

The Integrated Spring-Mass Model and Approach for Musculoskeletal Disorders

Post-conference Workshop

September 25-26, 2023

Faculty:

James Stoxen

The Integrated Spring-Mass Model and Approach to the earliest detection, intervention and Prevention of Musculoskeletal Disorders is an advancement of the Spring-Mass model proposed by Harvard University scientists in 1989.

It is an extraordinary new approach that helps us understand why the body breaks down, doesn't heal and degenerates into a chronic state of suffering. It also provides many secrets to restoring human performance and preserving the health of the human body.

It states that a human spring mechanism powers every movement we make. Once one learns how it works, the important functions it serves, how it breaks down and locks, and how it affects so many aspects of health, you will see why so many suffer and are misdiagnosed.

Topics covered:

- The Human Spring Model and Approach
- The Human Spring Approach to Lower Extremity, Lower Back Pain and Herniated Discs
- The Human Spring Approach to Headaches, Neck Pain, Cervical Herniated Discs, Thoracic Outlet Syndrome
- The Human Spring Approach to Chronic Fatigue, Chronic Pain & Fibromyalgia, Inflammatory Conditions and Systemic Conditions Linked To Inflammation
- The Human Spring Approach To Walking, Running, Sprinting And How To Improve Performance In Sport
- The Human Spring Approach to Plyometrics
- The Human Spring Approach to Barefoot Running and Distance Running
- The Human Spring Approach to Golf, Baseball, Boxing, MMA, Hockey, Soccer, Basketball Techniques
- The Human Spring Approach to the Prevention of Accelerated Aging
- The Human Spring Approach and the Pain Exorcism

About Our Speaker:

James Stoxen

James Stoxen DC., FSSEMM (hon) is the President of Team Doctors Masters Academy, Chicago, USA. Dr Stoxen has been invited to give lectures and workshops to more than 50,000

medical doctors and scientists in 20 countries worldwide. He was awarded an Honorary Fellowship by a member of the royal family, the Sultan of Pahang, at the World Congress of Sports and Exercise Medicine in Kuala Lumpur, Malaysia, in 2015 for his distinguished research and contributions to the advancement of sports and exercise medicine on an international level. He is a legendary “Doctor to the Stars”, treating an estimated 2000 celebrities and their handlers on over 100 concert tours of top entertainers. He is a bestselling author, coach, and speaker.