

Lectures, Screenings, Workshops and Seminars

Wellness in Your World

"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease." --attributed to Thomas Edison

Dr. Palmer will talk about the wellness movement in the United States and how to become part of it. It will include information on hydration, nutrition, exercise, posture, alternative therapies and "well thinking".

RSI's (Repetitive Stress Injuries): Carpal Tunnel is one of the most predominant injuries in the work place today. Did you know that headaches, lower back pain and fatigue can also be the result of repetitive stresses on the job? These can be avoided and treated with the proper education to the employees on how to use their work space optimally so as to prevent injuries, exercises, stretches and relaxation techniques that can be done throughout the day and tips on nutrition and hydration that help to maintain energy as the day goes on.

Managing Low Back Pain: This lecture focuses on giving an overview of all the options available to help manage back pain. It emphasizes that the biggest healer in managing pain is how involved and dedicated you are to your own care. It touches on stretches, exercises, nutrition, stress management and the importance of regular routine. It also outlines different options available for caring for back pain, as well as things to do at work to help reduce symptoms and improve productivity. Given the right resources most people can learn to concur and beat back pain without medication or surgery **if they want to.**

Sitting Safely or Lifting safely: This is a much more specific lecture tailored to a particular work environment. I would want to come in ahead of time to look at the actual workplace of the workers and watch some of their specific tasks while on the job so that I can give recommendations on postural adjustments, strengthening specific to their job and guidelines for safely lifting or sitting whatever the case maybe.

Osteoporosis vs Osteoarthritis: This lecture is most pertinent for employees who are 50 YOA and older. It also tends to draw many women who have Osteoporosis in their family history. Most people do not understand the difference between these two diseases, nor do they understand how to treat and cope with them once a diagnosis has been given. This lecture will outline and define these differences. It will also touch on prevention of both these disease processes and treatment options.

Increasing Performance and Decreasing Injury: (geared towards athletes, adolescents or weekend warriors): Athletes have been benefiting from Chiropractic care for many years; however, it has only recently been receiving attention from the media. Athletes of all types, from the weekend warrior to the world-class athlete, utilize Chiropractic because it is a drug-free way to better health and performance.

Back Pack Safety: Spine Education: An overview of our back and nervous system. Demo with an actual Human spine model. Short quiz to follow for children. Posture: How it affects the spine and may cause destruction to the spine. Demo with model, then demo with a few children. Backpack Safety: Buying guide, packing guidelines, weight guidelines, how to wear properly and how to lift properly. Demo with actual backpack and child.

Eating well with your children: Focus will be on moving towards a healthier eating style for children. Tips on picking healthier snacks, controlling treats and providing a more rounded meal. Discussion will include information food sensitivities.

Choices for your Children's Health:

This talk is aimed to help the parent focus on better nutrition, exercise, family time and making choices in today's busy world.

Pelvic Stabilization and the importance of your feet: This is a short presentation on the importance of the balanced foot for overall proper body mechanics. It talks about pronation, supination, fallen arches, heel spurs, foot pain, knee pain, back pain and how they can all relate together.

The Digital Foot Scan and Postural Assessment (with Report): Sign up sheets are best but not necessary. Each appointment typically takes 10 minutes. The employee will have each of their feet scanned, will have the chance to review the scan on the computer and review their report of findings. The postural assessment is useful to point out how the employee can change the way they carry themselves in order to prevent and minimize spinal disease. This state of the art equipment is impressive and informative at the same time.

Ball Therapy Class: Dr. Palmer will be teaching back and core strengthening exercises that can be done safely at home.

Lecture Series

A series of 3 lectures.
Once a month for 3 months.

Dr. Palmer gives a variety of lectures in the community. We will tailor the lecture or talk specific to your health concerns, goals and needs. Lectures typically last 30-45 minutes with additional time for questions at the end. Dr. Palmer will lecture to any group of people with 10 or more people gathered whether it be at a corporation, gym, high school, Church, Mom's group, learning center, library or any organization. Lectures are usually booked for breakfast, lunch, after school or evening talks. We book anywhere from 4 weeks to 2 years in advance.

Any lectures may be put together in a series. Here are some suggestions for different groups.

Corporations: (3 of the following 4)

1. Wellness in Your World
2. RSI's
3. Managing Low Back Pain
4. Sitting Safely or Lifting Safely

Senior Centers:

1. Wellness in Your World
2. Managing Low Back Pain
3. Osteoporosis vs Osteoarthritis

Sports enthusiasts:

1. Wellness in Your World
2. Increasing Performance and Decreasing Injury
3. Ball Therapy Class

Seminars with athletes, weekend warriors, gym attendees often like having the Digital Foot Scans available. We would consider a 30 minute sign up for scans after each lecture or replace one of the lectures with sign ups for scans.

Parent groups, Child Centers, Libraries, Schools:

1. Back Pack Safety
2. Eating Well With Your Children
3. Choices for Your Children's Health