



June 6th & 7th

CMCC Homecoming '25

A Weekend of Social Events &
Continuing Education



CMCC

Canadian Memorial Chiropractic College

CE at Homecoming 2025:

Elevating Performance, Empowering Athletes

Join us for an informative continuing education weekend at CMCC's Homecoming 2025! This year's program is designed to explore the latest advancements in athletic performance, movement, and injury management. With leading experts in chiropractic care and sports health, our sessions will equip you with cutting-edge knowledge to optimize performance and well-being.

FRIDAY, JUNE 6, 2025 FROM 9:00 A.M. - 4:00 P.M.

Advancing Athletic Performance: Integrative Approaches to Health, Movement, and Injury Management

With Dr. Wilbour Kelsick



Wilbour Kelsick, BSc(kin), DC, FCCSS(C), FCCRS(C)

Dr. Wilbour Kelsick is the founder and driving force behind the MaxFit Movement Institute. With over 39 years in healthcare and three decades serving as medical staff for Canadian National and Olympic teams, he has also worked with NHL, NBA, and international Olympic athletes. He has attended 11 Olympic Games and consulted globally across elite sports. Dr. Kelsick holds a B.Sc. in Kinesiology from Simon Fraser University and a Doctor of Chiropractic Medicine from the Canadian Memorial Chiropractic College. A published author and contributor to leading texts such as *Fascia in Sports and Movement* and *Myofascial Magic*, he is also known for his "Teach Me to Run Workshop." His expertise lies in sports and rehabilitative medicine, and he is a Fellow of both respective Canadian colleges. An internationally recognized lecturer, he is passionate about functional anatomy, biotensegrity, and enhancing human movement.

SESSION DESCRIPTIONS

An Integrative Healthcare Approach to Optimizing High-Performance in Athletes

The sports industry has experienced rapid growth over the past decade, leading to increased demands on athletes to train harder and more efficiently. Traditionally, coaches and medical professionals have managed all aspects of an athlete's development under the outdated "Do It Alone System" (DIAS). However, as sports healthcare evolves, a more integrative, team-based approach is necessary to optimize athlete care and performance. This lecture will explore Dr. Kelsick's personal journey as a sports chiropractor and introduce the framework and principles of an integrative sports healthcare system. The session will emphasize collaborative, multidisciplinary care, with a special focus on the role of chiropractors within this model. Benefits, challenges, and practical applications will also be discussed.

Exploring Twenty-First Century Anatomy: A Modern Perspective for Clinical Chiropractic Practice

Traditional anatomy has long been studied through a topographical approach, dividing the body into isolated regions and systems. While this method provides clear anatomical visuals, it fails to capture the body's true functional dynamics. Since all tissues originate from a single cell, the human body operates as an interconnected system rather than a collection of separate parts. This lecture introduces 21st Century Anatomy, a modern, functional approach to anatomical study coined by John Sharkey. This evolving perspective shifts the focus from static structures to dynamic interrelationships between tissues, including muscles and the internal and external fascial systems. The session will explore biotensegrity, the body's ability to distribute forces through an integrated network, and examine how factors like elastic recoil, force transmission, proprioception, and sensory input contribute to movement, performance, and injury prevention.

Biophysical and Physiological Factors of Connective Tissue in Movement: Implications for Performance, Injury, and Rehabilitation

The fascial system plays a fundamental role in the body's structure, function, and movement. Connective tissue (CT), primarily composed of collagen within a liquid matrix, provides essential structural integrity and mechanical support to fascia and the extracellular matrix (ECM). Understanding the role of fascia in movement and injury can enhance clinical decision-making and exercise programming. This lecture will examine the structure, function, biophysical and biomechanics of fascia and collagen, emphasizing their impact on movement efficiency, injury prevention, and rehabilitation. The session will also address common myths about physical training, the role of functional anatomy in exercise design, and clinical case studies focusing on injuries of the upper body, lower back, and lower extremities.

Mastering Exercise Techniques for Performance Enhancement and Injury Prevention: A Practical Approach

Many traditional exercise programs are based on outdated anatomical concepts, focusing on isolated movements rather than the body's natural functional dynamics. These conventional methods, often followed out of habit or popularity, lack a scientific foundation and can increase the risk of injury while limiting performance gains. This lecture introduces Global Functional Training (GFT)[™], an approach rooted in biotensegrity—the body's inherent structural balance. GFT[™] emphasizes proper movement, posture, and integrated biomechanics, making training more effective, efficient, and adaptable. By addressing muscular imbalances, optimizing tissue elasticity, and reducing injury risk, GFT[™] enhances movement quality and athletic performance. This session will challenge outdated training methodologies and explore a more functional, individualized approach to exercise programming. Practical examples will be explored.

SATURDAY, JUNE 7 FROM 8:30 A.M. – 1:00 P.M.
Empowering the Female Athlete: Considerations Throughout the Lifespan

With Drs. Stephanie Anisko, Cassandra Laleye, Patricia Tavares, and Dominique Forand-Yedon



Stephanie Anisko, BSc, DC

Dr. Stephanie Anisko earned her B.Sc. in Kinesiology with high honours from Michigan State University, where she competed on an athletic scholarship in springboard diving. A former elite diver and 2006 FINA World Aquatic Masters' silver medalist, she brings over 20 years of athletic experience to her chiropractic practice. She graduated cum laude from the Canadian Memorial Chiropractic College in 2007 and was recognized for clinical proficiency. From 2008 to 2012, Dr. Anisko served as chiropractor for the Canadian National Diving Team, supporting athletes at major events including the 2010 Commonwealth Games and 2012 Olympic preparations. She was also Lead Therapist for Aquatics at the Toronto 2015 Pan Am Games. Certified in strength and conditioning (CSCS) through the NSCA, she integrates her sports background into her practice in Mississauga, Ontario.



Cassandra Laleye, BSc, DC, D.Ac

Dr. Cassandra Laleye is a chiropractor and women's health advocate with over 9 years of clinical experience. She earned her Doctorate of Chiropractic from the Canadian Memorial Chiropractic College, where she received the 2016 Collaborative Patient Care Award, and holds a BSc in Kinesiology and Health Sciences from York University. As the owner of DC Chiropractic & Wellness, she leads a holistic clinic focused on women's health across all life stages—from pre-natal to menopause. A twin mom who experienced a high-risk pregnancy, Dr. Cassandra brings personal insight and compassion to her care, empowering women through education, movement, and individualized treatment. Her mission is to create a space where women feel heard, supported, and seen. Beyond the clinic, she is a mentor, speaker, and proud recipient of Canada's Top 100 Black Women to Watch, using her platform to advocate for inclusive, patient-centered care and inspire others in the health and wellness space.



Patricia Tavares, BSc, DC, FCCOS(C)

Dr. Patricia Tavares graduated from CMCC in 1995 and became an orthopaedic fellow in 2004. She maintained a private practice in West Toronto for 14 years after graduating and has a small practice currently. She has taught at CMCC as a Primary Clinician since 2010 and is currently doing her Masters in the Clinical Management of Pain through the University of Edinburgh. Dr. Tavares has served on various boards including the College of Chiropractors of Ontario, the Ontario Chiropractic Association, the Guideline Executive Committee and is the President of the College of Chiropractic Orthopaedists Canada. She is also the Clinical Director of World Spine Care and was instrumental in the opening of their Dominican Republic Clinic in 2014. She is involved in various research projects with a focus on underserved communities globally, and most importantly, she is a mom of three amazing young men.



Dominique Forand Yedon, BSc Kin, DC, FRCCSS(C)

Dr. Dominique Yedon's path to chiropractic began with a persistent knee injury during her time at the University of Victoria. After a single visit to a Chiropractic Sport Specialist, she walked out feeling better and knew she'd found her calling. She earned a Bachelor of Science in Kinesiology, graduated from the Canadian Memorial Chiropractic College (CMCC), and completed CMCC's Sports Sciences Residency. A former competitive flat-water kayaker, Dr. Yedon became a Fellow of the Royal College of Chiropractic Sports Sciences. With over 15 years of experience in sports injury clinics and 12 years teaching at CMCC, Dr. Yedon is passionate about helping people move, feel, and perform better. Her thorough assessments focus on both what hurts and why, using a combination of manual therapy, acupuncture, mobility, and strengthening. Whether treating office workers or Olympians, she's dedicated to improving resilience and reducing injury. Outside the clinic, she enjoys running, hiking, cooking, and cheering on her husband and two sons at the rink.

SESSION DESCRIPTIONS

The Athletic Mom-to-Be: Supporting the Pregnant Athlete

Women are more active than ever before - whether it is a recreational activity to stay in shape, a competitive activity/sport or a sport involvement at a provincial, state or national level - and want to continue to participate even through pregnancy and beyond. This session will focus on the latest evidence-based information to keep your athletic patient exercising and possibly competing through their pregnancy. Participants will learn the most recent guidelines to continue exercising including reasons to stop, relative and absolute contraindications to exercise as well as exercise modifications, progressions and common complaints in your athletic pregnant patients.

Postpartum Recovery: Getting Back to Sport

This session will provide an evidence-based framework for assessing and rehabilitating female athletes during the postpartum period and beyond. Participants will learn key assessment tools, clinical protocols, and exercise progressions to address common postpartum concerns such as core and pelvic floor dysfunction, diastasis recti, joint instability, and musculoskeletal imbalances. Through a combination of hands-on techniques, movement retraining, and return-to-sport guidelines, practitioners will learn to support postpartum recovery while optimizing athletic performance. The session will also explore current trends in the literature and review the latest clinical guidelines related to the pregnant, postpartum, and menopausal athlete.

SMT from a Female Chiropractor's Perspective: Technique for Optimal Performance Spanning a Practice Lifetime

We all know that adjusting patients is the mainstay of chiropractic care. However, not all chiropractors (or patients) are created equally - differing in size, shape and strength. This session will focus on adjusting skills for female chiropractors throughout their career as well as modifications to typical adjusting techniques and biomechanics for chiropractors and patients with various body types.

Navigating Menopause as an Athlete: Maintaining Health and Performance

Do you have athletic patients between the ages of 40 and 60 who comes into your clinic with aches and pains that she cannot attribute to any one thing? Have you thought to ask her about her menstrual cycle? These are key questions to ask when dealing with women in this time of life, known as the menopausal transition. This session will focus on the musculoskeletal syndrome of menopause, and the most recent evidence-based management strategies including exercise protocols, nutrition and other modalities to ensure your athletic patients stays active and competitive.

Detailed Weekend Agenda:

FRIDAY, JUNE 6, 2025

Advancing Athletic Performance: Integrative Approaches to Health Movement, and Injury Management

9:00 a.m. – 9:15 a.m.	CONTINUING EDUCATION	Check-in & Attendance
9:15 a.m. – 10:45 a.m.	Lecture Hall 1	An Integrative Healthcare Approach to Optimizing High-Performance in Athletes
10:45 a.m. – 11:00 a.m.	BREAK	
11:00 a.m. – 12:30 p.m.	Lecture Hall 1	Exploring Twenty-First Century Anatomy: A Modern Perspective for Clinical Chiropractic Practice
12:30 p.m. – 1:15 p.m.	LUNCH	CAFETERIA
1:15 p.m. – 2:45 p.m.	Lecture Hall 1	Biophysical and Physiological Factors of Connective Tissue in Movement: Implications for Performance, Injury, and Rehabilitation
2:45 p.m. – 3:00 p.m.	BREAK	
3:00 p.m. – 4:00 p.m.	Athletic Centre	Mastering Exercise Techniques for Performance Enhancement and Injury Prevention: A Practical Approach
5:30 p.m. – 10:00 p.m.	SOCIAL EVENT	Cocktail Hour, Dinner, Live Music, Dancing, Awards, Tribute Video, and much more!

SATURDAY, JUNE 7, 2025

Empowering the Female Athlete: Considerations Throughout the Lifespan

8:30 A.M - 8:45 P.M.	CONTINUING EDUCATION	Check-in & Attendance
8:45 a.m. – 9:45 a.m.	Technique Rooms 2 & 3	The Athletic Mom-to-Be: Supporting the Pregnant Athlete
9:45 a.m. – 10:45 a.m.	Technique Rooms 2 & 3	Postpartum Recovery: Getting Back to Sport
10:45 a.m. – 11:00 a.m.	BREAK	
11:00 a.m. – 12:00 p.m.	Technique Rooms 2 & 3	SMT from a Female Chiropractor's Perspective: Techniques for Optimal Performance Spanning a Practice Lifetime
12:00 p.m. – 1:00 p.m.	Technique Rooms 2 & 3	Navigating Menopause as an Athlete: Maintaining Health and Performance
1:00 p.m. – 3:00 p.m.	SOCIAL EVENT	LUNCH: BBQ at CMCC

Join us afterward for a **BBQ in the Courtyard** to network and celebrate with colleagues!



Registration open at:
www.cmcc.ca/homecoming

More information: events@cmcc.ca



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