



Swiss Chiropractic Sports Council

The Jolly Organizers

The Jolly Organizers present the
2026 Learn and Ski Seminar

Adjustement to Neutral - Diagnostics to Mastery



Dr Russ Hornstein &

DC

Dr Jake Cook

MChiro, MSCAPP, DACBN, FRCC, FEAC

A new approach to fast and lasting restoration of joint function. Adjusting to Neutral is an easy adaptation of our HVLA Chiropractic methods that recalibrates the intrinsic spinal musculature, addresses spinal segmental instability, and improves range of motion. This hands-on seminar starts from a deep review of ideal cervical biomechanics and joint motion control; then examines the changes following trauma. In this workshop, you will acquire tools to palpate and accurately describe the vector of instability and alteration of the axis of rotation of each joint. With this capacity, you will be able to direct your adjustments to precisely resolve the spinal muscle imbalances, improve joint stability and restore proper joint biomechanics.

The course has been designed to empower all participants to gain the knowledge and skills to confidently treat cervical, lumbar and extremities joints with adjusting to Neutral techniques following this weekend

Tuesday March 3 to Friday March 6, 2026

SCSC and ChiroSuisse

approved 16 hours Continuing Education Credits



Accommodation:

ALPINA

SWISS BIKE & SKI LODGE

Grimentz, Valais, Switzerland



Dr Roger Picard DC, ICSSD
SCSC Social & Sport commission



Dr Philippe Roulet DC
SCSC Social & Sport Commission

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ALPINA
SWISS BIKE & SKI LODGE

ALPINA SWISS BIKE & SKI LODGE

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Tel. +41 (0) 27 476 16 16

Email: info@alpina-grimentz.com

www.alpina-grimentz.com



See prices list attached below

**Make your reservation directly with the hotel
mention ChiroSport Seminar**

Deadline to book a room: November 30



Our hotel "Swiss Bike & Ski Lodge", located in front of the ski lifts, is a non-smoking hotel that offers 32 spacious rooms with shower or bath and toilet, television, safe and wifi. You will be able to enjoy our completely renovated relaxation area including a jacuzzi, a sauna, a hammam and a massage room between 10:00 and 20:00.





JO 2026 Programme



Russ Hornstein



Dr Russ Hornstein is a Chiropractic Neurologist with 25 years experience and a strong focus and training in vestibular rehabilitation, head and eye movement disorders and neuro-orthopaedic rehabilitation.

His career has been highly dedicated to understanding and accurately assessing spinal biomechanics as well as a quest for the most effective tools in resolving poor joint function.

Over the last four years he has developed a new HVLA method called 'Adjusting to Neutral' which does not require locking out the joint at the end range yet is proving to resolve joint dysfunction precisely, quickly and with greater comfort to patient.



Jake Cooke



Dr Jake Cooke is a diplomate of the American Chiropractic Neurology Board and has a Masters in musculoskeletal neuroscience.

He's the Chairman for the European Academy of Chiropractic's neurology group.

His focus is on chronic pain and dizziness/balance disorders.

Neurology lies at the heart of movement, balance, posture and pain. Jake's goal is to make neurology simple and useful, not only for the weird and wonderful cases, but for every patient you see in practice.

Neurology doesn't need to be a complex subject, full of hard to remember words and pathways. It can be taught in a way that is easy to learn and apply.



JO 2026 Programme

All lectures English Spoken

Definitive programme

Tuesday 03.03

15:00 - 19:00

RUSS & JAKE

Seeing the True Cause - Gain, Congruence, and the P1 Test

Wednesday 04.03

AM:

Time to enjoy the Alps

15:00 - 19:00

RUSS & JAKE

Resetting the Neck - Restoring Midline Control

Thursday 05.03

AM:

Time to enjoy the Alps

15:00 - 19:00

RUSS & JAKE

Anchoring the Body - Stability from the Base

Friday 06.03

08:00 - 12:00

RUSS & JAKE

From Adjustment to Integration -
The Neurological Cascade

PM:

Time to enjoy the Alps



SCSC JO WINTER SEMINAR 2026



SEMINAR FEE

REGISTRATION

☐	SCSC member	CHF 550.-
☐	Non SCSC member	CHF 650.-
☐	SCSC - Assistant	CHF 200.-
☐	Non SCSC - Assistant	CHF 250.-
☐	Student	CHF 100.-
☐	Retired	CHF 275.-

Title:

SCSC member: ☐ Yes ☐ No

L.Name, F.Name:

Street:

NPA Town:

Country:

Office phone, Mobile:

Email:

Submit this form either by:

Filling out the form by typing directly in the pdf, save in your directory and:

a. send the pdf by email: rpicard@bluewin.ch

b. or send to

Roger Picard,

rue de Flore 32, 2502 Biel/Bienne, Switzerland

Places are limited, register as soon as possible

Payment to:

Banque Raiffeisen Broye - Compte 10-351-5 - 1530 Payerne

CH97 8080 8003 2608 5366 3

The Jolly Organizers 2502 Biel/Bienne SWIFT-BIC: RAIFCH22 Nb CB SIC: 0479

Registration is not valid until payment is received.
All cancellations will incur a CHF 50.00 administration fee
No refund with cancellation after March 3, 2026



Récépissé

Compte / Payable à
CH97 8080 8003 2608 5366 3
The Jolly Organizers
Rue de Flore 32
2520 Bienne

Payable par (nom/adresse)

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Monnaie Montant

CHF

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Point de dépôt

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Section paiement



Monnaie Montant

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