



ASSOCIAZIONE ITALIANA CHIROPATICI  
ASSOCIATION OF ITALIAN CHIROPRACTORS

The Association of Italian Chiropractors is proud to present



**ADJUST WELL**  
 INJURY-PREVENTION STRATEGIES  
 FOR PRACTICING CHIROPRACTORS  
**LANCE VON STADE**  
 DC, ATC, CSC





**MARCH 25<sup>TH</sup>-26<sup>TH</sup> 2023**  
**BOLOGNA, ZANHOTEL EUROPA**  
[aicservizi.it](http://aicservizi.it)

**EAC / CPD APPLIED FOR**

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**Dr. Lance Von Stade, D.C., ATC, CSCS:** As a professional with a 20-year sports medicine and performance career, Dr. Lance has held notable positions that span the human performance continuum. He was the head athletic trainer and strength coach for the USA Water Polo Women's Senior National Team through back-to-back world championship gold medals in 2009 and 2010. Leading up to the 2012 Olympic Games, he lived in Beijing and worked as the performance specialist for the Chinese Women's Olympic Judo Team, who earned the Olympic Silver Medal in London. He was also the athletic trainer for the USA Boys' Youth National Team for their Bronze medal performance at the 2010 Pan-Am Cup. He has served on countless multidisciplinary sports medicine teams for organizations such as the Association of Volleyball Professionals, US Open of Surfing, USA Wrestling, USA Taekwondo, the Surf City Marathon, Outside Lands Music & Arts Festival, and more. As a co-founder of Kairos Training Culture, he has facilitated 78 seminars and more than 1,000 sessions of movement, breathwork, and meditation in more than thirty cities and six countries since 2012. As a teacher, Dr. Lance has taught the subject of sports medicine at the high school level, the subject of cellular physiology at Life Chiropractic College West and designed online courses for chiropractic continuing education on the subjects of breathing, movement, and emotional intelligence. He created an online program titled "The Sustainable Movement Module" designed to help chiropractors prevent work-related injuries and to improve the performance of their art while serving patients. He now owns and operates three locations of Golden Gate Chiropractic, facilitates with Kairos Training Culture, provides 1-on-1 coaching for chiropractors growing their businesses, and works as a Movement and Performance Consultant improving the Olympic Development Curricula for USA National Governing Bodies (NGBs). Above all, the positions that fulfill him most are coaching his son's baseball, soccer, and basketball teams and teaching at his son's Co-op Preschool.

## **SEMINAR INFORMATION**

### **Summary:**

According to research in the USA and Canada, nearly 50% of chiropractors experience work-related injuries that affect their ability to serve their communities, earn a living, and enjoy their work. Dr. Lance von Stade has compiled the research regarding the most common mechanisms of injury suffered by chiropractors and applies two decades of clinical and performance training experience to address and prevent these issues through a workshop that includes education, movement, and personalization.

### **Learning objectives:**

- 1) Most common causes of work-related injuries in chiropractors and how to prevent them,
- 2) Principles of movement for the chiropractor's body with several different adjusting techniques
- 3) Safe positioning for the doctor and patient that prevents injury, increases power, and encourages comfort for both people.
- 4) Pre-shift mobility, stability and movement warm-ups routines to prevent injury and improve quality of movement
- 5) Breathing techniques to facilitate different states, physically, emotionally, and spiritually.
- 6) Training exercises that safely build strength & power while improving the performance of the chiropractic adjustment.

### **Timetable**

#### **Saturday, March 25<sup>th</sup> :**

8:00-8:30 Registration

8.30-10.30

10.30-11.00 Coffee Break

11.00-13.00

**SATURDAY MARCH 25<sup>th</sup> - h. 15.00 -**

**AIC GENERAL ASSEMBLY - only for AIC members**

#### **Sunday, March 26<sup>th</sup> :**

8.30-10.30

10.30-11.00 Coffee Break

11.00-13.00

LUNCH BREAK

14.00-16.00

16.00-18.00 Q&A

**THE SEMINAR IS ONLY FOR CHIROPRACTORS AND CHIROPRACTIC STUDENTS**

**SEE THE REGISTRATION OPTIONS AND  
REGISTER ON-LINE  
<https://aicservizi.it/it/>  
OR USE THE ATTACHED FORM**

### **VENUE LOCATION:**

Zanhotel Europa

Via Cesare Boldrini, 11 40121 Bologna

+39 0514211348

<https://www.zanhotel.it/hotel-europa-bologna>

### **Hotel Accomodation:**

Euro 120,00: Single Room per night breakfast included, plus city tax;

Euro 140,00: Double Room per night breakfast included plus city tax;

The room allotment reserved by AIC will expire on February 3rd, therefore contact the hotel

personally *via email* [bookinghoteleuropa@zanhotel.it](mailto:bookinghoteleuropa@zanhotel.it) mentioning specifically our event and make your reservation!



**FOR ANY DOUBT OR INFORMATION CONTACT US BY E-MAIL AT [aic@chiropratica.it](mailto:aic@chiropratica.it)**