

# OPTIMIZING DENTAL PERFORMANCE THROUGH SELF CARE

Featuring Josh Rifkin, Corrective Holistic and High-Performance Exercise Kinesiologist



**THURSDAY, FEBRUARY 24, 2022  
COURTYARD BY MARRIOTT**

**2 CE HOURS | 6:30 PM - 8:30 PM | CHECK-IN  
BEGINS AT 6:00 PM | DINNER WILL BE SERVED**

### About Josh Rifkin:

Through Josh's experience as a young athlete, high school and collegiate athlete, professional athlete, sports coach, performance coach and trainer he has a wide range of experience across the whole spectrum of performance, sport and training. Understanding the challenges of performance from both a players perspective and a coach helps deliver practical training for success. Josh uses his passion in continued education in the health and performance field along with his interpersonal skills and desire to help guide others on their own journey to "performance for life." In 2012, Josh founded Synergistic Body, a private training studio training sport specific athletes, general population clients, and anyone looking to improve their performance in their life or sport using a holistic approach to health, fitness, and performance. He spent 2016-2020 in Austin, Texas directing the fitness program, training, and coaching the athletes at The Austin Tennis Academy. He then returned to Fort Wayne and reignited Synergistic Body.

### Description:

This course or presentation is designed to share information to Dental professionals about occupational specific challenges as it relates to their body. This course will also teach and demonstrate self-care methods to help combat these challenges and improve the wellness, performance and longevity of the practitioner.

### Lecture Objectives:

Discuss common postural and ergonomic challenges for the dental professional | Discuss the anatomy or function of different muscles, connective tissue or fascial slings and how it relates to those postural challenges, the body and pain | Discuss at home self-care modalities to combat pain and postural problems | Learn how to program the self-care modalities for practical use | Demonstrate and "walk through" a general self-care program for the dental professional

**Make checks out to IKDDS and mail to PO Box 97, Arcola, IN 46704 or  
Scan QR Code to pay via credit card**

NAME:

DENTAL GROUP:

MAILING ADDRESS:

PHONE NUMBER:

EMAIL ADDRESS:

**If registering for more than 1 person, please  
list their names below:**

(These names will be on their name tags)

Please indicate entrée choice on registration.  
Oven Baked Chicken Breast or Butternut Squash Ravioli

### Registration:

(Includes dinner, 1 drink ticket, and event registration)

QTY:

**YDC DENTIST | \$30**

Dinner Choice: Chicken \_\_\_\_\_ Vegetarian \_\_\_\_\_

**IKDDS MEMBER DENTIST | \$30**

Dinner Choice: Chicken \_\_\_\_\_ Vegetarian \_\_\_\_\_

**LATE REGISTRATION FEE | +\$10**

Please add \$10 if registering after February 10, 2022



AMOUNT DUE:

PAYMENT METHOD:

Cash    Check # \_\_\_\_\_



For more information, contact: Jamee Lock | [jllock@ikdds.org](mailto:jllock@ikdds.org)

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