

Lasering Through the Lifespan

Turnkey and Advanced Laser Protocols for Each Phase of Life and their Common Conditions

Northwestern Health Sciences University

CE HOURS: 12 – Lasers

INSTRUCTOR: Kirk Gair, DC, IDE

Friday, March 1, 2024	
Time	Description
12:00 pm – 1:45 pm	Laser myths and misconceptions vs objective realities. Is the “Science Settled?” <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• The latest research on lasers, includes 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.
15-minute break	
2:00 pm – 3:30 pm	Traumatic brain injuries, neurodegeneration, and long COVID <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 shows 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.• 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
3:30 pm – 4:30 pm	Protocol workshop <ul style="list-style-type: none">• Balance and gait assessments• How to recognize signs of auto immune reactions in the brain• Functional Assessments: math processing, word processing, memory• Vagus nerve protocols
15-minute break	

4:45 pm – 6:00 pm	<p>Cervical and upper extremity injuries and how to recalibrate and reset the nervous system with accelerate recovery and enhance performance.</p> <ul style="list-style-type: none"> • Cervical spine, shoulder injuries, elbow, and carpal tunnel and laser photobiomodulation • Muscle assessment techniques • Case studies from Dr. Gair’s Patients
6:00 pm – 6:45 pm	<p>Cervical and upper extremity protocol workshop</p> <ul style="list-style-type: none"> • How cervical movements affect muscle strength and laser protocols to recalibrate and reset. • Laser shoulder protocols, elbow, and hand protocols • Percussor techniques and Adjustor tool techniques for these conditions
6:45 pm – 8:45 pm	<p>Lumbar spine and lower extremity injuries and how to recalibrate/reset the nervous system to accelerate recovery.</p> <ul style="list-style-type: none"> • Research studies on lumbar spine, hip, knee, and ankle injuries and laser photobiomodulation • Muscle assessment techniques • Case studies from Dr Gair’s Patients
Saturday, March 2, 2024	
8:00 am – 9:00 am	<p>Lumbar and lower extremity protocol workshop</p> <ul style="list-style-type: none"> • How lumbar movements affect muscle strength and laser protocols to recalibrate and reset. • Laser low back, hip, knee, and ankle protocols • Balance and Gait reset protocols. • Percussor techniques and Adjustor tool techniques for these conditions
9:00 am – 10:30 am	<p>Instrument adjusting techniques and soft tissue techniques to combine with laser photobiomodulation.</p> <ul style="list-style-type: none"> • How to use the laser to break down scar tissue • Surgical scar neuro-recalibration protocols • Laser reset scan from C1-L5 • Use of the adjustor or percussor for neurological rehabilitation and increasing range of motion • Standing vs seated vs lying techniques.
15-minute break	
10:45 am – 12:15 pm	<p>How to explain laser photobiomodulation to your patients</p> <ul style="list-style-type: none"> • Why sports injuries are skyrocketing with today’s youth, how you can help reduce the costs and get the athletes back to competitive performance quicker. • How lasers can enhance sports performance to a level that one study 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-inflammatory drugs