

Performance Optimization

Improving Outcomes through Clinical Analysis
Jerome Rerucha, DC, BS, CSCS, CHPS

Course Description

Join laser expert Dr. Jerome Rerucha to receive advanced treatment knowledge and detailed research trends for his NEW course. Dr. Rerucha's passion for performance will teach each clinician and/or performance specialist the importance to excel in "active" examination procedures to enhance the typical table examination and treatment methods used by all clinicians that only a doctor with over 20 years of hands-on laser experience in a full-time, referral-based clinic can provide. You will gain the experience you need to not only add laser therapy to your practice, but to truly optimize this proven technology. This seminar will focus on how to overcome the pain and opioid crisis and move beyond to maximize performance for all Dr. Jerome's clinically tested proven methods, hands-on protocols and rehabilitation techniques.

About Jerome Rerucha, DC, BS, CSCS, CHPS

Jerome Rerucha D.C., B.S., C.S.C.S. C.H.P.S.® is a practicing clinician, co-owner of Crossfit Eatonton with his wife, Jennette, and a speaker teaching integration of advanced clinical treatment applications and competitive strength and conditioning principles. Prior to clinical practice he was a full-time strength coach, competed in powerlifting for 14 years and won a Lifetime Drug Free World Title and The Best Lifter Award in 1999. Dr. Rerucha has been involved with numerous Division 1 strength programs. Having the personal competitive lifting experience, coaching numerous types of athletes and elite strength athletes provides additional benefits when teaching his dynamic clinical applications. For more information on Dr. Rerucha, please go to www.Erchon.com/seminars.

Learning Objectives

- Understand common conditions and how low-level laser affects treatment outcome
- Understand Opioid Epidemic
- Support technological advances through understanding back pain statistics and data
- Breakdown photobiology & low-level laser and how it applies to office visit
- Demonstrate clinical outcomes through workshops on various common conditions by analyzing symptoms and evaluation of clinical tests
- Differentiate scientifically based laser applications of diverse nanometers for introductory and advanced patient applications
- Outline FDA cleared OTC non-invasive laser treatment for fat loss & Level (1) clinical trial data
- Integrate protocols for improved patient outcomes and wellness
- Demonstrate success through Fitness Integration Technique (F.I.T)® Body Map™ System basics
- Create protocols based upon practitioner/(F.I.T.)® Body Map™ findings

Saturday

7:30 - 8:00 Registration

8:00 - 8:10 Intro to Common Conditions **(Principles of Practice Philosophy)**

8:10 - 8:20 Natural Health Care – the Opioid Epidemic **(Research Trends)**

8:20 - 8:30 Back Pain—a crisis in America: Statistics and Data **(Research Trends)**

8:30 - 8:45 Low Level Laser Therapy = PubMed Pain Review and current FDA Clearance Overview **(Research Trends)**
Jan 17, 2002-1st FDA market clearance: 635 nm laser; Chronic neck and shoulder pain k012580

- April 2014 Erchonia FX635 Reducing chronic heel pain arising from plantar fasciitis
- FDA market cleared to treat chronic, acute, and post-operative pain.
- May 21, 2018 Chronic Low Back Pain K180197

8:45 - 9:15 Laser Fundamentals **(Basic Sciences)**

- Who, what, when, where, how
- Physiological windows - spine, CNS, Merrick chart
- Upregulation vs. Therapeutic Dose

9:15 - 10:00 Low Back Pain (Anatomy of Specific Diagnosis) **(Examination Procedures / Diagnosis)**

- Soft tissue
- Structure
- Neurology
- Review *May 21, 2018 Chronic Low Back Pain K180197 Low Back Pain Research*
- Low Back Pain Treatment Laser Demonstration
 - Unattended Laser Application - FDA Clearance Preset Protocol
 - Attended Laser Application - Upregulation
 - Myotome review
 - Standard ortho / neuro evaluation

Laser Workshop – Hands-on - Myotomes

- L3 - S1

10:00 - 10:15 Break

10:15 - 11:00 Intro to Understanding Chronic Neck and Shoulder Pain (**Examination Procedures / Diagnosis**)

- Review 1st FDA market clearance: 635 nm laser; Chronic neck and shoulder pain k012580 Jan 17, 2002
- Neck/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

11:00 - 11:30 Workshop – Shoulder Myotomes

- C5 - T1

(Adjustive Technique)

11:30 - 12:00 Shoulder Soft Tissue (Percussor) / Structure (Adjustor) Analysis & Correction

(Adjustive 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

12:00 - 12:15 Questions

(Other - Questions)

12:15 - 1:15 Lunch

- 1:15 - 2:00 The Safety Pin Cycle - Low Level Laser Therapy and the brain **(Basic Sciences)**
- *PubMed Studies*
 - Pain
 - Soft tissue
 - Structure
 - Neurology
 - Balance Techniques
 - Unattended Laser Application
 - Attended Laser Application
 - Myotome review
 - Activation methods
 - Gut/Brain Connection
- 2:00 - 2:30 Workshop—Hands-on **(Adjustive Technique)**
- 2:30 - 3:00 Non-Invasive Fat Loss in practice **(Principles of Practice/Philosophy)**
Excess Fat does more than increase your weight-it also increases your risk of major health problems
- FDA cleared Non-Invasive laser treatment for, fat lipolysis, hands on demo
- Numerous FDA Clearance Review
 - Science
 - Application
- 3:00 - 3:15 Break
- 3:15 - 3:45 Introduction to using the Fitness Integration Technique (F.I.T)[®] Body Map[™] System. **(Examination Procedures/Diagnosis)**
- FIT Body Map[™] worksheet review of application
 - Patient history

- Structure
- Neurology
- Soft tissue
- Sprain/Strain
- Acute/Chronic

3:45 - 4:15 Work Shop having doctors perform examination to
] record a Body Map™.

(Examination Procedures/Diagnosis)

4:15 - 5:00 Creating protocols based upon practitioner/ (F.I.T.)®
Body Map™ findings

(Examination Procedures/Diagnosis)

- Structure - adjust/laser
- Neurology -
- Soft tissue - percussor/laser
- Sprain/Strain - attended and unattended laser protocols
- Acute/Chronic - attended and unattended laser protocols

5:00 - 5:30 Questions from the day

(Other – questions)

Sunday

8:00 - 8:30 Violet Laser Introduction

(Basic Sciences)

- Wavelength
- Power vs Electron Volts
- 405nm / 635nm Application
- PubMed studies on 405 nm
- Single physiological window (EVRL)

- Multiple physiological windows (Base Station = 3 laser probes)
- Soft tissue
- Structure
- Neurology
- Upregulation / Therapeutic dose

- 8:30 - 9:00 Violet Laser / Base Station Work Shop **(Principles of Practice/Philosophy)**
- Single physiological window (EVRL)
 - Multiple physiological windows (Base Station = 3 laser probes)
 - Upregulation / Therapeutic dose

- 9:00 - 9:30 Review Proven, FDA Cleared Plantar Fasciitis / Chronic Heel Pain Laser Study **(Examination Procedures/Diagnosis)**
- *April 2014 Erchonia FX635 Reducing chronic heel pain arising from plantar fasciitis*
 - 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
 - Percussion

Active Examination™ Program = For Erchonia FDA Clearances for improve patient communication and identifying clinical treatment priority.

- Plantar Fasciitis FDA Clearance
 - Slant Board
 - Calf Master
- BioTensegrity and Neuroplasticity
- Upper Cross / Lower Cross = A true whole body approach examination
- Asymmetry / Symmetry
- Identify big anatomical distortions to apply Laser, Percussor, (Adjustor)
- Stations to identify and correct distortions
- Clinical exercise to aid posture and chiropractic neurology correction
- Laser, Percussor, Adjustor protocols

9:30 - 10:00 Work Shop feet and knees = Active Examination™ **(Examination Procedures/Diagnosis)**
 Program findings applied to a 3D Body Map™ priority correction.

- Posture analysis and subluxation patterns from previous Body Map™ section
- Slant Board = Percussion/ Laser Protocols
- Calf Master = laser (attended and unattended protocols)

10:00 - 10:15 Break

10:15 - 11:00 Active Examination™ Program findings applied to a **(Adjustive Technique)**
 3D Body Map™ priority correction. Neck and Shoulder

- Posture analysis and subluxation patterns from previous Body Map™ section
- Posture Pump = Percussion/ Laser Protocols
- Head weighting = laser (attended and unattended protocols)
- Clinical Exercise = bands and laser
- BioTensegrity and Neuroplasticity
- Upper Cross / Lower Cross = A true whole-body approach examination

- Asymmetry / Symmetry
- Identify big anatomical distortions to apply Laser, Percussor, (Adjustor)
- Stations to identify and correct distortions
- Clinical exercise to aid posture and chiropractic neurology correction
- Laser, Percussor, Adjustor protocols

11:00 - 11:45 Work Shop Neck and Shoulder = Active **(Adjustive Technique)**
Examination™ Program findings applied to a 3D Body Map™ priority correction.

11:45 - 12:15 Review of questions for morning session **(Other – Question Review)**