

“Lasering Through the Lifespan”

Turnkey and Advanced Laser Protocols for Each Phase of Life and Their Common Conditions

Syllabus 2023

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SEMINAR GOALS:

From childhood through adolescence, adulthood, and into the “golden years,” there are different conditions that affect us at each stage as well as different needs and wants regarding health goals. This seminar will give you a blueprint for each phase of the Laser Lifespan, whether your practice focus is with kids, athletes, workers, retirees, or auto and work injuries. Laser techniques for common conditions of each phase will be demonstrated and research to support those methods explained. Best of all, there will be hands on workshops following the sections so you can maximize your skills. Techniques will range from simple point and shoot protocols to more advanced neuro-recalibration protocols, multiple therapy stacking protocols, and integrating nutrition and supplementation to maximize results.

Doctors will learn the protocols I have used to create a waiting list practice that requires no external marketing and that generates a steady cash flow. In the seminar, you will learn...

- How lasers are not “experimental and new”, but supported by decades of research for multiple conditions
- What is the difference between high and low power lasers and the limitations and benefits of each
- How different wavelengths produce specific effects that cannot be produced with other wavelengths
- What is more important? Depth of penetration or signaling cascade and electron transport and why?
- How 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.
- How to corner the youth sports market in your area and become the go to doctor for local teams, ranging from youth sports to high school, college, and even pro.
- 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.
- Instrument adjusting techniques to combine with your laser techniques for an even greater effect.
- In each section, doctors will be walked through actual case studies for each injury/condition. These case studies will incorporate lasers, labs, and nutrition, along with percussor and adjustor techniques.

Friday

11:30-12:00pm Registration

12:00-1:45pm Laser Myths and Misconceptions vs Objective Realities. Is the “Science Settled?” (Other; Research)

- Modern Research since the 1960s, and it’s use as state standard medical care in Russia since 1974 and their findings for best wavelengths and powers.
- Lasers vs NSAIDS and Opioids and laser superiority in long term results
- What conditions peer reviewed research has shown laser to be effective for, and what are the wavelength, and frequencies with the best outcomes to create 20 FDA clearances for visible wavelength low powered lasers

- What is the difference between violet, green, red, and infrared lasers
- Depth of penetration vs signaling cascades and electron transport. How this can cause the violet laser to have the furthest reaching impacts on tissues and why
- The latest research on lasers, including how some wavelengths have enough energy per photon to trigger electrons to jump to higher energy states and create millions of reactions
- Where the research is going: Autism, Parkinson's, Alzheimer's, Low Back, etc.
- How do we know it's not just a placebo? Case studies with fractures, athletes, and animals.

1:45-2:00pm Break

2:00-3:30pm Traumatic Brain Injuries, Neurodegeneration, and Long Covid (Other, Research)

- Review of current research studies showing the cellular effects to provide support for TBI and neurodegenerative conditions.
- How long Covid is affecting patient's brain function, body pain, and quality of life
- Research showing how the spike protein triggers auto immunity in some patients, and how you can provide support with laser protocols, nutritional, and supplemental protocols to improve quality of life and function.
- Evaluation techniques and questionnaires
- Nutritional red flags for patients at risk of concussions from sports or for patients recovering from concussions
- How to recognize early signs of CTE and neurodegeneration and what to do for it.
- Research on low level laser support protocols for children with autism, dyslexia, ADHD.
- Review of case studies from Dr Gair's patients ranging from mild TBI to severe and the treatment protocols
- Review of nutritional support protocols for brain injuries, and dysfunction like autism, Parkinson's, Alzheimer's, etc.
- Review of supplemental protocols

3:30-4:15pm Protocol Workshop (General Clinical)

- Balance assessment
- Gait assessment
- How to recognize signs of auto immune reactions in the brain
- Eye movement assessment
- Functional Assessments: math processing, word processing, memory
- Vagus nerve protocols
- Laser protocols with the XLR8 and the FX

4:15-4:45pm Lunch

4:45-6:00pm Cervical and Upper Extremity Injuries and How to Recalibrate and Reset the nervous system with the accelerate recovery and enhance performance (General Clinical)

- Research studies on cervical spine, shoulder injuries, elbow, and carpal tunnel and laser photobiomodulation
- Muscle assessment techniques
- Case studies from Dr Gair's Patients

6:00-6:45pm Cervical and Upper Extremity Protocol Workshop (Other, Research)

- How cervical movements affect muscle strength and laser protocols to recalibrate and reset
- Laser shoulder protocols, elbow, and hand protocols
- Percussor techniques and Adjustor tool techniques for these conditions

6:45-7:00pm BREAK

7:00-8:45pm Lumbar spine and Lower Extremity Injuries and How To Recalibrate and Reset the nervous system to accelerate recovery and enhance performance (General Clinical)

- Research studies on lumbar spine, hip, knee, and ankle injuries and laser photobiomodulation
- Muscle assessment techniques
- Case studies from Dr Gair's Patients

Saturday

7:30-8:00 am Registration

8:00-9:00 am Lumbar and Lower Extremity Protocol Workshop (General Clinical)

- How lumbar movements affect muscle strength and laser protocols to recalibrate and reset
- Laser low back, hip, knee, and ankle protocols
- Gait reset protocols
- Balance protocols
- Percussor techniques and Adjustor tool techniques for these conditions

9:00- 10:30 am Instrument adjusting techniques and soft tissue techniques to combine with laser photobiomodulation for a greater result (General clinical, Research)

- How to use the adjustor tool for patients who cannot tolerate manual adjustments
- How to use the laser to break down scar tissue
- Surgical scar neuro-recalibration protocols
- Laser reset scan from C1-15
- Use of the adjustor or percussor for neurological rehabilitation
- Use of the adjustor tool for increasing range of motion in the spine and other joints.
- Standing vs seated vs lying techniques.
- How to use the laser to complement the adjustor and percussor

10:30-10:45 am BREAK

10:45- 12:15 pm How to 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 (General Clinical)

- Scripts that clearly explain how the laser works, and that give the patient realistic expectations based off research
- Why sports injuries are skyrocketing with today's youth, how much it is costing per year, and how you can help reduce the costs and get the athletes back to competitive performance quicker
- How lasers can actually enhance sports performance to a level that one study from the Journal of Biophotonics said was "similar to a performance enhancing drug."
- How lasers can be part of the solution for the Opioid Epidemic, citing current studies showing lasers effectiveness compared to pain relievers and anti inflammatories