

"Wellness is a lifelong process of assuming personal responsibility that empowers the individual to exercise choice, make informed decisions and take action towards a more balanced, dynamically sustainable and fulfilling existence in all dimensions of life"

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MOMENTUM 4 LIFE

Rehabilitation of Lower Cross Syndrome: Trunk Stability Vs. Hip Coordination Functional assessment through to active care plan Easily implemented on Monday morning



Beginning with a short discussion on the multifactorial causes of Low Back Pain, then focusing on trunk stability and hip coordination as they relate to LBP. Learn 6 assessment tools to help determine possible functional muscle weakness. This will be followed by practical instruction on the active care protocols to manage several common possibilities. This seminar is easily accessible to those without prior rehab knowledge, but is also a meaningful review resulting in concise clinical decisions for those with prior rehab knowledge.

Presented by:

DR CURTIS RIGNEY, D.C.

Curtis gained his Doctor of Chiropractic degree at the Los Angeles College of Chiropractic (LACC) in 1992 and 3 years later completed a Clinical Science Residency at LACC. Since then he has completed a number of post-graduate programs in Australia, Europe and the North America. Curtis is a registered chiropractor in NSW with a special interest in kinesiology and rehabilitation and has studied extensively with the Prague School and Drs Janda, Lewit and Kolar. He is currently a lecturer in Rehabilitation at the Chiropractic Department, Macquarie University, NSW.



Venue: Tiffins on the Park, Greenhill Road Parkside

Date: Friday 21 May 2010

Time : 7pm

COST: Members \$60 NONmembers \$90

**Additional \$30 will be charged for all registrations received
AFTER 10 May 2010**

CPD to be advised & light refreshments will be served from 7pm

FRIDAY NIGHT INSIGHT

GPO Box 2407, ADELAIDE SA 5001

E: admin@caasa.com.au

F: (08) 8365 8456

P: 1800 018 238

ABN 52 050 164 460



To assist with catering and seating, please complete the form below and return with your payment before 14 May 2010 to CAA (SA) Ltd at GPO Box 2407, ADELAIDE SA 5001 or fax (08) 8365 8456

Tax Invoice

Please register Member Y / N

and Member Y / N

for the Friday Night Insight on 21 May 2010

- My cheque for \$..... is enclosed.
 - Direct deposit to Westpac BSB 035 080 A/c 114226 - \$..... (please use reference: Your CAA member no.)
- Note: Payments by this method will only be accepted provided this registration form is returned with the pay-in slip
- Credit card (Visa/Mastercard -please circle) / / /, Exp: /

Name as it appear on card:..... Please print clearly Amount: \$.....