



SERVICES:

LECTURES & SEMINARS

Experience Dr. Axel Gottlob LIVE on stage or in your facility – at congresses, in clinics, performance centres, sport facilities and companies.

- Inspiring **Lectures** 30 – 90 minutes;
half-day, one day, and several day **seminars**
- **Languages of Lectures:** German or English
- **Lecture and Seminar Themes:**
 - Getting out of the degeneration trap due to inactivity
 - The power of placebo and its use in patient communication, in the therapy process and in the achievement of personal bests
 - Is our medical system including hospitals, medical insurances, Big-Pharma and reparatory medicine actually beneficial to the health of the individual?
Evidence – truth of the individual – consequences!
 - Power Ageing- high performance and resilience with age
 - Differentiated Training Therapy with refined strategies for:
 - Back problems
 - Osteoporosis
 - Arthritis
 - Pathologies of complex joints such as the shoulder girdle, knee and hip
 - Tendon pathologies
 - Power Spine- Myths and Facts
 - Differentiated Strength Training on the basis of evolutionary-based anatomy and biomechanics
- Lectures and seminars will be precisely planned in advance with respect to your requirements, business environment and aims and objectives.