

# PROACTIVE HEALTH

- LITERATURE REVIEWED & PROTOCOLS SIMPLIFIED-

Hours: 12

Instructors: Dan Murphy, DC, DABCO & Kirk Gair, DC, I.D. E.

## Course Description:

Discover how to revolutionize your chiropractic practice in this dynamic 12-hour course led by Dr. Dan Murphy, DC, DABCO. Learn how to optimize structure and function through a poly-therapeutic approach that enhances clinical outcomes. From chiropractic care and laser therapy to ATP, diet, exercise, and brain health, Dr. Murphy will equip you with the essential knowledge needed to address common clinical syndromes. Dr. Kirk Gair will guide you through hands-on demonstrations, showing you how to seamlessly implement laser therapy for success in your clinic.

This course will provide practical insights into key physiological processes like ATP production and mitochondrial function, while exploring the benefits of laser therapy for conditions like low back pain, brain trauma, and whiplash. With real-time workshops, you'll gain the skills to apply advanced laser techniques confidently, helping you elevate your patient care and improve results in your practice.

## Learning Objectives

- Assess America's Health by identifying the primary healthcare issues in America today
- Breakdown the Essential Eight factors/habits that improve health, reduce the risk of health problems that would otherwise require provider interventions
- Summarize Mechanical Integrity - the importance of mechanical integrity with an emphasis on inflammation, fibrosis, and mechanical neurology
- Breakdown photobiology & low-level laser and how it applies to office visit
- Outline the importance of blood flow as the key component of human physiology, with an emphasis on mitochondrial ATP production
- Summarize the importance of the mitochondria in health and disease and discuss the relationship between the mitochondria, free radicals and ATP
- Summarize & Evaluate the importance of ATP in human physiology
- Learn key physiological functions of ATP
- Support the relationship between mitochondria, free radicals, ATP, cytochrome c oxidase enzyme, and laser photon therapy through basic sciences
- Integrate biphasic nature of laser photon therapy, wavelengths, amperage, penetration, secondary and primary physiological influences
- Differentiate scientifically based laser applications of diverse nanometers for introductory and advanced patient applications
- Discover protocol for brain function: trauma, degenerative, vascular
- Demonstrate protocol for chronic low back pain
- Apply protocol for acute whiplash
- Integrate protocol for scar tissue and the fibrosis of repair
- Demonstrate treatment versatility through workshops
- Summarize laser research and explain where trends are heading

## Program Outline:

**Saturday**

**8:00-5:30pm**

**7:30-8:00pm**

**Registration**

**8:00-9:00pm**

**Review Aging Theories (Basic Sciences)**

- The Free Radical Theory of Aging
- The Nitric Oxide Theory of Aging

**(Dr. Dan Murphy)**

9:00-10:00am

**The 2021 Nobel Prize (Philosophy of Chiropractic)**

**(Dr. Dan Murphy)**

- Integrating the chiropractic care, innate nutrition, supplements, and laser physiology around the 2021 Nobel Prize

10:00-10:15am Break

210:15-11:15am

**Laser Myths and Misconceptions vs Objective Realities. (Research)  
Is the “Science Settled?”**

**(Dr. Kirk Gair)**

- 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, high vs low power
- 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.

11:15-12:15pm

**Traumatic Brain Injuries, Neurodegeneration, and Long Covid (Research) (Dr. Kirk Gair)**

- 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 protocols, nutritional, and supplemental protocols to improve quality of life and function.
- 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 & 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.
- Vagus nerve activation protocols with low tech and high tech options

12:15-1:15pm

**Lunch**

1:15-2:15pm

**The Electromagnetic Spectrum (Basic Sciences)**

**(Dr. Dan Murphy)**

- Learn the basics of both visible and invisible “light”
- Integrate wavelength, frequency, energy, depth of penetration, ionization, voltage-gated calcium ion channels, and peroxynitrate

**Laser Physiology**

- Discuss the biphasic nature of laser photon therapy, wavelength (colors), pulsing, speed of light, fluence, secondary and primary physiological influences
- Discuss the biphasic nature of laser photon therapy, including bell-shaped curve, hormesis, and the Arndt-Shultz Law of biology

2:15-3:15pm

**Cell Biology (Basic Sciences)**

**(Dr. Dan Murphy)**

- Distinguish between Glycolysis, Krebs Cycle, and Electron Transport Chain metabolism
- Learn the details of the mitochondrial electron transport chain

3:15-3:30pm

Break

3:30-4:30pm

**Cervical and Upper Extremity Injuries and How to Recalibrate and Reset the nervous system with the accelerate recovery and enhance performance (Examination Procedures & Diagnosis) (Dr. Kirk Gair)**

- Research studies on cervical spine, shoulder injuries, elbow, and carpal tunnel and laser therapy
- Muscle assessment techniques
- Pre and Post Op protocols
- Protocols for chronic pain after surgery
- Unique protocols for violet or green wavelengths
- Case studies from Dr Gair's Patients
- 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

4:30-5:30pm

**Lumbar spine and Lower Extremity Injuries and How To Recalibrate and Reset the nervous system to accelerate recovery and enhance sports performance (Examination Procedures & Diagnosis) (Dr. Kirk Gair)**

- Research studies on lumbar spine, hip, knee, and ankle injuries and laser therapy
- Muscle assessment techniques
- Case studies from Dr Gair's Patients
- How lumbar movements affect muscle strength and laser protocols to recalibrate and reset
- Laser low back, hip, knee, and ankle protocols
- Gait reset protocols
- Balance protocols
- Pre and Post Op Protocols
- Percussor techniques and Adjustor tool techniques for these conditions

**Sunday**

**8:00-12:15pm**

7:30-8:00am

**Registration**

8:00-9:00am  
Murphy)

**Whiplash Injury and Thoracic Outlet Syndrome Protocols (Adjustive Technique) (Dr. Dan**

- A protocol for acute and chronic whiplash injury
- A protocol for Thoracic Outlet Syndrome

9:00-10:00am

**Brain Protocol (Examination Procedures & Diagnosis)**

**(Dr. Dan Murphy)**

- A protocol for brain function; integrating trauma, degenerative, and vascular compromise
- A protocol for cognitive enhancement

10:00-10:15am

Break

10:15-11:15am

**Lumbar spine and Lower Extremity Injuries and How To Recalibrate and Reset the nervous system to accelerate recovery and enhance sports performance (Continued) (Examination Procedures & Diagnosis) (Dr. Kirk Gair) (Dr. Kirk Gair)**

11:15-12:15pm

**How to Explain Laser Therapy to your patients, and how to help a niche market that is greatly in need of help by working with the year-round travel team athletes, local sports teams, and weekend warriors (Other; General Clinical) (Dr. Kirk Gair)**

- Scripts that clearly explain how the laser works, and that give the patient realistic expectations based off research
- Why sports injuries are skyrocketing with today's youth, how much it is costing per year, and how you can help reduce the costs and get the athletes back to competitive performance quicker
- How lasers can actually enhance sports performance to a level that one study from the Journal of Biophotonics 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 inflammatories