

# 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 knowledge you need to add Low-Level Laser Therapy to your practice. But to truly optimize this proven technology with your current exam and techniques. You will also be exposed to many enhanced examination and treatment applications that can be applied immediately into your existing clinic. This seminar will focus on how to overcome the pain and opioid crisis and move beyond symptom relief to measurements of being healthy, and to maximize performance. Performance Optimization seminar applies Dr. Jerome's clinically tested proven methods, hands-on protocols, and rehabilitation techniques as applied to the general patient and how the system applies caring for start to finish and the making of world champions.

## 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, owner of Performance Chiropractic & Wellness co-owner of Crossfit Eatonton with his wife, Jennette. Dr. Jerome's integration system of foundational examination and clinical treatment progressing to advanced clinical examination and treatment begins here. The clinical applications you will learn will help clinicians apply advancements to their current practice (the day after the seminar). Also, understanding the clinical skill levels required to be successful in using neuro-mechanobiology at a competitive strength and conditioning level for any age, and sport activity. Before 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 provide additional benefits when teaching his dynamic clinical applications for clinical practice. For more information on Dr. Rerucha, please go to [www.PerformancePractic.com](http://www.PerformancePractic.com) and [www.Erchonia.com/seminars](http://www.Erchonia.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

8:30-9:00am Registration

9:00-9:10am Intro to Common Conditions **(Principles of Practice Philosophy)**

9:10-9:20am Natural Health Care – the Opioid Epidemic **(Research Trends)**

9:20-9:30am Back Pain—a crisis in America: Statistics and Data **(Research Trends)**

9:30-9:45am 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

9:45-10:15am Practitioner current practice exam and applications. (Laser fundamentals) Applying to the FIT BodyMap™ Examination System **(Basic**

**Sciences)**

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

10:15-10:30am Break

10:30-11:15am WorkShop - Clinical Evaluation and recording on the BodyMap™ -

- Find what needs to be fixed with laser therapy (adjustments and soft tissue) correction.
- Discuss laser (percussor, adjustor) protocols based upon workshop findings.

11:15-12:00pm Understanding and applying “Neural Drive” to the clinical examination. **(Examination Procedures / Diagnosis)**

- PubMed describes the importance of Neural Drive and the necessity of achieving (and maintaining) a level of Physical Capacity for health and overall wellbeing.
- Introduction to the Fitness Integration Technique (F.I.T)® Simple 6. Beyond the standard of care.
- Understanding the FIT Simple 6™ and the direct application to Erchonia Laser FDA Clearances
- Understanding the FIT Simple 6™ and the direct application to area of involvement (symptom). But more importantly SYSTEMS; spine, brain, organs as priority of correction.

- 12:00-12:45pm Fitness Integration Technique (F.I.T)® Simple 6 Workshop (**Examination Procedures / Diagnosis**)
- Soft tissue
  - Structure
  - Neurology
  - Area of Involvement, Spine (myotome/dermatomes), Brain (Safety Pin Cycle), Organs (Merrick Chart)
- 12:45-1:15pm Lunch
- 1:15-1:30pm Questions
- 1:30-2:45pm The Safety Pin Cycle - Low Level Laser Therapy and the brain (**Basic Sciences**)
- *PubMed Studies*
  - Applying the Fitness Integration Technique (F.I.T)® Simple 6 to Pain and FDA Clearances
    - Red handheld lasers
    - Violet Handheld
    - Red/Violet FX Unattended
  - Gut/Brain/laser and chiropractic Innate Immunology application
- 2:45-3:00pm Break
- 3:00-4:00pm Review and comprehensive application to using the Fitness Integration Technique (F.I.T)® Simple 6 and the FIT Body Map™ System. (**Examination Procedures / Diagnosis**)
- FIT Body Map™ worksheet review of application (laser, percussion and adjustments)
  - Patient history
  - Radiology
  - Structure
  - Neurology
  - Soft tissue
  - Sprain/Strain
  - Acute/Chronic