

Workshops for Strength Trainers

CARON
CHIROPRACTIC & PHYSICAL THERAPY

Strength Trainer
WORKSHOPS

Engage in valuable insight and discussions regarding multiple spinal issues in relation to strength and fitness



Dec. 13, 2023 *Fitness and Injuries*
Jan. 10, 2024 *All About Disc Pain*
Feb. 14, 2024 *Deep Dive: Low Back Pain*
March 13, 2024 *Neck*
April 10, 2024 *Peak Performance*
May 8, 2024 *Runners*
June 12, 2024 *Golfers*
July 10, 2024 *Adolescents*
Aug. 14, 2024 *Pelvic Floor*
Sept. 11, 2024 *Pregnancy and Fitness*
Oct. 9, 2024 *Fibromyalgia*
Nov. 13, 2024 *60+ Fitness*

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Charon Chiropractic's Workshop For Strength Trainers in St. Paul Offers Deep Dive Into Neck Pain Solutions

March 04, 2024

March 04, 2024 - PRESSADVANTAGE -

Charon Chiropractic, a long-established chiropractic and physical therapy clinic in St. Paul, has announced an enriching educational event named 'Workshop For Strength Trainers Deep Dive Neck Pain'. This informative workshop, slated for March 13th, 2024, from 1 pm to 3 pm, is designed to educate local strength and fitness trainers and build relationships between local fitness professionals and the clinic.

The workshop is geared towards trainers and people that, having finished a spinal rehab program, need an effective fitness routine to rehabilitate and continue improving their neck health without risk of further injury. Those interested should visit <https://caronchiro.com/workshops/> for more information. No registration is needed.

Dr. Marty Caron, a leading practitioner at Charon Chiropractic, outlined the clinic's intentions: "Post-spinal rehab requires individuals to follow a comprehensive fitness and movement plan. That's when proficient personal trainers step in," he explained. "We are eager to connect with such professionals in our community

who can offer the required fitness support, understanding the unique physical needs of patients with spinal issues."

The workshop will delve into numerous relevant topics. The session starts with a review of spinal anatomy and basic biomechanical concepts that fitness professionals should know. The program will then introduce personal trainers to simple signs and tests that can be used to evaluate spinal health. Participants will also receive advice on mapping out the final phase of fitness for patients recovering from spinal conditions. Lastly, there will be a breakout session where participants can share different inhibition techniques.

Charon Chiropractic has developed this seminar with three main objectives. The primary goal is to educate strength and fitness trainers in St. Paul about spinal issues and their connection with strength and fitness. Additionally, they aim to build a reliable network of local fitness professionals for future patient aftercare. Finally, the workshop hopes to create a local network of motivated and educated health professionals.

Dr. Marty elaborated on the clinic's motivation, saying, "As chiropractors, we are passionate about fostering natural health care in our community. These educational workshops extend our commitment to promoting health. By organizing these sessions, we can collaborate more effectively with our fitness professional peers, ultimately enhancing patient outcomes."

More details about this enlightening event for local strength and fitness trainers can be found [here](#). In addition to learning and networking opportunities, the workshop will provide a light lunch for all participants.

Charon Chiropractic remains steadfast in promoting overall well-being, offering various services such as chiropractic care, physical therapy, massage therapy, and acupuncture. With a comprehensive range of care for injuries and conditions like back pain, neck pain, neuropathy, personal injury, sciatica, and whiplash, they meet diverse needs.

This and other monthly workshops affirm Charon Chiropractic's commitment to enhancing community health and building strong local networks for comprehensive patient care. As the workshop date nears, Charon Chiropractic and Dr. Marty invite fitness professionals to join them for an educational afternoon. For further information on Charon Chiropractic and its services or to schedule an appointment, community members are encouraged to visit <https://caronchiro.com>.

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For more information about Charon Chiropractic, contact the company here: Charon Chiropractic Dr. Marty (651) 255-9999 drmarty@caronchiro.com 482 South Snelling Avenue St. Paul, MN 55116

Charon Chiropractic

At Caron Chiropractic, P.A., you are treated as more than just another patient. We are dedicated to helping you to live a life in optimal health. We offer you a total of over 30 years of experience in the field of chiropractic.

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