

# 2024 Summer Chiropractic CE Seminar

Northwestern Health Sciences University

DATE: June 21-23, 2024

CE HOURS: 20

LOCATION: Bloomington, MN

INSTRUCTORS: Kirk Gair, DC; Kristi Hughes, ND; John Wolf, Jr, DC, JD; Jeffrey Rich, DC, DACBR; Jeremy Barthels, DC; Brock Friesen; Donald DeFabio, DC

Friday, June 21, 2024		
Time	Description	Speaker
1:00pm - 6:40pm  20-minute breaks at 2:40 & 4:40 <b>6 Lasers</b>	<p><b>Lasering Through the Lifespan:</b></p> <p><b>Hour 1:</b> Myths and Misconceptions vs Objective Realities. Is the “Science Settled?”</p> <p><b>Hour 2:</b> Traumatic Brain Injuries, Neurodegeneration, and Long Covid</p> <p><b>Hour 3:</b> Cervical and upper extremity injuries and how to recalibrate and reset the nervous system to accelerate recovery and enhance performance.</p> <p><b>Hour 4:</b> Lumbar spine and lower extremity injuries and how to recalibrate and reset the nervous system to accelerate recovery and enhance sports performance.</p> <p><b>Hour 5:</b> Lumbar spine and lower extremity Injuries and how to recalibrate and reset the nervous system to accelerate recovery and enhance sports performance.</p> <p><b>Hour 6:</b> How to explain laser photobiomodulation to your patients, and how to help by working with the year-round travel team athletes, local sports teams, and weekend warriors.</p>	Kirk Gair, DC
Saturday, June 22, 2024		
Time	Description	Speaker
9:00am - 10:40am <b>2 Nutrition</b>	<p><b>Creating Hormone Balance using a Root-Cause Approach during the Menstruating, Perimenopause and Menopausal Years of Life</b></p> <p>At every stage of womanhood, there is an important dance taking place that leads to healthy hormone balance, optimizing overall health. In this session, Dr. Kristi will take you through the Functional Medicine and Clinical Nutrition approach to supporting women in their menstruation and fertility years, their transitions of perimenopause, and areas of focus that rise to the top in managing Menopause.</p>	Kristi Hughes, ND
10:40-11	<b>Break</b>	
11:00am - 11:50am <b>1 Prof Bound</b>	<p><b>Professional Boundaries</b></p> <p>Introduction and review of regulation of chiropractic practice. Ethical, boundaries and statutory case studies.</p> <ul style="list-style-type: none"> <li>- Unethical conduct. Understand the ethics rule(s) underlying each case. Review strategies to avoid these violations.</li> <li>- Unprofessional conduct. Understand the statutorily defined unprofessional conduct underlying each case. Learn strategies to avoid such unprofessional conduct.</li> <li>- Professional boundary crossings and violations. Understand the boundary issues and learn strategies to avoid boundary issues.</li> </ul>	John Wolfe, Jr., JD, DC
11:50	<b>Lunch</b>	

<p>12:30pm - 3:20pm  <b>3 X-Ray</b></p> <p><i>20-minute break midway</i></p>	<p><b>At the View Box: Cases Studies</b></p> <p>I. The Imaging Approach</p> <p>II. Diagnostic Categories – CATBITES</p> <p>New case studies illustrating clinical thought process relating imaging with history and exam findings. Emphasis on new research on common conditions, differential diagnosis, and advanced imaging decisions.</p> <ul style="list-style-type: none"> <li>- Introduction</li> <li>- Brief history, exam, and lab</li> <li>- Radiographic findings</li> <li>- Differential diagnosis</li> <li>- Advanced Imaging – indications to order</li> <li>- Treatment considerations – chiropractic and medical</li> </ul>	<p>Jeffrey Rich, DC, DACBR</p>
<p>3:20-3:40</p>	<p><b>Break</b></p>	
<p>3:40pm – 6:00pm  <b>2 Basic Science</b></p>	<p><b>Navigating the Cannabinoid System: Science and Chiropractic Application</b></p> <p>The endocannabinoid system (ECS), including the endogenous cannabinoids and their associated receptors, and how exogenous cannabinoids influence the ECS. It will review how the ECS influences the body's physiology, from nerve signaling to maintaining homeostasis. Chiropractic clinical applications of exogenous cannabinoids, such as CBD, including the strains, types of extracts, administration routes, clinical benefits, potential side effects, and best practices.</p>	<p>Jeremy Barthels, MS, DC and Brock Friesen</p>
<p><b>Sunday, June 23, 2024</b></p>		
<p><b>Time</b></p>	<p><b>Description</b></p>	<p><b>Speaker</b></p>
<p>8:00am - 1:40pm</p> <p><i>20-minute breaks at 9:40 &amp; 11:40</i></p> <p><b>6 Physio/Rehab</b></p>	<p><b>Relevant Rehab: Cervico-Thoracic Spine: Assessment, Rehab, Recovery</b></p> <p>Functional assessment and rehabilitation principles of the cervical and thoracic spine from the acute through rehabilitative and return to play phases of care. Differential diagnosis of stability vs. mobility dysfunction to assist the clinician to find the underlying pathomechanics causing the patient's symptoms.</p> <p><b>Hour 1:</b> Differential diagnosis of mobility vs. stability dysfunction of the cervical spine. Static and dynamic postural assessment of the cervical spine and an introduction to Janda's upper crossed postural distortion.</p> <p><b>Hour 2:</b> Acute and subacute phases of care. CMT for the acute phase of care and treatment algorithm in progressing the patient through the phases of active care. Introduction to Mulligan Snags for the cervical spine.</p> <p><b>Hour 3:</b> Active care principles for the rehabilitative and return to play phases of care for the cervicothoracic spine. Active care and exercise principles for the correction of Janda's upper crossed postural distortion.</p> <p><b>Hour 4:</b> Thoracic spine mobility versus stability dysfunction. CMT and mobilization techniques for the thoracic spine.</p> <p><b>Hour 5:</b> Self myofascial release of the cervical and thoracic spine and management of the chronic cervical pain patient. The role of vibration as a therapeutic agent and its use in the office and as home therapy.</p> <p><b>Hour 6:</b> Transfer of Energy Capacitive and Resistive (TECAR) and shockwave (focused to radial) to increase soft tissue compliance and enhance recovery in clinical practice. Stacking the pillars of Chiropractic Rehab with advanced modalities to achieve superior outcomes.</p>	<p>Donald DeFabio, DC</p>