

Chiropractic Association of Ohio

An Integrative Approach
to
Functional Health

June 29-30, 2019

Sponsored By
Chiropractic Association
of Ohio

An Integrative Approach to Functional Health
Ohio Course No. 9629

Description:

Dr. Silverman's course leads you through an innovative demonstration showcasing the power of performance nutrition and conservative therapies on health and movement patterns. Utilizing interactive how-to's, he demonstrates an integrative approach to improved performance and recovery through an enhanced diet and accurate supplementation, laser therapy, functional movement assessment, corrective exercises and more.

Objectives and Expected Outcomes:

- I Understanding of the gut-to-brain axis.
- II Presentation of low level laser therapy protocols
- III Review common dietary faults and their results
- IV Presentation of corrective exercises to address dysfunctional movement.

Content of Course:

- A. Obesity Epidemic
 - 1. Standard American Diet: too much glucose, too little everything else.
 - 2. Environmental toxins
 - 3. Sedentary lifestyle
 - 4. Gluten over-ingestion
- B. Pathogenesis of cumulative trauma disorder
 - 1. Repetitive trauma disorder
 - 2. Neuromusculoskeletal detonation sequence.
- C. Low Level Laser research and clinical applications.
- D. Clinical breakthrough in the Tx. of musculature injuries.
 - 1. Rotator cuff injuries/shoulder impingement
 - 2. Plantar fasciitis (Baxter's neuropathy)
 - 3. Golfer's/tennis elbow
 - 4. Lumbar disc degeneration/sciatica
 - 5. Carpal Tunnel
 - 6. Knee injuries
- E. Vagus nerve stimulation.
- F. From chronic back pain to high performance.
- G. Gut Matrix.
 - 1. How your microbial community affects health and disease.
 - 2. Nutritional strategies for gut health.
 - 3. Gut health ties to musculature system
- H. Neurodynamic test and Nerve flossing
- I. Laser protocols for different stages of tissue healing.
- J. Traumatic brain injuries
 - 1. Reason for more concussion injuries.
 - 2. How to assess a concussion injury.
 - 3. Nutritional protocol for treating concussion.
 - 4. Concussion rehab protocols
- K. Nutritional protocols for Alzheimer's / Neurodegenerative Disease.
- L. Corrective Exercises
 - 1. Assessing faulty movement patterns.
 - 2. Flow chart and protocols to address muscle imbalances
 - 3 Inhibitory technique
 - 4. Lengthening technique
 - 5. Lengthening technique
 - 6. Activation technique
 - 7. Integration technique
 - 8. Movement optimization

INSTRUCTOR

Robert Silverman, DC, DACBN, MS, CCN, CNS

Dr. Silverman is a graduate of Bridgeport College of Chiropractic. He maintains a private practice in White Plains, N.Y. He holds numerous certifications in nutrition, rehabilitative, and supportive procedures. He is a seasoned health and wellness expert that has appeared on numerous media outlets such as FOX news, NBC, CBS, and in the Wall Street Journal.

June 29-30, 2019

12 hour Seminar

Quest Conference Center

8405 Pulsar Place, Columbus, OH 43240 (614) 540-5540

For nearby overnight accommodations contact:

1. Fairfield Inn & Suites Polaris (614) 568-0770
2. Hampton Inn & Suites by Hilton (614) 885-8400
3. Four Points by Sheraton (614) 844-5888

Board-Approved License Renewal:

Ohio, Indiana, S.C., Michigan

Tentative Schedule:

Saturday

8:00 am - 8:30 am Registration
8:30 am - Noon Lecture
Noon - 1:00pm Lunch
1:00 - 5:00pm Lecture

Sunday

8:00 am - 12:30 pm Lecture

Fees:

Pre-registration	\$170	Retired DC, C.A.	\$50
At the door	\$185	First Year Doctor	no charge

Registration via Credit Card available on-line: ChiropracticAssociationOfOhio.com

Note: Erchonia Corp. is a significant underwriter and co-sponsor of this CE program

COURSE REGISTRATION OPTIONS

By Mail:

Doug Riffle DC
C.A.O.
P.O. Box 1084
Mount Vernon, OH 43050

Please return completed registration form
and check payable to CAO

Register On-Line:

Pay with Credit Card or Paypal at
ChiropracticAssociationOfOhio.com

For questions:

Contact Doug Riffle, DC (740) 392-7861

**PRE-REGISTRATION DEADLINE IS
SATURDAY June 22nd, 2019**

CANCELLATION / REFUND POLICY:

**Pre-registered applicants not able to attend the seminar will
received a full refund if we are notified prior to the meeting date.
All pre-registered applicants will be contacted 3 days prior to
the meeting in the event a meeting is canceled.**

(This form may be photocopied if more than one doctor from
an office will be attending.)

SEMINAR REGISTRATION
An Integrate Approach to Functional Health
Ohio Course No. 9629

Saturday, June 29

Registration: 8:00 - 8:30 am

Class Time: 8:30 am - 5:00 pm

Sunday, June 30

Class Time: 8:00 am – 12:30 pm

NAME _____ [☐] License Renewal [☐] Non-license

OFFICE ADDRESS _____ CITY _____

STATE _____ ZIP _____ PHONE# _____ FAX _____

STATE LICENSE NO. _____ EMAIL _____

COST OF SEMINAR is \$170 in advance and \$185 at the door. Check or money order must accompany this registration form. Forms without proper funds will not be processed.

Pre - Registration deadline is June 22nd, 2019

C.A.O.
P.O. Box 1084
Mount Vernon, OH
43050