

GET BACK IN THE GAME!

Simple and Quick Laser Technique Workshop to Accelerate Your Skills!

Syllabus 2020

Kirk Gair, DC, IDE

SEMINAR GOALS:

- The goal of this workshop is to focus on hands on demonstrations and group workshops that the doctor will be able to implement on Monday morning and greatly enhance their results. We will briefly cover research studies and FDA clearances to support how the laser is being used, review some case studies and provide enhanced hands-on demonstrations.

8:30-9:00 am Registration

9-9:45 am

HOW TO EFFICIENTLY AND EFFECTIVELY EVALUATE A PATIENT

- GAIT, BALANCE, RANGE OF MOTION, FUNCTIONAL MOVEMENTS, HOPPENFELD MYOTOMES. What to look for that may be subtle but can have a big impact on your patient.
- How to use your laser to objectively improve the findings quickly

9:45-10:30am

Cervical and Upper Extremities

- Research studies on cervical spine, shoulder injuries, elbow, and carpal tunnel and laser photobiomodulation
- Case studies from Dr Gair's Patients

10:30-10:45am Break

10:45-11:15am

CERVICAL WORKSHOP

- Case Studies
- Evaluation of movement and tissue texture
- Using the laser to improve each plane of movement
- Techniques for acute injuries like whiplash vs chronic injuries like a disc or DJD
- Percussor and Adjustor techniques that can be stacked with the laser while it is in a stand or with the FX635

11:15-11:45am

SHOULDER WORKSHOP

- Case Studies and Research
- Evaluation of shoulder range of motion, dynamic movements, muscle strength, and tissue texture
- Using the laser to improve each plane of movement and muscle strength
- Techniques for injuries ranging from an acute strain to AC joint separations, rotator cuff and labral tears, and degeneration
- Percussor and Adjustor techniques that can be stacked with the laser while it is in a stand or with the FX635

11:45-12:15pm

ELBOW WORKSHOP

- Case Studies and Research
- Evaluation of elbow range of motion, dynamic movements, muscle strength, and tissue texture
- Using the laser to improve each plane of movement and muscle strength
- Techniques for injuries ranging from an acute strain to tennis and little league elbow or entrapments
- Percussor and Adjustor techniques that can be stacked with the laser while it is in a stand or with the FX635

12:15-12:45pm Lunch

12:45-1:15pm

WRIST/HAND WORKSHOP

- Case Studies and Research
- Evaluation of wrist range of motion, dynamic movements, muscle strength, and tissue texture
- Using the laser to improve each plane of movement and muscle strength
- Techniques for injuries ranging from an acute strain to CTS to trigger finger
- Percussor and Adjustor techniques that can be stacked with the laser while it is in a stand or with the FX635

1:15-1:30pm

LUMBAR WORKSHOP

- Case Studies and Research
- Evaluation of lumbar range of motion, dynamic movements, muscle strength, and tissue texture
- Using the laser to improve each plane of movement and muscle strength
- Techniques for injuries ranging from an acute strain to DJD to disc bulges
- Percussor and Adjustor techniques that can be stacked with the laser while it is in a stand or with the FX635

1:30-2:00pm

QUADS/HAMSTRING/CALVES WORKSHOP

- Case Studies and Research
- Evaluation of range of motion, dynamic movements, muscle strength, and tissue texture
- Using the laser to improve each plane of movement and muscle strength
- Techniques for injuries ranging from an acute strain to chronic injuries with scar tissue
- Percussor and Adjustor techniques that can be stacked with the laser while it is in a stand or with the FX635

2:00-2:15pm Break

2:15-2:45pm

KNEE INJURIES

- Case Studies and Research
- Evaluation of range of motion, dynamic movements, muscle strength, and tissue texture
- Using the laser to improve each plane of movement and muscle strength
- Techniques for injuries ranging from an acute strain to chronic injuries with scar tissue, post surgical pain
- Percussor and Adjustor techniques that can be stacked with the laser while it is in a stand or with the FX635

2:45-3:15pm

ANKLE/FOOT WORKSHOP

- Case Studies and Research

- Evaluation of range of motion, dynamic movements, muscle strength, and tissue texture
- Using the laser to improve each plane of movement and muscle strength
- Techniques for injuries ranging from an acute ankle sprains to chronic injuries with scar tissue, plantar fasciitis, peripheral neuropathy
- Percussor and Adjustor techniques that can be stacked with the laser while it is in a stand or with the FX635

3:15-3:30pm

EVRL WORKSHOP and SCAR TISSUE WORKSHOP

- Case Studies and Research
- Using the violet laser to find hidden injuries
- Quick neurological resets
- Neuroemotional techniques with old injuries
- Using the laser to improve muscle function around old surgical scars or injury scars

3:30-3:45pm

CONCUSSION AND BRAIN SUPPORT PROTOCOLS

- Case Studies and Research
- Functional assessment of the patient following a sports concussion or auto accident concussion
- Eye movement, balance, and brain function assessments
- How to stack your protocols, percussor, and adjustor techniques to support improved brain function
- How to use free technology, like phone apps, stacked with other protocols
- How to use biofeedback devices like the MUSE headband for brain support

3:45-4:00pm

SPORTS PERFORMANCE ENHANCEMENT

- How to use the lasers to enhance sports performance by improving muscle strength, range of motion, balance/coordination, batting, throwing, running, etc.
- Protocols to improve endurance
- How to stack your percussor, adjustor, or manual adjustments