



**Continuing Education (CE) Convention**

# Lifelong Chiropractic

31 August –  
2 September 2023  
BERNEXPO  
Bern





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# Welcome!

Dear chiropractors, dear colleagues

We warmly welcome you to our CE Convention 2023 in Bern. With this year's theme "Lifelong Chiropractic", the content of the Convention is dedicated to women and children of all ages. A multitude of specific topics and aspects will be addressed in the lectures and workshops.

The topics of this year's political forum are an update what had been done so far concerning the need of a chair in the French-speaking part of Switzerland and digital networking in context of digital transformation.

During coffee and lunch breaks our partners gives you the possibility to update yourself on most recent technical innovations as well as tools and equipment for your daily practice. Without our partners and sponsors, we would not have been able to put this program together!

We wish you instructive, joyful and unforgettable two days in Bern.  
On behalf of the organizing committee,



Beatrice Wettstein  
President ChiroSuisse



Sabine Schläppi  
CEO ChiroSuisse



Dieter Steiner  
Director Academy

## Organising Committee

### **Organisation Manager, Exhibition, Partners**

Justine Stäheli

### **Administration, Registration**

Justine Stäheli, Nicole von Allmen,  
Sarah Valentin

### **Communication**

Lana Strobel

### **Political Program**

Sabine Schläppi, Beatrice Wettstein

### **Academic Program**

Dieter Steiner,  
Giovanni Wullschleger,  
Beatrice Wettstein

### **Moderation**

Andreas Fingal, Stefan Rauber

### **Social Program**

Marc Thomann, Michael Renfer

### **Infrastructure**

Justine Stäheli, Sarah Valentin

# Thursday, 31 August: Political Programme

09.15–12.15	<b>Political forum</b>		Kongressraum 1
09.15–09.20	<b>Opening/Announcement programme</b>	Beatrice Wettstein, President ChiroSuisse	
09.20–10.20	<b>Digital networking – why? how?</b>	Adrian Schmid, former Head of eHealth Suisse	
<b>10.20–10.40</b>	<b>Coffee break with partner exhibition</b>		<b>Kongressraum 2 &amp; Foyers</b>
10.40–12.15	<b>Moderation</b>	Sacra Tomisawa, ellips	
	<b>Why do we need a second chair? What has ChiroSuisse done?</b>	Giovanni Wullschleger, Board ChiroSuisse	
	<b>What has been done so far by the task force? How could the politicians be convinced?</b>	Philippe Roulet, Head of Chiropractic Services at the CHUV	
	<b>Curriculum Chiropractic Medicine University of Zurich</b>	Mirjam Baechler, Head of Teaching Chiropractic Medicine, Balgrist	
	<b>Student's expectations of education and training (in french-speaking Switzerland)</b>	Nils Osseiran, New Active Member from the Romandie	
<b>12.15–13.30</b>	<b>Lunch break with partner exhibition</b>		<b>Kongressraum 2 &amp; Foyers</b>
13.30–16.15	<b>General assembly</b>	Greetings: Fritz Nyffenegger, Health Department Canton Bern, Head of Office	Kongressraum 1
16.30	<b>Gathering for regional evening</b>		Outside the BERN EXPO building at the main entrance
<b>17.00–00.00</b>	<b>Regional evening</b>		

# Thursday, 31 August: Regional Evening

16.50	Train Departure from "Wankdorf Center"
17.10	Arrival at the station «Zytglogge» for the guided Old Town Tour <b>OR</b> arrival at the ChiroSuisse Building for the guided Academy Tour
17.10–18.30/45	Discussion and guided tour of the Academy <b>OR</b> guided Old Town Tour
19.00–23.30	Aperitif and dinner at the restaurant "Haberbühni"

Included: transportation, dinner and mineral water; extra drinks charged on consumption.

## Menu

Variations of appetizers

★ ★ ★

Cold tomato soup  
with basil foam and pine nuts

★ ★ ★

Beef entrecôte cooked in one  
piece (160g) with jacket potatoes  
and seasonal vegetables

★ ★ ★

Homemade cream cheese and  
lemon ravioli with summer  
vegetables and saffron foam

★ ★ ★

Chocolate mousse with  
summer berries

★ ★ ★

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# Friday, 1 September: Academic Programme

09.00–09.15	<b>Welcome address</b>	Pierre Alain Schnegg, Government Councillor Bern	Kongressraum 1
09.15–09.45	<b>Swiss history of chiropractic</b>	Thomas Hausheer	
09.45–10.30	<b>Pregnancy</b>	Claudia Anrig	
<b>10.30–11.00</b>	<b>Coffee break with partner exhibition</b>		<b>Kongressraum 2 &amp; Foyers</b>
11.00–11.50	<b>Pain in children and youths</b>	Mette Hobaek Siegenthaler	
11.50–12.10	<b>What is the state of evidence-based practice among Swiss chiropractors?</b>	Arlette Albisser	
12.10–12.30	<b>SMT force–time profiles of Swiss chiropractors: results from the CE 2022</b>	Luana Nyirö	
<b>12.30–13.30</b>	<b>Lunch break with partner exhibition</b>		<b>Kongressraum 2 &amp; Foyers</b>
13.30–15.00	Choose your option		
	<b>Workshop 1</b> Adjusting pregnant women	Claudia Anrig	Kongressraum 1
	<b>Workshop 2</b> Pediatric case presentations, all ages	Mette Hobaek Siegenthaler, Melanie Häusler, Nora Seiler	Kongressraum 4
	<b>Workshop 3</b> Get involved: from research to changing clinical practice	Team Balgrist	Kongressraum 7
<b>15.00–15.30</b>	<b>Coffee break with partner exhibition</b>		<b>Kongressraum 2 &amp; Foyers</b>

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15.30–17.00 Choose your option

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**Workshop 1**

Adjusting pregnant women

Claudia Anrig

Kongressraum 1

**Workshop 2**

Pediatric case presentations, all ages

Mette Hobaek Siegenthaler,  
Melanie Häusler,  
Nora Seiler

Kongressraum 4

**Workshop 3**

Workshop for principals

Johanna Forrer

Kongressraum 7

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**18.00**

**ChiroSuisse dinner**

For details: page 8

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# Friday, 1 September: ChiroSuisse Dinner

6 pm at the restaurant «Kornhauskeller»,  
Kornhausplatz 18, 3011 Bern

See also: [Contact](#) | [Kornhauskeller Restaurant](#) • [Bar](#)

## Menu

Rocket salad with pears,  
walnuts and cream cheese,  
served with honey-ginger  
vinaigrette with white balsamic

★ ★ ★

Veal paillard with lemon butter  
and lukewarm honey-herb  
potatoes

★ ★ ★

Chocolate and pear tartelette  
with sour cream glacé

★ ★ ★

## Vegetarian Menu

Rocket salad with pears,  
walnuts and cream cheese,  
served with honey-ginger  
vinaigrette with white balsamic

★ ★ ★

Celery escalope in hazelnut  
coating with spaetzli, red  
cabbage, chestnuts, Brussels  
sprouts and apple-cranberry  
ragout

★ ★ ★

Chocolate and pear tartelette  
with sour cream glacé

★ ★ ★

Included: dinner, mineral water, juice, three glasses of  
wine and coffee; extra drinks charged on consumption.



## Unberücksichtigte Ursache für Verspannungen und Schmerzen: Das Liegen

Falsches Liegen ist Mit- oder Hauptursache für Verspannungen und Schmerzen am Morgen. Kennzeichen dafür ist die Tatsache, dass die Beschwerden durch die Nacht zu- statt abnehmen. Dies obschon die Nacht die Zeit der Entspannung und Regeneration sein sollte. Viele Ärzte und Therapeuten arbeiten aus diesem Grund mit unseren Liegespezialisten zusammen. Über 50 ausgebildete und zertifizierte Liegeberater bieten Lösungen für solche Betroffene in Ihrem KOMPETENZZENTRUM SCHMERZFREI SCHLAFEN an. Sie finden uns an 32 Standorten in der ganzen Schweiz. Informieren Sie sich bei den Mitgliedern über die Möglichkeiten richtigen Liegens.

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# Saturday, 2 September: Academic Programme

## Lifelong Chiropractic

08.30–09.00	<b>Chiropractic treatment of infants with torticollis – a double-blind study</b>	Anke Langenfeld	Kongressraum 1
09.00–09.45	<b>Pathophysiology of children in chiropractic</b>	Claudia Anrig	
09.45–10.35	<b>Women in chiropractic: the female doctor and the female patient</b>	Kristin Fellows	
<b>10.35–11.05</b>	<b>Coffee break with partner exhibition</b>		<b>Kongressraum 2 &amp; Foyers</b>
11.05–11.55	<b>Radiology cases in children and adolescents</b>	Cynthia Peterson	
11.55–12.30	<b>Panel discussion</b>	Lectures	
<b>12.30–13.30</b>	<b>Lunch break with partner exhibition</b>		<b>Kongressraum 2 &amp; Foyers</b>
13.30–15.00	Choose your option		
	<b>Workshop 1</b> Adjusting babies and infants	Claudia Anrig	Kongressraum 1
	<b>Workshop 2</b> Women in chiropractic: case management and practical applications	Kristin Fellows	Kongressraum 4
	<b>Workshop 3</b> Radiology cases in children & adolescents	Cynthia Peterson	Kongressraum 7
<b>15.00–15.30</b>	<b>Coffee break with partner exhibition</b>		<b>Kongressraum 2 &amp; Foyers</b>
15.30–17.00	Choose your option		
	<b>Workshops 1, 2 or 3</b>	For details see Workshops 13.30–15.00	

# Speakers and Instructors



Dr. Claudia Anrig



Dr. Kristin Fellows



Dr. Johanna Forrer



Dr. Anke Langenfeld



Dr. Luana Nyirö



PD Dr. Michael Meier



Dr. Cynthia Peterson



Prof. Dr. Petra  
Schweinhardt



Dr. Mette Hobaek  
Siegenthaler



Dr. sc. Brigitte Wirth

# Many Thanks to our Partners



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### Conception, Editing, Texts

Lana Strobel, Justine Stäheli

### Graphic Design

contrastart.ch

# Next Continuing Education (CE) Convention

The CE Convention 2024 will take place in Biel  
from 28.8.– 31.8.2024

We look forward to seeing you next year in Biel!

