

# LAKESIDE CHIROPRACTIC SEMINARS, Inc.

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## **Chiropractic Wellness:**

### **Practical Information for Caring for Infants, Athletes, Seniors and Sensible Rehabilitation With Therapy Bands, Exercise Programs, and Work Analysis & Ergonomics**

License Renewal, CE hours: 12

CCSP hours: 12

#### **I. The wellness model in the treatment of spinal dysfunction.**

- a. Restoration of spinal function, segmental, gross range of motion, strengthening.

#### **II. The wellness model in treating extremity dysfunctions.**

- a. Restoration function, low-tech rehabilitation.

#### **III. The wellness model in pediatric care.**

- a. Active intervention in musculoskeletal development prevention.

#### **IV. The wellness model in sports intervention and training.**

- a. Using the window of athletics as a steppingstone for musculoskeletal prevention.

#### **V. The wellness model in industrial intervention.**

- a. Going upstream in the health-care model to the industrial population.

#### **VI. The wellness model in geriatric intervention.**

- a. Balance and activity promotion in the prevention model.

#### **VII. The wellness model in history taking.**

- a. Promoting a wellness relationship with your patient from your first visit.
- b. The active health-care model.

#### **VIII. The wellness model in patient management.**

- a. What did not studies indicate patients want in their health-care provider.

#### **IX. The wellness model in the active care program for musculoskeletal treatment and rehabilitation.**

- a. Active vs. passive care model in the prevention and rehabilitation of musculoskeletal conditions.

#### **X. The wellness model in school intervention programs in relationship to musculoskeletal, and health promotion.**

- a. Backpack programs.
- b. Exercise, stretching, development programs.
- c. What the studies indicate the needs of children are in relationship to health.

#### **XI. Overview of the health-care needs and intervention possibilities.**