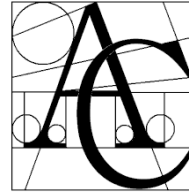


TALKS BY DR. CARL PEARSON



Each Seminar can be from thirty to sixty minutes in duration based upon the time allowed at the workplace. Each session includes educational handouts and other resources.

Good Posture and Body Mechanics at Work

Poor posture and body mechanics cause or contribute to many of today's common areas of pain and injuries. Learn ways to maintain and improve your posture and body mechanics at work. Simple strategies can help you manage your body and reduce your pain, injury risk, and injury prevalence.

Understanding Back Pain

At some point, 80% of us will experience will experience a debilitating form of back pain. The decisions we make in those times affect us and our families for years. Learn about signs and symptoms that warrant immediate medical attention. Understand how the spine works and common reasons for pain. Condition management and physical activity will be addressed.

Understanding Neck Pain

Neck dysfunction can be very painful and can lead to other problems such as headaches, shoulder pain, and arm and hand complaints. Understand how issues in the neck are related to posture. Learn techniques to improve posture and strategies to address neck pain.

Workplace Stretching

Muscle imbalances are common and predictable. Tight muscles and tissues increase stress on the body, leading to pain and injuries. Learn which muscles to stretch and how to stretch them in order to optimize time and effectiveness. Simple stretches throughout the day are a great way to counteract postural stress. A daily routine can help build resiliency.

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