

# Take Aim at Chronic Pain:

## Concurring America's Health Epidemics

### Saturday

- 7:30 - 8:00 Registration
- 8:00 - 8:10 Intro to Common Conditions *(General Clinical)*
- 8:10 - 8:20 Chiropractic Care –the consumer perspective *(Population)*
- 8:20 - 8:30 Back Pain—a crisis in America: Statistics and Data *(Other; Research)*
- 8:30 - 8:45 Laser Workshop – Area Of Involvement - Hands-on *(Technique)*
- 8:45 - 9:15 Laser Fundamentals *(Other; Research)*
- Who, what, when, where, how
  - Physiological windows - spine, CNS, Merrick chart
- 9:15 - 9:40 Intro to Understanding Chronic Neck and Shoulder Pain *(General Clinical)*
- Shoulder Pain Treatment Laser Demonstration
    - Unattended Laser Application - Portable / FX635 - (Therapy Area)
    - Attended Laser Application - Portable Lasers Throughout Office Rooms
    - Myotome review
    - Standard ortho / neuro evaluation
- 9:40 - 10:00 Laser Workshop – Shoulder Myotomes *(General Clinical)*
- C5 - T1
- 10:00 - 10:15 Break
- 10:15 - 11:00 Shoulder Soft Tissue (Percussor) / Structure (Adjustor) Analysis & Correction *(Technique)*
- Adhesions / symptom
  - Trigger Points
  - Anterior Head Carry
  - Neutral Posture Analysis / Movement Posture Analysis
  - Lower Cross / Upper Cross

- Asymmetry / Symmetry
- Application To Chiropractic Technique
- Laser, Percussor, Adjustor Integration

11:00 - 12:00 Review Proven, FDA Cleared Plantar Fasciitis / Chronic Heel Pain Laser Study ***(Other; Research)***

- Foot Pain (Anatomy Of Specific Diagnosis)
  - Soft tissue
  - Structure
  - Neurology
- Foot Pain Treatment Laser Demonstration
  - Unattended Laser Application
  - Attended Laser Application
    - Myotome review
    - Standard ortho / neuro evaluation

12:00 - 12:30 Workshop—Hands-on ***(Technique)***

12:30 - 1:30 Lunch

1:30 - 2:00 Violet Laser Introduction ***General Clinical)***

- Wavelength
- Power vs Electron Volts
- 405nm / 635nm Application
- Single physiological window (EVR)
- Multiple physiological windows (Base Station = 3 laser probes)

2:00 - 2:30 Workshop—Hands-on ***(Technique)***

2:30 - 3:00 Neutral Posture Analysis / Movement Posture Analysis ***(Technique)***

- Lower Cross / Upper Cross
- Asymmetry / Symmetry

- Identify big anatomical distortions to apply Laser, Percussor, (Adjustor)

3:00 - 3:15 Break

- 3:15 - 4:00 Excess Fat does more than increase your weight-it also increases your risk of major health problems *(Population)*
- Excess Fat effects on the spine
  - Obesity Epidemic and its effects in Joint pain
  - The sheer impact of excess weight on your lower body creates lots of problems including higher risk for bone-thinning osteoporosis, and metabolic syndrome.
  - Breaking the inflammation Cycle by Reducing excess fat in our bodies
  - Excess Fat in our bodies is known to cause Inflammation, and recent research has shown that inflammation may be a key player in the development of chronic pain.

FDA cleared Non Invasive laser treatment for, fat lipolysis, hands on demo

- 4:00 – 5:30 Low Back Pain (Anatomy of Specific Diagnosis) *(General Clinical)*
- Soft tissue
  - Structure
  - Neurology
  - Low Back Pain Treatment Laser Demonstration
    - Unattended Laser Application
    - Attended Laser Application
    - Myotome review
    - Standard ortho / neuro evaluation
- Laser Workshop – Hands-on - Myotomes
- L3 - S1

## Sunday

- 8:00 - 8:30 Low Back Pain Continued (Neutral Analysis vs Movement / Function Integration) *(General Clinical)*
- Soft tissue
  - Structure
  - Neurology

8:30 - 9:00	Soft Tissue (Percussor) / Structure (Adjustor) Analysis & Correction <ul style="list-style-type: none"> <li>· Adhesions / symptom</li> <li>· Trigger Points</li> </ul>	<i>(General Clinical)</i>
9:00 - 9:45	Hands-on - Percussor / Laser <ul style="list-style-type: none"> <li>· Trigger Points</li> <li>· Lymphatics</li> <li>· psoas / glute fibers / ITB etc.</li> </ul>	<i>(Technique)</i>
9:45 - 10:00	Summary and questions from morning session	<i>(Other)</i>
10:00 - 10:15	Break	
10:15 - 11:00	Neutral Posture Analysis / Movement Posture Analysis Identify the priority using a system approach <ul style="list-style-type: none"> <li>· Upregulation and creating laser programs of care</li> <li>· BioTensegrity and Neuroplasticity</li> <li>· Upper Cross / Lower Cross = A true whole body approach examination</li> <li>· Asymmetry / Symmetry</li> <li>· Identify big anatomical distortions to apply Laser, Percussor, (Adjustor)</li> <li>· Stations to identify and correct distortions</li> <li>· Clinical exercise to aid postural correction</li> <li>· Laser, Percussor, Adjustor</li> </ul>	<i>(Technique)</i>
11:00 - 11:45	Hands-on	<i>(General Clinical)</i>
11:45 - 12:15	Review of questions for morning session	<i>(General Clinical)</i>