



Clinical Posture Assessment, Therapy & Exercise

12 Regular CE's

Date: Saturday, June 12 and Sunday, June 13
Time: 10am – 4pm – Both Dates
Place: MCA Conference Room
 4620 W 77th Street, First Floor Conference Room
 Edina, MN
Cost: \$250 Members & \$300 Non-Member

Who Should Attend

- Chiropractors
- Chiropractic Assistants
- Massage Therapists
- Office Staff
- Personal Trainers
- Physical Therapists

Instructor:  Dr. Steve Weiniger, DC

Sponsor: 

Create a Posture Practice Monday Morning:

Learn researched-based biomechanical concepts and exercises and experience them for yourself during this “lecture & lab format seminar. Our hands-on approach ensures you learn the techniques to not only assess and strengthen your patients’ posture, but your own as well.

Lecture & Hands-On Lab Experience: Lab includes active and passive techniques using wall, ball, floor, tubes, foam, etc.

- 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 Aging Boomers! **Lab 6: Strong Posture Life Habits (ADLs)**

You will learn essential tools:

- Clinical posture assessment
- Strengthening techniques for common posture adaptations and distortions
- Focused motion exercise to train posture and balance
- Customize for every patient needs
- Billing & Coding resources for rehab care
- Clinical tools an educational models to empower patients
- Successfully implement protocol immediately and easily
- Fun, dynamic and hands-on lab time
- CPEP Certification also available

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For more information call 952.882.9411

Fax: 952-882-9397 or register on MCA website: www.mnchiro.com

Mail: MCA – 4620 W. 77th St., Suite 100, Edina, MN 55435

NAME: _____ CLINIC: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____ E-MAIL: _____

\$250 Member \$300 Non-Member

CC#: _____ Expiration Date: _____

Security Code: (located on back of card) _____

Please note that the MCA office must receive registration cancellations at least three working days prior to event to receive refund.

