

AMPED: Achieving Maximum Performance Every Day

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

Day 1: 8:00 am – 5:30 pm

Day 2: 8:00 am – 12:15 pm

Dr. Robert Silverman, a leading laser expert, leads you through innovative science demonstrating the power of performance nutrition and conservative therapies on health and movement patterns. He will highlight key protocols for improved performance and recovery through an enhanced diet and appropriate supplementation, laser therapy, functional movement assessment, corrective exercises and more. This talk will feature a valuable discussion of the gut/brain axis, with special emphasis on concussion treatment for faster recovery.

To truly improve a patient's health and optimize active lifestyles, we need to understand how systems interact with one another.

Join Dr. Silverman, the doctor's Chiropractic doctor, in this exciting seminar. You will gain insight into a comprehensive methodology that incorporates proven protocols into a clinically effective system you can apply to your practice immediately.

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Dr. Robert G. Silverman is a chiropractic doctor and clinical nutritionist and author of *Inside-Out Health: A Revolutionary Approach to Your Body* (Lioncrest Publishing, 2016), an Amazon No. 1 bestseller in 2016. The ACA Sports Council named Dr. Silverman "Sports Chiropractor of the Year" in 2015. He maintains a busy private practice as founder of Westchester Integrative Health Center, located in White Plains, NY, which specializes in the treatment of joint pain using functional nutrition along with cutting-edge, science-based, nonsurgical approaches.

Dr. Silverman is a seasoned health and wellness expert on both the speaking circuit and within a wide variety of media outlets. He has appeared on FOX News Channel, FOX, NBC, CBS, CW affiliates as well as The Wall Street Journal and NewsMax, just to name a few. Recently he was invited as a guest speaker on "Talks at Google" to discuss his current book. As a frequent author for *Dynamic Chiropractic*, *JACA*, *ACA News*, *Chiropractic Economics*, *The Original Internist* and *Holistic Primary Care* magazines, Dr. Silverman is a thought leader in his field and practice.

Graduating magna cum laude from the University of Bridgeport College of Chiropractic, Dr. Silverman holds 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. He is also a HardStyle Kettlebell Certified instructor. Silverman is a diplomate with the American Clinical Board of Nutrition and a diplomate with the Chiropractic Board of Clinical Nutrition.

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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
- Leaky gut syndrome

Key clinical takeaways:

- Hands-on reproducible, implementable protocols for your practice success
- Integrate nutritional protocol for concussions
- Connect gut-immune system-brain for better management of musculoskeletal injuries
- 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
- Understand the environment within and how the gut microbiome influences metabolism, body composition and diabetes incidence
- Review the pathogenesis of cumulative trauma disorders
- Building the ultimate back for optimal health

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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Day 1

15 mins. America's Obesity Epidemic

The obesity epidemic now affects more than half of all Americans. The causes are multifactorial, but the primary culprits are:

- Standard American Diet (SAD): too much glucose, too little everything else.
- Environmental toxins.
- Sedentary lifestyle.

15 mins. Pathogenesis of cumulative trauma disorder

- 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
 - Posture analysis

30 mins. Inflammation: Balance and Resolution

Inflammation is the underlying cause of almost every chronic illness. Managing and reducing inflammation through functional nutrition can lead to significant improvements in patient symptoms and wellbeing.

- Inflammation is not a passive process but an active one
- A novel nutritional approach to resolving and balancing inflammation
- The role of specialized pro-resolving mediators (SPMs) in treating inflammation
- Nutritional supplements for reducing inflammation

60 mins. 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

120 mins. Clinical breakthroughs in the treatment of musculoskeletal injuries:

- Ankle sprain
- Rotator cuff injuries/shoulder impingement

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- Plantar fasciitis (Baxter's neuropathy)
- Golfer's/tennis elbow
- Lumbar disc degeneration/sciatica
- Carpal tunnel
- Shin splints

- Hip injuries/labrum
- 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.

30 mins. Basic physiology and nutritional support for musculoskeletal injuries:

- NSAIDs: effects on muscles and joints:
 - Explanation on NSAIDs not allowing for:
 - Joint cartilage synthesis
 - Muscle hypertrophy
 - Bone healing
 - NSAIDs do decrease pain
 - NSAIDs cause "leaky gut"

Laser and nutritional alternatives for patients instead of using NSAIDs

30 mins. Building the Ultimate Back: from rehab to high performance for optimum health:

- a. Dispel the myths about how the spine works and becomes injured
- b. Reducing the risk of injury
- c. Rehabilitative exercise
- d. Training for performance

60 mins. Optimal Health and Peak Performance (UpRegulation)

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.

30 mins. The human microbiome—new insights into how our microbial community affects health and disease:

- Nutritional strategies for gut health
- Gut reaction: restore digestive health through nutrition

Strategies to initiate the positive impact of gut health on the musculoskeletal system:

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- Basic physiology and nutritional support for a musculoskeletal injury
- Medicine's new direction—how injuries to fascia and extracellular matrix are key components in describing disease etiology

60 mins. Neurodynamic tests – assessment and adjustment 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

Day 2

120 mins. Traumatic Brain Injuries/Concussions/Brain Health

Gut to Brain Axis in Concussion

- Gut to brain axis bidirectional communication flows along neural pathways using signaling molecules including cytokines, hormones and neuropeptides
- Blood test for concussions
- Blood-brain barrier permeability tests

A) Traumatic brain injuries – Concussions

Traumatic brain injuries are on the rise:

- Research review on treatments for TBI
- Concussion assessments and protocols

B) Women and Concussion

Why women have a higher rate of concussions:

- Weaker neck muscles
- Higher rate of incidence reporting
- Menstrual cycle – decreased progesterone

Why More Concussions – Nutritional Component

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Diminished brain resilience syndrome:

- Toxins
- Poor dietary fats
- Poor liver function and gut bacteria
- Previous concussion

Nutritional Protocol for Treating Concussion

- Feed your concussion: Reviewing nutrition and its role in brain recovery
- Dietary changes required for concussion recovery
- Support for the production of BDNF (brain-derived neurotrophic factor)
- Support for decrease of neurotransmitter substance-P
- Decrease of systemic inflammation
- Brain to gut connection
- GI restoration protocols
- Methylation and concussion

Concussion Rehab

- Proprioceptive training
- Gaze stabilization
- Vestibular oculomotor screen
- Post-concussion syndrome

60 mins. Functional movement assessment and adjusting

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

60 mins. Corrective Adjusting and Exercises Program (rehab portion):

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- a. The goal of a corrective exercise program is to locate the body's weak link or faulty movement pattern and improve it through therapeutic exercises. Discover the proper strengthening and stretching exercises that address muscle imbalances evidenced in Functional Athletic Screening
- b. Hands-on approach for corrective exercise for each of the Magnificent 7 functional screens. Flowcharts with pictures and descriptions will be given.
- c. Four-part continuum described:
 - i. Inhibitory technique
 - ii. Lengthening technique
 - iii. Activation technique
 - iv. Integration technique

Schedule

Day 1

8:00 am – 8:15 am	<u>America's Obesity Epidemic – (Population)</u>
8:15 am - 8:30 am	<u>Pathogenesis of cumulative trauma disorder - (General Clinical)</u>
8:30 am – 9:00 am	<u>Inflammation: Balance and Resolution - (Nutrition)</u>
9:00 am – 10:00 am	<u>Upper and lower-body workshop - (Adjusting Technique)</u>
10:00 am – 10:15 am	Break
10:15 am – 12:15 pm	<u>Clinical breakthroughs in the treatment of musculoskeletal injuries - (General Clinical)</u>
12:15 pm – 1:15 pm	Lunch
1:15 pm – 1:45 pm	<u>Basic physiology and nutritional support for musculoskeletal injuries - (General Clinical)</u>
1:45 pm – 2:15 pm	<u>Building the Ultimate Back: from rehab to high performance for optimum – health - (General Clinical)</u>
2:15 pm – 3:15 pm	<u>Optimal Health and Peak Performance (UpRegulation) - (General Clinical)</u>
3:15 pm – 3:30 pm	Break
3:30 pm – 4:00 pm	<u>Dr. Rob's Gut Matrix - (Nutrition)</u>
4:00 pm – 4:30 pm	<u>The human microbiome—new insights into how our microbial community affects health and disease - (General Clinical)</u>
4:30 pm – 5:30 pm	<u>Neurodynamic tests - (Adjusting Technique)</u>

Day 2

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8:00 am – 10:00 am **Traumatic Brain Injuries/Concussions/Brain Health -** (General Clinical)

10:00 am – 10:15 am Break

10:15 am – 11:15 am **Functional movement assessment and adjusting -** (Adjusting Technique)

11:15 am – 12:15 pm **Corrective Adjusting and Exercises Program (rehab portion) -** (Adjusting Technique)