

# **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 &

#### **Dr Jake Cook**

DO

MChiro, MSCAPP, DACBN, FRCC, FEAC

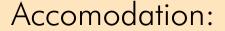
A new approach to fast and lasting restoration of joint function. Adjusting to Neutral is an easy adaptation of our HVLA Chiropractic methods that recalibrates the intrinsic spinal musculature, addresses spinal segmental instability, and improves range of motion. This hands-on seminar starts from a deep 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





ALPINA

SWISS BIKE & SKI LODGE

Grimentz, Valais, Switzerland

**ALPINN** 



Dr Roger Picard DC, ICSSD SCSC Social & Sport commission



Dr Philippe Roulet DC SCSC Social & Sport Commission







Route des Amis de la Nature 12, CH-3961 Grimentz, Valais 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.







# All lectures English Spoken

# **JO 2026 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

Thuesday 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 ☐ Non SCSC member ☐ SCSC - Assistant ☐ Non SCSC - Assistant ☐ Student ☐ Retired	CHF 550 CHF 650 CHF 200 CHF 250 CHF 100 CHF 275			
Title:	SCSC member:	Yes No			
L.Nam	e, F.Name:				
Street:					
NPA T	own:				
Count	ry:				
Office	phone, Mobile:				
Email:					
Filling	this form either by: but the form by typing directly in the porty and: a. send the pdf by email: rpicard@b b. or send to Roger Picard, rue de Flore 32, 2502 Biel/Bienne, St	luewin.ch			
Places a	re 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



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