

Dr. Elizabeth Rizer, BS Available Course:

Sunday, October 7th – 8:00 a.m. – 12:00 p.m.: IASTM Redefined: Basic, gentle soft tissue techniques for your patient care (4 hour program)

The concept of movement therapy and performance enhancement via Instrument Assisted Soft Tissue Mobilization (IASTM) will be introduced. The tools may be hard- edged, but the techniques don't need to be aggressive to deliver superior patient out- comes. A review of dysfunctional movement screening patterns and the utilization of soft tissue tools to improve patient outcomes is covered along with a review of anatomy, physiology and neurology of myofascial soft tissue work. IASTM intervention strategies will be combined with kinesiology taping to deliver a comprehensive approach to patient care. This hands-on, workshop environment is intended for practitioners and therapists with all levels of experience with soft tissue techniques.



Dr. Elizabeth Rizer, BS

Doctor of Chiropractic

Dr. Beth Rizer is a fun energetic movement junkie originally from Austin, Texas. She earned her Bachelors of Science in Kinesiology and Psychology from Texas A&M University and a Bachelors of Science in Biology from the University of Western States. She then followed her passion for helping people and earned a doctorate at University of Western States in Portland, Oregon. Dr. Beth started her career with Airrosti Rehab Centers as a Certified Recovery Specialist while running her own business as a health and wellness coach. During this time,

she dove down the rabbit hole of functional movement systems, dynamic neuromuscular stabilization, corrective exercise, postural restoration, fascial congress, and kinesiology taping etc. In 2011, Dr. Rizer was promoted to the Airrosti Clinical Development Team, training and on-boarding hundreds of new Airrosti providers and certified recovery specialist. She later joined her husband in Colorado where they own and operate Hatch Chiropractic and Wellness. Dr. Rizer specializes in assessment, diagnosing, and treatment of musculoskeletal injuries and passionate about optimizing human potential in all facets including movement, nutrition, and mindfulness. She treats anyone from professional athletes, CrossFitters, weekend warriors, executives, pre-natal care and pediatrics. Dr. Rizer holds certifications in SFMA, Functional DryNeedling 1&2, DNS Exercise A & B, Webster for Pre-Natal Care, ICPA Pediatric Specialties, Active Release Technique, Corrective Exercise, and personally loves the RockTape education courses. When not with her amazing patients, Dr. Beth is teaching yoga and is an avid CrossFitter and Yogie herself but you will frequently find her dancing, singing and trying to climb up and snowboard down every 14'er in Colorado. She is also a personal development junkie who has taken courses from Tony Robbins, Louise Hay, Wayne Dyer, Deepak Chopra, and many more. Her main mission and dedication to this world is to spread love, laughter and a smile to her patients and all those around her.