

# 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.

## Friday

**12:30-1:00pm**

**Registration**

**1:00-2:00pm**

Evaluation and treatment of the neck, nerve roots, and plexus (**Examination Procedures & Diagnosis**)

Exam common cervical and plexus pathologies.

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

**2:00-3:00pm**

Evaluation and treatment of the scapular area (**Examination Procedures & Diagnosis**)

Scapular mechanics and related conditions

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

**3:00-3:15pm**

**Break**

**3:15-4:15pm**

Evaluation and treatment of the Shoulders (**Examination Procedures & Diagnosis**)

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

**4:15-5:15pm**

Evaluation and treatment of the elbows (**Examination Procedures & Diagnosis**)  
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

**5:15-5:30pm**

**Break**

**5:30-6:30pm**

Evaluation and treatment of the wrists (**Examination Procedures & Diagnosis**)  
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

**6:30-7:30pm**  
**Diagnosis)**

Evaluation and treatment of the thoracic and lumbar spine (**Examination Procedures &**

Exam and common thoracic, rib, sternal, thoracic spine, and cord injuries

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

**Saturday**

**7:30-8:00am**

**Registration**

**8:00-9:00am**

Assessment and treatment of the hips and SI joints (**Examination Procedures & Diagnosis**)  
Exam and standard IT band, glute, SI joint, hip, and bursal biomechanics

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

- 9:00-10:00am** Evaluation and treatment of the knees (**Examination Procedures & Diagnosis**)  
Total knees assessment and treatment
- Labs
  - Orthopedic testing
  - Soft tissue
  - Laser treatment
  - Nutrition support
- 10:00-10:15am** **Break**
- 10:15-11:15pm** Evaluation and treatment of the ankles and feet (**Examination Procedures & Diagnosis**)  
Exam and joint ankle and foot conditions
- Labs
  - Orthopedic testing
  - Soft tissue
  - Laser treatment
  - Nutrition support
- 11:15-12:15pm** Evaluation and treatment of core musculature (**Examination Procedures & Diagnosis**)  
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
- 12:15-12:30pm** **Break**
- 12:30-1:30pm** Evaluation and treatment of appropriate rib mechanics and thoracic cavity (**Examination Procedures & Diagnosis**)  
Exam and standard rib, sternal, pleural, and pericardial pathologies.
- Labs
  - Orthopedic testing
  - Soft tissue
  - Laser treatment
  - Nutrition support
- 1:30-2:30pm** Involvement of the brain with movement and joint stability (**Examination Procedures & Diagnosis**)  
Exam and typical brain-related biomechanical issues.
- Labs
  - Orthopedic testing
  - Soft tissue
  - Laser treatment