

## SYLLABUS

**Title:** Nerve Entrapments & How To Treat Them Successfully

Dates &  
Locations:

**Instructor:** Dr. Richard Carter, DC, DACBR

**CE Hours Requested:** 12

### I. COURSE OBJECTIVES

This program will enhance the doctor's knowledge of nerve entrapments and use of rehabilitation to better treat his patients. It will increase his ability to properly assess and evaluate the patient's functionality and give him the rehabilitation protocols and treatments to increase function in the patient.

### II. COURSE OUTLINE

8:00 - 9:00 am	Biomechanical Assessment of Movement Patterns Function vs. Dysfunction
9:00 - 10:00 am	Pain Thresholds Chronic Pain Acute Pain Lowering Pain Threshold
10:00 - 11:00 am	Review of Anatomy of CNS and PNS Education & Discussion
11:00 - 12:00 pm	Peripheral Nerve Entrapments Common Locations Symptoms Adaptation & Dysfunction
12:00 - 1:00 pm	Pain & Causes Muscle Trigger Points Attachments
1:00 - 2:00 pm	Working Lunch Etiology of nerve compressions History Taking & Physical Exam
2:00 - 3:00 pm	Nerve Compressions Nerve Types Specific symptoms of common areas

3:00 - 4:00 pm	Treatments & Rehab protocols Identifying correct area to treat Assessment of issue Plan & Rehab
4:00 - 5:00 pm	Rehabilitation Assessment Effectiveness Protocols
5:00 - 6:00 pm	Treatment Protocols and Procedures Muscle Tendon Ligaments
6:00 - 7:00 pm	Demonstrations Progression and Regression Strategies
7:00 - 8:00 pm	Correction Exercises for Faulty Functional Movement Trigger Point Therapy for Proper Function