

THE ROAD TO WELLNESS

By completing the curriculum below you will learn how to care for your spine - the core foundation of health, youth and vitality - for the rest of your life.

REQUIREMENTS	COMPLETED
YOUTH & VITALITY WORKSHOP	
YOUR 10-50 YEARS HEALTH GOALS:	
REGISTER FOR THE WELLNESS WALL ONLINE(MEMBERS ONLY): www.sb-fc.com/wellness-wall-registration	
KINESIOTAPING (KT) IN OFFICE	
UNDERSTANDING YOUR PRESENT POSTURAL DISTORTION, HABITS TO WATCH FOR & CUES TO FIX	
UNDERSTAND YOUR THERAPEUTIC EXERCISES	
UNDERSTAND YOUR SPINAL ORTHOTIC (DENNEROLL)	
UNDERSTANDING YOUR IN-OFFICE TRACTION SET UP	
SEND PHOTOS OF WORKSTATION --> SUPPORT@SB-FC.COM (anywhere you spend 2+ hours/day)	
CORRECTED SPINE	

HEALING PRINCIPLES

VIDEOS	QUIZZES
INTRO TO THE WELLNESS WALL	QUIZ #1 - HEALING PRINCIPLES
HEALING IS GROWING	
SPEED YOUR HEALING	
RECOVERING FROM INJURIES - PARTS 1 & 2	

SELF CARE (EXERCISE)

VIDEOS	QUIZZES
WHY WE MASH/ROLL (MASH/MOBILITY)	QUIZ #2 - THERAPEUTIC EXERCISE PRINCIPLES
WHY WE STRETCH (STRETCH)	
HOW TO SQUAT (FUNCTIONAL)	
WHY STRUCTURAL EXERCISES	

HABITS

VIDEOS	QUIZZES
HOW TO SIT	QUIZ #3 - HEALTHY HABITS PART 1
HOW TO STAND AND EXECUTE GOOD POSTURE	
HOW TO LIFT	
HOW TO SLEEP	
DRIVING/TRAVEL	QUIZ #4 - HEALTHY HABITS PART 2
RELAXING SAFELY	
WALKING/RUNNING	
READING/HANDHELD DEVICES	

GRADUATION CEREMONY TO THE WALL