

**Core Strategies for Systemic Inflammation & Chronic Pain**  
**Dr. Andre J. Camelli, DC**

- Hour 1** Intro to basic laser and basic physiology of low-level laser
- Understanding Dysfunctional Mitochondria,  
Increased Oxidative Stress, Accelerated Aging, LLLT Role in improving the function of Mitochondria.
- Hour 2** Basic evaluation, anatomy, and neurology of laser applications for FDA clearance on low back pain.
- Hour 3** Basic evaluation, anatomy, and neurology of laser applications for FDA clearance on plantar fasciitis, chronic heel and foot pain.
- Hour 4** Low back pain & Neck treatment demonstration.
- Review the FDA clearance study on low back pain including patient positioning on the treatment table, laser frequency, duration, and positioning.
- Hour 5** Plantar fasciitis, chronic heel and foot pain treatment demonstrations and hands on foot and ankle workshop.
- These sections will include a review of FDA clearance study on laser placement for the treatment on plantar fasciitis, patient placement, and discussion of dorsal pedal blood flow, volume, and perfusion.
- Hour 6** Evaluation of the Cervical Spine and Brachial Plexus  
Testing muscle strength and function from C5-T1
- Hour 7** Hands on workshop and demonstration of shoulder treatments, hand, elbow, and wrist
- Hour 8** Understanding Neuroinflammatory Cascades, Gliosis, and Cognitive Decline.  
LLLT applications to downregulate NF Kappa  
Beta and other epigenetic triggers of neurodegeneration.
- Basic Violet Laser Applications and Demo  
This section will discuss the differences between 635nm and 405nm  
Demo will include treatment duration differences between these two.