



Contact:

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Drs. Chiappino and Cesiro Hold Fourth Therapeutic Iyengar Yoga Workshop on Lower Extremity Pain Management

FOR IMMEDIATE RELEASE

Smithtown, NY (April 21, 2009) – Dr. Keri Chiappino DC, DACNB has announced the fourth in her therapeutic workshop series will be held Saturday, May 9. The class will be cohosted by Dr. Joanne Cesiro, physical therapist and Registered Yoga Teacher (RYT) and will focus specifically on hip, knee, ankle and foot conditions. The workshop is divided into two sessions: the first half runs from 1:00-4:00 pm and is for teachers and advanced students wishing to learn more about anatomy as well as the contraindications and precautions associated with lower extremity conditions. The second half follows from 4:00-6:00 pm and is designed for those suffering with sciatica, total hip replacement, knee injuries, osteoarthritis, and plantar fasciitis.

A board-certified Chiropractic Neurologist and RYT, Dr. Chiappino specializes in holistic therapies that integrate both the body and the brain. “Many patients experience a myriad of painful conditions. Therapeutic yoga is very beneficial in improving muscle joint mobility and enabling pain relief; it is an integral part of an effective pain treatment plan. The use of props and pose modification makes the Iyengar approach accessible to students of all levels. In addition, this unique form of yoga’s precise focus on alignment allows us to prescribe poses for each participant’s specific chronic pain condition. By focusing on structural alignment, participants can manage their pain without prescription medicine.”

The workshop will be held at The Drishti Yoga Studio (formerly The Yoga Room) in East Patchogue. Registration is limited. For more information call 631 265 1223.

About Dr. Keri Chiappino and New Life Chiropractic

Dr. Keri Chiappino offers a unique, expanded approach to alternative health care. Her private family practice, New Life Chiropractic, is dedicated to chronic conditions that severely disable people, including patients with Multiple Sclerosis, Parkinson's, Alzheimer's, vertigo, migraines, asthma, depression, anxiety disorders and other neurological disorders. A Defeat Autism Now!® Practitioner, Dr. Chiappino specializes in restoring brain balance in children diagnosed with Autism Spectrum Disorders (ASD), Asperger's, ADHD, Tourette's Syndrome, Dyslexia, and learning disabilities. Utilizing non-invasive therapies that comprise her unique "Maximum Achievement ProgramSM," Dr. Chiappino has been successful in improving brain functionality in children with ASD, enabling them to perform at full potential. Her expertise with special needs children has been recognized by the American Chiropractic Autism Board which most recently added Dr. Chiappino to its Board of Advisers.

Dr. Chiappino has distinguished herself as one of 600 doctors worldwide achieving Diplomatic status on the American Chiropractic Neurological Board (ACNB), with over 1000 hours in Chiropractic Neurological coursework. She is a Registered Yoga Teacher (RYT), offering therapeutic Iyengar yoga workshops to help manage stress and pain as well as provide better postural alignment and increased strength for total mind-body wellness. To make an appointment for a consultation or for more information, contact the Smithtown, Long Island office at 631 265 1223 or the Manhattan office at 212 721 1188; or visit www.newlifechiropractic.com.

About Dr. Joanne Cesiro, DPT

Dr. Joanne Cesiro is a Doctor of Physical Therapy currently working as a Staff Physical Therapist in Stony Brook University Hospital's Outpatient PT clinic where she treats orthopedic, neurological, chronic pain and lymphedema patients, and teaches therapeutic yoga. Additionally, Dr. Cesiro is a Clinical Assistant Professor in the Physical Therapy program at SUNY Stony Brook. She has been a student of Iyengar yoga since 1979, and traveled to India to study with the Iyengars in 1995. She holds an Introductory Level Certification in the Iyengar method, and is a member of the International Yoga Therapist Association. Dr. Cesiro has been teaching yoga on Long Island for over 20 years, and is a past president of the Long Island Yoga Association.

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