

The Changing Brain: Applying the Principles of Neuroplasticity to Pain, Inflammation, Stress and Rehabilitation

Northwestern Health Sciences University

DATE: April 20-21, 2024

LOCATION: Greenville, SC

HOURS: 12

INSTRUCTORS: Brian Jensen, DC

With a greater understanding of how the nervous system works and responds to our environment, we can now improve patient outcomes by making predictable changes to pain, inflammation, postural integrity, balance, and functional movement.

SATURDAY

Noon- 6pm

Introduction

1 hour Basic & Clinical Sciences

- a. Neuroplasticity and the application of its principles in Chiropractic
- b. Historical observation and the scientific discoveries that have changed our understanding of neurological functions as it relates to health.
- c. Structural and Neurological Components of the Patient Evaluation

Neuroplasticity applied to Chiropractic

3 Hours Clinical Interventions

- a. Injury and the nervous system
- b. Brain Derived Neurotropic Factor and Neurogenesis
- c. Creating new neural networks with adjusting technique

The Adaptive Nervous System

2 hours Basic & Clinical Sciences

- a. The Physiology of Stress
- b. Brain waves and the stress response

SUNDAY

8am-2pm

Chronic Inflammation

1 hour Basic & Clinical Sciences

- a. Inflammation and Pain
- b. Metabolic health and Inflammation
- c. Quantifying biomarkers of Inflammation

Neuro Biomechanical Efficiency

4 hours Neurological Testing

- a. Gait and foot assessment
- b. Posture evaluation
- c. Functional Movement Assessment
- d. Movement disorders and soft tissue treatment

Creating Lasting Changes- Measurable outcomes

1 hour Clinical Internentions

- a. Low Tech Rehabilitation