

SYLLABUS

Title: Diet & Nutrition Strategies with Chiropractic Rehab

**Dates &
Locations:**

Instructor: Dr. Brandon Aucker, DC

CE Hours Requested: 12

I. COURSE OBJECTIVES

This program will enhance the doctor's knowledge and use nutrition and nutrition planning with rehabilitation to better treat his patients. It will increase his ability to properly assess and evaluate the patient's nutritional health and his functional movement stability and give him the tools and protocols and treatments to increase function in the patient.

II. COURSE OUTLINE

Hour 1	Overview of Nutrition standards Daily Requirements Diet overviews
Hour 2	Special Dietary Concerns Deficiencies Chronic Stressors Hormone & Endocrine
Hour 3	Nutrient & Mineral What the body needs daily Food sensitivities
Hour 4	Daily Food Planning Optimal Diets vs. Fad Diets Benefits vs. Promises How each affects the body
Hour 5	Nutritional Therapy & Chiropractic Care Supplements vs. Natural
Hour 6	Working Lunch Food Plans that raise health of patient Presenting & educating patients
Hour 7	Rehab Therapy with Nutritional consideration Functional Movement Screens Assessments of areas Application & Evaluation

Hour 8	Rehabilitation Assessment Effectiveness Protocols
Hour 9	Soft Tissue Mobilization Cyriax Functional IASTM
Hour 10	Mobility Techniques Physician Guided Self-Guided Anatomy and Function
Hour 11	Exercises Specific areas of concern to enhance better movement Common problems with function Exercises to correct common dysfunctions
Hour 12	Exercises and Review Modalities Upper body Lower Body