



ASSOCIAZIONE ITALIANA CHIROPATICI  
ASSOCIATION OF ITALIAN CHIROPRACTORS

The Association of Italian Chiropractors is proud to present

**LANCE VON STADE, DC, ATC, CSCS**

**MARCH 25<sup>th</sup> - 26<sup>th</sup> 2023**  
**BOLOGNA, HOTEL EUROPA**



**ADJUST WELL:**  
**Injury-Prevention Strategies for**  
**Practicing Chiropractors**

**EAC / CPD APPLIED FOR**

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**Dr. Lance Von Stade, D.C., ATC, CSCS:** As a professional with a 20-year sports medicine and performance career, Dr. Lance has held notable positions that span the human performance continuum. He was the head athletic trainer and strength coach for the USA Water Polo Women's Senior National Team through back-to-back world championship gold medals in 2009 and 2010. Leading up to the 2012 Olympic Games, he lived in Beijing and worked as the performance specialist for the Chinese Women's Olympic Judo Team, who earned the Olympic Silver Medal in London. He was also the athletic trainer for the USA Boys' Youth National Team for their Bronze medal performance at the 2010 Pan-Am Cup. He has served on countless multidisciplinary sports medicine teams for organizations such as the Association of Volleyball Professionals, US Open of Surfing, USA Wrestling, USA Taekwondo, the Surf City Marathon, Outside Lands Music & Arts Festival, and more. As a co-founder of Kairos Training Culture, he has facilitated 78 seminars and more than 1,000 sessions of movement, breathwork, and meditation in more than thirty cities and six countries since 2012. As a teacher, Dr. Lance has taught the subject of sports medicine at the high school level, the subject of cellular physiology at Life Chiropractic College West and designed online courses for chiropractic continuing education on the subjects of breathing, movement, and emotional intelligence. He created an online program titled "The Sustainable Movement Module" designed to help chiropractors prevent work-related injuries and to improve the performance of their art while serving patients. He now owns and operates three locations of Golden Gate Chiropractic, facilitates with Kairos Training Culture, provides 1-on-1 coaching for chiropractors growing their businesses, and works as a Movement and Performance Consultant improving the Olympic Development Curricula for USA National Governing Bodies (NGBs). Above all, the positions that fulfill him most are coaching his son's baseball, soccer, and basketball teams and teaching at his son's Co-op Preschool.

**Summary:** According to research in the USA and Canada, nearly 50% of chiropractors experience work-related injuries that affect their ability to serve their communities, earn a living, and enjoy their work. Dr. Lance von Stade has compiled the research regarding the most common mechanisms of injury suffered by chiropractors and applies two decades of clinical and performance training experience to address and prevent these issues through a workshop that includes education, movement, and personalization.

**Learning objectives:** 1) Most common causes of work-related injuries in chiropractors and how to prevent them, 2) Principles of movement for the chiropractor's body with several different adjusting techniques 3) Safe positioning for the doctor and patient that prevents injury, increases power, and encourages comfort for both people. 4) Pre-shift mobility, stability and movement warm-ups routines to prevent injury and improve quality of movement 5) Breathing techniques to facilitate different states, physically, emotionally, and spiritually. 6) Training exercises that safely build strength & power while improving the performance of the chiropractic adjustment.

**Timetable****Saturday, March 25<sup>th</sup>**

8:00-8:30 Registration  
 8.30-10.30  
 10.30-11.00 Coffee Break  
 11.00-13.00

**SATURDAY MARCH 25<sup>th</sup> - h. 15.00 -  
 AIC GENERAL ASSEMBLY - only for AIC members**

**Sunday, March 26<sup>th</sup> :**

8.30-10.30  
 10.30-11.00 Coffee Break  
 11.00-13.00  
 LUNCH BREAK  
 14.00-16.00  
 16.00-18.00 Q&A

**THE SEMINAR IS ONLY FOR CHIROPRACTORS AND CHIROPRACTIC STUDENTS**

**REGISTER ON-LINE <https://aicservizi.it/it/>**

<b>Registration fees SATURDAY and SUNDAY (MARCH 25<sup>th</sup>, 26<sup>th</sup>):</b>	<b>EARLY BIRD Paid by February 24<sup>th</sup>, 2023</b>	<b>Paid after February 24<sup>th</sup>, 2023</b>	<b>DISCOUNT ONLY FOR WHOM PARTICIPATED TO THE FEBRUARY WEBINAR</b>
Doctor of Chiropractic AIC/ECU Member	Euro 350,00	Euro 450,00	Euro 335,00
Doctor of Chiropractic	Euro 450,00	Euro 550,00	Euro 435,00
Chiropractic Student AIC	Euro 100,00	Euro 150,00	Euro 90,00
Chiropractic Student	Euro 150,00	Euro 200,00	Euro 140,00

**REGISTER BY BANK TRANSFER:**

AIC SERVIZI SRL - FINECO Bank  
 IBAN: IT33C0301503200000003671464 - BIC CODE: UNCRITMM - SWIFT CODE: FEBIITM1

FILL IN AND SEND THIS FORM TO [aic@chiropratica.it](mailto:aic@chiropratica.it)

Last name: \_\_\_\_\_ First name \_\_\_\_\_

College and Year of Graduation \_\_\_\_\_

Company name: \_\_\_\_\_

Street: \_\_\_\_\_ City: \_\_\_\_\_

Zip Code \_\_\_\_\_ Country: \_\_\_\_\_

Telephone : \_\_\_\_\_ E-mail: \_\_\_\_\_

Please write details for your invoice together with your VAT Number, Fiscal Code (only for  
 Italians: PEC or Codice Univoco): \_\_\_\_\_

Gluten Free or other food requirements for coffee breaks: \_\_\_\_\_

**VENUE LOCATION:**

Zanhotel Europa  
 Via Cesare Boldrini, 11 40121 Bologna  
 +39 0514211348

**Hotel Accomodation:**

Euro 120,00: Single Room per night breakfast included, plus city tax;  
 Euro 140,00: Double Room per night breakfast included plus city tax;  
 The room allotment reserved by AIC will expire on February 3rd, therefore contact the hotel  
 personally via email [bookinghoteleuropa@zanhotel.it](mailto:bookinghoteleuropa@zanhotel.it) mentioning specifically our event and make your  
 reservation!

**FOR ANY DOUBT OR INFORMATION CONTACT US BY E-MAIL AT [aic@chiropratica.it](mailto:aic@chiropratica.it)**