

Next Gen Practice: *Efficient Modern Methods for Today's World*

Northwestern Health Sciences University

DATE: Jan 15-16, 2022

LOCATION: Arlington, VA

HOURS: 12

INSTRUCTORS: Kirk Gair, DC, IDE

Course Description

Most doctors do not fully understand what their lasers do, are unaware of the immense volume of research that supports their uses, and they lack confidence talking to patients about how lasers can help them get to their health goals faster than other modalities. This seminar will teach you the incredible volume of research behind lasers that supports many uses in practice.

Learning Objectives

- Understand how lasers are not “experimental and new”, but supported by decades of research for multiple conditions
- Demonstrate Step by step, hands on laser techniques to quickly and easily RE-CALIBRATE the nervous system to create an instant change in function.
- Apply instrument adjusting techniques to combine with your laser techniques for an even greater effect.
- Review case studies for each injury/condition.
- Summarize the Ancient Greeks to Modern Day to The Future: The history of light phototherapy, where it has come, and where the research is going, and how it impacts injury recovery.
- Justify lab technique & know which blood tests are important to have and how to interpret them for optimal injury recovery and sports performance
- Summarize traumatic Brain Injuries and Neurodegeneration
- Complete protocol workshop for cervical and upper extremity injuries, lumbar spine and lower extremity injuries
- Calculate impact of recalibration and resetting the nervous system with the accelerate recovery and enhance performance
- Understand weight loss protocols and how this can have a global effect on your patient's health
- Explain laser photobiomodulation to your patients

SATURDAY

8 am – 5:30 p.m.

7:30-8:00 am Registration

8:00-9:30 am From the Ancient Greeks to Modern Day to The Future: The history of light phototherapy, where it has come, and where the research is going, and how it impacts injury recovery. **(Laser or Research Trends)**

- Understand how light has been used to stimulate health for thousands of years
- Modern Research since the 1960s, and it's use as state standard medical care in Russia since 1974
- Cellular effects of laser photobiomodulation according to peer reviewed research
- What conditions peer reviewed research has shown laser to be effective for, and what are the wavelength, nanometers, and frequencies with the best outcomes
- Which lasers cause the best photobiomodulation, and which can decrease photobiomodulatory effects
- The latest research on lasers
- Where the research is going
- Understanding the mechanism of healthy neuronal function and the foundation for neuroplasticity.
- Neuropathophysiology. Understanding the mechanisms of neuronal disruption and cell death.
- How lasers affect the common causes of nerve and muscle injury.

9:00-9:30 am – this will not be approved – its marketing/practice building – I suggest not calling this out, and adding ½ hour to the topic above.

9:30-9:45 am Break

9:45-10:45 am Lab technique. Knowing which blood tests are important to have and how to interpret them for optimal injury recovery and sports performance. (Examination Procedures/Diagnosis)

- Understanding why you need to see blood tests on your patients, and how not knowing this information can prevent you from getting the maximum progress
- Which markers can be “deal breakers” for your patient’s progress: Inflammatory markers, blood sugar markers, anemia markers, infection markers, etc
- Knowing which values require a medical referral, and which ones you can support nutritionally and supplementally.
- Patient case studies with lab reviews

10:45-12:30 pm Traumatic Brain Injuries and Neurodegeneration (Examination Procedures/Diagnosis)

- Review of current research studies showing the cellular effects to provide support for TBI and neurodegenerative conditions.
- Evaluation techniques and questionnaires
- Review of case studies from Dr Gair’s patients ranging from mild TBI to severe and the treatment protocols
- Review of nutritional support protocols for brain injuries
- Review of supplemental protocols

12:30-1:30 pm Lunch

1:30-2:30 pm Protocol Workshop (Examination Procedures/Diagnosis)

- Balance assessment
- Eye movement assessment
- Functional Assessments: math processing, word processing, memory
- Laser protocols

2:30-3:30 pm Cervical and Upper Extremity Injuries and How to Recalibrate and Reset the nervous system with the accelerate recovery and enhance performance (Examination Procedures/Diagnosis)

- Research studies on cervical spine, shoulder injuries, elbow, and carpal tunnel and laser photobiomodulation
- Muscle assessment techniques
- Case studies from Dr Gair’s Patients

3:30-3:45 pm BREAK

3:45-4:45 pm Cervical and Upper Extremity Protocol Workshop (Examination Procedures/Diagnosis)

- How cervical movements affect muscle strength and laser protocols to recalibrate and reset
- Laser shoulder protocols
- Percussor techniques and Adjustor tool techniques for these conditions

4:45- 5:30 pm Lumbar spine and Lower Extremity Injuries and How to Recalibrate and Reset the nervous system to accelerate recovery and enhance performance (Examination Procedures/Diagnosis)

- Research studies on lumbar spine, hip, knee, and ankle injuries and laser photobiomodulation
- Muscle assessment techniques
- Case studies from Dr Gair’s Patients

7:30-8:00 am Registration

8:00-9:30 am Lumbar and Lower Extremity Protocol Workshop (Examination Procedures/Diagnosis)

- How lumbar movements affect muscle strength and laser protocols to recalibrate and reset
- Laser low back and heel protocols
- Percussor techniques and Adjustor tool techniques for these conditions

9:30- 10:30 am Weight loss protocols and how this can have a global effect on your patient's health (Examination Procedures/Diagnosis)

- Excess fat does more than increase your weight...it also increases your risk of major health problems
 - Excess Fat - effects on the spine and its effects on Joint pain
 - Higher risk for bone-thinning osteoporosis, and metabolic syndrome.
 - Breaking the inflammation Cycle by Reducing excess fat in our bodies
 - Excess Fat in our bodies is known to cause inflammation, and recent research has shown that inflammation may be a key player in the development of chronic pain
 - FDA cleared Non-Invasive laser treatment for fat lipolysis
 - Research studies that can help with fat reduction
 - Nutritional protocols for additional support
 - How the Non-Invasive laser treatment can help increase patient compliance with nutritional and supplemental protocols to help the patients maintain their fat loss
 - Before and after lab tests showing the global effect of on numerous inflammatory and cardiovascular markers and liver markers.
- Q and A session

10:30-10:45 am BREAK

10:45- 12:15 pm How to Explain Laser Photobiomodulation to your patients- Scripts that clearly explain how the laser works, and that give the patient realistic expectations based off research (Laser or Research Trends)

- Why sports injuries are skyrocketing with today's youth, how you can get the athletes back to competitive performance quicker
- How lasers can actually enhance sports performance to a level that one study from the Journal of Biophotonics said was "similar to a performance enhancing drug."
- How lasers can be part of the solution for the Opioid Epidemic, citing current studies showing lasers effectiveness compared to pain relievers and anti-inflammatories