

## SYLLABUS

**Title:** Myofascial Disruption Technique & Workshop  
**Instructor:** Dr. Brad Hayes, DC  
**CE Hours Requested:** 12

### **I. COURSE OBJECTIVES**

This program will enhance the chiropractors knowledge of his/her role in health and treating soft tissue issues in patients. It will teach the chiropractor an effective technique that will help the patient get back to functioning at an optimal level without pain. Research and studies will be presented to give evidence to the efficacy of myofascial treatments so that the doctor can perform and explain the process to the patient.

### **II. COURSE OUTLINE**

Hour One	Overview & Introduction to Soft Tissue Treatments <ol style="list-style-type: none"><li>1. Overview</li><li>2. Principles</li></ol>
Hour Two	Specific Health conditions and Chiropractic Diagnosis & Treatment Available Tests to determine correct diagnosis
Hour Three	<b>Performing &amp; Ordering Tests</b> Tests & Assessments Determining the correct tests and labs Gait Analysis Orthopedic Muscles
Hour Four	Chiropractic Evaluation and Assessment for treatment <ol style="list-style-type: none"><li>1. Recognizing conditions</li><li>2. When to treat chiropractically</li></ol>
Hour Five	<b>Physical Measures</b> Force Absorption Applications Modalities: Ice, Heat
Hour Six	<b>Performing &amp; Ordering Tests</b> Neurological Tests

Neurological Effects on Soft Tissue  
Pathways & Neuropathies  
Tests and Assessment to Diagnose

Hour Seven	<b>Adjusting Technique</b> Upper Extremity Soft Tissue Work 1. Evaluation
Hour Eight	<b>Adjusting Technique</b> Upper Extremity Soft Tissue Work 1. Diagnosis 2. Treatment Procedures & Protocol
Hour Nine	<b>Adjusting Technique</b> Lower Extremity Soft Tissue Work 1. Evaluation
Hour Ten	<b>Adjusting Technique</b> Lower Extremity Soft Tissue Work 2. Diagnosis 3. Treatment Procedures & Protocol
Hour Eleven	<b>Pain &amp; Symptom Management</b> Pain Scales Protocol for treatments Rehabilitation
Hour Twelve	<b>Physical Measures</b> Mobilization Methods Manipulation Treatments Case Studies

# BRAD M. HAYES, DC

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Tulsa, Oklahoma 74136

(918) 492-4636

## CURRICULUM VITAE

### 2011

#### FORMAL EDUCATION

Western States Chiropractic College

1997

Texas Chiropractic College  
Pasadena, TX

1989

Life Chiropractic College West  
San Lorenzo, CA

1988

University of Michigan  
Ann Arbor, MI

1981

National College of Chiropractic  
Lombard, IL

1981

Los Angeles College of Chiropractic

1980

New College of California  
San Francisco, CA

1978

Stoner Foundation  
Las Vegas, NV

1977, 1980

Palmer College of Chiropractic  
Davenport, IA

1973-1977

Madison, WI

1969-1972

#### LICENSES HELD

California License #13432, 1 January 1980\* Not renewed  
Nevada License #B-221, 14 September 1981\* Not renewed  
Oklahoma License #1806, 31 March 1977

#### POST DOCTORAL FACULTY

New York Chiropractic College  
Glen Head, NY

1978, 1991-1994

Life Chiropractic College West  
San Lorenzo, CA

1988

Texas Chiropractic College  
Pasadena, TX

1989, 1991

Palmer College of Chiropractic  
Davenport, IA

1997-2002

#### CLINICAL EXPERIENCE

Tulsa, OK

1979-Present Private Practice

Clinical experience- Practice oriented to sports injuries, soft tissue injuries, and testing for Heart Rate Variability, Differential Pulse Wave index, Eccentric Constriction, Arterial Elasticity, Remaining Blood Volume, Wave Type, Mean Heart Rate, Arteriosclerosis, Arteriosclerosis Progress, and changes in pressure, velocity, blood volume and other indices.

Las Vegas, NV

1977-79

Private Practice

## ACCOMPLISHMENTS

<i>Chiropractic Association of Oklahoma</i>	1983-84	<i>Chiropractor of the Year</i>
	1981-82	<i>Chiropractor of the Year</i>
<i>Practice Management Associates</i>	1985	<i>Chiropractor of the Year</i>
<i>Congress of Chiropractors State Associations</i>	1990	<i>Named one of three doctors awarded Lifetime Membership in the Congress of Chiropractic State Associations</i>

## LEADERSHIP POSITIONS IN PROFESSIONAL ASSOCIATIONS

<i>Oklahoma State Chiropractic Independent Physicians Association</i>	2010 – Present	<i>Vice President</i>
	2008 – 2009	<i>Chairman of Board</i>
<i>National Association of Specialty Health Organizations</i>	2003-Present	<i>Board Member Program Committee Chair</i>
<i>North American Federation of Chiropractic Networks</i>	1999 – 2010	<i>President</i>
<i>SouthCrest Hospital</i>	2004-2006	<i>Chairman, Chiropractic Department</i>
	2003	<i>Vice Chairman, Chiropractic Department</i>
<i>Chiropractic Association of Oklahoma</i>	1984-85	<i>President</i>
	1983-84	<i>President</i>
	1982-83	<i>Vice President</i>
	1980-82	<i>Treasurer</i>
<i>CAO Northeast District</i>	1979-80	<i>President</i>
<i>Oklahoma Chiropractic Research Foundation</i>	1985-87	<i>President</i>
<i>Oklahoma Chiropractic Insurance Joint Advisory Commission</i>	1984-85	<i>President</i>
	1983-84	<i>President</i>
<i>Congress of Chiropractic State Associations</i>	1988-89	<i>President</i>
	1987	<i>Vice President</i>
<i>Oklahoma State Chiropractic Association</i>	1991-94	<i>Vice President</i>
<i>Oklahoma State Chiropractic Independent Physicians Association</i>	1997-2007	<i>Vice President/Medical Director</i>
	1994-1996	<i>Treasurer</i>
	1994-Present	<i>Chairman Quality Assurance Committee</i>
	1994-Present	<i>Chairmain, Research Committee</i>
<i>Trailblazer Medicare Advisory Committee</i>	2009 - Present	

## PUBLISHED RESEARCH

<i>Journal of Chiropractic Medicine</i>		<b>2011</b> Effect Of A Blend of Comfrey Root Extract (Symphytum Officinale L.) And Tannic Acid Creams In the Treatment Of Osteoarthritis of the Knee: Randomized, Placebo Controlled, Double Blind, Multiclinical Trials *part of clinical trial but not listed as author, has been accepted for publication
<i>OSCI PA News Journal</i>	July	<b>2007</b> <i>Chiropractic Patient Satisfaction in a Managed Care Environment</i>
<i>The Journal Of Manipulative and Physiological Therapeutics</i>	June	<b>2005</b> <i>"Myofascial Distortion Treatment: A synthesis of Approaches for soft tissue injuries</i>

*The Journal Of Manipulative and  
Physiological Therapeutics*

*The Journal Of Clinical  
Rheumatology*

*The Journal Of Manipulative and  
Physiological Therapeutics*

*The Journal Of Manipulative and  
Physiological Therapeutics*

*Osteo-Arthritis and Cartilage  
Volume 9 Supplement B*

*Journal of Ergonomics*

## RESEARCH PRESENTATIONS

*Arthritis Relief Plus, LTD*

*American College of Sports Medicine*

*16<sup>th</sup> National Conference on Chronic  
Disease Prevention and Control*

*American College of Sports Medicine  
Central States*

*Osteo-Arthritis Research Society International*

## PLANNED RESEARCH RESEARCH

**Oklahoma State University**

## STATE OF OKLAHOMA APPOINTMENTS

*Oklahoma State Board of  
Chiropractic Examiners*

*Oklahoma Health Care Authority  
Medical Advisory Committee*

*Trailblazer Health Medicare Carrier  
Advisory Committee*

### 2003

*June "Effect Of A Topical Herbal Cream On Osteoarthritis in  
the Hand And Knee:A randomized controlled clinical trial"*

*June "Effect of a Topical Herbal Cream on Osteoarthritis of The Hand and  
Knee, A Pilot Study "*

### 2002

*February "Randomized Controlled Clinical Trial of Bedding Systems"*

### 2001

*November "Patient Satisfaction in a Chiropractic Managed Care Setting"*

*October "Effect of a topical herbal ointment on osteoarthritis of the hand and knee:  
A randomized controlled clinical trial" (Poster Presentation)*

*October "Comparison of Perceived Comfort Differences Between Standard and  
Experimental Load Carriage Systems*

### 2010

*Feb Effect Of A Blend of Comfrey Root Extract (Symphytum Officinale L.) and  
Tannic Acid Creams In the Treatment Of Osteoarthritis of the Knee:  
Randomized, Placebo Controlled, Double Blind, Multiclinical Trials  
Series of three lectures in New Zealand (Auckland, Wellington, Christchurch)*

### 2002

*May Subjective Comparison Of Site Comfort Differences Between Standard  
And Experimental Load Carriage Systems*

*February Herbal Treatment for Osteoarthritis of the Hand and Knee: a Randomized  
Controlled Clinical Trial*

### 2001

*October Selected Perceptual Response To Load Distribution  
Differences In Load Carriage Systems*

*October "Effect of a topical herbal ointment on osteoarthritis of the hand and knee:  
A randomized controlled clinical trial" (Poster Presentation)*

### 2011

*A planned 150 person Randomized Controlled Clinical Trial on L-Arginine  
and L-Citrulline in a high blood Pressure control trial.*

*1995-1997 President  
1994 Vice President*

*1994-2003 Member*

*2009-Present Member*

## CIVIC ORGANIZATIONS

*School Board  
Metro-Christian Academy*

1988-1991 *Member/ Head of Sports Committee*

*Sunrise South Rotary Club*

1989-1993 *Member*

## PROFESSIONAL MEMBERSHIPS

*American Chiropractic Association\**

*International Chiropractors  
Association\**

*American Chiropractic Association's  
Councils*

*Sports Injuries\*  
Nutrition\*  
Roentgenology\*  
Orthopedics\**

*International Academy of  
Nutritional Consultants\**

*International Association of  
Chiropractic Industrial Consultants\**

*American Disability Evaluating  
Physicians Association\**

*Conference for the Establishment  
of Guidelines for Chiropractic Quality  
Assurance and Standards of Practice*

1992 *Consultant*

*Congress of Chiropractic State  
Associations*

1992 *Appointed as an official observer and Consultant at the Conference for the Establishment of Guidelines for Chiropractic Quality Assurance and Standards of Practice. This historic conference was designed to set the guidelines for practice standards in Chiropractic care. It is supported by all major Chiropractic organizations.*

*\*Past Member*

## CLAIMS REVIEW EXPERIENCE

*Peer Review Chiropractic  
Association of Oklahoma*

1979-1984 *Member*

*Oklahoma Chiropractic-Insurance  
Joint Advisory Committee*

1982-1986

*Private Consulting*

1985-Present

*Registered with the Oklahoma  
Board of Chiropractic Examiners  
for peer review*

1989-Present

*Registered Oklahoma  
Insurance Commission*

*#C00007/#C05112*

*Reviews performed for:*

*Aetna  
Allstate  
American Claims Review, Inc.  
Blue Cross Blue Shield of Alabama  
Blue Cross Blue Shield of Oklahoma  
Blue Cross Blue Shield of Virginia  
Central Life Insurance  
CIGNA  
Country Companies  
Chubb Life*

*US Attorney, Tulsa*  
*FBI, Oklahoma*  
*Postal Inspector, Manassas, VA*

**HMOs, PPOs AND  
MANAGED CARE  
ORGANIZATIONS**

**INDUSTRIAL CONSULTING**

**SPORTS  
TEAM PHYSICIAN**

**PARTIAL LIST OF  
ORGANIZATIONS  
ADDRESSED**

**CHIROPRACTIC  
COLLEGES**

*Equity Fire and Casualty*  
*Farmers Insurance Group*  
*Fireman's Fund*  
*Guide One*  
*Lloyd's General*  
*Oklahoma Education and Employees  
Group Insurance Fund*  
*Preferred Risk*  
*Progressive Insurance*  
*Provident*  
*Prudential*  
*Quality, Inc.*  
*Shield of Shelter*  
*State Farm*  
*USF&G*  
*Wal-Mart*

*Consultant*

*Consultant*

*Consultant*

*American Airlines Managed Care*  
*Blue Cross Blue Shield of Oklahoma PPO*

*ACN*  
*Blue Lincs HMO*  
*CareMed Alliance*  
*ChiroCare*  
*CIGNA*  
*Custom Care (Southwestern Bell Telephone)*  
*John Allen Insurance*  
*Metra Health*  
*Oklahoma State Chiropractic Independent Physicians Association*  
*Oklahoma State Employee and Education Group Insurance Board*  
*PPO Oklahoma*  
*Pru Care HMO*  
*Prudential Plus*  
*Travelers PPO Network*  
*Warren Clinic*  
*Utica Park Clinic*  
*PacifiCare*  
*Hillcrest Health Care System*  
*City of Garland, Texas*  
*L.A. Utilities*  
*Preventech*  
*Future Industrial Technology*

**2001-2002** *Tulsa Crude Hockey Team (USHL)*  
**2009-2010** *F.C. Tulsa Soccer (NPSL)*

*Cleveland Chiropractic College*  
*College of Chiropractic Consultants*  
*Life Chiropractic College West*  
*Logan Chiropractic College*  
*National College of Chiropractic*  
*New York Chiropractic College*  
*Palmer College of Chiropractic*  
*Parker College of Chiropractic*

## CHIROPRACTIC ASSOCIATIONS

*Academy of Missouri Chiropractors*  
*Alabama State Chiropractic Association*  
*Arizona Association of Chiropractic*  
*Chiropractic Association of Louisiana*  
*Chiropractic Association of Oklahoma*  
*Chiropractic Association of Oregon*  
*Congress of Chiropractic State Associations*  
*Florida Chiropractic Association*  
*Indiana Chiropractic Association*  
*Iowa Chiropractic Society*  
*Kansas Chiropractic Association*  
*Louisiana Chiropractic Association*  
*Maine Chiropractic Association*  
*Maryland Chiropractic Association*  
*Michigan State Chiropractic Association*  
*New Hampshire Chiropractic Association*  
*New Jersey Chiropractic Alliance*  
*Ohio State Chiropractic Association*  
*Oklahoma State Chiropractic Association*  
*Oregon Chiropractic Association*  
*South Carolina Chiropractic Association*  
*Southeast Chiropractic Federation*  
*Tennessee Chiropractic Association*  
*Virginia Chiropractic Association*  
*West Virginia Chiropractic Association*  
*North Carolina Chiropractic Association*

## OTHERS

*Affiliated Chiropractic Physicians*  
*Allstate Insurance Company*  
*American Chiropractic Association*  
*American Academy of Disability Evaluating Physicians*  
*Blue Cross Blue Shield of Alabama*  
*Blue Cross Blue Shield of Oklahoma*  
*ConservaCare Corporation*  
*Chiro-Partners, LTD*  
*Fetterman Events*  
*Health Care Review, Inc.*  
*Iowa Claims Association*  
*KATS Practice Management/Clinicorp*  
*Impact Management, Inc.*  
*Modern Meditec, Inc.*  
*National Association of Blue Cross and Blue Shields*  
*National Fraud Conference*  
*National Fraud Conference*  
*National Fraud Conference*  
*National Naturopathic Association*  
*Oklahoma State Employee and Education*  
*Group Insurance Board*  
*Oklahoma University Medical Sciences Center*  
*Parker Chiropractic Research Foundation*  
*Pinnacle Management*  
*Practice Management Associates*  
*Preventech*  
*Professionals Unlimited*  
*Quality, Inc.*  
*Shelter Insurance Co, Tulsa, OK*  
*Southwest Insurance Association*  
*Wal-Mart Insurance Groups*  
*Windsor Insurance Group*

1995  
1993  
1991  
1986

## LECTURE TOPICS

*Arthritis Treatment Protocols*  
*Natural Approaches to Blood Pressure Control*  
*Claims Review*  
*Compliance*  
*Documentation*  
*Industrial Relations*  
*Insurance*  
*Malpractice*  
*Managed Care*  
*Mercy Conference and Chiropractic Standards of Care*  
*Myofascial Distortion Technique*  
*Peer Review*



## PUBLICATIONS

*Personal Injury*  
*RBRVS*  
*Self Audit*  
*Soft Tissue Injury Treatment and Protocols*  
*Treatment Outcomes*  
*Work Injuries*

### TOPICS

2009	Chiropractic Compliance and Audit – making sure you are in compliance
2008	Chiropractors Guide to Knee Injuries
2007	Fine Art of Patient Documentation II
2006	Fine Art of Patient Documentation
2005	<i>Myofascial Distortion Technique Manual Volume 3</i>
2004	<i>Data Driven Research Based Data</i> <i>Myofascial Distortion Technique Manual Volume 2</i>
2003	<i>2003 Insurance and Managed Care Survival Guide</i> <i>Myofascial Distortion Technique Manual Volume 1</i> <i>Data Driven, Research Based Guidelines for the Chiropractic Practice (Scheduled August 2003)</i>
2002	<i>2002 Insurance and Managed Care Survival Guide</i>  <i>Compliance Made Simple...How to Implement a Chiropractic Compliance Program</i>
2001	<i>2001 Insurance and Managed Care Survival Guide</i>  <i>Excellence In Chiropractic Notes Manual for the 2001 Insurance and Managed Care Survival Seminar</i>  <i>Fine Art of Patient Documentation</i>  <i>The Chiropractic Medicare Manual</i>
2000	<i>Arthritis Treatment Protocols</i>  <i>Insurance and Managed Care Survival Guide 2000</i>
1999	<i>Insurance and Managed Care Survival Guide 1999</i>
1998	<i>Coding and Soft Tissue Injury Guidelines for the Motor Vehicle Accident Case</i> <i>Fine Art Of Patient Documentation</i>
1997	<i>Insurance Survival Guide</i>
1996	<i>Insurance Survival Guide</i>
1995	<i>Chiropractic and Managed Care</i> <i>Physical Medicine Guidelines</i> <i>Insurance Survival Guide</i>
1994	<i>Managed Care</i> <i>RBRVS–The New Reimbursement System</i> <i>Physical Medicine Guidelines</i> <i>Insurance Survival Guide</i> <i>Reviewing the Chiropractic Claim (Professional Claim Reviewer Edition)</i>
1992	<i>Insurance Survival Guide</i>

*The Chiropractic Journal*

- 1991 *Reviewing the Chiropractic Claim (Professional Claim Reviewer Edition)*  
*Reviewing the Chiropractic Claim (Insurance Company Edition)*
- 1989-91 *Monthly column*
- 1990 *Insurance Survival Guide*
- 1988 *Ultimate Personal Injury Manual*  
*HMO-PPO Proposal*  
*Insurance and Collections Manual*  
*Ultimate Insurance/HMO-PPO System Manual*
- 1987 *How to Have a Happy Back*  
*Chiropractic Malpractice*  
*Reviewing the Chiropractic Claim*
- 1987 *Insurance for the 1980s and Beyond*  
*Medical-Legal Implications of Spinal Trauma*  
*Ultimate Insurance/HMO-PPO System Manual*
- 1986 *Medical-Legal Implications of Spinal Trauma*
- 1985 *Ultimate Insurance/HMO-PPO System Manual*
- 1984 *Ultimate Insurance System Manual*
- 1983 *Practice Management Associates Insurance Manual*
- 1979 *Doctors Guide to Patient Supplementation*

## CONSULTING

<i>Blue Cross Blue Shield of Oklahoma HCSC</i>	1986-Present	<i>Chiropractic Consultant Initial duties included working with Fraud Department and then with FBI and US Attorney for prosecution of fraudulent activity. Subsequently helped design and implement the Chiropractic PPO. Part of design included developing initial credentialing criteria for Chiropractic providers. I have written the Chiropractic claims and review policy and helped train the claims processing department in its implementation. This has resulted in a 30% saving to the company each year over the initial costs of Chiropractic care. Average cost per case has dropped by nearly 50% since the program's implementation. Refining this process continues.</i>
<i>Oklahoma State Employee and Education Group Insurance Board</i>	1991-1997	<i>Chief Chiropractic Consultant Largest program in Oklahoma. Specifically designed all Chiropractic policies, physician interface network and claims review process.</i>
<i>Prudential Insurance Company (Pru-Care, Custom Care, Pru-Plus)</i>	1981-2000	<i>First Chiropractor for Pru-Care HMO. Then asked to help design and implement Custom Care Network, which covers a 5-state region for Southwestern Bell. Part of the process included writing and implementing initial Chiropractic policies and guidelines. Worked directly with Paul Cooper, Southwest Regional Vice President at that time. Duties included consulting for Prudential in Oklahoma.</i>
<i>Trigone Blue Cross Blue Shield of Virginia</i>	1992-1995	<i>Fraud Department Consultant This involves the recovery of funds for Blue Cross of Virginia due to inappropriate billing practices. Helped develop an on-site review program in 1995.</i>
<b>MEDICAL DIRECTOR</b> <i>American Claims Review, Inc.</i>	1991-1995	<i>Medical Director Head of this PRO licensed in Pennsylvania, Oklahoma and Virginia. Through this organization helped write the claims review process that passed state license requirements in Virginia and Oklahoma. Duties include supervision of claims review by both Chiropractic and medical physicians for various companies throughout the United States</i>
<i>Oklahoma State Chiropractic Independent Physicians Organization</i>	1994-Present	<i>Medical Director Designed, organized and implemented a member-owned Chiropractic IPA from the ground up. Includes helping write and approve provider and payor contracts, implementing a fee schedule and capitation payment mechanism, designing the four phases of credentialing (background checks, facility standards, record keeping and quality assurance), writing the peer review process and training providers and Chiropractic physician reviewers, insuring URAC compliance. Developed the physician network as well as facilitating interface of physicians with the payors, payor contract negotiations and direct involvement with the computer system design and implementation of the claims payment program.</i>
<i>Medicare Aetna/Pinnacle Peer Review, Inc.</i>	1995-2005 1997-2001	<i>Worked with Final Review Appeals with the Carrier Appeal Head Medical Director Head of this PRO licensed in Oklahoma. Duties include supervision of claims review by both Chiropractic and medical physicians for various companies throughout the United States.</i>
<i>Foundation Health Quality Assurance Committee</i>	1997-1999	<i>First chiropractor appointed to Foundation Health Quality Assurance Committee. This committee reviews credentialing for all providers and oversees Quality Assurance issues.</i>
<i>St. Francis Health Care Systems Warren Clinic</i>	2001-2006	<i>Chiropractic Medical Director Largest health care system in Oklahoma consisting of three hospitals and a large multi doctor, multi-specialty clinic. Consultant for Chiropractic protocol and treatment.</i>
<i>Comprehensive Network Solutions</i>	2002-2009	<i>Senior Medical Director Chiropractic and Alternative Care network based in Texas in partnership with large multidiscipline medical network.</i>
<i>Blue Cross Blue Shield of OK Quality Assurance Committee</i>	2009-present	<i>Chiropractor appointed to Quality Assurance Committee This committee reviews credentialing for all providers and oversees Quality Assurance issues.</i>