

Camberwell Osteopathic CLINIC

PRESENTS

A NEW INITIATIVE

Straight Forward

A postural and ergonomic seminar for students

‘Straight Forward’ is an in-school seminar, developed and presented by Dr. Lisa Brennan (Osteopath), which addresses the clinical complaints of students, and provides postural education and ergonomic guidance.

Run time: 45 minutes

Cost: \$300

Interested in Straight Forward coming to your school?

Contact Dr. Lisa Brennan

lisa@camberwelloseopath.com.au
or 9042 1056.

Straight Forward aims to educate students about the importance of posture and ergonomics for their study.

Straight Forward is an interactive and informative seminar, supported by a presentation, demonstrations and reference material.

Common complaints by students associated with prolonged study:

- Sore back
- Neck stiffness
- Headaches
- Shoulder pain

Following the seminar the students should:

- Have an improved understanding of their anatomy;
- Be able to identify both good and poor posture;
- Understand the ramifications of poor posture;
- Be able to organise their desks correctly, including computer and chair positioning;
- Know how to sit correctly and comfortably whilst studying.

Straight Forward’s objective is to reduce preventable pain and discomfort in students through better education, knowledge and awareness, allowing them to engage in their studies with greater concentration and improved focus.

Following the seminar there will be an opportunity to discuss any concerns or queries with Dr. Brennan. We can also help facilitate the supply of the recommended office chair, footstool and secondary keyboard/mouse.