

# Certified Chiropractic Posture Therapy Specialist

## Postural Exercise and Therapy for Rehab, Wellness and Anti-Aging

### A 21st Century Chiropractic Practice Model

This course allows your practice to thrive in changing times by logically and ethically integrating third party based acute care with non-reimbursed wellness care. A patient choice practice is a strategy to empower patients/consumers with knowledge, self-care techniques and exercise to value care.

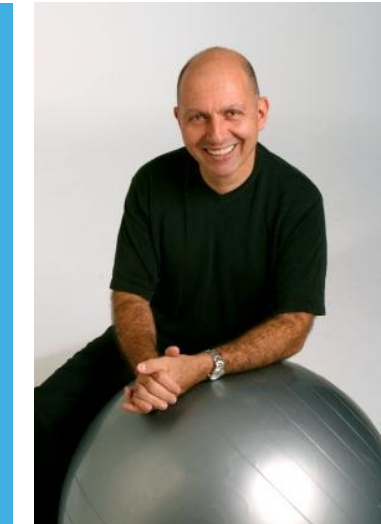
Promoting a posture aware society is a path for DCs to create chiropractic cultural authority by aligning with the trends of aging boomers and changing healthcare economics. Please join us for this exciting certification course.

This 36-hour certification course is presented in three 12-hour sessions. Attend all three weekends to earn CCPTS certification. (Certified Chiropractic Posture Therapy Specialist)

You may also attend single weekend courses to learn techniques and protocols to implement into practice immediately.

Host & Venue: Logan College of Chiropractic  
Tuition: \$230 registration per weekend session  
**Register: 1-800-842-3234**

June 11-12, 2011 Posture Assessment, Exercise & Rehab  
July 16-17, 2011 Posture Therapy, Active Aging & Performance  
Aug 20-21, 2011 Posture Exercise & Strong Posture Life Habits  
Times: Saturday 1PM – 7PM, Sunday 8AM - 2PM



### Meet the Instructor

Steven Weiniger, DC nationally recognized expert on posture has trained thousands of health and fitness professionals in StrongPosture™ protocols for rehab, performance and keeping people moving well as they age.

He authored *Postural Assessment* chapter within the textbook *Photographic Manual of Regional Orthopedic and Neurological Tests*, as well as *Stand Taller-Live Longer: An Anti-Aging Strategy*.

Dr. Weiniger served on the White House Conference on Aging, and his expertise on posture, anti-aging, and exercise are regularly featured in international media. Dr. Weiniger graduated from New York Chiropractic College and is a continuing education instructor for Logan College of Chiropractic. *For more info about the instructor or program visit [www.PosturePractice.com](http://www.PosturePractice.com).*

# CCPTS

Sponsored by Logan College of Chiropractic



# CERTIFIED CHIROPRACTIC POSTURE THERAPY SPECIALIST

*Postural Exercise and Therapy for Rehab, Wellness and Anti-Aging  
A 21st Century Chiropractic Practice Model*

# CCPTS

**Register: 1-800-842-3234**

**Info: [www.PosturePractice.com](http://www.PosturePractice.com)**

## Posture Assessment, Exercise & Rehab Concepts, Biology, Research & Protocols for Strong Posture and Aging Well

In this session Dr. Weiniger discusses posture and the demographics of an aging, sitting society, discusses motion and balance, and describes balance testing and assessment.

He also discusses kinetic chain concepts and the pain cycle; posture assessment using pictures and digital camera protocols for posture awareness and benchmarking; and integrating passive manipulation, PNF/muscle therapy and active conscious exercise.

As the session continues Dr. Weiniger presents information and instruction in balance, alignment and motion, and discusses the keys to aging well: regular activity with full range motion to train muscles, joints and nervous system for endurance, flexibility, and balance.

You'll learn a number of cutting edge effective exercises, protocols, and habits that can be integrated Monday morning into your practice.

*All courses may be taken to earn certification, or attend as individual stand-alone seminars.*

Date: June 11-12, 2011

Time: Sat. 1pm – 7pm Sun. 8am – 2pm

Tuition: \$230 Regular Registration

\$205 Early Bird Tuition (*Expires May 27, 2011*)

## Posture Therapy, Active Aging & Performance Patterns, Compensations & Adaptations

Learn mid-life predictors of aging patterns and how the imperatives of balancing the body and avoiding pain create posture patterns. He then presents protocols for assistance and correction of improper posture patterns.

He teaches posture strengthening methods and protocols and demonstrates posture assessment techniques such as scapulohumeral rhythm assessment, forward head postures and adaptive scapular motions.

He also describes alignment protocol, adding resistance to challenge and strengthen upper quarter posture, exercise stabilization using bands, bars, tubes, and webs. He discusses headaches and presents carpal tunnel stretches, as well as the pelvic floor, Kegels and transition to abdominal awareness.

He also covers side stretches, gluteus medius lift, and other posture correcting movements, exercises and protocols. Participants will perform basic balance, alignment, and motion exercise flow and coach a "patient" through the program with exercises learned to date.

Date: July 16-17, 2011

Time: Sat. 1pm – 7pm Sun. 8am – 2pm

Tuition: \$230 Regular Registration

\$205 Early Bird Tuition (*Expires July 1, 2011*)

## Posture Exercise & Strong Posture Life Habits Strategies to Retrain Whole Body Stabilization Patterns with B.A.M. Core Integration

Dr. Weiniger begins with postural aging and arthritis, and the integration of acute care and wellness care in a patient choice posture practice. He discusses adaptation: pain cycle versus motion cycle, and fascia the tissues that bind us. He discusses abdominal hollowing versus bracing and explores biomechanics, postural anatomy and gait assessment. He will also address the importance of balance with specific exercises, protocols, and devices.

Floor and wall exercise protocols for posture and balance will be presented. Dr. Weiniger will explain how posture exercise can be a strategy for aging well and discuss activities of daily living as well as injury rehab strategies to create posture awareness. Learn how to strengthen posture with active and passive therapies and their clinical rationale, and the flow integration for individualized daily posture exercises.

Participants testing for CCPTS certification will demonstrate the ability to perform basic balance, action, motion (BAM) exercise flow for their body and coach a "patient" through a full BAM program during this session.

Date: Aug 20-21, 2011

Time: Sat. 1pm – 7pm Sun. 8am – 2pm

Tuition: \$230 Regular Registration

\$205 Early Bird Tuition (*Expires Aug 5, 2011*)