

## **Dr. Mechel Henry's Lecture and Speaking Topics**

- Aging Gracefully
- Brachial Plexopathies
- Career Choices and Dreams
- Cervical Dystonia
- Chronic Pain
- Common Rheumatologic Conditions and Treatment
- Drug Use and Avoidance for Youth
- Finding Happiness and Peace
- Health and Wellness: Integrating and Balancing Western and Eastern Medicine
- How to Use and Apply the AMA Guides to Orthopedic Injuries with Almaraz-Guzman
- Medical Ethics
- Knee, Shoulder and Joint Pain
- Money Finance and Stress Management
- Motivational Speaking Using the Five Cardinal Rules of Rehabilitation
- Neck and Back Pain
- PAIN and Function
- Repetitive Use Injuries (Laptops, Texting with Mobile Devices, and Ergonomics)
- Spinal Cord Injuries/Corticospinal Tract Injuries and Complications
- Sports Injuries
- The Five Cardinal Rules of Rehabilitation "Consistency, Structure, Limit Setting, Emotional Reassurance and Repetition"
- Traumatic Brain Injury
- Upper extremity and hand pain
- Weekend warrior injuries: Why We Do this to Ourselves
- What are Osteitis Pubis and Piriformis Syndrome
- Women's Health Topics
- Women with Low Back and/or Pelvic Pain