Olympics, contributing to two medal wins. He currently owns Ideal Athlete Chiropractic in Plattsburgh, NY, and lectures internationally on sports injury and rehabilitation.

Course Outline

The aim of this seminar is to provide clinicians and performance professionals with a practical, evidence-informed framework for assessing, rehabilitating, and optimizing function of the spine and lower body. The course integrates principles from sports chiropractic, functional rehabilitation, and performance training to enhance outcomes for both injured and high-performing individuals.

KINETIC CHAIN INTELLIGENCE

Injury Detection and Performance Enhancement



DR. CHRISTINE FOSS holds a Master's in Sports Medicine, a Doctorate in Chiropractic, and a Doctor of Medicine degree, along with multiple certifications including Diplomate of the American Chiropractic Board of Sports Physicians and Internationally Certified Sports Chiropractor. Author of "Dissecting Sports Injuries of the Hip." Dr. Foss has co-founded several sports medicine clinics, worked in the Sports Medicine Department at Notre Dame, volunteered at Olympic Training Camps, and currently works with Men's Gymnastics. She has served as medical staff for TEAM USA Track and Field, worked the World Games and Bobsleigh World Championships for FICS, and lectures nationally and internationally. She is the Education Chair for the Fédération Internationale de Chiropratique du Sport and Director of the Certified Chiropractic Sports Physician Program at Northeast College of Health Sciences. Her focus is on complex cases and helping athletes overcome limitations to reach their full potential.

Course Outline

This dynamic and interactive course will identify and address the root causes of injuries and reduced performance among athletes and active individuals. This interactive workshop will break down the kinetic chain into clinically relevant tools that provide practitioners with the skills and knowledge to determine the "why" behind injuries during kinetic chain analysis. Assess static, dynamic, and sport-specific movement. Looking at common sports injuries, assess and learn practical protocols for correcting and repairing the kinetic chain to support recovery, healing, and optimal performance.

BEYOND FLEXIBILITY

UNDERSTANDING THE YOUNG FEMALE ATHLETE, A CHIROPRACTOR'S PERSPECTIVE



Dr. LUISANNA CIUTI is an Italian Doctor of Chiropractic with a clinical focus on sports medicine, dance medicine and paediatric musculoskeletal health. With a background in dance, her clinical work focuses on professional and pre-professional dancers, pole dancers and adolescent athletes, with particular interest in neuromotor control, hypermobility and injury prevention. She works within the multidisciplinary sports medicine team at Isokinetic Medical Group in Milan and serves as faculty at the Isokinetic Conference. Dr. Ciuti is a member of the International Association for Dance Medicine & Science (IADMS) and serves on the Scientific Committee of the Associazione Italiana Chiropratici.

Course Outline

This seminar explores the clinical characteristics of young female athletes involved in high-demand sports such as dance. Particular attention will be given to joint mobility profiles, neuromotor patterns and how these athletes present and communicate their symptoms in clinical practice. A practical chiropractic perspective on assessment and management will be presented, integrating current research with clinical experience and case examples from work with dancers and young athletes.

THE INHIBITORY CONTACT REFLEX



DR. ALFIO CARONTI holds a Doctor of Chiropractic degree from Palmer University in Iowa, USA (1984), and a degree in Movement Sciences from the University of Rome Tor Vergata (2003). Since 2004, he has served as a lecturer in Kinesiology and Movement Analysis at the University of Rome Tor Vergata. Dr. Caronti has been a member of the Research and Experimentation Commission of the Italian Winter Sports Federation since 1994, and has acted as a trusted chiropractor for numerous internationally competitive athletes across multiple sports disciplines for more than 40 years. Dr. Caronti is the inventor of the contact inhibitory reflex, based on the observation that humans are the only animals who wear clothing and that contact with garments can inhibit movement. He discovered a method to neutralize this inhibition, resulting in facilitated movement and improved posture.

Course outline

The contact inhibitory reflex is a defensive behavior that our body implements through our basal ganglia while performing a movement under stress. It can be evoked if the body has been exposed to past physical trauma. An excess of this defensive mechanism affects performance and is harmful in the long run, especially for elite athletes. The purpose of this course is to learn about the contact inhibitory reflex and how to inhibit it. The structure of the course will see a video class and an in-person 2h workshop. The video class will cover the theory behind the contact inhibitory reflex. The in-person workshop will focus on how to identify and work on the contact inhibitory reflex to enhance muscular performance, improve function, posture and better general health.

PROGRAM

Friday, October 23rd

15.00-15.30 Registration
15.30-18.30 Lecture

Saturday, October 24th

08.30-9.00 Registration
9.00-13.30 Lecture
15.00 **AIC GENERAL ASSEMBLY (only for AIC members)**

Sunday, October 25th

08.30-13.00 Lecture
14.00-16.00 Lecture

EAC / CPD CREDITS APPLIED FOR

**THE SEMINAR IS ONLY FOR
CHIROPRACTORS AND
CHIROPRACTIC STUDENTS**

**FOR ANY DOUBT OR INFORMATION
CONTACT US BY E-MAIL AT
aic@chiropratica.it**

**More info, Speakers Bio, detailed Program:
soon online on <https://aicservizi.it/>**

NH MILANO TOURING

Via Ugo Tarchetti, 2, 20121 Milano
Tel. +39 02 63351
nhmilanotouring@nh-hotels.com
<https://www.nh-hotels.com/en/hotel/nh-collection-milano-touring>

Hotel Accommodation:

Double room € 279,00 (DUS € 249,00)
Per room, per night, including breakfast (plus city tax € 7,00 per day per person)
Reservation link:
<https://www.nh-hotels.com/it/eventsweb/->

Registration fees FRIDAY, SATURDAY and SUNDAY (OCTOBER 23rd, 24th, 25th):	EARLY BIRD Paid by September 14th	Paid after September 14th
Doctor of Chiropractic AIC/WFC Member	Euro 499,00	Euro 599,00
Doctor of Chiropractic	Euro 599,00	Euro 649,00
First Year Grad. – AIC Members	Euro 349,00	Euro 499,00
Chiropractic Student AIC	Euro 100,00	Euro 200,00
Chiropractic Student	Euro 150,00	Euro 300,00

SEMINAR REGISTRATION FORM

Send to aic@chiropratica.it

Last Name _____

First Name _____

College _____

Year of graduation _____

Street _____

City _____

Zip Code _____

Country _____

Telephone _____

Email _____

Please write details for your invoice together with your VAT Number, Fiscal Code (only for Italians:

PEC or Codice Univoco): _____

Gluten Free or other food requirements for coffee breaks:

Bank transfer payment:

AIC SERVIZI S.R.L.

FINECO Bank

IBAN: IT33C0301503200000003671464

BIC SEPA FEBIITM2 - SWIFT CODE: FEBIITM1

Registration online: <https://aicservizi.it/>

Cancellation Policy - Registration Fees:

There is a 15% administrative charge for cancellations received on or before September 23rd; a 50% charge on cancellations between September 24th and October 16th; and no refunds will be given for cancellations received after October 17th. Reimbursement will not be given for late arrivals.