

Do you have a "Pain in the Neck?"

A physical program to relieve work related pain and stress.

Back and neck pain are among the most common reasons for doctor visits, and are major causes of disability, lost work days and high healthcare costs. One of the most common causes of back and neck pain is muscle strain due to excessive and/or repetitive physical demands on the back. Muscles help support the spine, hold it upright and control movement during rest and activity. When muscles become injured or inflamed, they become painful and frequently shorten to prevent further injury. Using techniques to stretch and strengthen the muscles will help to alleviate the muscle strain and pain.

Roberta Bergman, M.S., American Back Society faculty member and ACE Certified Fitness Trainer presents a holistic approach to workplace wellness and a healthy lifestyle through exercise and ergonomics technique.

Wrist pain? An epidemic? Yes.

Wrist pain, a condition that impacts almost every individual in America at one time or another, is a painful, potentially debilitating condition that stops people from doing what they love or their daily activities. Yet, people learn to live with the pain because they are either accustomed to it or do not recognize that it's treatable. Whether the wrist condition stems from excessive computer or assembly work, arthritis or even an injury it is a treatable condition. **Dr. Alexander Haselkorn** is a N.J. Hand Surgeon. He discusses common wrist problems such as carpal tunnel syndrome, De Quervain's Disease, arthritis, RSI and the surgical and non-surgical treatment options.

Special Event - This is a comprehensive workshop covering exercise research on new types of exercise including slow paced strength training, Pilates, Feldenkrais, systems integrating balance, coordination and stretching. Strategies for aerobic training will be discussed. There will also be a discussion about exercise approaches and contraindications for flexibility, circulatory improvement and unloading painful joint areas while sitting, standing and sports activities Presented by **Carol McFarland, PT, M.S., OCS.**

Strength, Flexibility and Endurance.



Exercise programs for a healthy back, neck & total body.

Back Shape Up Exercise Program - by Roberta Bergman, MS

There will be a 30 Minute session with exercises for back pain control; back stretching, back strengthening and postural improvement and balance training. The methods utilized are based upon methods of Williams, McKenzie, Feldenkrais and Alexander.

The remainder of the session will include a short power point presentation on ergonomics, the seated position and chair exercises to reduce joint pain in the back, neck wrists and shoulders. There is also a discussion about exercise approaches and contraindications for flexibility, circulatory improvement and unloading painful joint areas while sitting, standing and sports activities.

The hour session will include demonstrations with audience participation and practice exercises. The attendee will obtain a holistic approach to maintaining a healthy lifestyle through exercise, ergonomic techniques and stress reduction.



Roberta Bergman, MS - Dance/Movement Therapy, is an international TV and radio personality based in New Jersey; a distinguished speaker, writer and producer; An American Back Society faculty member for over 15 years; ACE Certified Group Exercise Instructor and Fitness Trainer with over 25 years of experience; and most notably celebrated by Shape Magazine as "One of the 10 Most Successful Women in the Exercise Business". She is also the owner and creator of Bodyformula - Speakers Bureau with leading experts in Holistic Health.

Carol McFarland, PT, MS, OCS - is a physical therapist who is a member of Spine-Health.com's directory which includes board certified back specialist. Carol's approach emphasizes musculoskeletal well-being and prevention of spinal problems. A faculty member of the American Back Society, chairperson of the Spinal Rehabilitation Committee, Physical Therapy Associations, Orthopedic, Neurology, Research Sections Reviewer for Journal of Orthopedic and Sports Physical Therapy.

Alexander Haselkorn, MD has been practicing medicine for over 38 years, specializing in wrist and hand injuries and reconstructive hand surgery. Formerly, as Chief of the Louis and Edith Haselkorn Hand Service at Barnert Hospital (Paterson, NJ) and now Hand Surgeon, St. Mary's Hospital (Passaic, NJ) and Chilton Hospital (Pompton Plains, NJ), he is one of the most highly-regarded physicians in NJ. He is the most Senior and experienced Hand Surgeon in N.J. and WebMD's expert Hand Surgeon.

ALL PROGRAMS include a wide range, easy to remember practical and technical aspects of back /neck and wrist pain. Choose a 90 minute, half or full day programs or individual lectures.

Wake up with Roberta

An early morning exercise work-out in the gym to start your morning with a great challenging workout.

Roberta Bergman

Spinal exercise protocols

Spine stabilization research and training strategies; Cervical and lumbar key muscles and basic exercise; Practice/demonstration of the techniques.

Carol McFarland

Back Shape-up

Exercise for back pain control, back stretching, back strengthening and postural improvement and balance training.

Roberta Bergman

Common Wrist Problems

Presentation on common causes for wrist problems, such as Carpal Tunnel , Arthritis, etc., and treatments to get you back to doing things you love without wrist pain.

Alexander Haselkorn, MD

Actual Gym Demonstration in the Hotel Gym - to demonstrate and practice with exercise equipment including strength and aerobic apparatus.

**Contact us at: Ms. Bergman at: 347-236-8748 or email: bodyformula@aol.com
www.bodyformula.com**