

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 performance specialist the importance of excelling in "Active Examination™". These procedures enhance all clinicians' typical table examination and treatment methods 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 and optimize this proven technology with your current exam and techniques. Dr. Rerucha will detail enhanced examination concepts and treatment applications that can apply immediately to your existing clinic. This seminar will focus on overcoming the pain and opioid crisis and moving beyond symptom relief to measurements of being healthy and maximizing performance. The 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 from start to finish & 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 teaches integration of advanced examination and clinical treatment applications Including Low-Level Laser Therapy, nutrition, adjusting and then entire Triad of Health. Prior to 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. 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

7:30-8:00pm Registration

8:00-8:15am Intro to Common Conditions **(Principles of Practice Philosophy)**

8:15-8:30am Natural Health Care – the Opioid Epidemic **(Research Trends)**

8:30-8:45am Back Pain—a crisis in America: Statistics and Data **(Research Trends)**

8:45-9:10am 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

9:10-9:45am Low Level Laser Therapy - The Safety Pin Cycle **(Basic Sciences)**

- *PubMed Studies*

- Upregulation / UnAttended and UnAttended Activation with LLLT
 - Red handheld lasers
 - Violet Handheld
 - Red/Violet FX Unattended

9:45-10:15am Workshop - Clinical Evaluation and Brain -

10:15-10:30am Break

10:30 -11:20 am Chiropractic Innate/Humoral Immunology application. Gut/Brain **(Examination Procedures / Diagnosis)**

- Violet Laser - Science and, PubMed Research and Clinical Application

11:20 am-12:15 pm Workshop - Violet Laser, Chiropractic **(Examination Procedures / Diagnosis)**

12:15 pm - 12:30 pm Questions **(General Clinical)**

12:30 - 1:30pm Lunch

1:30 - 2:00pm

Understanding FDA Cleared LLLT® and
Non-Invasive Body Contouring

(General Clinical)

2:00pm – 2:30pm

Introduction to the Fitness Integration Technique (F.I.T)® **(Examination Procedures / Diagnosis)**

Simple 6 and creating a 3D BodyMap®. Beyond the standard of care.

- Understanding the FIT Simple 6™ and the direct application to Erchonia Laser FDA Clearances, soft tissue and adjustments (exam and correction).
 - Neural Drive and Neuroplasticity changes
 - Physical Capacity Human Metrics and your health levels
- 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.

2:30-3:30 pm Fitness Integration Technique (F.I.T)®

(Examination Procedures / Diagnosis)

Simple 6 Examination Stations Workshop Soft tissue

- Structure
- Neurology
- Area of Involvement, Spine (myotome/dermatomes), Brain (Safety Pin Cycle), Organs (Merrick Chart)

3:30-3:45pm Break

3:15-4:45pm

Review and comprehensive application to using **(Examination Procedures / Diagnosis)**
the Fitness Integration Technique (F.I.T)® Simple 6 and the FIT Body Map™ System.

- FIT Body Map™ worksheet review of application (laser, percussion and adjustments)
- Patient history
- Radiology
- Structure
- Neurology
- Soft tissue
- Sprain/Strain
- Acute/Chronic

4:45-5:30 pm Office protocols

(General Clinical)

- Staff and patient communication

- Clinical questions and discuss applications to attendees current practice methods

Sunday

7:30-8:00pm Registration

8:00-8:15am Review Saturday and “Make A Plan For Your Success.” ***(Principles of Practice Philosophy)***

8:15-8:45am Protocols and clinical application focusing on the ***(Examination Procedures / Diagnosis)*** most common conditions and current FDA Clearances. Putting your BodyMap® exam to full clinical correction.

- FDA Cleared Chronic Heel Pain and Plantar Fasciitis
- FDA Cleared Chronic Neck and Shoulder Pain
- FDA Cleared Chronic Low Back Pain

8:30am – 9:00am Examination for the lower extremity

- Symptom vs System involvement and corrections
- Laser protocols
- Adjust
- Percussion and soft tissue

9:00 – 9:30 am Workshop correction of the lower extremity ***(Examination Procedures / Diagnosis)***

9:30am – 10:00am Examination for the Neck and Shoulder ***(Examination Procedures / Diagnosis)***

- Symptom vs System involvement and corrections
- Laser protocols
- Adjust
- Percussion and soft tissue

9:30 – 10:00am Workshop correction of the Neck and Shoulder ***(Examination Procedures / Diagnosis)***

- Symptom vs System involvement and corrections
- Laser protocols
- Adjust
- Percussion and soft tissue

10:00 - 10:15am Break

10:15 – 11:00am Unattended Activation stations **(Examination Procedures / Diagnosis)**

11:00 – 11:30am Workshop = Unattended Activation stations

- Symptom vs System involvement and corrections
- Laser protocols

11:30 – 12:00pm Low Back Clinic Application **(Examination Procedures / Diagnosis)**

- Symptom vs System involvement and corrections
- Laser protocols
- Adjust
- Percussion and soft tissue

12:00 – 12:30pm Questions