



## **BACK IN MOTION** **SPORTS INJURIES CLINIC, LLC**

11385 SW Scholls Ferry Road  
Beaverton, Oregon 97008

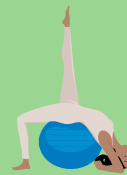
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### **HANDS ON CARE OF SPORTS INJURIES**



## **BACK IN MOTION** **SPORTS INJURIES CLINIC**

*Celebrating 20 Years of Excellence*



## **Newsletter**

May 2010



### **Santiago Chile**

April 24, 2010 marked the first time that Dr. Forcum performed a lecture with the assistance of a language interpreter. He lectured to an exclusive group of practitioners in Santiago Chile for an International Chiropractic Sports Science Diploma. (ICSSD)



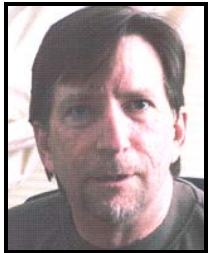
Unbeknownst to him, the program was much more than a post-graduate continuing education for the doctors in Chile. The presence of Dr. Forcum, Dr. Hyde and Dr. Dan Aspergan held deeper political significance since their presence and the educational program marked the beginning of the **first chiropractic college in Chile**. The Chilean legal system is much different than here in the United States; whereby for chiropractic to be licensed, an educational degree program must first be instituted in the country.

The program in Santiago was a huge success. It was estimated that Dr. Forcum would be speaking to approximately 30 doctors, but upon his arrival the room was packed with 55 to 60 practitioners from across Central and South America. The majority maintained dual designations of either a medical and chiropractic degree or a physical therapy and chiropractic degree.

“Those that attended were very bright and attentive given the ten-hour per day lecture schedule,” remembered Dr. Forcum, “It was especially challenging as the lecture was spoken in English and immediately translated into Spanish making the flow of the program somewhat labor intensive.” As a result of this program, the Brazilian chiropractic group asked for a repeat of the same program next year.

“The opportunity to travel to South America was a unique experience!” says Dr. Forcum who added his observations on the results of the earthquake devastation in Santiago. “Even though it was focused several hundred miles south, there is still visible impact on the community both physically and emotionally. The warmth and hospitality of the Chileans were remarkable and we look forward to furthering our friendship in that region!”

### **Back In Motion Welcomes Ron Patt, LMT**



Ron graduated from the Oregon School of Massage in 2009, and is now pursuing a certification in Sports Massage. He is also currently a teaching assistant in OSM's Eastern Massage Program.

He has been a member of the AMBP (Association of Massage and Bodywork Professionals) since 2008.

Ron's background is in mechanical engineering and programming, and he is a former drug and alcohol detox technician. “This range of skills has really given me a new view of the body”, says Ron, “I now see it as a complex, dynamic system of interactions, rather than a simple collection of unrelated symptoms.” Ron practices Swedish, Deep Tissue, Trigger Point, and Shiatsu massage. A range of techniques allows him to individualize each treatment.



An avid cyclist, Ron rides several centuries and distance events each year. His training for cycling is year-round and involves weight training, pilates, and spinning. Aside from cycling, Ron's passions include downhill and cross-country skiing.

Ron is also a recent cancer survivor. “My experience has helped me to become a better therapist. I understand what you may be going through after receiving a difficult diagnosis.” states Ron. He strongly feels that massage is helpful in recovery from injury and illness. “It can boost immune response, speeds recovery, and helps you to relax, tune in, and get in touch with your body.”

#### **Ron Patt's Clinic Hours:**

**Tuesday & Thursday 7:00am - 1:30pm**

**Friday 1:30pm - 7:00pm**

**Saturday 8:00am - 2:00pm**

**From The Olympics to The Masters**



Dave Radcliff, a former All American in high school (51) and at UC Berkeley ('54 and '55), and a member of the **1956 US Olympic Swim Team (1500 Meters)**, returned to competitive swimming after 38 years in 1995 and is now doing an exemplary job in Masters swimming.

After his return to swimming Dave began a vigorous training schedule under Coach Ben Davis of the Tualatin Hills Barracudas which only increased under current Coach Jon Clark. Typically a distance swimmer, Dave surprised skeptics and won his first National Masters Championship in 1995 in a 50 yard sprint race. Since 1995 he has had 89 All American Number 1 rankings in the freestyle events, ranging from the 50 sprint to the mile.

This spring he was named one of the **World's top 6 male master's swimmer by Swimming World Magazine**. Just last year at age 75 he reached his goal of breaking all 18 freestyle National (races in yards) and World (races in meters) records - 18 records in all! He also set 5 National Records in Long Distance events ranging from 3K to 10K.



Just last week at age 76, Dave broke the 500 yard record he had set last year.

In 1956 just before leaving for the Olympics in Melbourne, "I threw my neck out of alignment," said Dave "A Chiropractor took care of that problem." Fast forward to the present and Dave continues:

"I was starting to feel some muscle stiffness in my training. My neck was really tight and my lower back was very stiff. Michelle Macy (highlighted in last issue), a friend and training partner, recommend "Dr Ted" and the rest is history. Not only do I feel better, but I really like the way he is incorporating core exercises and stretching into my training. Plus the two of us never get tired of talking about the Olympics. I look forward to my visits to the office."

Dr. Forcum looks forward to their visits as well. "Ordinarily, I treat patients his age for degenerative issues and overuse injuries." says Dr. Forcum. "With Dave, I am treating him for straight up performance. He is an inspiration to us all"



**The Back In Motion Family Adds A New Member**

Dr. Hanson and his wife Brandi welcomed Baby Jacob who was born last month. Dr. Hanson extends his thanks out to all the patients who were so understanding and flexible over this past month. "I'm very appreciative for those that rearranged their schedule or saw other providers to allow me to maximize time with baby and mom." By the time this goes to print Dr. Hanson should be back to regular hours and hopefully, big boy Jake will be sleeping through the night!

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**Up and Coming Events**



**X-Dog Havoc at the Hideout**  
May 16th—  
6 mile trail run,  
North Plains OR

**Tualatin River Trail Race**  
May 16th—10 mile Run  
Benefitting the "Save the Pools" campaign. Tualatin Community Park.



**lululemon athletica 5K & 10K Run**  
May 23rd— Oaks Park

**Starlight Run-5K Fun Run & Costume contest.**  
June 5th-Lincoln High School, Portland

**Oregon's Run for the Roses**  
5k run, 10k run, 5k walk, 2k kids run  
June 5th-Sherwood High School, Portland

**Laughing Planet Café Presents:**

**Cirque Du Cycling**  
Street Festival, Circus, bike ride and parade, benefitting Albina Youth Opportunity School.  
June 12th— Mississippi Ave, Portland.



**Adidas Helvetia Half Marathon & Drop Top 10K**  
June 12th-Hillsboro Stadium

**Blue Lake Olympic Triathlon & Duathlon**  
June 5th & 6th- Blue Lake Park  
Fairview, OR



**Creative and wellness activities for all! Music and Dancing with Throwback Suburbia**

LMT Michael Collin's Band to play at this special event!

Sunday June 6, 2010  
2-4 p.m. Miller Hall  
World Forestry Center  
**FREE**  
Call 503.335.3500 for information

**Office Hours:**

Monday thru Thursday  
7:00am - 8:00pm  
Friday 7:00am - 7:00pm  
Saturday 8:00am - 2:00pm

**Gift Certificates Available**

Sports Chiropractic Physicians

**Dr. Ted Forcum**  
**Dr. Tamara Lovelace**  
**Dr. Steve Hanson**  
**Dr. Drew Hohensee**

Licensed Massage Therapists

**Michael Collins, LMT\***  
**Stefan Furst, LMT\***  
**Molly Verschingel, LMT\***  
**Ron Patt, LMT\***

Naturopathic Physician & Licensed Acupuncturist

**Ryan Minarik, ND, LAc\***

Exercise Physiologist

**Mike Boggs, BS, MBA, CSCS\***

\*Independent Contractors

**TO HELP US BETTER SERVE YOU:**



When making a chiropractic appointment, please inform us if we are scheduling a follow-up visit for a condition we have treated within the last six months. If it has been over six months since we last treated you, or if you wish to be seen for a new condition, please let us know as we will need to set aside 45 minutes to make sure we have enough time to examine you properly. We appreciate your understanding and cooperation.

**ABOUT BACK IN MOTION**

Back In Motion Sports (BIM) Injuries Clinic, LLC, is located in Beaverton, Ore., specializing in diagnosing injury and understanding its cause to prevent future reoccurrences. Established in 1988 by Ted Forcum, DC, DACBSP, BIM provides chiropractic treatment, massage therapy, Acupuncture, Naturopathic and exercise physiology.

Chiropractic care of sports injuries includes manipulative therapy, physiotherapy, Active Release Technique® (ART), Graston Technique®, Exercise, Diet and Nutrition, and Orthotics and Supports.

*Our goal is to provide the finest in alternative and complimentary care with an emphasis on athletic care, thereby achieving a long-term solution to return the patient to an active lifestyle.*

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