



## THE CROOKBACK CLINIC

Join John Miller for this inspiring and motivating 2 hour seminar for people who want to protect themselves from musculo-skeletal dysfunction and/or restore poor function to good.

The CrookBack Clinic is essential for people who want to improve their musculo-skeletal status. It is a must for people with crook backs, stiff necks, frozen shoulders and sore arms

By attending this seminar you will learn

- what are the **main causes** of back, neck, shoulder and arm dysfunction, in particular RSI and the inappropriately named OOS
- how to make **the distinction** between an injury and a dysfunction - this will impact on who you're going to blame!
- the **two main principles** underscoring successful musculo-skeletal rehab
- how to **measure the risk** of getting a crook back, stiff neck, sore shoulders and painful arms
- how to protect and/or rehabilitate yourself from back, neck, shoulder, wrist, hip and knee dysfunction using the **CrookBack conditioning program**
- how **Formula One Rehabilitation** speeds up the rehabilitation process
- how to protect yourself with a good **ergonomic set-up** at work and at home
- why the rub down, crunch, hot wheat bag, electric shock and a Celebrex tablet are **unsatisfactory treatments**
- that taking pain-killing and anti-inflammatory tablets which mask the symptoms of dysfunction are poor substitutes for the **exercises** you need to do to get yourself back into alignment
- how to detect whether the treatment you've been prescribed is the right treatment
- how posture affects **how you feel** and vice versa

**MOST IMPORTANTLY**, you'll learn some of the key exercises you need to do on a regular and systematic basis to get yourself back in alignment. Do that and you'll feel better.

In the post junk-medical age it's '**patient heal thyself**'. By the end of the seminar you'll be in a good position to know what to do to get yourself back into good shape. You don't need a PhD in rocket, medical or pharmaceutical science. There's no smoke, no mirrors; no lotions, potions, pills or powders; no syrups, strappings or surgery; no crunches, rub downs or electric shocks; no money - just you finding a bit of time each week to do the exercises which will get your body strong, flexible and back into better alignment.

You'll be glad you came.

You'll receive an interactive work book.

Bring your reading glasses and a pen. Wear slacks. (Don't wear jeans and don't even think of coming in a frock.)