

ACCELERATED REHABILITATION & CORRECTIVE EXERCISE TRAINING SERIES

Presented by Dr. Jeffrey Tucker, DACRB
2012 ACA Rehab Diplomate Chiropractor of the Year



WHO: Licensed Practitioners who are looking for a hands-on course in corrective exercise & rehabilitation and those interested in qualifying to become a Diplomate of the American Chiropractic Rehabilitation Board (DACRB).

WHERE: Standard Process of Northern California
1960 North Loop Road
Alameda, CA 94502
p 510.337.8800

WHEN: Saturdays from 8:00am to 7:00pm

WHAT: Five one-day courses of practical hands-on training in corrective exercise and rehab.

Course 1	1/5/2013	Key assessments & exercises taught in the Rehab Diplomate program.
Course 2	2/9/2013	Lumbopelvic Hip Complex Assessments, Rehab Exercises & Clinical Applications.
Course 3	3/2/2013	Cervical Spine Assessment, Rehab Exercises & Clinical Applications.
Course 4	4/6/2013	Thoracic Spine & Shoulder Assessments, Rehab Exercises & Clinical Applications
Course 5	5/11/2013	Integration of functional movements and corrective exercises Key learning objectives: Create specific rehabilitation and/or exercise programs.

PRICE:

Cost per Course:

Practitioner \$325 Registration; Student/Staff \$195

Early Bird Registration: Register 30 days in advance & Save \$30 per course! or Pay \$1,295 for all 5 Courses (Save \$330.00!)

SCHEDULE:

Registration: 7:30am–8:00am

Seminar: 8:00am.–7:00pm Includes two 15-min. breaks

Lunch: 1:45pm–2:30pm (Lunch will be provided)

REGISTRATION:

Registration is limited to first 60 registrations.
Courses are expected to sell out. No walk-ins allow.
Register today by calling 510.371.6195

COURSE QUESTIONS:

Contact Course Chair: Dr. Jeffrey Tucker

Email: DrJTucker@aol.com

Phone: (310) 339-0442

Advanced Notice Cancellations/Reschedules

Cancellations or reschedules received more than 10 working days before the class will be processed promptly. Any payments received are eligible for full refund upon cancellation. Cancellations received 10 or fewer working days before the class will not be refunded. However, clinicians are eligible to attend the same type of class at a later date at no additional charge. Clinicians who do not attend class and do not provide any advanced notice will be charged in full for all course-related class fees.

Dr. Jeffrey Tucker reserves the right to reschedule a training class due to insufficient enrollment, inclement weather, or other events beyond our control. In the unlikely event a class is cancelled, we will notify registrants as soon as possible. In those cases, you may choose to receive a full refund of your registration fees or receive credit toward another class. Travel arrangements and costs are the sole responsibility of the attendee. When booking travel, we suggest that you obtain refundable reservations. Dr. Tucker will not be responsible for any cancellation costs you incur, such as airline tickets, hotel reservations, etc.

ASSESS • ANALYZE • RETRAIN PREDICT • PREVENT • OPTIMIZE



This is a series of integrated modules designed for practitioners leading to the Diplomate in Chiropractic Rehabilitation. Establish an 'extraordinary' rehab practice and fitness programs. Classes are taught in a learn-by-doing approach and workshops. Participants will learn the latest "therapeutic lifestyle changes" including exercise, diet, supplements, and sleep.

This system is so much more than simply core stability, mobility or strength training. We assess clients for 'weak links' in the functional performance chain; use your assessment as a base to analyze & develop the perfect program to retrain those weak links; **predict injury risks & prevent injury;** and how to **optimize future performance.**

Each participant will learn the latest advances in:

- Functional Assessments & Diagnosis
- Exercise therapy & programming
- Body Composition & Weight Loss Strategies
- Preventing chronic degenerative disease formation
- Improving body composition
- Reducing body fat storage
- Increasing lean muscle mass
- Reducing inflammation
- Improving blood sugar management
- Increasing strength & physical activity

ABOUT THE PRESENTER

Jeffrey Tucker, DC, DACRB practices in Los Angeles, CA and was named the ACA Rehabilitation Chiropractor of the Year 2012. Dr. Tucker has a post graduate Diplomate degree in Rehabilitation and is certified in spinal trauma, golf injury prevention, nutrition therapy, and Functional Movement Screening (FMS). He is the author of numerous articles and publications on functional training, posture, and soft tissue analysis.

Dr. Tucker teaches for the Functional Movement Screen (FMS), National Academy of Sports Medicine (NASM) and is a lead instructor for the Chiropractic Rehabilitation Association. He teaches not only which corrective exercises and nutritional components work best for numerous health conditions, he also knows how they work in synergy to create the best results in the least amount of time. His lecture style is up-front, honest and rich with experience.

His practice includes fascial therapy, laser therapy, Scenar therapy, posture and lifestyle enhancement, conditioning, therapeutic exercise, and diet/nutrition.

Dr. Jeffrey Tucker's website:
www.DrJeffreyTucker.com