

SATURDAY MARCH 11th: 12:30-2:00PM

DEVELOPMENTAL EXERCISE WORKSHOP

AT FIRST HEALTH ASSOCIATES

FEE: \$40



Do you have neck or back pain? Or maybe a bad hip, knee or shoulder? If so, you probably have lost some key fundamental movements that are contributing to the problem.

When we were babies, we learned fundamental movements by going through the developmental “milestones. The pain and injuries you endure throughout life cause “compensations” to your most basic movements. Breathing and core strength become disrupted, poor posture develops, joints lose their proper alignment and stabilization abilities, and joint wear and tear increases over time. In order to stop pain and wear and tear, basic movements MUST improve by retraining the brain with exercises to restore the fundamental movements we had when we were babies.

In this program, we will help you relearn the fundamental movements you did when you went through the developmental milestones. If you can teach your body to breath, stabilize and move better, you can help stop your own wear and tear process. If you want to find out why you are having trouble with your neck, back, hip or shoulder, come join us for an exciting workshop and learn to move like you used to!

About the Presenters:

Dr. Ryan Hamm is a chiropractor with First Health Associates in Arlington Heights and has been in practice for 22 years. He specializes in posture and movement restoration to resolve painful conditions of the musculoskeletal system. For several years, he has been studying the most critical components people need for ideal movement to minimize joint wear and tear. He brings this knowledge to simply help people move better.



Jennifer Gonzalez has a degree in massage therapy and received her certification from Soma Institute in Chicago. She began working as a chiropractic assistant in 2010 and has been working with Dr. Ryan Hamm for the last two years. She is currently the head of the exercise rehabilitation department at First Health Associates where she serves as a movement rehabilitation therapist.

Only 12 spots available for this workshop
To reserve a spot, please pre-register by signing up at the front desk or calling 847.593.3330
Please wear comfortable workout attire



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