

Inside-Out Health: A Revolutionary Approach to Your Body (Basic laser seminar)

Day 1: 8:00 am – 5:15 pm

Day 2: 8:00 am – 12:15 pm

Robert G. Silverman, DC, DACBN, DCBCN, MS, CCN, CNS, CSCS, CIISN, CKTP, CES, HKC, SASTM

Dr. Silverman graduated magna cum laude from the University of Bridgeport College of Chiropractic and has a Masters of Science in human nutrition. His extensive list of educational accomplishments includes designations as a certified nutrition specialist, certified clinical nutritionist, certified strength and conditioning specialist, certified Kinesio® taping practitioner, NASM-certified corrective exercise specialist, and a certified sports nutritionist from the International Society of Sports Nutrition. Dr. Silverman is a diplomate with the American Clinical Board of Nutrition and a diplomate with the Chiropractic Board of Clinical Nutrition. Dr. Silverman is also a HardStyle Kettlebell Certified instructor.

He has a full-time private practice in White Plains, NY, where he specializes in the treatment of joint pain with innovative, science-based, nonsurgical approaches and functional nutrition. He has published articles in *Dynamic Chiropractic*, *JACA*, *ACA News*, *Chiropractic Economics*, *The Original Internist*, and *Holistic Primary Care*. Dr. Silverman is also on the advisory board for the Functional Medicine University. He is a health contributor to Fox News Radio and has appeared on Fox & Friends, Fox News, NBC News, CBS News, NewsMax TV, WPIX, Wall Street Journal Live, as a health expert.

Dr. Silverman was awarded the prestigious 2015 Sports Chiropractor of the Year by the ACA Sports Council. In 2016 he published *Inside/Out Health: A Revolutionary Approach to Your Body* (Lioncrest Publishing).

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Dr. Robert Silverman, White Plains



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Join Dr. Silverman as he explores the process of implementing **basic** laser protocols into your practice. He will share in-office tools, hands-on laser protocols, nutrition protocols, and proven rehab programs. In this exciting presentation, you will gain insight into a simple methodology to incorporate these protocols into a clinically effective system. This seminar is ideal for any practitioner who wants to get the health performance edge in their community. This is a must-attend laser seminar for laser owners and non-laser owners alike!

Learn science-based clinical protocols for the management of symptoms and conditions such as:

- Traumatic brain injuries/concussion
- Lumbar disc degeneration/sciatica
- Tennis/Golfer's elbow
- Plantar fasciitis
- Ankle sprain
- Peripheral nerve entrapments
- Cell membrane health

Key clinical takeaways:

- Effective assessment, rehabilitation and nutritional strategies for the management of musculoskeletal injuries and disorders
- Implement a Functional Movement Screen, which reveals faulty movement patterns and corrections with laser protocols
- Apply neurodynamic tests and corrective laser protocols
- Assess and understand traumatic brain injuries
- Implement and incorporate low-level laser therapy into concussion protocols
- Understand the environment within and how the gut microbiome influences metabolism, body composition and diabetes incidence
- Gain an understanding of the advanced approach to manage pain and inflammation
- Review the pathogenesis of cumulative trauma disorders

Attendees will receive:

- Clinical protocols and pearls based on case studies
- An up-to-date syllabus with graphics and take-home notes
- An information-packed day guaranteed to expand your clinical knowledge
- Doctor laser flowcharts and nutritional protocols

Don't miss this exciting opportunity to take your practice to a whole new level! Earn CEUs.

Inside-Out Health: A Revolutionary Approach to Your Body (Advanced laser seminar)

Robert G. Silverman, DC, DACBN, DCBCN, MS, CCN, CNS, CSCS, CIISN, CKTP, CES, HKC, SASTM

Day 1

I 30 mins. Introduction:

Introduction:

- History of laser:
 - Laser has been in use since the 1930s
 - The evolution of laser and its modern usage
- How does laser work:
 - Substantiated by more than 3,000 published scientific literature
 - Based on Einstein showing that light could be understood as behaving as a particle
 - Photon tissue interaction – primary, secondary, tertiary responses

II 30 mins.

- Pathogenesis of the cumulative (repetitive) trauma disorder:
 - Explanation of the effect of successive trauma recurring before complete tissue recovery or adaptation can occur
 - Net result is cumulative trauma
- NMS (neuromusculoskeletal) detonation sequence:
 - Pain dynamic – tight muscle leads to a strain point (which is usually a joint)
 - Discussion of Sherrington's Law of reciprocal inhibition

III) 1 hour Hands-on utilizing laser:

- Upper extremity myotomal diagnosis and correction:
 - Muscle testing C1-T1, SCM, levator scapulae, trapezius, latissimus dorsi, rhomboid, rotator cuff
- Lower extremity myotomal diagnosis and correction:
 - Muscle testing L1-S1, psoas, glut max/glut med/min, piriformis, erector spinae, big toe extension

IV) 2 hours Clinical breakthroughs in the treatment of musculoskeletal injuries:

- Ankle sprain
- Rotator cuff injuries
- Plantar fasciitis (Baxter's neuropathy)
- Golfer's/tennis elbow
- Lumbar disc degeneration/sciatica
- Carpal tunnel
- Shin splints
- Shoulder/hip/knee injuries

Anatomy biomechanics of the joint differential diagnosis. Review of causes of injury, ortho/neuro tests, injury treatments, protocols including laser, exercise, rehab, nutrition, taping. Patient case studies for each of the conditions will be reviewed.

V) 1 hour 4 stages of tissue healing from onset to resolution with laser therapy

- Explanation of blood sugar being such a huge factor in inflammation
- Balance between initiation and resolution of inflammation
- Damage that inflammation causes
- Explanation of the body producing inflammation for healing
- Protocol for the 4 phases of healing and pain:
 - Homeostasis phase – initial injury
 - Inflammatory phase – acute phase
 - Proliferation phase – repair
 - Maturation – remodeling

VI) 1 hour Neurodynamic tests – assessment of sensitivity of whole nervous system and practical breakdown of each nerve with laser protocols to turn the individual nervous and/or nervous system.

- Assess and treat:
 - Brachial plexus
 - Median nerve
 - Ulnar nerve
 - Radial nerve
 - Sciatica nerve
 - Tibial nerve
 - Lateral plantar nerve
 - Recurrent median nerve
- Nerve-flossing exercises – demonstration of exercise that play an integral role in neurological recovery

VII) 1 hour Understand the foundational approach that uses nutrition to manage pain and inflammation

- Explanation of blood sugar being such a huge factor in inflammation
- Balance between initiation and resolution of inflammation
- Damage that inflammation causes
- Explanation of the body producing inflammation for healing
- Nutrient protocol for the 3 phases of healing and pain:
 - Acute phase
 - Sub-acute phase
 - Prevention phase

VIII) 1 hour 15 min. Inside-Out Health

- Treat symptoms, not systems
- Detoxification for optimal health

It's all connected

- Gut to brain axis
- Brain to gut axis
- Vagus nerve laser stimulation
- Sympathetic/parasympathetic balance – red/violet light

Day 2

I) 2 hours Traumatic Brain Injuries/Concussions/Brain Health

1 Nutrition for Concussion:

- a) Concussion nutritional protocol
- b) BDNF neurogenesis
- c) Large-chain omega-3 fatty acids improve brain function
- d) Integrating nutritional protocols with the concussed patient
- e) Proper dietary recommendations pre and post concussions

2 Why women are at increased risk for concussions:

- a) Anatomical differences
- b) Menstrual cycles and hormonal differences
- c) Nutritional protocols for the female athlete

3 Low-level laser therapy for concussions

- a) Research review on lasers healing brain trauma
- b) Vagus nerve stimulation and its effect on concussions
- c) Which type of exercise is best for the brain

Concussion Rehab:

- Proprioceptive training
- Gaze stabilization
- Post-concussion syndrome

II) 30 mins. Dr. Rob's Gut Matrix

The evolving field of gut health is one of the most exciting developments in Functional Nutrition. In this module, attendees will get a solid understanding of the gut microbiome and its importance.

- New insights into how our microbial community affects health and disease.
- Nutritional strategies for gut health (6R Program).
- Gut reaction: restoring digestive health through nutrition.

III) 1.5 hours Functional movement assessment

A tremendous number of individuals are performing high-level activities even though they are inefficient in their functional movements. Without knowing this, these individuals are putting fitness on a dysfunction by creating poor, or faulty movement patterns. This makes it essential to screen the patient's movements prior to an exercise or strengthening program. Injuries will be alleviated and decreased by screening patients and then using laser protocol, exercise, to correct the weak links.

Functional Movement Screens – human movement is examined through specific movement tests.

- Dr. Rob's magnificent 7 screens – Seven basic screens with flowcharts for Monday morning usage.
- Tests:
 - Overhead squat
 - Core push-up
 - Muscle firing pattern tests
 - Joint-by-joint tests
 - Dorsiflexion test
 - Rotary stability
 - Assisted squat
- Corrective exercise for faulty movement pattern

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Schedule

Day 1

8:00 am – 8:30 am	Introduction to history of laser	Other (Introduction & Basic Science)
8:30 am – 9:00 am	Pathogenesis of cumulative trauma disorder	General Clinical
9:00 am – 10:00 am	Hands-on utilizing laser – upper and lower extremity	Technique
10:00 am – 10:15 am	Break	
10:15 am – 12:15 pm	Clinical breakthroughs in the treatment of musculoskeletal injuries	Technique
12:15 pm – 1:15 pm	Lunch	
1:15 pm – 2:15 pm	4 stages of tissue healing from onset to resolution with laser therapy	General Clinical
2:15 pm – 3:15 pm	Neurodynamic tests & nerve flossing	Technique
3:00 pm – 3:15 pm	Break	
3:15 pm – 4:15 pm	Understand the fundamental approach that uses nutrition to manage pain and inflammation	Nutrition
4:15pm – 5:30 pm	Inside-Out Health: It's All Connected!	General Clinical

Day 2

8:00 am – 10:00 am	Traumatic Brain Injuries/Concussions/Brain health	General Clinical
10:00 am – 10:15 am	Break	
10:15 am – 10:45 am	Dr. Rob's Gut Matrix	Nutrition
10:45 am – 12:15 pm	Functional Movement Assessment with corrective exercise	General Clinical