

Proactive Health: Literature Reviewed and Protocols Simplified

Northwestern Health Sciences University

DATE: October 13-14, 2023

CE HOURS: 12

LOCATION: Live stream webinar

INSTRUCTORS: Dan Murphy, DC and Kirk Gair, DC

Friday, October 13, 2023			3:00 pm – 7:15 pm
Time	Category / CE Hrs	Description	Instructor
3:00 pm – 5:00 pm	Research Trends 2 CE	<p>Laser Myths and Misconceptions vs Objective Realities. Is the “Science Settled?”</p> <ul style="list-style-type: none"> • Modern Research since the 1960s, and it’s use as state standard medical care in Russia since 1974 and their findings for best wavelengths and powers. • Lasers vs NSAIDS and Opioids and laser superiority in long term results • What conditions peer reviewed research has shown laser to be effective for, and what are the wavelength, and frequencies with the best outcomes to create 20 FDA clearances for visible wavelength low powered lasers • What is the difference between violet, green, red, and infrared lasers? • Depth of penetration vs signaling cascades and electron transport. How this can cause the violet laser to have the furthest reaching impacts on tissues and why • The latest research on lasers, including how some wavelengths have enough energy per photon to trigger electrons to jump to higher energy states and create millions of reactions. • Where the research is going Autism, Parkinson’s, Alzheimer’s, Low Back, etc. • How do we know it’s not just a placebo? Case studies with fractures, athletes, and animals. 	Dr. Kirk Gair
5:00 pm – 6:30 pm	History Taking & Physical Exam Procedures 1.5 CE	<p>Traumatic Brain Injuries, Neurodegeneration, and Long Covid</p> <ul style="list-style-type: none"> • Review of current research studies showing the cellular effects to provide support for TBI and neurodegenerative conditions. • How long Covid is affecting patient’s brain function, body pain, and quality of life. • Research showing how the spike protein triggers auto immunity in some patients, and how you can provide support with laser protocols, nutritional, and supplemental protocols to improve quality of life and function. 	Dr. Kirk Gair

		<ul style="list-style-type: none"> • Evaluation techniques and questionnaires • Nutritional red flags for patients at risk of concussions from sports or for patients recovering from concussions. • How to recognize early signs of CTE and neurodegeneration and what to do for it. • Research on low level laser support protocols for children with autism, dyslexia, ADHD. • 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, and dysfunction like autism, Parkinson’s, Alzheimer’s, etc. • Review of supplemental protocols 	
6:30 pm – 7:00 pm	Adjustive Technique 0.5 CE	Protocol Workshop <ul style="list-style-type: none"> • Balance assessment • Gait assessment • How to recognize signs of auto immune reactions in the brain • Eye movement assessment • Functional Assessments: math processing, word processing, memory • Vagus nerve protocols • Laser protocols 	Dr. Kirk Gair
Saturday, October 14, 2023			
			10:00 am – 7:30 pm
Time	Category / CE Hrs	Description	Instructor
10:00 am – 12:00 pm	Principles of Practice/ Philosophy 2 CE	Clinical Physiology <ul style="list-style-type: none"> • Integrating infection, evolution, immunity, inflammation, fibrosis, blood flow, mitochondria, ATP, oxidative stress, and DNA. Chiropractic for All <ul style="list-style-type: none"> • Integrating mechanical integrity in gravity, weight, load, levers, posture, mechanoreception, mechanotransduction, mechanobiology, tensegrity, neurology, blood flow, and DNA 	Dr. Dan Murphy
1:00 pm – 2:00 pm	Nutrition 1 CE	Healthy Diet for All <ul style="list-style-type: none"> • Integrating high vegetable, low lectin, low glycemic dietary habits. 	Dr. Dan Murphy

2:00 pm – 3:00 pm	Physical Therapy/ Physiological Therapeutics 1 CE	<p>Exercise for All</p> <ul style="list-style-type: none"> Integrating high intensity interval training, weightlifting, brain derived neurotrophic factor, human growth hormone, and interleukin-10. 	Dr. Dan Murphy
3:15 pm – 5:15 pm	Basic Sciences 2 CE	<p>Laser Physiology</p> <ul style="list-style-type: none"> Discuss the biphasic nature of laser photon therapy, wavelength, frequency, speed of light, fluence, penetration, secondary and primary physiological influences. <p>Low-Level-Lasers for All</p> <ul style="list-style-type: none"> Integrating the relationship between mitochondria, free radicals, ATP, cytochrome c oxidase enzyme, and laser photon therapy 	Dr. Dan Murphy
5:30 pm – 7:30 pm	Adjustive Technique 2 CE	<p>Cervical and Upper Extremity Injuries and How to Recalibrate and Reset the nervous system with the accelerate recovery and enhance performance.</p> <ul style="list-style-type: none"> Research studies on cervical spine, shoulder injuries, elbow, and carpal tunnel and low-level laser therapy Muscle assessment techniques Case studies from Dr Gair’s Patients <p>Cervical and Upper Extremity Protocol Workshop</p> <ul style="list-style-type: none"> How cervical movements affect muscle strength; laser protocols to recalibrate & reset. Laser shoulder protocols, elbow, and hand protocols Percussor techniques and Adjustor tool techniques for these conditions <p>Lumbar spine and Lower Extremity Injuries and How to Recalibrate and Reset the nervous system to accelerate recovery and enhance performance.</p> <ul style="list-style-type: none"> Research studies on lumbar spine, hip, knee, and ankle injuries; low-level laser therapy Muscle assessment techniques Case studies from Dr Gair’s Patients <p>Lumbar and Lower Extremity Protocol Workshop</p> <ul style="list-style-type: none"> How lumbar movements affect muscle strength; laser protocols to recalibrate & reset. Laser low back, hip, knee, and ankle protocols Gait reset protocols. Balance protocols Percussor techniques and Adjustor tool techniques for these conditions 	Dr. Kirk Gair