

Compass: Unclog the Fog – Basic Seminar

Kirk Gair, DC, IDE

Saturday

7:30-8:00 Registration

8:00-9:30 From the Ancient Greeks to Modern Day to The Future: The history of light phototherapy, where it has come, and where the research is going, and how it impacts injury recovery. (Other; Research)

- Understanding how light has been used to stimulate health for thousands of years
- Modern Research since the 1960s
- Cellular effects of laser photobiomodulation according to peer reviewed research
- What conditions peer reviewed research has shown laser to be effective for, and what are the wavelength, nanometers and frequencies with the best outcomes
- Which lasers cause the best photobiomodulation, and which can decrease photobiomodulatory effects
- The latest research on Erchonia lasers
- What is on the horizon for Erchonia research.
- Understanding the mechanism of healthy neuronal function and the foundation for neuroplasticity.
- Neuropathophysiology. Understanding the mechanisms of neuronal disruption and cell death.
- How lasers affect the common causes of injury.

9:30-9:45 Break

9:45-11:15 Lab technique. Knowing which blood tests are important to have and how to interpret them for optimal injury recovery and sports performance. (General Clinical)

- Understanding why you need to see blood tests on your patients, and how not knowing this information can prevent you from getting the maximum progress
- Which markers can be “deal breakers” for your patient’s progress: inflammatory markers, blood sugar markers, anemia markers, infection markers, etc
- Knowing which values require a medical referral, and which ones you can support nutritionally and or with supplements.
- How food reaction panels by Cyrex Labs can greatly improve your patient’s sports performance or decrease their pain by specifically identifying causes of inflammation that may be preventing you from getting the best results with your lasers.
- Patient case studies with lab reviews

11:15-12:45 Traumatic Brain Injuries and Neurodegeneration (General Clinical)

- Review of current research studies showing the cellular effects of different protocols and procedures to provide support for TBI and neurodegenerative conditions.
- Evaluation techniques and questionnaires
- Review of case studies from Dr Gair’s patients ranging from mild TBI to severe and the treatment protocols
- Review of nutritional support protocols for brain injuries
- Review of supplemental protocols
- Demonstration of Dr. Gair’s protocols for each phase of healing

12:45-1:45 Lunch

1:45-2:30 Brain Protocol Workshop (General Clinical)

- Balance assessment
- Eye movement assessment
- Functional Assessments: math processing, word processing, memory
- Dr. Gair’s treatment protocols

2:30- 3:45 Cervical and Upper Extremity Injuries and How to Recalibrate and Reset the nervous system to accelerate recovery and enhance performance techniques (Technique)

- Muscle assessment techniques for cervical spine, shoulder injuries, elbow, and carpal tunnel

3:45-4:00 Break

4:00-4:45 Cervical and Upper Extremity Protocol Workshop (Technique)

- How cervical movements affect muscle strength and protocols to recalibrate and reset
- Dr. Gair's shoulder protocols, elbow, and hand protocols
- Percussor techniques and Adjustor tool techniques for these conditions

4:45- 5:30 Lumbar spine and Lower Extremity Injuries and How to Recalibrate and Reset the nervous system to accelerate recovery and enhance performance techniques (Technique)

- Muscle assessment techniques for lumbar spine, hip, knee, and ankle injuries

Sunday

7:30-8:00

8:00-9:15 Lumbar and Lower Extremity Protocol Workshop & Techniques (Technique)

- How lumbar movements affect muscle strength and protocols to recalibrate and reset
- Dr. Gair's hip, knee, and ankle protocols
- Percussor techniques and Adjustor tool techniques for these conditions

9:15-10:15

How to Explain Laser Photobiomodulation to your patients, and how to generate a steady stream of patients by working with the year-round travel team athletes (General Clinical)

- Scripts that clearly explain how the laser works, and that give the patient realistic expectations based off research
- Why sports injuries are skyrocketing with today's youth, how much it is costing per year, and how you can help reduce the costs and get the athletes back to competitive performance quicker

10:15-10:30 Break

10:30-11:15 Continued How to Explain Laser Photobiomodulation to your patients, and how to generate a steady stream of patients by working with the year-round travel team athletes (General Clinical)

- How working with these teams can generate a steady stream of referrals for your practice
- The scripts and marketing techniques I have used to create a waiting list practice that averages 40-60 new patients per month

11:15-12:15 (Excess Fat does more than increase your weight-it also increases your risk of major health problems (General Clinical)

- o Excess Fat - effects on the spine
- o Obesity Epidemic and its effects on Joint pain
- o 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
 - o 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
- Dr. Gair's marketing protocols and results
- Q and A session & Case studies from Dr. Gair's patients