



ASSOCIAZIONE ITALIANA CHIROPATICI
ASSOCIATION OF ITALIAN CHIROPRACTORS

The Association of Italian Chiropractors is proud to offer you

AIC WEBINAR SERIES – ZOOM

FEBRUARY 7th, 2023

From h. 08.00 p.m. to h. 10.00 p.m. (UTC/GMT +1H)



ADJUST WELL: Injury-Prevention Strategies for Practicing Chiropractors

LANCE VON STADE, DC, ATC, CSC

EAC / CPD APPLIED FOR

In this 2 hour webinar Dr. Lance will talk about the most common causes of work-related injuries in chiropractors and how to prevent them, and more.

Topics:

- Principles of movement for the chiropractor's body with several different adjusting techniques;
- Safe positioning for the doctor and patient that prevents injury, increases power, and encourages comfort for both people;
- Pre-shift mobility, stability and movement warm-ups routines to prevent injury and improve quality of movement;
- Breathing techniques to facilitate different states, physically, emotionally, and spiritually;
- Training exercises that safely build strength & power while improving the performance of the chiropractic adjustment.

THE WEBINAR IS ONLY FOR CHIROPRACTORS AND CHIROPRACTIC STUDENTS

**SEE THE REGISTRATION OPTIONS AND
REGISTER ON-LINE**

<https://aicservizi.it/it/>

OR USE THE ATTACHED FORM

20% of the income will go to the AIC Scientific Committee for the Chiropractic Research

LOCATION: "ZOOM", link will follow via email after registration.