

Performance Optimization

Improving Outcomes through Clinical Analysis

Jerome Rerucha, DC, BS, CSCS, C.H.P.S.®

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 in multiple sports.

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 and Brain/Body FIT™ Clinical Performance Center 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 and 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.) BodyMap® System basics

- Create laser, soft tissue, adjustment, nutritional, neurological corrective protocols based upon practitioner/ BodyMap® findings

Saturday

8:30-9:00am	Registration	
9:00-9:15am	Intro to Common Conditions	(General Clinical)
9:15-9:30am	Natural Health Care – the Opioid Epidemic Pain—a crisis in America: Statistics and Data	(Research Trends) (Research Trends)
9:30-9:45am	Low Level Laser Therapy = PubMed Pain Review and current FDA Clearance Overview 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	(Research Trends)
9:45-10:00am	Workshop variety of laser function: Attended and Upregulation Example	(General Clinical)
10:00-10:30am	Low Level Laser Therapy - The Safety Pin Cycle • <i>PubMed Studies</i> •Red handheld lasers •Violet Handheld •Red/Violet FX Unattended	(Basic Sciences)
10:30-10:45am	Break	
10:45-11:15am	Workshop - Clinical Evaluation and Brain	(General Clinical)
11:15-12:00pm	Chiropractic Innate/Humoral Immunology application. Gut/Brain •Science and, PubMed Research and Clinical Application	(Examination Procedures / Diagnosis)
12:00-12:30pm	Workshop – Chiropractic Technique and Gut / Brain Connection	(Examination Procedures / Diagnosis)
12:30-1:00pm	Lunch	
1:00-1:15pm	Questions	(General Clinical)

1:15-2:15pm	Introduction to the Fitness Integration Technique (F.I.T) ® Simple 6 and creating a 3D BodyMap®. Beyond the standard of care.	(Examination Procedures / Diagnosis)
	<ul style="list-style-type: none"> •Understanding the FIT Simple 6™ and the direct application to Erchonia Laser FDA Clearances, soft tissue and adjustments (exam and correction). 	
	<ul style="list-style-type: none"> •Neural Drive and Neuroplasticity changes 	
	<ul style="list-style-type: none"> •Physical Capacity Human Metrics and your health levels 	
	<ul style="list-style-type: none"> •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. 	
2:15-2:45pm	Fitness Integration Technique (F.I.T) ® Simple 6 Examination Stations Workshop	(Examination Procedures / Diagnosis)
	<ul style="list-style-type: none"> •FIT BodyMap® worksheet 	
	<ul style="list-style-type: none"> •Patient history 	
	<ul style="list-style-type: none"> •Radiology 	
	<ul style="list-style-type: none"> •Structure 	
	<ul style="list-style-type: none"> •Neurology 	
	<ul style="list-style-type: none"> •Soft tissue 	
	<ul style="list-style-type: none"> •Sprain/Strain 	
	<ul style="list-style-type: none"> •Acute/Chronic 	
	<ul style="list-style-type: none"> •FIT Simple 6 Exam Stations 	
2:45-3:00pm	Break	
3:00-3:15pm	Questions About Exam Procedure	(Examination Procedures / Diagnosis)
3:15-4:00pm	Fitness Integration Technique (F.I.T) ® Simple 6 Corrections	(Examination Procedures / Diagnosis)
	<ul style="list-style-type: none"> •Low Level Laser Therapy- Neurology 	
	<ul style="list-style-type: none"> •Attended / Unattended 	
	<ul style="list-style-type: none"> •Soft tissue percussion 	
	<ul style="list-style-type: none"> •Structure- adjustment 	
	<ul style="list-style-type: none"> •Clinical Exercise - Unattended Activation 	