

## **Optimizing Musculoskeletal Health: Protocols for Performance and Recovery**

**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 his 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 diplomate with the Chiropractic Board of Clinical Nutrition. Dr. Silverman is also HardStyle Kettlebell Certified instructor. He has a full-time successful private practice in White Plains, NY, where he specializes in the treatment of joint pain with innovative, science-based, non-surgical approaches. He is an internationally known speaker and author, contributing to articles published in Dynamic Chiropractic, JACA, ACA News, Chiropractic Economics, The Original Internist, Holistic Primary Care.

Join Dr. Silverman as he explores the process of implementing musculoskeletal laser protocols into your practice. He will share in-office tools, 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 musculoskeletal edge in their community.

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

- Carpal tunnel
- Lumbar disc degeneration/sciatica
- Tennis/Golfer's elbow
- Plantar fasciitis
- Ankle sprain
- Peripheral nerve entrapments

**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
- Learn neurodynamic tests and corrective laser protocols
- Learn how to implement detoxification plans for patients
- Gain an understanding of the foundational approach that uses laser to manage pain and inflammation
- Review the pathogenesis of cumulative trauma disorders
- Explore the relationship between movement and pain

**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 ECUs

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### **(For website) Optimize Musculoskeletal Health**

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#### **Day 1**

##### **I 30 mins. Introduction:**

Introduction:

- History of laser
- How does laser work

##### **II 30 mins.**

- Pathogenesis of the cumulative (repetitive) trauma disorder
- NMS (neuromusculoskeletal) detonation sequence

##### **III 45 mins. Basic physiology and nutritional support for musculoskeletal injuries:**

- Pathogenesis of the cumulative trauma disorder
- Neuromusculoskeletal detonation sequence
- New direction for understanding key components in disease etiology
- NSAIDs: effects on muscles and joints

##### **IV 1 hr. Hands-on utilizing laser:**

- Upper extremity myotomal diagnosis and correction
- Lower extremity myotomal diagnosis and correction

##### **V) 2 hrs. Clinical breakthroughs in the treatment of musculoskeletal injuries:**

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

Case studies, Kinesio Taping, exercise rehab and nutritional protocols

##### **VI) 1 hr. Understand the foundational approach that uses nutrition to manage pain and inflammation**

##### **VII) 1.5 hrs. Restoring pH balance and detoxification for healthy patients and practices**

## **Day 2**

### **VIII) 2 hrs. 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

### **IX) 1 hr. Laser therapy and nutrition for cell membrane health**

**X) 1 hr. 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 on

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### Schedule

#### Day 1

8:00 am – 8:30 am	Introduction to history of laser (General Clinical)
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 (General Clinical)
12:15 pm – 1:15 pm	Lunch
1:15 pm – 2:15 pm	Understand the foundational approach that uses nutrition to manage pain and inflammation (Nutrition)
2:15 pm – 3:00 pm	Nutrition support for musculoskeletal injuries (Nutrition)
3:00 pm – 3:15 pm	Break
3:15 pm – 4:45 pm	Restoring pH balance and detoxification (Nutrition)
4:45 pm – 5:30 pm	Rehab for musculoskeletal injuries (Technique)

#### Day 2

8:00 am – 10:00 am	Functional Movement Assessment (Technique)
10:00 am – 10:15 am	Break
10:15 am – 11:15 am	Neurodynamic tests (General Clinical)
11:15 am – 12:30 pm	Laser and nutritional protocols for cell membrane health (Other)