

GET BACK IN THE GAME!

Simple and Quick Laser Technique Workshop to Accelerate Your Skills!

Syllabus 2021

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 and when laser should be used, review some case studies and provide enhanced hands-on demonstrations.

Learning Objectives

- Understand how lasers are not “experimental and new”, but supported by decades of research for multiple conditions
- Evaluate adding lasers can help you differentiate yourself from the other doctors around you, which helps you have better tools to succeed in the face of greater competition.
- Demonstrate Step by step, hands on laser techniques to quickly and easily RE-CALIBRATE the nervous system to create an instant change in function. This technique is what really gets the patients excitedly telling all their friends and raving about you on social media.
- Apply instrument adjusting techniques to combine with your laser techniques for an even greater effect.
- Review case studies for each injury/condition.
- Discover how addition of laser photobiomodulation can help differentiate your office from the other practices that are in your area
- Summarize traumatic Brain Injuries and Neurodegeneration
- Complete protocol workshop for cervical and upper extremity injuries, lumbar spine and lower extremity injuries
- Calculate impact of recalibration and resetting the nervous system with the accelerate recovery and enhance performance
- Explain laser photobiomodulation to your patients, and how to help a niche market that is greatly in need of help by working with the year-round travel team athletes, local sports teams, and weekend warriors

8:30-9:00 am Registration

9-9:45 am

HOW TO EFFICIENTLY AND EFFECTIVELY EVALUATE A PATIENT (Examination Procedures & Diagnosis)

- 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

(Adjustive Technique)

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

10:30-10:45am Break

10:45-11:15am

CERVICAL WORKSHOP

(Adjustive Technique)

- Case Studies
- Evaluation of movement and tissue texture
- Using the techniques 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 techniques

11:15-11:45am

SHOULDER WORKSHOP

(Adjustive Technique)

- Case Studies and Research
- Evaluation of shoulder range of motion, dynamic movements, muscle strength, and tissue texture
- Using techniques 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 techniques

11:45-12:15pm

ELBOW WORKSHOP

(Adjustive Technique)

- Case Studies and Research
- Evaluation of elbow range of motion, dynamic movements, muscle strength, and tissue texture
- Using techniques 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 techniques

12:15-12:45pm Lunch

12:45-1:15pm

WRIST/HAND WORKSHOP

(Examination Procedures & Diagnosis)

- Case Studies and Research
- Evaluation of wrist range of motion, dynamic movements, muscle strength, and tissue texture
- Using the laser techniques 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 techniques

1:15-1:30pm

LUMBAR WORKSHOP

(Adjustive Technique)

- Case Studies and Research
- Evaluation of lumbar range of motion, dynamic movements, muscle strength, and tissue texture
- Using techniques 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 techniques

1:30-2:00pm

QUADS/HAMSTRING/CALVES WORKSHOP

(Adjustive Technique)

- Case Studies and Research
- Evaluation of range of motion, dynamic movements, muscle strength, and tissue texture
- Using techniques 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 techniques

2:00-2:15pm Break

2:15-2:45pm

KNEE INJURIES

(Adjustive Technique)

- Case Studies and Research
- Evaluation of range of motion, dynamic movements, muscle strength, and tissue texture
- Using techniques 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 techniques

2:45-3:15pm

ANKLE/FOOT WORKSHOP

(Adjustive Technique)

- Case Studies and Research
- Evaluation of range of motion, dynamic movements, muscle strength, and tissue texture
- Using techniques 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 techniques

3:15-3:30pm

LASER WORKSHOP and SCAR TISSUE WORKSHOP

(Examination Procedures & Diagnosis)

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

3:30-3:45pm

CONCUSSION AND BRAIN SUPPORT PROTOCOLS

(Examination Procedures & Diagnosis)

- 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

(Examination Procedures & Diagnosis)

- 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