

SUPER HIGHWAY TO HEALTH: ADVANCED PROTOCOLS FOR CLINICAL SUCCESS

Northwestern Health Sciences University

DATE: March 19-20, 2022
LOCATION: Phoenix, AZ or Live Webinar
HOURS: 12.0
INSTRUCTORS: Robert Silverman, DC, MS, DABCN, DCBCN

SATURDAY

8 AM – 5:30 PM

Course Description

Dr. Robert Silverman, a laser therapy expert, leads you through an innovative demonstration showcasing 35 advanced clinical success protocols. He will show you how to use and maximize the efficacy of leading-edge laser therapy technology. Utilizing interactive demonstrations, he conveys to all experience levels how this hands-on approach leads to improved performance and recovery. This is also achieved following his enhanced and accurate supplementation protocols, treatment assessments, corrective exercises, and more.

To truly improve a patient's health and optimize active lifestyles, we need to understand how systems interact with one another. The gut-to-brain axis will be discussed, emphasizing understanding Alzheimer's and treating concussion for faster recovery. **Dr. Silverman will also provide a 10-page, take-home algorithm explaining laser therapy and its application during the correlated healing stages.**

Join Dr. Silverman in this informative advanced seminar to gain insight into a comprehensive methodology that incorporates proven protocols into a clinically effective system—one you can apply to and elevate your practice immediately.

Learning Objectives

- Assess and understand traumatic brain injuries (concussion, neurodegenerative diseases)
- Flowchart explaining laser therapy and its application during the correlated stages of healing
- Apply neurodynamic tests and advanced corrective laser protocols
- Learn advanced clinical breakthroughs in the treatment of musculoskeletal injuries
- Hands-on reproducible, implementable protocols for your practice success
- How to incorporate laser effectively into your practice model
- Expertly assess intestinal and blood-brain barrier dysfunction for better management of chronic neurological disorders
- Learn the breakthrough technique for non-invasive fat reduction
- Elucidate the science of different types of fasting
- Integrate leading-edge protocols for SIBO and Lyme disease
- Implement vagus and phrenic nerve applications
- Strategies to initiate the positive impact of gut health on the musculoskeletal system
- Clinical protocols and pearls based on case studies
- An up-to-date syllabus with graphics and take-home notes
- An information-packed day guaranteed to expand your clinical knowledge
- Doctor laser flowcharts and nutritional protocols

8:00-9:00 am**Laser research and its clinical applications (advanced protocols, vagus, and phrenic nerve) .****(Examination Procedures/Diagnosis)**

- Basic anatomy and function of vagus nerve
- Vagus nerve's effects on reduction of inflammation
- Vagus nerve's role in bi-directional communication between the gut/brain axis

Laser

- How it works
- Long term effects
- Effects on Pain relief
- Phrenic nerve – its impact on the diaphragm

9:00-10:00 am**Neurodynamic tests** – assessment of the sensitivity of the whole nervous system and practical breakdown of each nerve with laser protocols to turn the individual nerve and nervous system. **(Examination****Procedures/Diagnosis)**

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| <ul style="list-style-type: none"> • Assess and treat: <ul style="list-style-type: none"> ○ Brachial plexus ○ Median nerve ○ Ulnar nerve ○ Radial nerve ○ Sciatica nerve ○ Tibial nerve ○ Lateral plantar nerve ○ Recurrent median nerve | <ul style="list-style-type: none"> • Advanced nerves: <ul style="list-style-type: none"> ○ Auxiliary nerve ○ Musculocutaneous nerve ○ Femoral nerve ○ Saphenous nerve ○ Lateral femoral cutaneous ○ Sural nerve ○ Lumbosacral plexus ○ Suprascapular nerve |
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Nerve-flossing exercises – demonstration of exercise that plays an integral role in neurological recovery.

10:00-10:15 am Break**10:15-11:15 am****Hands-on and laser workshop (advanced protocols include a 10-page, take-home algorithm).**Algorithms using laser therapy and its application during the correlated stages of healing: **(Examination Procedures/Diagnosis)**

- Acute-phase
- Sub-acute phase
 - Repair & remodeling
- Chronic
- Wellness
- Prevention
- Up-regulation of the peripheral nervous system
- Symptoms, treatment objectives, frequency and timing of application
- Case studies

11:15-12:15 pm Hands-on utilizing laser: Upper extremity myotomal diagnosis and correction.**(Examination Procedures/Diagnosis)**

- Muscle testing C1-T1:
 - Cervical: SCM, levator scapulae, trapezius

Therapy for Gut-Brain Axis (advanced protocols)

- Research review of TBI
- How to decrease brain inflammatory markers
- Traumatic brain injury and intestinal dysfunction
- Vagus nerve stimulation for gut barriers
- Blood test for concussions

3:15-3:30 pm Break

3:30-4:30 pm SIBO – Small Intestinal Bacteria Overgrowth (Exam procedures/Diagnosis)

- Signs and symptoms
- Nutritional protocols for 3 Phases of Care for SIBO
- Dietary recommendations
- Factors which protect against SIBO
- SIBO prevalence with TBI patients

Lyme Disease (Exam procedures/Diagnosis)

- Signs and symptoms
- Which the most accurate diagnostic tests are
- Nutritional protocols and laser application for reducing symptomology of Lyme disease
- Dietary protocols for Lyme disease

4:30-5:30 pm Strategies to Improve Body Composition and Reduce Obesity (Nutrition)

Functional Nutrition provides many effective strategies for weight loss and improving body composition:

- The value of body composition analysis
- Therapeutic lifestyle modifications: small changes add up
- Dietary modifications: quality foundational nutrition means looking at nutritional value, not calories
- The SAD diet is almost entirely high-glycemic foods that trigger insulin production; use Functional Nutrition to rebalance the diet toward protein and good fats
- Chemicals, not calories: the role of environmental toxins
- Nutritional supplements
- Stress reduction techniques
- The role of physical activity: improving everyday movement and posture

SUNDAY

8 AM – 12:15 PM

8:00-8:30 am Traumatic Brain Injuries/Concussions/Brain Health (advanced protocols). (Examination Procedures/Diagnosis)

Traumatic brain injuries – Concussions

Traumatic brain injuries are on the rise:

- Research review on treatments for TBI
- Concussion assessments and protocols

Why More Concussions

Diminished brain resilience syndrome:

- Toxins
- Poor dietary fats
- Poor liver function and gut bacteria

How to Assess a Concussion

- What's a concussion?
- 3-grade system
- Signs and symptoms
- Balance assessment:
 - Clinical test of sensory integration of balance

Hands-on demonstration of rehab and cognitive assessments/treatment for concussion injuries

8:30 a.m. – 9:00 a.m. Nutritional Protocol for Treating Concussion (Nutrition)

- Feed your concussion: Reviewing nutrition and its role in brain recovery
- Dietary changes required for concussion recovery
- Support for the production of BDNF (brain-derived neurotrophic factor)
- Support for a decrease of neurotransmitter substance-P
- Decrease of systemic inflammation
- Brain to gut connection
- GI restoration protocols
- Methylation and concussion

9:00-10:00 am Nutritional protocols for Alzheimer's/Neurodegenerative Disease. (Nutrition)

- Reversal of cognitive decline
- Protocols:
 - Exercise
 - Detox for cognitive decline
 - Sleep
 - Brain training
 - Resolve inflammation
 - Inhibit new inflammation

10:00-10:15 am Break

10:15-11:15 am Corrective Exercises Program (rehab portion). (Examination Procedures/ Diagnosis)

- Human movement is examined through specific movement tests
- A corrective exercise program aims to locate the body's weak link or faulty movement pattern and improve it through therapeutic exercises. Discover the proper strengthening and stretching exercises that address muscle imbalances evidenced in movement screening
- A hands-on approach for corrective exercise with laser application
- Flowcharts with pictures and descriptions will be given.
- Four-part continuum described:
 - Inhibitory technique
 - Lengthening technique
 - Activation technique
 - Integration technique
 - Movement optimization

11:15-12:15 pm How to incorporate laser into your practice model: History and explanation of laser research, physiology, and application. Summary, case studies and doctor-submitted case studies to be addressed. Q & A. (Research Trends)