

## 2023 Chiropractic Homecoming Symposium

Thursday, Feb 2, 2023			
Time	Description	Speaker	CE HRs
8:00 - 8:10 am	<b>Welcome Message and Keynote Introduction</b>		
8:10 am - 10:00 am	<p><b>Keynote:</b>  <b>In Search of the Holy Grail for Low Back Pain. Or Anything that Works at All . . . (2 Philosophy of Chiropractic Hours)</b>                      Low Back Pain (LBP) is the number one cause of global disability and, when combined with neck pain, results in direct costs to the United States healthcare system of approximately \$134 billion annually. The seriousness of this public health issue is exacerbated by the fact that widespread use of safe and cost-effective treatments remains elusive.</p> <p>In this talk, Dr Goertz will provide a summary of the state of the science relevant to chiropractic care for low back pain. She will present her work evaluating non-pharmacological approaches for LBP, including a review of three large federally funded pragmatic clinical trials. This will be followed by a discussion of strategies she has engaged in to implement existing evidence into clinical practice by impacting health systems and national payment policy. She will close by proposing future directions for research and health policy designed to impact chiropractic care for patients with LBP, as well as how similar efforts might scale to other common health conditions.</p> <p>Learning Objectives:                      1) Describe the public health implications of low back pain in the United States                      2) Understand the current state of the science regarding chiropractic care for low back pain                      3) Describe three pragmatic clinical trials focused on low back pain                      4) Discuss the future of chiropractic healthcare delivery given evolving market conditions</p>	Christine Goertz, DC, PhD	2
10:00 am - 10:30 am	<b>Snack Break with Vendors</b>		0
10:30 am - 12:30 pm	<p><b>Diagnostic Imaging: Case Studies and Clinical Correlations (2 X-ray Hours)</b>                      The course is designed to illustrate the vital role that diagnostic imaging plays in the work-up and management of patients as well as to emphasize the importance of teamwork between the patients' care provider and the radiologist.</p> <p>We will be presenting a variety of diagnostic imaging studies (x-rays, MRI &amp; CT) with histories, thorough review of the significant imaging findings and discussion of the clinical relevance of those findings, along with any related follow-up imaging &amp; the clinical course.</p>	Timothy Mick, DC, DACBR and Michelle Mick, BSc (Chiropractic), DC, DACBR, FCCR (Can), FCC (UK), DipMEd	2
12:30 pm - 1:30 pm	<b>Lunch Break</b>		

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1:30 pm - 3:30 pm	<p><b>Practitioner Heal Thyself to Heal Others: Critical Self-Care Strategies that Integrate Dietary, Nutraceutical, and Lifestyle Medicine for Vitality and Healthy Mitochondrial Function (2 Basic Sciences Hours)</b></p> <p>This session will help Providers use the Functional Medicine Approach to self-care. Leave this session having created a Personalized Diet, Nutraceuticals, and Lifestyle Plan designed for you in your current state of health. We will actively workshop and complete assessments that help all of us identify what is going well in our personal programs, and then will focus on identifying area that require your attention to detail.</p> <p>Learn about the updated clinical and nutrition-based solutions available for managing sleep disorders, body composition challenges that emerged in recent years, cutting edge nutraceutical that mitigate the negative downstream complications of inflammation, and master the most impactful resources available to address the impacts of stress in your own life. The Mitochondrial Food Plan will help you eat for improved energy and implement a Food as Medicine dietary approach with a new level of specificity to address fatigue, sleep disorders, pain, brain fog, and the post-sequel of COVID, also known as Long-Haul COVID syndrome.</p> <p>When we “Walk the Talk” and “Practitioners Prioritize the Need to Heal Ourselves” we can help our patients with more authenticity to achieve their own health goals.</p>	Kristi Morlan-Hughes, ND, IFMCP, FMCHC	2
3:30 pm - 4:30 pm	<b>Snack Break with Vendors</b>		0
4:00 pm - 4:50 pm	<p><b>Hospital Based Chiropractic and the VA's Whole Health Model of Care (1 Principles of Practice Hour)</b></p> <p>The Veterans Health Administration is growing its use of chiropractic and other Complementary and Integrative approaches to care for Veterans. Learn how and why the VA is increasing its use of chiropractic while gaining access to valuable tools that VA clinicians are using to engage patients. These tools will be available for you and your patients to chart a path to well-being through the Whole Health System of care. Finally, learn how to participate in this growing segment of chiropractic use in the largest healthcare system in the US.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> <li>1) Identify the reasons why chiropractic has grown within the largest US healthcare system.</li> <li>2) Access Whole Health resources and know how to use them Monday morning with their patients, even engage with the resources themselves.</li> <li>3) Join VA as a provider and encourage future generations of chiropractors in this growing area of practice.</li> </ol>	Juli Olson, DC	1
5:00 pm - 6:00 pm	<p><b>Chiropractic Management of Common Infant Conditions (1 Exam/Diagnosis Hour)</b></p> <p>In this course we will dive into the three most common presenting conditions of infancy. Using clinical case examples and current pediatric evidence, we will discuss the best management protocols for these conditions. Dr. Jenny brings her 14 years of experience in specialized pediatric practice to the presentation, sprinkling in some clinical pearls she has learned along the way.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> <li>1) Identify the most common presenting conditions of infant patients.</li> <li>2) Discuss the evidence for chiropractic management of colic, nursing dysfunction, and infant reflux.</li> <li>3) Discuss the adjunctive modalities that a provider could use to augment their in-office management of colic, nursing dysfunction, and infant reflux</li> </ol>	Jennifer Brocker, DC, DICCP	1
6:30pm - 8:30pm	<b>All Attendee Social Event: Food, Beverages and Bocce Ball</b>	<b>Pinstripes Restaurant 3849 Gallagher Dr, Edina, 55435</b>	
	<b>TOTAL CE HOURS FOR DAY</b>		<b>8</b>

## 2023 Chiropractic Homecoming Symposium

Friday, Feb 3, 2023			
Time	Description	Speaker	CE HRs
8:00 am - 10:00 am	<p><b>FROM THE NEW ANATOMY LAB: Dys-Jointed: A Dissection of Anatomical and Structural Changes in Joint Dysfunction of Older Patients (2 Basic Sciences Hours)</b></p> <p>This course involves cadaver dissection of the shoulder, elbow, hip, and knee. Dissection will review major aspects of joint anatomy and associated structures including muscles, ligaments, joint capsule anatomy. Joint dissection of anatomical donors of advanced age will look at gross anatomical changes within the joint, articular cartilage, synovial cavity and will correlate with other keynote speaker discussions.</p> <p>Objectives:</p> <ol style="list-style-type: none"> <li>1. Dissect and correlate soft tissue changes and response to aging joints with clinical presentation.</li> <li>2. Dissect and correlate changes within the joint cavity of aged joints with clinical presentation.</li> </ol>	David Farrar, DC, and Joseph Muldoon, DS, MS, DC	2
10:00am - 10:30am	<b>Snack Break with Vendors</b>		0
10:30 am - 11:30 am	<p><b>Metabolic Detoxification (1 Nutrition Hour)</b></p> <p>Metabolic detoxification is an emerging avenue of treatment for the healthcare provider. Proving to be a valuable asset to not only enhance your treatment protocols but also to ensure your patient's are not only surviving but thriving, in the current difficult environment. Whether it's physical and emotional stress or chemical exposure on a daily basis our lack of proper nutrition and supplementation has taken a negative effect on our nation's health. Come learn methods and techniques that allow you to effectively implement a metabolic detoxification program to help your patient's achieve better health.</p> <p><b>Course Learning Objectives:</b></p> <ul style="list-style-type: none"> <li>• This course should enable the practitioner to have a starting point on performing and implementing metabolic detoxification in their practice.</li> <li>• Proper foods to eat, supplements to take, and protocols to ensure an effective program for their patients will be given. At the end of this course the practitioner should enjoy good basic level knowledge on what to do for this topic.</li> <li>• Research substantiating the efficacy will be provided.</li> </ul>	Jeffrey Lavell, DC	1
11:30 am - 12:30 pm	<p><b>Preparing for the Silver Tsunami: Chiropractic's Golden Opportunity (1 Exam/Diagnosis Hour)</b></p> <p>As the U.S. prepares for the 'silver tsunami' of adults aging into Medicare, chiropractic is presented with a golden opportunity to demonstrate its value proposition. Keeping older adults functionally active, engaged in the paid and volunteer workforce, and able to age-in-place are essential to a healthy and thriving society. Chiropractic care is uniquely suited to help older adults maintain and improve their musculoskeletal health through evidence-based, non-pharmacologic interventions. This session will address not just the biological, but also the psychological and social components of healthy ageing inspiring attendees to deliver best practices in chiropractic care for older adults. Findings from research conducted at Northwestern Health Sciences University will be discussed, providing attendees with information to use Monday morning to improve the care of older adult patients and create a rich and rewarding clinical experience.</p> <ol style="list-style-type: none"> <li>1. Define the impact of musculoskeletal disorders on older Americans, particularly as part of a constellation of co-morbid conditions</li> <li>2. Discuss the risk of opioid use and potential abuse among older adults</li> <li>3. Review current research and best practices to guide chiropractic care of older adults</li> </ol>	Michele Maiers, DC, MPH, PhD	1

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12:30 pm - 1:30 pm	<b>Lunch break</b>		
1:30 pm - 3:30 pm	<p><b>NWHSU Radiology Panel: Descriptions, Diagnoses, and Discourse (2 X-ray Hours)</b></p> <p>Join Northwestern's team of radiologists for a panel-style presentation of interesting cases. The team will highlight the importance of pertinent clinical histories, descriptions, and differential diagnoses when managing common presentations in the clinical setting.</p> <p>Objectives:            1. Understand the impact of accurate and detailed case histories when incorporating imaging into the clinical decision-making process            2. Learn differential diagnosis to otherwise common conditions in the chiropractic clinical setting.</p> <p>Outline: 2-hour presentation of clinical case studies, using a panel discussion format.</p> <ul style="list-style-type: none"> <li>• Hour 1: "Challenge of the Unknown:" Panelists are provided limited information about a case and must talk through the description and ddx process; modifying their ddx as new information is presented.</li> <li>• Hour 2: "Bluff the Listener Challenge:" Panelists will each try to convince audience members to choose their diagnosis. Audience members will then select the most likely case diagnosis using Poll-Everywhere, or similar audience response devices.</li> </ul>	Christopher Major, DC, DACBR, Heidi Mendenhall, DC, DACBR, Jeffrey Rich, DC, DACBR, Christopher Smoley, DC, DACBR	2
3:30 pm - 4:00 pm	<b>Snack Break with Vendors</b>		
4:00 pm - 4:50 pm	<p><b>Lesser Known Topics in Professional Boundaries 2023 (1 Professional Boundaries Hour)</b></p> <p>Those who attend this program:</p> <ol style="list-style-type: none"> <li>1. Will be able to recognize lesser-known boundary crossings (which may or may not be experienced as harmful) and develop strategies to prevent boundary crossings from becoming boundary violations (which are always harmful).</li> <li>2. Will be able to explain how actions taken with the best intentions can nevertheless result in harm to the doctor, patient and the doctor/patient relationship.</li> </ol>	John Wolfe, Jr., JD, DC	1
5:00 pm - 6:00 pm	<p><b>Adjustive Procedures for Common Problems Related to the Shoulder, Hip and Spine (1 Adjustive Technique Hour)</b></p> <p>Five NWHSU faculty from the chiropractic technique department bring their collective 125 years of experience to demonstrate corrective chiropractic adjustments for common shoulder, hip, and spine conditions. The hour will be broken into five demonstrations with clinical presentation, evaluation, and technique instructions. Topics include:</p> <ol style="list-style-type: none"> <li>1. Standing anterior thoracic adjustment: Brad Finer, Beth Heim</li> <li>2. Coccyx adjustment: Zach Zachmann</li> <li>3. LAD of the SC joint adjustment: Don Eggebrecht</li> <li>4. Anterior L5 adjustment: Christie Weibel Maanum</li> <li>5. Internal and external hip adjustment: Ryan Oster</li> </ol>	Brad Finer, DC, DACAN, Beth Heim, DC, Zach Zachman, DC, Don Eggebrecht, DC, Christie Weibel Maanum, DC, Ryan Oster, DC	1
6:30 pm - 8:30 pm	<b>Alumni Social - Fire and Ice Happy Hour and Reunion Years Celebration (Open to all Alumni even non-attendees)</b>	<b>Fireside Lounge</b>	
	<b>TOTAL CE HOURS FOR DAY</b>		<b>8</b>

## 2023 Chiropractic Homecoming Symposium

Saturday, Feb 4, 2023			
8:00 am - 8:50 am	<b>Integrative Care for the Athlete (1 Basic Sciences Hour)</b>	LaKendra Fulbright, DC	1
	<p>The purpose of this course is to provide an introduction to holistic care for the athlete. We will recognize the different modalities and practitioners that work within a sports medicine team. We will then discuss the chiropractor's role both within the team and as a stand alone provider.</p> <p>By the end of the course, you will be able to 1) identify different modalities and how they benefit the athlete/patient, 2) assist with both injury prevention and injury treatment, 3) provide general nutritional advice.</p>		
9:00 am - 10:00 am	<b>When the Foot Hits the Ground, Everything Changes (1 Adjustive Technique Hour)</b>	Kevin Wong, DC	1
	<p>Learn some evaluation and adjusting techniques for the feet and ankles. Discuss foot/ankle anatomy and common clinical patterns of subluxation. The importance of the feet for whole-body stability is one of the core concepts of the class. When the arches of the feet have problems being too flat or too high, the body undergoes stress patterns, and a multitude of clinical ailments throughout the body may result.</p> <p>Learn how to analyze the patient, look for visual findings and subluxation patterns, and adjust the appropriate bones. There may be opportunities for hands-on examination/evaluation, modeling adjusting techniques along with discussion of physiotherapy modalities (i.e. cold laser, etc.), elastic taping protocols, and exercises.</p>		
10:00 am - 10:30 am	<b>Snack Break with Vendors</b>		0
10:30 am - 11:20 am	<b>Laser, Labs, Nutrition &amp; Joints REIMAGED (1 Nutrition Hour)</b>	Brandon Brock, DC	1
	<p>Dr. Brandon Brock's extensive knowledge of neurology, functional medicine, regenerative medicine, laboratory intervention and nutrition support prove vital as he focuses on maximizing musculoskeletal &amp; joint health.</p> <p>The connection between the brain gut axis and its effect on inflammation that increases overall pain is clear. Dr. Brock will give special focus on specialty lab testing to positively influence the gut to brain axis.</p> <p>Dr. Brock's quest is to take attendees through patient examinations, progressive practice techniques, including labs, orthopedic testing, soft tissue manipulation, nutrition &amp; low-level laser techniques for neurological rehab. Critical points including common pathologies, biomechanics, standard entrapment zones and compartmental injuries will be covered.</p> <p>Dr. Brock thrives on teaching and providing educational support to facilitate learning for all physicians. Join him in on this quest for whole-body musculoskeletal health, as you will reap the benefit of learning with Dr. Brock for your patients' reward!</p> <p>Objectives</p> <ol style="list-style-type: none"> <li>1. Evaluation and treatment various joint conditions</li> <li>2. Review of medical necessity of non-thermal laser therapy</li> <li>3. Understand treatment paradigms that can be used immediately</li> </ol>		
11:30 am - 12:30 pm	<b>Meniscal Injury in a 40 year-old Male: A Case Study Emphasizing Integrative Care (1 Exam/Diagnosis Hour)</b>	Melissa MacDonald, DC and Shiloh Heesch, DC	1
	<p>Objectives:</p> <ol style="list-style-type: none"> <li>1) Identify current protocol for examination of the knee.</li> <li>2) Understand how to integrate different disciplines in the care of a patient.</li> </ol>		
	<b>TOTAL CE HOURS FOR DAY</b>		<b>4</b>

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	<b>GRAND TOTAL CE HOURS</b>		<b>20</b>
	X-RAY HOURS		4
	PROBOUND HOURS		1
	NUTRITION HOURS		4