

Strengthening Posture

for Pain Relief, Performance, and Aging Well

Instructor: Steven Weiniger, DC

Saturday, August 3rd, 8:30 a.m. - 5:30 p.m.
Sunday, August 4th, 8:30 a.m. - 12:30 p.m.

**Wingate by Wyndham
 Fredericksburg, VA**

12 CEUs in VA



Lecture & Hands-On Lab Experience:

Concepts, biology, research and protocols for an active life.

Lab 1: Balance exercises, posture and fall prevention.

The Biomechanics of Posture.

Lab 2: Core strength for Strong Posture.

Posture Assessment Exam – Visual Palpation.

Lab 3: Strong alignment and kinesthetically defining Strong Posture.

Lower Cross Posture Syndrome.

Lab 4: Lower cross posture therapy and exercise protocols.

Upper Cross Posture Syndrome.

Lab 5: Upper cross posture therapy and exercise protocols.

The Patient Choice Posture Practice...Not just for Boomers!

Lab 6: Strong Posture LifeHabits (ADLs)



Learn:

- Clinical posture assessment of common adaptations.
- Balance exam procedures and strengthening techniques.
- Focused motion exercise to train strong posture and balance.
- Customizable for every patient.
- Clinical tools and educational models to empower patients.
- Step-by-step rehab protocol.
- Engaging “lecture & lab” format.
- Protocol incorporates inexpensive tools like balls, bands, and foam rollers to keep patient interest while getting results.
- Become your local posture expert!
- Designed for immediate, Monday-morning implementation.
- Application for 12 Type 1 CEUs in Virginia has been submitted.

Look in the Mirror!

People - Baby Boomers - have never been more concerned with how they look and how they age. Forming a bridge from an acute condition to wellness care and successful aging, posture rehab exercise empowers patients to live an active lifestyle.

Take home these easy-to-implement protocols to become the Posture Expert in your community.

Exercises include both active and passive techniques using balls, bands, foam rolls, balance trainers and other inexpensive tools.

Posture, Wellness and Anti-Aging:

Both research and common sense show that **integrating exercise and active care is essential** for an outcome-oriented practice focused on optimal health. The progressive core stabilization exercises at the heart of Clinical Posture Practice Seminars increase patient/client participation and improve results as well as retention and referrals.

Each seminar's "**lecture & lab**" format teaches research-based biomechanical concepts and exercises that ensure you learn the techniques to not only assess and strengthen your patients' and clients' posture, but also your own.

The result: a complete, step-by-step, easy to implement posture exercise protocol, along with instructive posture principles and patient-friendly demos provide a practical framework that allow you to begin creating your own posture practice immediately following the seminar!

Doctors, therapists, trainers and staff will learn:

- Posture Concepts for Communications (Bio-mechanics 101)
- Posture Consciousness (and why a posture picture assessment is worth a thousand words)
- Posture Control with StrongPosture™ exercise, chiropractic and muscle therapy (including instrumented soft tissue therapy)

Dr. Steven Weiniger literally wrote the book on Posture Exercise: **Stand Taller ~ Live Longer: An Anti-Aging Strategy**. A renowned expert on strengthening posture for rehab and aging well, his Posture Practice seminars have trained thousands of doctors and their staff in the StrongPosture™ exercise protocols to keep people standing tall and moving well.

He is also Managing Partner of BodyZone.com. His work on posture, anti-aging, exercise and practice management has appeared in professional journals and mainstream national media including FOX News, Oprah's Oxygen network, Natural Health Magazine, Prevention Magazine, and Bottom Line Health.



"I've used StrongPosture exercises for years with great results! Patients are excited to see changes, compliance has increased and I get more referrals. The seminar goes over the exercises in great detail with time to workshop your instructions so you are rehearsed and ready to begin."

- Jill Melsha, DC



"Wonderful! I have clients who can breathe better, who have greater range of motion in their neck, shoulders, and upper back. There's a buzz, an energy about the exercises. I have never found a program like this that puts posture in the proper order. It's different than everything else, and it has been great."

- Katie Claverly, CPT

Registration Form:

Name _____ Practice Name _____

Street Address _____ Ste _____ City _____ State _____ Zip _____

Phone _____ Fax _____ Email (VCA Only) _____

	VCA Mbr DC	Non-Mbr DC	Staff w/Reg'd DC	Staff w/out DC
By July 3rd	\$269	\$319	\$169	\$219
After July 3rd	\$349	\$399	\$249	\$299

Amount Due \$ _____ Check, Payable to VCA OR Visa MC Discover

CC # _____ Exp _____ 3 Digit Code on Back _____

Name on Card _____

Billing St Address _____ Ste _____ City _____ State _____ Zip _____

Signature: _____ Date: _____



Seminar Sponsors

Location: The seminar is being held at the Wingate by Wyndham, 20 Sanford Dr Fredericksburg, VA 22406. Seminar attendees enjoy a special guest room rate of \$94 + taxes, single or double, until 7/3/13. Call 540-368-8000 and ask for the VCA group block. After July 3rd, hotel reservations are on a space and rate available basis, so make your reservations now!

- REGISTER ONLINE at www.virginiachiropractic.org or FAX completed form to 540-932-3101 or MAIL to The Unified VCA, POB 15, Afton, VA 22920.
- Cancellations: If written notification is received at least 72 hours prior to start of seminar, payment will be refunded, less a \$35 processing fee. No refunds or credits issued within 72 hours of program start.
- License Renewal: Appropriate applications relating to 12 type 1 credit hours for DC license renewal in Virginia have been executed for this program. For information regarding these applications, contact the New York Chiropractic College Postgraduate Dept. at 800-434-3955.
- For additional details, questions, or to register by phone, call the VCA office at 540-932-3100.