

# The WAVE 2020

Sponsored By: Life Chiropractic College West  
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Instructors:

Claudia Anrig, DC	Jamie Motley, DC, DACBR
Betsy Butterick	Daniel Murphy, DC
Drew-Montez Clark, DC	Ron Oberstein, DC
Ian Davis-Tremayne, DC	Justin Ohm, DC
Bryan Gatterman, DC, DACBR	Mindy Pelz, DC
Kristen Giles, DC	Ryan Rieder, DC
Brad Glowaki, DC	Scott Rosa, DC
Deed Harrison, DC	Selina Sigafoose-Jackson, DC
David Jackson, DC	Devin Vrana, DC
Dan Johnston, MD, MPH	Rion Zimmerman, DC
Ryan Lazarus, DC	

Course Objective: This program provides clinically pertinent information about how chiropractors can help patients reach their optimal potential through chiropractic technique and philosophy.

CE Hours: 17.0 DC hours

Methods of Instruction: Lecture, Presentation (PowerPoint, Video), Q&A

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Session	CE hrs	Speaker /Content	Topic
1	1.0	<p>Daniel Murphy, DC Spine Pain and the Chiropractic Adjustment</p> <p>Ninety three percent of initial chiropractic patients seek care for spinal back and neck pain complaints. Chiropractic is proven to be both safe and effective in the management of spine pain syndromes. This course is designed to help the field practitioner understand advances on the orthopedics and neurology of why chiropractic is effective in the management of spine pain syndromes.</p> <ul style="list-style-type: none"> <li>• Review the gate theory of pain as related to the chiropractic adjustment.</li> <li>• Review the suprasegmental pain inhibitory pain system as related to the chiropractic adjustment.</li> <li>• Review tissue fibrosis, inflammation and the concept of the chiropractic adjustment motion.</li> <li>• Cervical disc herniation and the chiropractic adjustment.</li> <li>• Lumbar disc herniation and the chiropractic adjustment.</li> </ul>	Adjustive Technique
2	0.5	<p>Selina Sigafoose-Jackson, DC The 33 Principles: Why We Have Them, How to Use Them</p> <p>If chiropractors study and dissect the 33 Principles of Chiropractic, published by Ralph W. Stephenson, DC, and apply them in practice, they help DCs guide patient health improvements.</p> <p>* Understanding the first of the 33 Principles, "The Major Premise," and how it sets the foundation for chiropractic clinical practice.</p>	Chiropractic Philosophy
3	0.5	<p>Ryan Lazarus, DC The Chiropractic Matrix: All I'm offering is the truth. Nothing more.</p> <p>This presentation gives vital insight into the science of Chiropractic, Functional Medicine, Nutrition and the Power of the Mind. It will review the current science of the new biology including Epigenetics, Nutrigenomics, Neuroplasticity and how these concepts relate to Chiropractic.</p> <p>Attendees will learn: How the environment or lifestyle of our patients may be more important than their genetics for optimal health. The new biology of nutrition and how it influences the nervous system. The science of neuroplasticity and its relationship to all chiropractic patients.</p>	Basic Sciences

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Session	CE hrs	Speaker /Content	Topic
4	0.5	<p>Ryan Rieder, DC Communicating Effectively the Value of Chiropractic</p> <p>During this unprecedented times, Dr. Ryan Rieder will give us a road map as to Why Chiropractic is essential today and how we use effective language to communicate the value of the Philosophy of Chiropractic in a relevant way.</p> <ol style="list-style-type: none"> <li>1. You will learn how to frame the value of Chiropractic in a relevant way for yourself and your patients</li> <li>2. You will learn techniques on how to enhance the clinical outcome of your patients while keeping them engaged</li> </ol>	Chiropractic Philosophy
5	1.0	<p>Deed Harrison, DC Sagittal Plane Spine Subluxation, Altered Sensori-Motor Control, and Autonomic Nervous System Function: Does True Corrective Care Improve Outcomes?</p> <p>This course provides an integrated education for the Doctor of Chiropractic in the Science and Art of chiropractic examination and management of patients with cervical and thoracic spine subluxations and altered sensorimotor control.</p> <ul style="list-style-type: none"> <li>• Sagittal plane models of the cervical lordosis and thoracic kyphosis;</li> <li>• Biomechanical cervical subluxation categories indicative of trauma;</li> <li>• Sensori-motor control definition and clinical evaluation methods utilized in populations with cervical spine subluxation: head repositioning accuracy, smooth pursuit motor control, center of gravity balance platforms.</li> <li>• Autonomic nervous system functional measurement as an outcome of corrective care: use and understanding of the sympathetic skin resistance response.</li> <li>• A focused literature review regarding examination of the cervical lordosis, thoracic kyphosis, and anterior head translation and health outcomes.</li> <li>• Cervical and thoracic spine corrective care rehabilitation procedures and protocols: an overview of recent randomized trials with long-term follow up findings identifying improved sensori-motor control and autonomic nervous system function.</li> </ul>	Exam/History
6	0.5	<p>Ian Davis-Treymane, DC Philosophy Informed Technique: Be Objective...Change More Lives</p> <ol style="list-style-type: none"> <li>1. what it means to be “objective” in chiropractic practice               <ul style="list-style-type: none"> <li>-objective vs subjective.</li> <li>- the primary goal is NOT to adjust.</li> <li>- why assume when you can KNOW?</li> <li>- hyper mobile joints don’t hold.</li> </ul> </li> <li>2. what tools can be utilized for objective assessment?               <ul style="list-style-type: none"> <li>- HRV, BP, leg check systems, THERMOGRAPHY</li> </ul> </li> <li>3. innate (body’s inner power) is always on the job               <ul style="list-style-type: none"> <li>- remove subluxations so innate can get to work more quickly.</li> <li>- innate is always 100%.</li> </ul> </li> </ol>	Chiropractic Philosophy

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Session		CE hrs	Speaker /Content	Topic
7		0.5	<p>Rion Zimmerman, DC Be a Specialist: Chiropractic Care for Professional Athletes</p> <p>This presentation will address how to use chiropractic to achieve peak performance with professional and amateur athletes. There will also be demonstration of chiropractic specific analysis and adjustment in the training room setting. What people will Learn: Specific adjustments for common athletic injuries.</p>	Adjustive Technique
8		0.5	<p>Mindy Pelz, DC Healing Today's Modern Body</p> <p>Our patients are living in a more physically, chemically, and emotionally stressful environment than ever before. As DD Palmer taught us years ago, disease forms from toxins, thoughts, and traumas. What are we doing to support our patients in this new modern world?</p> <ul style="list-style-type: none"> <li>• which modern stressors are affecting innate intelligence the most, and what you can do about them</li> <li>• education strategies on how to empower your patients to take action with their health in a modern world</li> </ul>	Chiropractic Philosophy
9		0.5	<p>Ron Oberstein, DC 125 Years: Changing the World</p> <p>The chiropractic adjustment, first delivered by D.D. Palmer in 1895, has changed the world as well as the lives of millions of individuals who have benefited from chiropractic care. This talk will discuss chiropractic technique and its science, and the historical and immediate public health benefits of chiropractic.</p>	Chiropractic Philosophy
10		0.5	<p>Drew Clark, DC The Principle Applied</p> <p>The role of data in improving upper cervical patient outcomes. Discussion of linking subjective and objective examination findings through the chiropractic lens.</p>	

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Session	CE hrs	Speaker /Content	Topic
11	0.5	<p>Dan Johnston, MD Neuroprevention: Chiropractors Need to Lead the Way</p> <p>This is a clinically oriented presentation exploring the role of fatty acids to promote health, resilience to disease, optimize brain function, and how to use them in the management of various clinical disorders.</p> <ol style="list-style-type: none"> <li>1. Chronic disease – where does it all start and what have we been missing?</li> <li>2. How the brain and our cell health through fatty acids are all connected and what that means for patients and disease management. Intestinal flora, proper digestion and various intestinal pathologies. Nutritional protocols for such bacterial and digestive imbalances will be addressed and will include dietary and lifestyle changes.</li> <li>3. Immune system states and fatty acids: implications for dysfunction, inflammation, and autoimmune disease. Autoimmune disorders: using nutritional supplementation and dietary and lifestyle changes to downregulate dysfunctional immune responses.</li> </ol> <p>Cognitive function: Measurement, importance, meaning to the patient. How to leverage the brain in practice and tie that back to the cell and fatty acids.</p>	Basic Sciences / Neurology
12	1.0	<p>Claudia Anrig, DC Chiropractic Care of Pregnancy</p> <ol style="list-style-type: none"> <li>A. Preconception and prenatal recommendations               <ol style="list-style-type: none"> <li>a. Clinical Review</li> <li>b. Patient Recommendation Protocol: nutrition, exercise, stress management and biomechanical considerations to prevent and reduce subluxation patterns</li> </ol> </li> <li>B. Chiropractic Spinal Examination: Gonstead</li> <li>C. Adapting the Chiropractic Adjustment               <ol style="list-style-type: none"> <li>a. The Pelvic Bench</li> <li>b. Hi-lo Table</li> <li>c. Knee-Chest Table</li> </ol> </li> <li>D. Specific side postural sacral correction in pregnancy</li> <li>E. Specific Biomechanical Considerations: Websters</li> </ol>	Adjustive Technique

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Session		CE hrs	Speaker /Content	Topic
13		0.5	<p>Justin Ohm, DC Empowering the mother to be, a patient-centered examination approach in a salutogenic model.</p> <p>A salutogenic approach for examination of expectant mothers is possibly the most underappreciated aspect of perinatal chiropractic care.</p> <ul style="list-style-type: none"> <li>• Current approaches to achieve a salutogenic approach during pregnancy.</li> <li>• Applications of perinatal history taking and examination techniques that maintain a patient-centered focus not reliant on symptoms.</li> <li>• Understanding the current chiropractic research pertaining to the perinatal population, their motivation for care, and connections to best practices in examination/history taking</li> </ul>	Exam/History
14		0.5	<p>Kristen Giles, DC Improving Health Outcomes in 30 Seconds</p> <p>Improving patient health outcomes requires leadership and direction on the part of the doctor but also buy-in from the patients themselves. Doctors and patients will benefit from inclusion of small health and behavioral goal setting. This talk will outline a process of gradual improvement that can be applied both to the chiropractor and the patient.</p> <ul style="list-style-type: none"> <li>· Increase patient compliance with chiropractor's orders</li> <li>· Improve chiropractic patient health outcomes</li> </ul>	Clinical Science / Patient Communication
15		0.5	<p>Devin Vrana, DC The BIG Idea</p> <p>What are the core principles of chiropractic today? How have they changed or remained the same since the origin of chiropractic?</p> <p>Learning Outcome: Better understand the foundational principles of the chiropractic adjustment, lifestyle &amp; practice/community.</p>	Chiropractic Philosophy
16		0.5	<p>Betsy Butterick Communication Subluxation: Adjusting our Language for Greater Health and Connection</p> <p>The language of Chiropractic is spoken by skilled communicators. In summary, the learning objectives for this session include:</p> <ul style="list-style-type: none"> <li>- Increased patient health outcomes resulting from better understanding and compliance</li> <li>- Ability to identify and avoid 7 common barriers to effective communication</li> <li>- A greater understanding of how to listen and inquire in a way that builds trust</li> <li>- Small language shifts that create more connective relationships in all areas of our lives</li> </ul>	Clinical Science / Patient Communication

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Session		CE hrs	Speaker /Content	Topic
17		1.0	<p>Scott Rosa, DC The Ill Effects of Head/Neck Trauma to the Cranio-cervical Junction, A Neuro-radiographic Review</p> <p>Malformations and misalignments in the craniocervical junction can thus cause tension, compression and shear stress in the craniocervical junction resulting in displacement and deformation of intracranial and spinal canal structures. They can also cause dissociation of CSF flow between the cranial and spinal compartments and exaggerated pressure waves. Dissociation of CSF flow between the compartments is suspected of playing a role in hydrocephalus, Chiari malformations, amongst other disorders. It may similarly play a role in neurodegenerative brain diseases in adults.</p> <p>1.The association of misalignments of the cranio-cervical junction have been found to contribute to the development of neuro-inflammatory/neurodegenerative brain diseases.</p> <p>2. Proper imaging studies are essential to treat head/neck trauma patients to provide good outcomes.</p> <p>3. Good imaging studies can become the road map to better understand your patients injuries.</p>	X-ray / Diagnostic Imaging
18		0.5	<p>David Jackson, DC Techniques for Neurophysiologic and Biomechanical Examination and Communication of Wellness</p> <ol style="list-style-type: none"> <li>I. Surface Electromyography</li> <li>II. Infrared skin temperature measurement</li> <li>III. Communicating- expectations and outcomes during the exam</li> </ol>	Exam/History
19		1.0	<p>Brad Glowaki, DC Building a Legacy in Your Community: Chiropractic Technique and Communication for Decades to Come</p> <p>How the chiropractic adjustment and care builds and maintains health in your community.</p> <p>Research, application &amp; Strategies to improve the health of your community through chiropractic technique.</p> <ul style="list-style-type: none"> <li>• Review valid research articles on effectiveness of various chiropractic techniques</li> <li>• Adjusting for all ages and stages – how various techniques can be more or less appropriate for different communities</li> <li>• The impact of the chiropractic adjustment on Subluxation</li> </ul>	Adjustive Technique

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20		2.5	<p>Bryan Gatterman, DC, DACBR Advanced Imaging in Chiropractic Practice</p> <p>Hour 1. Updates to digital imaging practice Lumbar spine: common findings in chiropractic practice</p> <p>Hour 2. Thoracic spine: common findings in chiropractic practice Cervical spine: common findings in chiropractic practice.</p> <p>Hour 2-2.5. Case presentations. A. Lumbar spine B. Thoracic spine C. Cervical spine D. Conclusions.</p>	X-ray/ Diagnostic Imaging
21		2.5	<p>Jamie P. Motley, MS, DC, DACBR Diagnostic Imaging in Chiropractic Practice</p> <p>Overview of interesting cases presenting in Life West Upon successful completion, participants will be better able to:</p> <ul style="list-style-type: none"> <li>• Employ a radiographic search pattern to interpret radiographs</li> <li>• Decide what type of radiographic findings may warrant follow-up</li> <li>• Recognize patterns of clinical and radiographically related findings</li> </ul> <p>Hour 1: Clinical Presentations and Search Pattern Recommendations</p> <ul style="list-style-type: none"> <li>• Deciding when to and when not to order/perform radiographic exam</li> <li>• Ruling in/out findings suspected by clinical presentation</li> </ul> <p>Hour 2-2.5: Case Studies</p> <ul style="list-style-type: none"> <li>• Case studies of patients presenting to health center</li> <li>• Cases include findings requiring follow-up</li> <li>• Indications for additional imaging in cases discussed</li> <li>• Indications for referral pertaining to cases discussed</li> </ul>	X-ray/ Diagnostic Imaging