

Posture, Balance & Motion



Seminar:

Posture and Balance: Assessment,
Rehabilitation, and Motor Control
Exercise

Dates:

Sydney - 2-3 November 2019
Adelaide - 9-10 November 2019
Gold Coast - 16-17 November 2019

FLA: 12

Register:

www.chiro.org.au/posture.tour

Cost:

ACA members: \$499.00
ACA students: \$250.00
Non ACA members: \$699.00



SYSTEMATIC REHAB Pain Relief to Wellness. Teens to Boomers to Geriatrics.

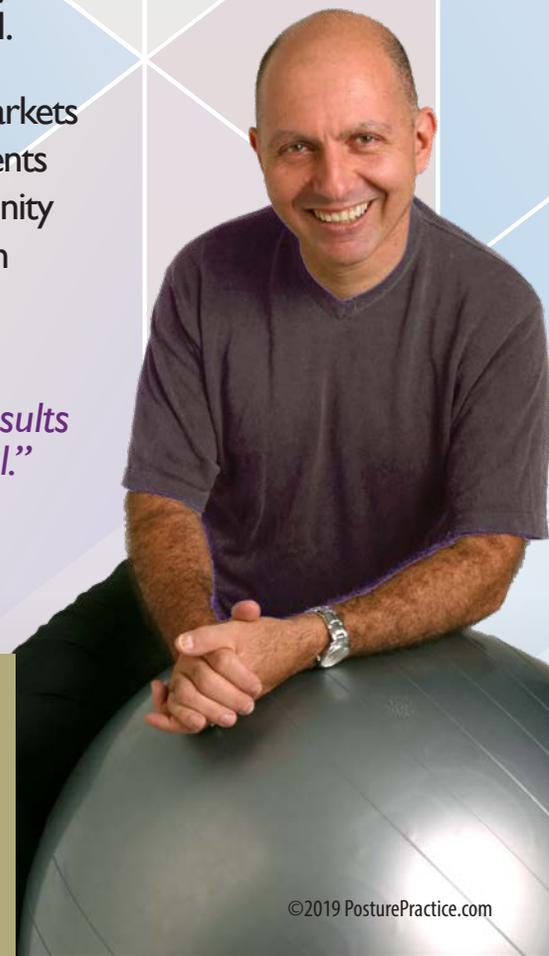
Posture is the intersection of structure and function. Dr. Steven Weiniger's step-by-step postural assessment and rehab program will teach you to find hidden weakness and strengthen motor control.

In one weekend you'll learn a complete program to incorporate posture rehab into your practice and treat injury or chronic pain, as well as promote sports performance, wellness and active ageing. Plus, the research backed bio-mechanics and Posture Principles help you tell a story people can share about you, their posture professional.

- Thrive in competitive markets
- Attract more new patients
- Stand out in the community
- 20+ visit rehab program

*"Deliver functional results
people see and feel."*

Dr. Steven Weiniger
presents this 12 FLA
Seminar!



PROGRAM

Learn to incorporate posture rehab into your practice. Experience for yourself in this dynamic, hands-on group training a complete, step-by-step postural assessment and rehab program to find and strengthen weaknesses in subtle patterns of motor control.

From acute injury to chronic NMS pain management, from wellness to active ageing, find out how posture rehab grows word-of-mouth referrals. Discover how objective posture rehab and subjective somatic mindfulness really helps patients get relief and, along with your care, engages them to move, feel and be well.

Learning Objectives

- Assess and benchmark static postural balance visually and functionally (Balance track)
- Understand bio-mechanics of Janda's Crossed syndromes with respect to the PostureZone® model
- Use attentional focus to external cues to retrain perceived postural control of head-torso-pelvis towards more accurate self-aware (Alignment track)
- Integrate accuracy of motor control using an exercise ball with static postural and balance assessments (Motion track)
- Educate patients with a common-sense bio-mechanical model to understand and communicate posture

SPEAKER

Internationally renowned speaker, Dr. Steven Weiniger, has trained thousands of practitioners to first rehab injuries and then help keep patients moving well with StrongPosture® rehab protocols. He's presented for numerous chiropractic organizations including, New York Chiropractic College, University of Western States, l'Institut Franco-Européen de Chiropraxie, Australian Chiropractors Association, American Chiropractic Association and the World Federation of Chiropractic.

Dr. Weiniger is the founder of the advanced certification, Certified Posture Exercise Professional (CPEP®), setting the clinical standard for posture improvement and rehab protocols with clinicians worldwide.

In an initiative to promote posture awareness he developed PostureZone, a free posture analysis app. Dr. Weiniger also spearheads the annual PostureMonth.org global public health campaign. His expertise is featured extensively in media including ABC, CBS, NBC, FOX and Global News. He is the founder of BodyZone.com and PosturePractice.com.

*Dr Weiniger is a licensed chiropractor in the United States (not in Australia).