

Posture, Balance & Motion



Seminar:

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

Dates:

Sept 28, Saturday (9am-6pm)
Sept 29, Sunday (8am-12pm)

Location:

Inside-Out Chiropractic Center
3550 76 Ave NW
Edmonton, AB T6B 2N8

CE credit:

12 hours

Register:

edmontonchirosociety.com

Cost:

DC Registration: \$375 CAD
Staff Registration: \$165 CAD



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

Experience dynamic, hands-on training and learn to boost services, compliance and word-of-mouth referrals with the StrongPosture® protocols.

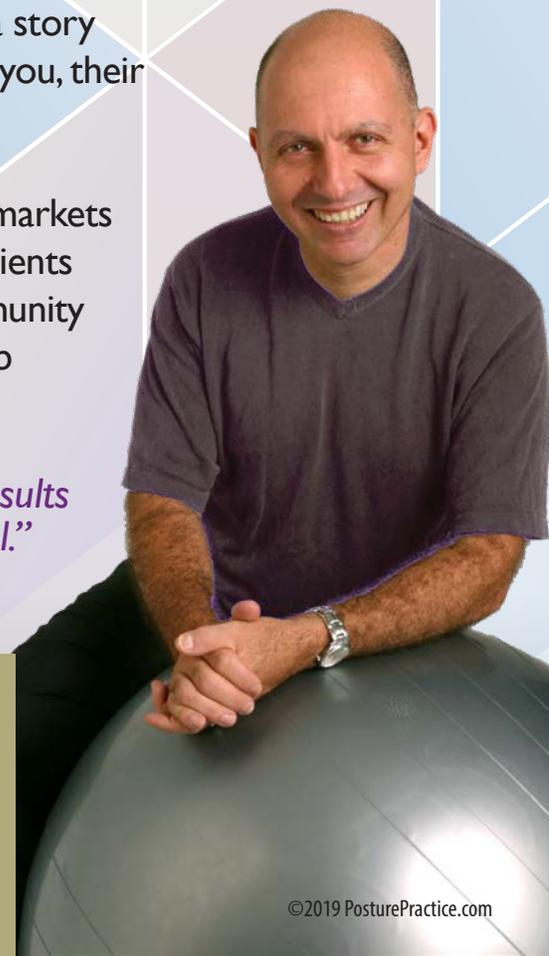
Posture is the intersection of structure and function. Dr. Steven Weiniger's step-by-step postural assessment and rehab program will teach you to find hidden weakness and strengthen motor control.

In 1 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 aging. Plus, the research backed bio-mechanics and Posture Principles help you tell a story people can share about you, their posture specialist.

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

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

Dr. Steven Weiniger
presents this 12 Hr
CEU Seminar!



PROGRAM

Learn to incorporate posture rehab into your practice with the StrongPosture® protocols. Experience for yourself in 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.

Sitting or standing, walking or competing, posture care is the intersection of mindful Awareness, patterned motor Control habits and a person's ergonomic postural Environment. Our ACE model is a systematic way to empower people to strengthen their unique postural weaknesses by retraining granular control with awareness.

Dr Steven Weiniger will teach you the framework designed for you and your staff to custom fit specific exercises to the functional ability of the individual. Plus, interactive Posture Principles and demos tell an evidence- based bio-mechanic story, one people can share with others.

1 WEEKEND THAT CAN CHANGE YOUR PRACTICE... AND PATIENTS' LIVES.

From acute injury to chronic NMS pain management, from wellness to active aging, 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.

STAND OUT IN THE COMMUNITY

Seminar attendees learn to differentiate themselves by specializing in posture with StrongPosture® motor control exercise protocols as a rehab and communications framework. Developed by Dr. Steven Weiniger, author of Stand Taller Live Longer- An Anti-Aging Strategy and founder of the CPEP® Certified Posture Exercise Professional program, the protocols use MUST vs TRY cueing to retrain posture subtleties towards objective references, and towards symmetry, for more accurate control and stabilization.

For short duration encounters or as a base for any rehab program, StrongPosture® MUST vs TRY cueing makes it easy to tailor rehab to each individual's unique motion patterns. Systematically engaging people with a difference they can really feel boosts compliance, as well as retention and referrals.

EDUCATE PATIENTS & HEALTHCARE PROVIDERS WITH POSTURE PICTURES

The observational PostureZone model facilitates inter-professional understanding of posture as functional, not pathologic. Medical physicians from orthopedists to neurologists to GPs understand that when someone stands adaptively, motion is adaptive.

When segmental motion is restricted, spinal manipulation and soft tissue therapies can restore motion. Functional motion can then be retrained towards objective accuracy and symmetry with StrongPosture® motor control exercise. In today's tech society, communicating bio-mechanics with posture engages patients, the public and other practitioners to position the evidence grounded chiropractor as the go-to posture specialist.

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 posture expert, 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, Northwestern, 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 posture specialist 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.