

# Register TODAY! Space is Limited!

Fax to **(831) 465-0815** or email this form TODAY to [faygenholtz@sbcglobal.net](mailto:faygenholtz@sbcglobal.net).

Please dress appropriately for stretching. Bring your portable adjusting table if you have one. Registration confirmation, map & directions will be emailed or faxed.

*"What a great way to spend a day with colleagues, learning exercise, stretching! Dr. Faygenholtz is an enthusiastic and engaging instructor."*

~ Steven Stewart, D.C.

Arthur Faygenholtz D.C.  
831 Bay Avenue, Suite 1B  
Capitola, CA 95010

## Integrating Chiropractic with Dynamic Spinal Stretching

for Flexibility and Rehabilitation

*A Course for Chiropractic Professionals*

Co-Sponsored by the California Chiropractic Association

California BCE-Approved for 12 hours Continuing Education Credit, BCE Code #: CA-A-08-12-4342

*Taught and Originated by Arthur Faygenholtz, D.C.*

### REGISTRATION FORM

*Seminar hours at all events are from 8am to 9pm.*

**YES**, Enroll me in this valuable and fun seminar. Choose from the dates below.

Course Date	City	Early Registration (two weeks prior)	Registration at the door	Staff/Student
<input type="checkbox"/> August 27th	Los Angeles, CA	\$197	\$225	\$125
<input type="checkbox"/> September 10th	San Jose, CA	\$197	\$225	\$125
<input type="checkbox"/> October 1st	Burbank, CA	\$197	\$225	\$125
<input type="checkbox"/> October 8th	Sacramento, CA	\$197	\$225	\$125
<input type="checkbox"/> November 5th	Santa Cruz, CA	\$197	\$225	\$125

Name \_\_\_\_\_

Billing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email Address \_\_\_\_\_

Phone number \_\_\_\_\_ Fax \_\_\_\_\_

DC License# \_\_\_\_\_

#### Method of Payment:

Check  Mastercard  Visa

Card # \_\_\_\_\_ Exp \_\_\_\_\_

Signature \_\_\_\_\_

**For More Information  
Call: 831-688-0361  
or visit  
[www.StickStretching.com](http://www.StickStretching.com)**

**Make check payable to:  
Arthur Faygenholtz D.C.  
831 Bay Avenue, Suite 1B  
Capitola, CA 95010**

**Fax: (831) 465-0815**

#### Cancellation Policy

*In the unlikely event of a cancellation for any reason, only those individuals who have pre-registered will be notified. Individuals who have registered will receive a full refund of fees if cancellation should occur. The presenters of this seminar are not responsible for your expenses incurred as a result of cancellation. Individuals who cancel by the registration deadline will receive a full refund. Any cancellations after the registration deadline will be subject to a \$50 charge.*

- Earn 12 CEU Hours, including 4 technique hours
- Learn valuable skills
- Get hands-on instruction
- PT Billable

*"Stick Stretching is the best form of movement and stretching I have found for my patients yet. I get better compliance from them with this than with yoga stretches. I use it with almost all of my patients."*

~ Steven Gabay, D.C.



Visit [www.DrFaygenholtz.com](http://www.DrFaygenholtz.com)

# Integrating Chiropractic with Dynamic Spinal Stretching

## for Flexibility and Rehabilitation

This course provides doctors personal training and conditioning routines for life that are fun, as well as easy to learn and teach. You will learn a new paradigm of spinal exercises, stretches, and extremity rehabilitation.

## What You'll Learn...

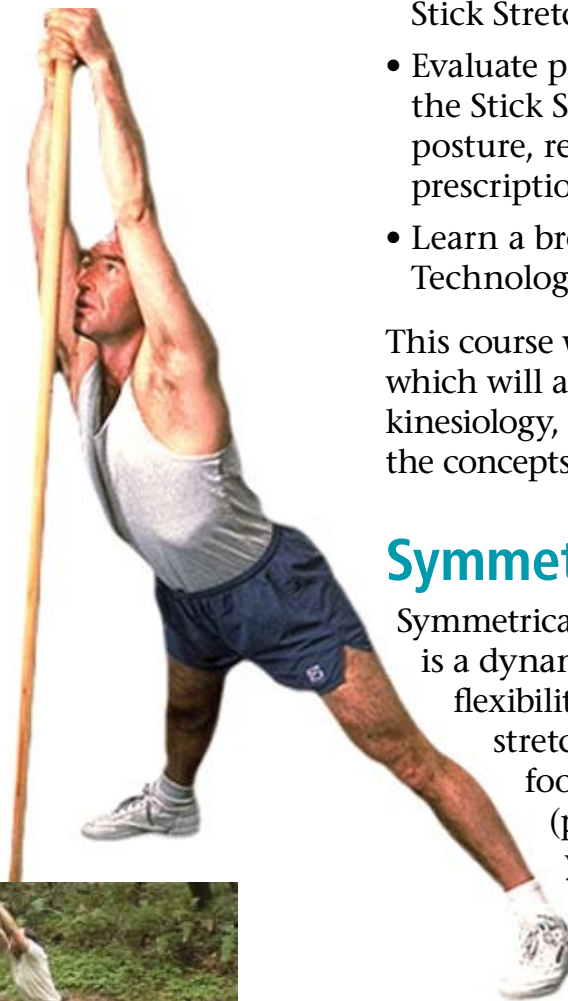
- A dynamic approach to flexibility and stretching – emphasizing the spine, rib cage and extremities, with the aid of stick technology.
- New motor skills with attention placed on posture and alignment training.
- How to teach this innovative, gentle and symmetrical approach.
- Benefits of regular and correct stretching techniques, as we introduce stick technology as a new stretching model.
- A new paradigm of spinal health through repetition of invigorating movements that animate the spinal column toward balance, flexibility and alignment.

*"The anatomy and physiology were explained really well. The Stick material is revolutionary."  
– Glenn Russo D.C.*



## This Course Will...

- Illustrate the use of leverage in performing warm-ups, stretching, and strengthening exercise routines, using sticks as props, and mechanical tools.
- Demonstrate the use of sticks to apply decompression type stretching to the musculoskeletal system.
- Provide basic Stick Stretching routines for prevention of injuries during the aging process, i.e. kyphosis, loss of balance, muscle weakness and bone loss.
- Empower you in your practice to help heal your patients.



## Benefits You'll Receive

- Directly Applicable to Doctors and Patients.
- Reduces Stress & Increases Energy.
- Improves Posture with Fun and Ease.
- Prevents Injuries.
- Spine & Extremity Rehabilitation.
- Enhance Flexibility, Balance, Tone, Coordination, & Strength.

## At the completion of this course, you will be able to:

- Demonstrate knowledge and techniques with the use of posture sticks in performing warm-ups, stretching, and strengthening exercise routines.
- Understand and be able to teach the application of Stick Stretching Technology.
- Evaluate patient needs and immediately apply the Stick Stretching Technology to improve posture, rehabilitate extremities, and as an exercise prescription.
- Learn a breakthrough method, Stick Stretching Technology routines for the prevention of injuries.

This course will be presented in a PowerPoint format, which will aid in review of related regional anatomy, kinesiology, and other related graphics that demonstrate the concepts, application and benefits of stick technology.

## Symmetrical Movement Technique

Symmetrical Movement Technique, or Stick Stretching is a dynamic and revolutionary approach to fitness, flexibility, and body awareness; through warming up, stretching, and toning, while using a four or six foot stick as a partner and mechanical tool (prop). Stick Stretching is a gentle blend of yoga, tai chi, and martial arts, with a focus on learning new motor skills, while paying attention to balanced posture, awareness training, and self healing.

Arthur Faygenholtz, D.C.



For the past 28 years, Dr. Arthur has been a Doctor of Chiropractic, and an innovative teacher of stretching and fitness in Santa Cruz, CA.

He is a former distance runner and marathoner, with a B.A. in Physical Education.

Dr. Faygenholtz has instructional experience in anatomy, physical conditioning, hatha yoga, sports, Rehab Training, and Special Olympics. He is the founder and developer of Stick Stretching, also called Symmetrical Movement Technique.

*"Arthur Faygenholtz D.C. is a master communicator of simple and unique stick stretches that will enlighten even the most savvy chiropractor athletes."  
~ David Christie, D.C.*

*"Arthur's Stick Stretching workshop integrates '12 hours of fun' with his revolutionary exercise approach." - Bruce Koehler, D.C.*



**Earn 12 CEUs,  
including  
4 technique  
hours**