INTERNATIONAL COLLEGE
OF APPLIED KINESIOLOGY UK

The 24 hour Athlete (that includes YOU!) – Treating Every Human to Perform Optimally

presented by Dr Stephen Gangemi DC, DIBAK
(aka SockDoc)

This will be a seminar like no other –
Do not miss this unique learning opportunity!

Saturday 9th - Sunday 10th May 2015

Including the ICAK UK AGM @ 2.30pm

@ Weald House, Worthing Road
Southwater, West Sussex, RH13 9JB

Conference Programme

9 – 10 May 2015

Saturday 9.30am – 6pm and Sunday 9am – 5pm

Note: the AGM will take place 2.30 – 3.30pm on Saturday

Prepare yourself for a busy weekend of learning and movement!

Here's what to expect:

- Develop a truly holistic and wholistic approach to health care for all your patients, regardless of their athletic potential: Weekend warrior, professional athlete, or arm-chair athlete

- Treat injuries from the source, so that they don't return again and again. Correct the problem, prevent future problems, and enhance health and fitness

- Understand the biochemistry behind injuries, both physical and metabolic, and how to assess and treat via diet and nutrition

- Learn how to apply first aid to acute and chronic injuries and why you should not use the commonly prescribed RICE treatment, or rarely even use ICE

- New ways to push any athlete to the next level

- Implement a new, comprehensive gait analysis and treatment so your patient can move better all the time

- Learn why your patients should wear less on their feet and why you should think twice about ever using orthotics

- Learn new natural movements to teach every patient to help them rehabilitate from an injury as well as prevent future injuries from occurring

- You will be moving during this seminar more than perhaps any other seminar you have ever taken. Dress in loose, comfortable clothing. You will learn a whole new way to move and move often – you won't be sitting for hours on end!

Guest Speaker Dr Steve Gangemi – Diplomate of the International Board of Applied Kinesiology

Dr. Stephen Gangemi is in his 18th year of practice in Chapel Hill, North Carolina. He is a practitioner of complementary sports medicine for athletes and holistic therapies for patients dealing with a variety of ailments. He has authored 14 original papers for the ICAK discussing new findings, techniques, and treatment procedures.

Dr. Gangemi also runs two busy websites – a health orientated site, drgangemi.com, plus sock-doc.com, which focuses on natural approaches to athletic injuries, performance, and health and fitness issues.

He is an avid endurance athlete, having finished 16 Ironman triathlon races including six Hawaii Ironman World Championships and countless other endurance events. He combines this knowledge at his multi-day Training & Treatment Workshops which have attracted people from across the US as well as Europe.

Dr. Gangemi is an ICAK diplomate, MovNat Certified Trainer, amateur beekeeper, and father of three often outside and shoeless children.

Course Location

The course will be held at Weald House in Southwater, West Sussex. This excellent venue is easily accessible by car, and is a short taxi ride way from Horsham train station.

There are lots of nearby options for accommodation, and plenty to do in the evenings with Horsham and Brighton close by.

Weald House
Worthing Road
Southwater
West Sussex RH13 9JB

Conference Application

Name	
Profession + Qualifications	
Address	
Postcode	
Email address	
Telephone	
Practice Website	
ICAK UK Member ?	Yes / No

Prices

ICAK Chapter Member……£280 (£250 if paid before 31 January)
Non Member……£320 (£290 if paid before 31 January)

∝∝∝∝∝∝ **Early-bird £30 discount** ∝∝∝∝∝∝

Register and pay by 31 January 2015 to receive the early bird discount.

Payment is by **cheque**, payable to ICAK UK or by **bank transfer** to ICAK-UK (Account number 91226449, Sort Code 60-17-28, Bank address NatWest Retford Branch 21 The Square, Retford, Notts, DN22 6DL). Please note a completed application form is required in ALL instances. RSVP by 24 April 2015 latest to:

Karen Willis, ICAK UK Chair, Islington Osteopathy Clinic,
Colebrooke House, 10-12 Gaskin Street, London N1 2RY
Email: info@icak.co.uk

Please note that the conference fee is non-refundable for cancellations after 24 April 2015.
Cancellations prior to this date will incur an administration fee of £75.00.