

Preventing and Rehabilitating Back Injury

This seminar covers:

- How to assess what may be contributing to a back problem through an assessment of posture, flexibility, stability and movement patterns
- How to improve specific problems through appropriate health professional referral, stretching and strengthening exercises

This seminar is practically based by using members from the audience to assess and discuss how they can improve their back issues through exercise.

The seminar is 1-1.5 hours in length.

Call Robert Collier now to book a time for your seminar.

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