

Core Strategies for Systemic Inflammation & Chronic Pain
Dr. Andre J. Camelli, DC

Saturday

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| <u>8:00-9:00</u> | Intro to basic laser and basic physiology of photobiomodulation. | (Basic Sciences) |
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| <u>9:00-10:00</u> | Understanding Dysfunctional Mitochondria, Increased Oxidative Stress, Accelerated Aging, LLLT Role in improving the function of Mitochondria. | (Basic Sciences) |
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| <u>10:00-10:45</u> | Basic evaluation, anatomy, and neurology of laser applications for FDA clearance on low back pain. | (Examination Procedures/Diagnosis) |
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| <u>10:45-11:00</u> | Break | |
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| <u>11:00-12:30</u> | Low back pain treatment demonstration.

Review the FDA clearance study on low back pain including patient positioning on the treatment table, laser frequency, duration, and positioning. | (Examination Procedures/Diagnosis) |
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| <u>12:30-1:30</u> | Lunch Break | |
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| <u>1:30-2:30</u> | Basic Laser Functions, Hands-On Workshop and Demos for Low Back and Lumbar plexus.

We will perform and score neurological integrity and muscle strength associated with the related nerve roots L1-2-3-4-5 & S1
Muscle Strength will be graded on a scale of 0-5
Muscles tested will be iliopsoas, quadriceps, hamstrings, tibialis anterior, and gluteus maximus Laser placement for nerve root applications will be shown for the above referenced nerves. | (Examination Procedures/Diagnosis) |
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| <u>2:30-3:00</u> | Basic evaluation, anatomy, and neurology of laser applications of plantar fasciitis, chronic heel and foot pain. | (Examination Procedures/Diagnosis) |

3:00-3:45 Plantar fasciitis, chronic heel and foot pain **(Examination Procedures/Diagnosis)**
treatment demonstrations and hands on foot and ankle workshop.

These sections will include a review of FDA clearance study on laser placement for the treatment on plantar fasciitis, patient placement, and discussion of dorsal pedal blood flow, volume, and perfusion.

3:45-4:00 Break

4:00-4:30 Understanding Neuroinflammatory Cascades, Gliosis, and Cognitive Decline. **(Examination Procedures/Diagnosis)**

4:30-5:00 LLLT applications to downregulate NF Kappa Beta and other epigenetic triggers of neurodegeneration. **(Basic Sciences)**

5:00-5:30 Strategies & Protocols for Brain Support. **(Basic Sciences)**

This section will include research on cold laser applications on the brain, trans cranial penetration of photons, blood volume, ATP production. Workshop and Demo will include laser placement, power output, wavelength, and frequency.

Sunday

8:00- 9:00 Chronic Neck and Shoulder Pain evaluation, and treatment demonstration. **(Examination Procedures/Diagnosis)**

This section we will perform and score neurological integrity and muscle strength associated with the related nerve roots C5-6-7-8 & T1

Muscle Strength will be graded on a scale of 0-5 and muscles tested will be deltoids, biceps, triceps, finger flexion, abduction, and grip strength

Laser placement for nerve root applications will be shown for the above referenced nerves.

9:00-10:45 Basic Violet Laser Applications and Demo **(Basic Sciences)**
This section will discuss the differences between 635nm and 405nm
Demo will include treatment duration differences between these two.

10:45-11:00 Break

11:00 -12:15 FDA Cleared Non-Invasive Laser Treatment for Fat Lipolysis, Business Model and Smooth Integration of Lasers into Your Practice **(Examination Procedures/Diagnosis)**
followed by questions and review of material.