

Joint and Biomechanical Restoration

Stopping the Pain Cycle

Presented by Joel Brandon Brock DNP, DC, APRN, DACNB

Course Description

Dr. Brandon Brock's extensive knowledge of neurology, functional medicine, regenerative medicine, laboratory intervention & nutrition support proves vital as he focuses on maximizing musculoskeletal & joint health. With a background of thorough study, including Harvard Medical School, Stamford University, Duke University & presently, the goal of a Ph.D., he has driven all the knowledge he has garnered into clinical use.

Dr. Brock's quest is to take attendees through thorough patient examinations, progressive practice techniques, including labs, orthopedic testing, soft tissue manipulation, nutrition & low-level laser techniques for neurological rehab of all joints. Critical points including common pathologies, biomechanics, standard entrapment zones & compartmental injuries are sure to be covered—the why, where, when & how for intervention will concisely be demonstrated.

Objectives

- Assess & evaluate joints of the body to determine technique
- Examine common conditions & pathologies
- Apply diagnostic laboratory analysis for patient treatment of pain indications
- Demonstrate orthopedic testing for joint & biomechanical restoration
- Apply soft tissue manipulation to assist in pain reduction
- Use laser treatment in conjunction with other treatments
- Justify multi-faceted treatment protocol through various techniques including nutrition

Friday, 1pm – 7:15pm

1:00 – 2:00 pm Evaluation and treatment of the neck, nerve roots, and plexus (Exam/Diagnosis)

Exam common cervical and plexus pathologies.

- Labs
- Orthopedic testing
- Soft tissue
- Laser treatment
- Nutrition support

2:00 – 3:00 pm Evaluation and treatment of the scapular area (Exam/Diagnosis)

Scapular mechanics and related conditions

- Labs
- Orthopedic testing
- Soft tissue
- Laser treatment
- Nutrition support

3:15 – 4:15 pm Evaluation and treatment of the AC Joints (Exam/Diagnosis)

Standard AC, Bursal, and glenohumeral conditions and treatment

- Labs
- Orthopedic testing

- Soft tissue
- Laser treatment
- Nutrition support

4:15 – 5:15 pm

Evaluation and treatment of the upper extremity nerve entrapments (Exam/Diagnosis)

Exam and common elbow pathologies and biomechanics.

Exam and standard peripheral entrapment zones

- Labs
- Orthopedic testing
- Soft tissue
- Laser treatment
- Nutrition support

5:15 – 6:15 pm

Evaluation and treatment of the wrists, hands, and fingers (Exam/Diagnosis)

Exam and standard wrist and compartmental injuries

Exam and common hand, finger, and biomechanical injuries

- Labs
- Orthopedic testing
- Soft tissue
- Laser treatment
- Nutrition support

6:15 – 7:15 pm

Evaluation and treatment of the thoracic and lumbar spine (Exam/Diagnosis)

Exam and common thoracic, rib, sternal, thoracic spine, and cord injuries

- Labs
- Orthopedic testing
- Soft tissue
- Laser treatment
- Nutrition support

Saturday, 8am – 2:15 pm

8:00 – 9:00 am

Assessment and treatment of the hips and SI joints (Exam/Diagnosis)

Exam and standard IT band, glute, SI joint, hip, and bursal biomechanics

- Labs
- Orthopedic testing
- Soft tissue
- Laser treatment
- Nutrition support

9:00 – 10:30 am

Evaluation and treatment of the knees (Exam/Diagnosis)

- Labs
- Orthopedic testing
- Soft tissue
- Laser treatment
- Nutrition support
- Q&A

- 10:45 – 11:45 am** **Evaluation and treatment of the ankles and feet (Exam/Diagnosis)**
- Labs
 - Orthopedic testing
 - Soft tissue
 - Laser treatment
 - Nutrition support
- 11:45 am – 12:45 pm** **Evaluation and treatment of core musculature (Exam/Diagnosis)**
- Exam and common core weaknesses and cerebellar pathologies.
Exam and common weak abs, abdominal complaints.
- Labs
 - Orthopedic testing
 - Soft tissue
 - Laser treatment
 - Nutrition support
- 12:45 – 1:15 pm** **Evaluation and treatment of appropriate rib mechanics and thoracic cavity (Exam/Diagnosis)**
- Exam and standard rib, sternal, pleural, and pericardial pathologies.
- Labs
 - Orthopedic testing
 - Soft tissue
 - Laser treatment
 - Nutrition support
- 1:15 – 2:15 pm** **Involvement of the brain with movement and joint stability (Exam/Diagnosis)**
- Exam and typical brain-related biomechanical issues.
- Labs
 - Orthopedic testing
 - Soft tissue
 - Laser treatment