

# Vitality: Management of Common Clinical Syndromes

Northwestern Health Sciences University

DATE: July 8-9, 2023

LOCATION: Omaha, NE

HOURS: 12

INSTRUCTOR: Dan Murphy, DC, DABCO

## **FRIDAY**

**12:00 p.m. – 8:45 p.m.**

### **12:00 – 2:00 p.m. - Clinical Physiology & Chiropractic for All (Basic Sciences)**

Hour 1: Integrating infection, evolution, immunity, inflammation, fibrosis, blood flow, mitochondria, ATP, oxidative stress, and DNA.

Hour 2: Integrating mechanical integrity in gravity, weight, load, levers, posture, mechanoreception, mechanotransduction, mechanobiology, tensegrity, neurology, blood flow, and DNA.

### **2:00 – 2:15 p.m. – Break**

### **2:15 – 3:15 p.m. - Healthy Diet for All (Nutrition)**

Integrating high vegetable, low lectin, low glycemic dietary habits.

Discussing problems with refined carbohydrates, monosodium glutamate, aspartame, and chemical toxins.

### **3:15 – 4:15 p.m. - Exercise for All (Physical Therapy)**

Integrating high intensity interval training, weight lifting, brain derived neurotrophic factor, human growth hormone, and interleukin-10.

### **4:15 – 5:15 p.m. - Laser Physiology (Basic Sciences)**

Discuss the biphasic nature of laser photon therapy, wavelength, frequency, speed of light, fluence, penetration, secondary and primary physiological influences.

### **5:15 – 6:15 p.m. - Low-Level-Lasers for All (Basic Sciences)**

Integrating the relationship between mitochondria, free radicals, ATP, cytochrome c oxidase enzyme, and laser photon therapy

### **6:15 – 6:45 p.m. – Break**

### **6:45 – 7:45 p.m. - Supplements for All (Nutrition)**

Review why all people need between 5-8 different supplements and why.

### **7:45 – 8:45 p.m. - Gut Protocol (Basic Sciences)**

Protocol for influencing immunology and the brain through the intestinal tract; integrating the vagus nerve and the nucleus tractus solitarius.

## **SATURDAY**

**8 a.m. – 12:15 p.m.**

### **8:00 – 9:00 a.m. - Brain Protocol (Basic Sciences)**

Protocol for brain function; integrating trauma, degenerative, and vascular compromise.

### **9:00 – 10:00 a.m. - Low Back Pain Protocol (Basic Sciences)**

Protocol for chronic low back pain; integrating the disc, posture, adjustment and exercise.

### **10:00 – 11:00 a.m. - Whiplash Protocol (Basic Sciences)**

Protocol for acute whiplash; integrating controlled motion and anti-inflammation.

### **11:00 – 12:00 p.m. - Fibrosis/Scar Protocol (Basic Sciences).**

Protocol for remodeling scar tissue and the fibrosis of repair.

## **Curriculum Vitae, January 2018**

Daniel Murphy, D.C.  
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### **Education:**

1. Undergraduate three years at the University of California, San Diego
2. 1978, graduated from Western States Chiropractic College, magna cum laude
3. 1986, Diplomate of the American Board of Chiropractic Orthopedics
4. Have accumulated approximately the following post-graduate continuing education hours: Biomechanics: 500 hours; Orthopedics: 950 hours; X-ray: 470 hours; Neurology: 900 hours; Nutrition 350 hours.

### **Clinical Experience:**

1. Continuous clinical practice 1978 - 2003.
2. Part-time clinical practice 2003 through present.

### **Undergraduate Teaching Experience:**

1982 to present and continuing, part-time undergraduate faculty at Life Chiropractic College West, in Hayward, CA. Current class is Management of Spinal Disorders; Spinal Pathology Neurology; Rank, full professor.

### **Postgraduate Teaching Experience:**

Have taught approximately 1,700 twelve hour postgraduate continuing education classes.

Class topics include: biomechanics of vehicular collisions; biomechanics of spine trauma; biomechanics of pediatric vehicular collisions; soft tissue injury and repair; pain and proprioceptive neurology; the management of spine and spinal related disorders; clinical nutrition.

Have taught postgraduate classes for Life Chiropractic College West, Los Angeles Chiropractic College, Life University (Chiropractic), Logan Chiropractic College, Palmer Chiropractic College, Cleveland Chiropractic College of Kansas City, University of Western States, and Northwestern Health Science University.

### **Publications:**

- 1989: Chapter V in Spinal Manipulation: "Posture, Tissues, Neurology and Health", published by Chiropractic Biophysics, Inc.
- 1990-2013: Quarterly Column in the Journal of Clinical Chiropractic.
- 1996: Contributing author: Motor Vehicle Collision Injuries, Aspen Publication.
- 1998: Contributing author: Pediatric Chiropractic, Williams & Wilkins.
- 2005: Contributing author: Motor Vehicle Collision Injuries, 2<sup>nd</sup> edition, Jones and Bartlett.
- 2011: Contributing author: Pediatric Chiropractic, 2<sup>nd</sup> edition, Wolters Kluwer, Lippincott Williams & Wilkins.

### **Special Awards:**

1. 1987, 1991 and 1995: Post-graduate Educator of the Year, given by the International Chiropractic Association.
2. 1997: The Carl S. Cleveland, Jr., Educator of the year, given by the International Chiropractic Association of California.
3. 2001: Dr. Murphy was honored by the readers of Dynamic Chiropractic as the top vote receiver for the "Our Virtual Chiropractic Association."
4. In 2001, Dr. Murphy was chosen "Chiropractor of the Year" by the International Chiropractic Association of California.
5. 2003-2009, Vice President of the International Chiropractic Association.
6. 2009-2010, "Chiropractor of the Year" from the International Chiropractic Association.
7. 2014, Lifetime Achievement Award from the International Association of Functional Neurology and Rehabilitation (IAFNR).