



CLINICAL POSTURE ASSESSMENT

- Rehabilitation & Motor Control Exercise **12CE***

NEW DATES! Sat/Sun June 2-3, 2018 Aurora Summit Medical Center, Oconomowoc

FIND ONLINE REGISTRATION, COMPLETE CE INFORMATION & UPDATES AT WWW.WICHIRO.ORG

OR REGISTER BY: MAIL WCA, 521 EAST WASHINGTON, MADISON WI 53703; FAX 608-256-7123; PHONE 608-256-7023

Step by Step Protocols and Strategies for Pain Relief, Performance & Active Aging

“Sitting is the New Smoking”, “Tech Neck” and other postural syndromes are in the headlines. We live in a tech-driven society suffering an epidemic of worsening neck and back pain, in a time where opioids and pain medications are in increasing disrepute. It’s time for chiropractors to stand tall as posture specialists, educating people on intelligent habits for modern life.

From promoting posture awareness to teaching individualized posture exercise programs, you’ll learn to position yourself in an evidence congruent, posture-centric framework. Tools like digital photos set an objective benchmark to observe the disparity between how people believe themselves to be standing, and the truth told by a picture. Then in conjunction with chiropractic care, the StrongPosture® rehab exercises then systematically re-train sensory-motor error towards accurate symmetry of control. More information on reverse.

*Submitted to the examining board for approval for 12 CEs.

A resident of Atlanta, Georgia, **Steven Weiniger, DC**, focuses on posture rehab, biomechanics and the importance of integrating exercise into every lifestyle.



CLASS SCHEDULE:

Saturday June 2, 8:00 am - 5:00 pm (8 CE)
Sunday June 3, 8:00 am - 12:00 pm (4 CE)

LOCATION:

Aurora Summit Medical Center
36500 Aurora Drive, Summit, WI 53066.
Use the Hospital Entrance.

Registration Fees	WCA Member	Non-Member
Early Rate (7 days prior)	\$245	\$365
Standard Rate	\$265	\$385

Deduct \$100 if attending one day only.

PRE-PREGISTRATION recommended. You may register onsite if space is available. **REFUNDS**, less \$15 administrative fee, until 7 days before event. 50% refund 2-6 days before event. No refund day before or day of event.

Thank you to our Sponsors



ATTENDEE INFORMATION

ONE ATTENDEE PER FORM PLEASE

First & Last Name _____ WCA Member? Y N

Clinic/Company _____ **AMOUNT DUE \$** _____

Address _____ City/State/Zip _____

Email (required for confirmation) _____ Phone with area code _____ - _____ - _____

PAYMENT INFORMATION

Payment Method: Visa Mastercard Discover Check *Payable to WCA*

Credit Card # _____ Expiration _____ / _____

Name on Card _____ CVV Code _____

Billing Address on Card _____

FOR OFFICE USE ONLY

Date Received _____ Total Paid _____ CC Auth/Ck # _____



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12^{CE}*

LOCATION AND LODGING INFORMATION

CLASS LOCATION:

Aurora Summit Medical Center
36500 Aurora Drive, Summit, WI 53066

Use the Hospital Entrance.
Take a left from the Hospital Lobby, go past the Cafeteria, then another left to Draper Hall Conference Room.



Aurora
Health Care®

LODGING - Nearby hotels:

Hilton Garden Inn

1443 Pabst Farms Cir, Oconomowoc, WI 53066
hiltongardeninn3.hilton.com (262) 200-2222

Staybridge Inn & Suites,

1141 Blue Ribbon Dr, Oconomowoc, WI 53066
ihg.com (262) 200-2900

La Quinta Inn & Suites

2801 Hillside Dr, Delafield, WI 53018
laquintamilwaukeeafield.com (262) 395-1162

COURSE INFORMATION

Patients are engaged with exercise protocols individualized to their ability, fostering increased posture awareness and functional motion control to optimize posture when standing and sitting, moving and competing. These are motion control exercises (MCE), and fall under the recommendations of the American College of Physicians for non-pharmacologic care of acute and chronic low back pain. The StrongPosture® MCE protocols systematically retrain Balance, Alignment and Motion (B.A.M) control towards accuracy, and along with interactive Posture Principle demonstrations communicate the bio-mechanic benefit of unlocking motion restrictions with spinal manipulation.

There's demand for posture solutions- from MDs who want to refer for non-pharmaceutical back pain care, to fall prevention through stronger balance, to employers concerned about workplace wellness. Health care is changing rapidly, and tech-addicted millennials and boomers slumping into old age are opening the door for posture specialists to help people stand tall and move well.



SPEAKER BIO

A resident of Atlanta, Georgia, **Steven Weiniger, DC**, focuses on posture rehab, biomechanics and the importance of integrating exercise into every lifestyle. In addition to a busy speaking calendar, he's a prolific writer (Blog) and serves as managing partner of BodyZone.com, an online resource offering a referral directory and comprehensive information about posture, exercise, posture therapies, and other wellness life habits.



Dr. Weiniger graduated from New York Chiropractic College and is a postgraduate instructor for University of Western States. He has presented as a posture expert for Northwestern, Logan, NYCC, UBCC, Parker, Dekalb College, Clayton University, and several other higher education, medical, corporate and private organizations. Dr. Weiniger is the lead instructor for the posture specialist certification, CPEP (Certified Posture Exercise Professional) setting the clinical standard for posture improvement protocols with clinicians worldwide.

Dr. Weiniger literally wrote the book on improving posture, *Stand Taller Live Longer: An Anti-Aging Strategy*, used by doctors of various medical backgrounds, chiropractors, physical therapists, physiotherapists, rehab centers, nursing homes, trainers, and phys ed and college athletic departments worldwide. He is the author of the postural assessment chapter in the textbook *Photographic Manual of Regional Orthopedic and Neurological Tests* as well as the book *Posture Pictures: Posture Assessment, Screenings, Marketing and Forms*.

