



ASSOCIAZIONE ITALIANA CHIROPATICI
ASSOCIATION OF ITALIAN CHIROPRACTORS

The Association of Italian Chiropractors is proud to present

LANCE VON STADE, DC, ATC, CSCS

MARCH 25th -26th 2023

BOLOGNA, HOTEL EUROPA



ADJUST WELL:
Injury-Prevention Strategies for
Practicing Chiropractors

EAC / CPD APPLIED FOR

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, St. Ignatius College Preparatory athletics, 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. As a business owner, he founded one company, co-founded another, and bought a third. With the first company, he took his licks and earned his lessons before closing it down. He helped grow the second business to a six-figure international powerhouse and sold it to his co-founder while continuing to help grow it to a 7-figure pillar of online learning and in-person training for the chiropractic profession globally. The third business is a chiropractic office that he acquired, tripled (in locations and earnings) and operates with a quadruple bottom-line (people, purpose, planet, profit). Since 2021, Golden Gate Chiropractic has donated 1% of its gross revenue to environmental nonprofits, shared 50% of its profits with employees, and created an employee stock ownership program. 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.

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 and emotionally. 6) Training exercises that safely build strength & power while improving the performance of the chiropractic adjustment.

Timetable**Saturday, March 25th**

8:00-8:30 Registration

8.30-10.30

10.30-11.00 Coffee Break

11.00-13.00

**SATURDAY MARCH 25th - h. 15.00 -
AIC GENERAL ASSEMBLY - only for AIC members**

Sunday, March 26th :

8.30-10.30

10.30-11.00 Coffee Break

11.00-13.00

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/>

Registration fees SATURDAY and SUNDAY (MARCH 25th , 26th):	EARLY BIRD Paid by February 24th, 2023	Paid after February 24th, 2023	FEE ONLY FOR WHOM PARTECIPATED TO THE JANUARY WEBINAR (10% discount on the early bird fee)
Doctor of Chiropractic AIC/ECU Member	Euro 350,00	Euro 450,00	Euro 315,00
Doctor of Chiropractic	Euro 450,00	Euro 550,00	Euro 405,00
Chiropractic Student AIC	Euro 100,00	Euro 150,00	Euro 90,00
Chiropractic Student	Euro 150,00	Euro 200,00	Euro 135,00

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

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:

Hotel 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 mentioning specifically our event and make your
reservation!

FOR ANY DOUBT OR INFORMATION CONTACT US BY E-MAIL AT aic@chiropratica.it