

Outline

Hour

1. Introduction
2. Workplace Ergonomics
3. Exercise
4. Nutrition
5. Professional Boundaries
6. Unique Female Health issue

Objectives

In this course, the learner will:

1. Review the current issues regarding professional boundaries.
2. Assess and address special postural considerations.
3. Evaluate footwear, undergarments and accessories, which contribute to spinal problems.
4. Examine devices, which help your patients improve their posture.
5. Determine the correct exercises to give your patient to enable her to achieve spinal stabilization.
6. Review current information about exercise trends.
7. Understand the dynamics of female weight loss and learn how to analyze a diet, so you can provide nutrition information.
8. Learn which basic supplements need to be used regularly and determining any additions to assist in the chiropractic management of a patient.
9. Develop methods to help your female patients become more comfortable with your chiropractic office and adjustments.
10. Identifying unique female health issues and determining other treatment options.