



DR. DAVID LEAF D.C., DIBAK ADVANCED APPLIED KINESIOLOGY SEMINAR ON BIOMECHANICS

April 16-17, 2016 Canadian College of Naturopathic Medicine, TORONTO

Session Two: Biomechanics above the diaphragm

SESSION TWO

This class will cover a short review of the various muscle therapies and when they are indicated, followed by a discussion and workshop integrating these therapies in the treatment of upper extremity problems. A review of the common nerve entrapments and their correction will be covered.

We will discuss and show the positive and negative effects of movement patterns on the cervical spine and upper extremity including how walking affects the cervical spine. With the cervical spine and shoulder, we will discuss and show common causes of recurring problems. General conditions associated with the upper extremity like lymphatic blockage will also be addressed.

The concept of muscle trains will be expanded to show how there are many "muscle trains" that are more related to how we move in different activities and sports. This is where we will examine how we throw, bat, swing golf clubs and use tennis racquets. Hand-eye coordination techniques will be also demonstrated. These will be done with the sports that the members of the class are doing. The idea is to teach a concept that you can use in most cases you encounter.

New notes covering all of the information will be available along with handouts that will help you treat patients at the office. At the end of the class, you will have been treated for musculoskeletal problems above the first lumbar as well as having your upper extremity movement pattern examined and improvements suggested.



SESSION ONE HOURS

SATURDAY APRIL 16:

9AM-6PM

SUNDAY APRIL 17

8:30AM-12:30PM

**For more information,
contact Jay Grossman at
(416) 873-3980 or email
jay@drjaygrossman.com**

REGISTER FOR SESSION TWO

Name

Street address

City

Province

Postal Code

Phone

Email

Student
\$160 + HST = \$180.80

First-Year Doctor
\$225 + HST = \$254.25

Doctor
\$295 + HST = \$333.35

E-transfer: jay@drjaygrossman.com Cheque Credit card

Payment and registration can be sent to: DR. JAY GROSSMAN, 1 ST CLAIR AVE WEST, SUITE 404, TORONTO ON M4V 1K6

CREDIT CARD PAYMENTS CAN BE MADE AT THE OFFICE AT 1 ST CLAIR AVE WEST, SUITE 404

E-TRANSFERS: Please include your name, address, phone and email in the accompanying message.

We ONLY accept cash or money order from those registering at the door. NSF cheques are charged \$25 administrative fee.