

Joint and Biomechanical Restoration

Stopping the Pain Cycle

Presented by Joel Brandon Brock DNP, DC, APRN, DACNB

12 Hour Outline

Course Description

Dr. Brandon Brock's extensive knowledge of neurology, functional medicine, regenerative medicine, laboratory intervention & nutrition support proves vital as he focuses on maximizing musculoskeletal & joint health. With a background of thorough study, including Harvard Medical School, Stamford University, Duke University & presently, the goal of a Ph.D., he has driven all the knowledge he has garnered into clinical use. The keys he has accumulated over thousands of hours of study & clinical experience have developed into an eye-opening course & demonstration model for the benefit of joint health & stopping the pain cycle.

Dr. Brock's quest is to take attendees through thorough patient examinations, progressive practice techniques, including labs, orthopedic testing, soft tissue manipulation, nutrition & low-level laser techniques for neurological rehab of all joints. Critical points including common pathologies, biomechanics, standard entrapment zones & compartmental injuries are sure to be covered—the why, where, when & how for intervention will concisely be demonstrated. Dr. Brock thrives on teaching and providing educational support to facilitate learning for all physicians. Join him in on this quest for whole-body musculoskeletal health, as you will reap the benefit of learning with Dr. Brock for your patients' reward!

Objectives

- Assess & evaluate joints of the body to determine technique
- Examine common conditions & pathologies
- Apply diagnostic laboratory analysis for patient treatment of pain indications
- Demonstrate orthopedic testing for joint & biomechanical restoration
- Apply soft tissue manipulation to assist in pain reduction
- Use laser treatment in conjunction with other treatments
- Interpolate nutritional support for maximum recovery
- Justify multi-faceted treatment protocol through various techniques
- Evaluation and treatment of the neck, nerve roots, and plexus
- Exam and common cervical and plexus pathologies.
- Evaluation and treatment of the scapular area
- Exam Scapular mechanics and related conditions
- Evaluation and treatment of the Shoulders
- Exam Common shoulder conditions and treatment
- Evaluation and treatment of the AC Joints
- Exam Standard AC, Bursal, and glenohumeral conditions and treatment
- Evaluation and treatment of the elbows
- Exam and common elbow pathologies and biomechanics.
- Evaluation and treatment of the upper extremity nerve entrapments
- Exam and standard peripheral entrapment zones
- Evaluation and treatment of the wrists
- Exam and standard wrist and compartmental injuries

- Assessment and treatment of the hands and fingers
- Exam and common hand, finger, and biomechanical injuries
- Evaluation and treatment of the thoracic and lumbar spine
- Exam and common thoracic, rib, sternal, thoracic spine, and cord injuries
- Assessment and treatment of the hips and SI joints
- Exam and standard IT band, glute, SI joint, hip, and bursal biomechanics
- Evaluation and treatment of the knees
- Exam Total knees assessment and treatment
- Evaluation and treatment of the ankles and feet
- Exam and joint ankle and foot conditions
- Evaluation and treatment of core musculature
- Exam and common core weaknesses and cerebellar pathologies.
- Evaluation and treatment of abdominal musculature and the abdomen
- Exam and common weak abs, abdominal complaints.
- Evaluation and treatment of appropriate rib mechanics and thoracic cavity
- Exam and standard rib, sternal, pleural, and pericardial pathologies.
- Involvement of the brain with movement and joint stability
- Exam and typical brain-related biomechanical issues.

Saturday

7:30 – 8:00am Registration

8:00 – 9:00am

Evaluation and treatment of the neck, nerve roots, and plexus
Exam common cervical and plexus pathologies.

- Labs
- Orthopedic testing
- Soft tissue
- Laser treatment
- Nutrition support

9:00 – 10:00am

Evaluation and treatment of the scapular area
Scapular mechanics and related conditions

- Labs
- Orthopedic testing
- Soft tissue
- Laser treatment
- Nutrition support

10:00 – 10:15am

Break

10:15 – 11:15am

Evaluation and treatment of the Shoulders
Common shoulder conditions and treatment

Evaluation and treatment of the AC Joints
Standard AC, Bursal, and glenohumeral conditions and treatment

- Labs
- Orthopedic testing

- Soft tissue
- Laser treatment
- Nutrition support

11:15 – 12:15 pm

Evaluation and treatment of the elbows
Exam and common elbow pathologies and biomechanics.

Evaluation and treatment of the upper extremity nerve entrapments
Exam and standard peripheral entrapment zones

- Labs
- Orthopedic testing
- Soft tissue
- Laser treatment
- Nutrition support

12:15 – 1:15 pm

Lunch

1:15 – 2:15 pm

Evaluation and treatment of the wrists
Exam and standard wrist and compartmental injuries

Assessment and treatment of the hands and fingers
Exam and common hand, finger, and biomechanical injuries

- Labs
- Orthopedic testing
- Soft tissue
- Laser treatment
- Nutrition support

2:15 – 3:15 pm

Evaluation and treatment of the thoracic and lumbar spine
Exam and common thoracic, rib, sternal, thoracic spine, and cord injuries

- Labs
- Orthopedic testing
- Soft tissue
- Laser treatment
- Nutrition support

3:15 – 3:30 pm Break

3:30 – 4:30 pm

Assessment and treatment of the hips and SI joints
Exam and standard IT band, glute, SI joint, hip, and bursal biomechanics

- Labs
- Orthopedic testing
- Soft tissue
- Laser treatment
- Nutrition support

4:30 – 5:30 pm

Evaluation and treatment of the knees
Total knees assessment and treatment

- Labs

- Orthopedic testing
- Soft tissue
- Laser treatment
- Nutrition support

5:30 – 6:00 pm **Q & A**

Sunday

7:30 – 8:00 am Registration

8:00 – 9:00 am Evaluation and treatment of the ankles and feet
Exam and joint ankle and foot conditions

- Labs
- Orthopedic testing
- Soft tissue
- Laser treatment
- Nutrition support

9:00 – 10:00 am Evaluation and treatment of core musculature
Exam and common core weaknesses and cerebellar pathologies.

Evaluation and treatment of abdominal musculature and the abdomen
Exam and common weak abs, abdominal complaints.

- Labs
- Orthopedic testing
- Soft tissue
- Laser treatment
- Nutrition support

10:00 – 10:15am **Break**

10:15 – 11:15 am Evaluation and treatment of appropriate rib mechanics and thoracic cavity
Exam and standard rib, sternal, pleural, and pericardial pathologies.

- Labs
- Orthopedic testing
- Soft tissue
- Laser treatment
- Nutrition support

11:15 – 12:15 pm Involvement of the brain with movement and joint stability
Exam and typical brain-related biomechanical issues.

- Labs
- Orthopedic testing
- Soft tissue
- Laser treatment