

Helping Your Doctor and Patients be Their Best; The Ins and Outs of Therapeutic Exercise for the Chiropractic Assistant

Duration: 1-4 Hours

Presenter: Dr. Alan Sokoloff

Course Description:

Chiropractic assistants (CAs) play a crucial role in patient care and practice success. This course empowers CAs with the knowledge and skills to guide patients in therapeutic exercise, enhancing recovery and long-term health. Combining foundational knowledge, practical demonstrations, and hands-on participation, this interactive course ensures CAs become indispensable to their chiropractic team. Participants should dress comfortably for active engagement.

Course Objectives:

1. **Understand the Role of Exercise in Chiropractic Care:** Learn how therapeutic exercises complement chiropractic adjustments and promote overall health.
2. **Master Safe Exercise Progressions:** Gain confidence in recommending and demonstrating exercises tailored to common patient conditions.
3. **Learn Alternative Exercises for Varied Patient Needs:** Adapt exercises to suit patients with differing abilities and conditions, ensuring inclusivity and effectiveness.
4. **Enhance Patient Outcomes:** Equip patients with tools to sustain improvements between visits, fostering faster recovery and better retention.