

The New Paradigm in Functional Health

A Comprehensive Approach to Optimizing Patient Outcomes

Northwestern Health Sciences University

DATE: May 11, 2024

CE HOURS: 8

LOCATION: Chicago, IL

INSTRUCTOR: Robert G. Silverman, DC, DACBN, DCBCN, MS, CCN, CNS, CSCS, CIISN, CKTP, CES, HKC, FAKTR

| Saturday, May 28, 2024 | | 8:00 am – 5:30 pm |
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| Time | Description | |
| <p>8:00 - 9:00 am</p> <p>Basic Sciences (Anatomy)</p> | <p>Laser Introduction – The Evolution of Laser and it’s Modern Usage</p> <ul style="list-style-type: none"> • How it works • Long-term effects • Effects on pain relief • A detailed description of the laser’s ability to attenuate M/S injuries. • How it can influence both central and peripheral nervous systems <p>Laser Research and its Clinical Application</p> <ul style="list-style-type: none"> • Vagus nerve’s effects on the reduction of inflammation • Vagus nerve’s role in bi-directional communication between the gut/brain axis • Phrenic nerve – its effect on the diaphragm • Supporting medical necessity with FDA market clearance research | |
| <p>9:00 - 10:00 am</p> <p>PTAP</p> | <p>Clinical Breakthroughs in the Treatment of Musculoskeletal Injuries (Hands-on laser demo)</p> <ul style="list-style-type: none"> • Ankle sprain • Rotator cuff injuries/shoulder impingement • Plantar fasciitis (Baxter’s neuropathy) • Golfer’s/tennis elbow • Lumbar disc degeneration/sciatica • Carpal tunnel • Shin splints • Hip injuries/labrum. • Knee injuries • Headaches <p>Anatomy biomechanics of the joint differential diagnosis. Review of causes of injury, ortho/neuro tests, injury treatments, and protocols, including laser, exercise, rehab, nutrition, and taping. Patient case studies for each of the conditions will be reviewed.</p> | |
| <p>10:15 - 11:15 am</p> <p>Research Trends (Evidence-based outcomes)</p> | <p>Functional Medicine and Immunity in Novel Times</p> <ul style="list-style-type: none"> • Recognizing the link between obesity and COVID-19 morbidity and mortality. • Modifying personal lifestyle and dietary risk factors is essential to reduce inflammation and improve immunity. • Recognizing the possible rise in autoimmunity and increased inflammatory status following recovery from COVID-19 infection. • Increasing awareness of possible long-hauler syndrome in post-COVID patients. • COVID-19 infection and its association with the lung-gut-brain axis and microbiome dysbiosis • Effective treatments for post-COVID inflammation and long-hauler syndrome | |

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| <p>11:15 - 12:15 pm</p> <p>Nutrition</p> | <p>Integrating Fasting into Nutritional Protocols</p> <p>The science of fasting has entered the mainstream and has become an integral part of functional Nutrition. Many robust studies now show how fasting can help healthy weight management, aid in diabetes prevention and management, improve cardiovascular health, help manage an autoimmune disease, help protect against neurodegenerative diseases.</p> <p>In this segment, attendees will learn the basic science behind fasting and understand how fasting can help patients achieve their health goals.</p> <ul style="list-style-type: none"> • Why fasting has significant health benefits. • The basic science behind safe and effective fasting • Blood marker improvements from fasting. • Different fasting modalities • Nutrition protocols that work in synergy with fasting and cardiometabolic health |
| <p>1:15 - 2:15 pm</p> <p>Nutrition</p> | <p>Dr. Rob's Gut Matrix</p> <p>The evolving field of gut health is one of the most exciting developments in Functional Nutrition. In this module, attendees will get a solid understanding of the gut microbiome and its importance:</p> <ul style="list-style-type: none"> • New insights into how our microbial community affects health and disease. • Nutritional strategies for gut health (7R Program). • Gut reaction: restoring digestive health through nutrition. <p>Strategies to Initiate the Positive Impact of Gut Health on the Musculoskeletal System:</p> <ul style="list-style-type: none"> • Basic physiology and nutritional support for a musculoskeletal injury • Medicine's new direction – how injuries to fascia and extracellular matrix are critical components in describing disease etiology |
| <p>2:15 - 3:15 pm</p> <p>PTAP</p> | <p>Hands-on Laser Workshop</p> <ul style="list-style-type: none"> • Symptoms, treatment objectives, frequency, and timing of application. <ul style="list-style-type: none"> ○ Acute phase, Sub-acute phase, Chronic, Wellness, Prevention, Up-regulation • Case studies <p>Neurodynamic Tests: Assessing the sensitivity of the whole nervous system and practical breakdown of each nerve with laser protocols to turn the individual nervous and/or nervous system.</p> <ul style="list-style-type: none"> • Assess and treat: <ul style="list-style-type: none"> ○ Brachial plexus, median nerve, ulnar nerve, radial nerve, sciatic nerve, tibial nerve, lateral plantar nerve, recurrent median nerve, axial nerve, femoral nerve, inferior gluteal nerve, inferior calcaneal nerve, lumbosacral plexus, dural sheath <p>Nerve-flossing exercises – demonstration of exercise that plays an integral role in neurological recovery</p> |
| <p>3:30 - 4:30 pm</p> <p>PTAP</p> | <p>Traumatic Brain Injuries/Concussions/Brain Health</p> <ul style="list-style-type: none"> • Why More Concussions? <ul style="list-style-type: none"> ○ Toxins, poor dietary fats, poor liver function and gut bacteria • How to Assess a Concussion. What's a concussion? <ul style="list-style-type: none"> ○ 3-grade system, signs and symptoms, balance assessment • Hands-on demonstration of rehab and cognitive assessments/treatment for concussion injuries • Nutritional Protocol for Treating Concussion • Gut to Brain Axis in Concussion • Assessing Antigenic Intestinal Permeability • Concussion Rehab |
| <p>4:30 - 5:30 pm</p> <p>Nutrition</p> | <p>Nutritional Protocols for Alzheimer's / Neurodegenerative Disease</p> <ul style="list-style-type: none"> • Reversal of cognitive decline • Protocols <ul style="list-style-type: none"> ○ Exercise, detox, sleep, brain training. ○ Resolve inflammation and inhibit new inflammation. |

