

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

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| 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 | Pain & Symptom Management Peripheral Nerve Entrapments Common Locations Symptoms Adaptation & Dysfunction |
| 12:00 - 1:00 pm | Pain & Symptom Management Pain & Causes Muscle Trigger Points Attachments |
| 1:00 - 2:00 pm | Pain & Symptom Management 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

Physical Measures
Treatments & Rehab protocols
Identifying correct area to treat
Assessment of issue
Plan & Rehab

4:00 - 5:00 pm

Physical Measures
Rehabilitation Assessment
Effectiveness
Protocols

5:00 - 6:00 pm

Physical Measures
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