

# ACTIVATE - Remapping the Body for Athletic Performance

## Saturday

### 8:00am – 9:00am (General Clinical)

-**Introduction**—discussion of current models and systems used to educate, diagnose and treat the musculoskeletal systems of athletes at all levels.

### 9:00am – 10:00am (General Clinical)

-**A biomechanical model**--the model of choice to provide to all athletes. The current sportsmedicine system works with a medical model approach—reactive and symptom based. This new model addresses the biomechanical model, what testing can be done, and how to interpret this advanced technological testing.

### 10:00am – 10:15am – AM Break

### 10:15am – 12:15pm (General Clinical)

-**The Atlas Operating System.** This is a system for optimal approach with patients from a psychological and clinical perspective. This OS divides all patients into two categories, acute and non-acute, then gives a step-by-step approach for practitioners to follow to achieve maximum clinical outcomes with each patient.

### 12:15pm – 1:15pm - Lunch

### 1:15pm – 2:15pm (General Clinical)

-**Caring for the Acute Injury.** All athletes are educated to take action only when they become injured. We will review the physiology of the acute injury, what causes it, how to prevent it and how to effectively treat it, both short term and long term. Much discussion will review the inflammatory process with all injuries and the application of low level laser therapy as a primary form of treatment.

### 2:15pm – 3:55pm (General Clinical)

-**The Structural Fingerprint<sup>®</sup> Exam.** A detailed, hands-on, explanation of this biomechanical exam, with discussion of each test, the relevance, interpretation and recommendations needed. As time allows, we will have attendees perform this exam on each other, and will interpret all findings and discuss appropriate recommendations. We will also review case histories.

### 3:15pm – 3:30pm – PM Break

**3:30pm – 4:30pm (General Clinical)**

**-The Structural Fingerprint® Exam.** A detailed, hands-on, explanation of this biomechanical exam, with discussion of each test, the relevance, interpretation and recommendations needed. As time allows, we will have attendees perform this exam on each other, and will interpret all findings and discuss appropriate recommendations. We will also review case histories.

**4:30pm – 5:30pm (General Clinical)**

**-Custom Orthotics and Digital Scanning.** A detailed overview as to the role custom orthotics play in addressing biomechanical imbalances and weaknesses, and the value of using digital scanning instead of casting kits.

**Sunday**

**8:00am – 9:00am (General Clinical)**

**-Imaging, the Future of Musculoskeletal.** As chiropractors, we are the only profession trained to take and read the biomechanics on x-ray while also being able to order MRI's. This imaging is truly the future of musculoskeletal care, and needs to be presented much more to all practicing chiropractors who have been wrongfully pressured to discontinue the use of imaging in their practice. After spending 9 years lecturing with Dr. Terry Yochum, I only wish every chiropractor could have had such an opportunity. Much of what I learned from Dr. Yochum will be taught here.

**9:00am – 10:00am (General Clinical)**

**-Report of Findings.** We will review the appropriate tests that should be performed for both the acute and non-acute patient, how to interpret them, how to correlate information from all tests and how to effectively communicate this information to the patient for maximum patient education.

**10:00am – 10:15am – AM Break**

**10:15am – 11:15pm (General Clinical)**

**-Diagnosing and Managing Disc Injuries-** disc injuries can begin at a very young age and are the result of abnormal structural loading and/or traumas. There is no professional more equipped to accurately diagnose and care for non-surgical disc injuries than the chiropractor. It all begins with a clear understanding of normal and abnormal biomechanics, the tests needed to identify the disc injuries, the gold standard treatments used and the proper management for the patient to achieve the highest level of success.

**11:15pm – 12:15pm (General Clinical)**

**-the Maggs Muscle Management™ Program**—many injuries have some degree of muscular involvement. All humans have some activities or sports they participate in on a regular basis that oftentimes leads to a repetitive motion injury. This section will talk about the physiology involved, and how to prevent and treat these chronic injuries.