



SUPERHIGHWAY TO HEALTH

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7 Hours Retrospective CPD

Friday 4th September

9:00-9:30 am **Registration**

9:30-10:00 am **Pathogenesis of cumulative trauma disorder**

- Pathogenesis of the cumulative (repetitive) trauma disorder:
 - Explanation of the effect of successive trauma recurring before complete tissue recovery or adaptation can occur
 - Net result is cumulative trauma
- NMS (neuromusculoskeletal) detonation sequence:
 - Pain dynamic – tight muscle leads to a strain point (which is usually a joint)
 - Discussion of Sherrington's Law of reciprocal inhibition
 - Posture analysis
- Leading to musculoskeletal breakdown at an increasing rate

10:00-10:45 am **Laser research and its clinical applications**

- Basic anatomy and function of vagus nerve
- Vagus nerve's effects on reduction of inflammation
- Vagus nerve's role in bi-directional communication between the gut/brain axis

Laser

- How it works
- Long term effects
- Effects on Pain relief

10:45-11:00 am **Break**

11:00-12:00 pm **Clinical breakthroughs in the treatment of musculoskeletal injuries:**

- 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

Anatomy biomechanics of the joint differential diagnosis. Review of causes of injury, ortho/neuro tests, injury treatments, protocols including laser, exercise, rehab, nutrition, taping. Patient case studies for each of the conditions will be reviewed.

12:00-12:30 pm **Building the Ultimate Back: from chronic back pain to high performance:**

- a. Dispel the myths about how the spine works and becomes injured
- b. Reducing the risk of injury
- c. Rehabilitative exercise
- d. Training for performance

12:30-1:30 pm **Lunch**

1:30-2:30 pm **Dr. Rob's Gut Matrix**

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:

- 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

Strategies to initiate the positive impact of gut health on the musculoskeletal system:

- Basic physiology and nutritional support for a musculoskeletal injury
- Medicine's new direction—how injuries to fascia and extracellular matrix are key components in describing disease etiology

2:30-3:00 pm **Neurodynamic tests** – assessment of sensitivity of whole nervous system and practical breakdown of each nerve with laser protocols to turn the individual nervous and/or nervous system.

- Assess and treat:
 - Brachial plexus



- Median nerve
- Ulnar nerve
- Radial nerve
- Sciatica nerve
- Tibial nerve
- Lateral plantar nerve
- Recurrent median nerve

Nerve-flossing exercises – demonstration of exercise that play an integral role in neurological recovery

3:00-3:45 pm Hands-on and laser workshop

Algorithms using laser therapy and its application during the correlated stages of healing

- Acute-phase
- Sub-acute phase
 - Repair & remodeling
- Chronic
- Wellness
- Prevention
- Up-regulation of peripheral nervous system
- Symptoms, treatment objectives, frequency and timing of application
- Case studies

3:45-4:00 pm Break

4:00-4:30 pm The Science of Fasting/Types of Fasting

The science of fasting has entered the mainstream with a robust number of human studies demonstrating its efficacy for health, and potentially, for longevity

- Time-restricted fasting
- Intermittent fasting
- Short-term fasting
- Prolonged fasting





How Can Fasting Support Your Health. Fasting for:

- Neurological health
- Weight loss
- Autophagy
- Arthritis
- Blood sugar regulation
- Stem cell release

4:30-6:00 pm Traumatic Brain Injuries/Concussions/Brain Health

Traumatic brain injuries – Concussions

Traumatic brain injuries are on the rise:

- Research review on treatments for TBI
- Concussion assessments and protocols

Why More Concussions

Diminished brain resilience syndrome:

- Toxins
- Poor dietary fats
- Poor liver function and gut bacteria

How to Assess a Concussion

- What's a concussion?
- 3-grade system
- Signs and symptoms
- Balance assessment:
 - Clinical test of sensory integration of balance

Hands-on demonstration of rehab and cognitive assessments/treatment for concussion injuries

Nutritional Protocol for Treating Concussion

- Feed your concussion: Reviewing nutrition and its role in brain recovery
- Dietary changes required for concussion recovery
- Support for the production of BDNF (brain-derived neurotrophic factor)
- Support for decrease of neurotransmitter substance-P
- Decrease of systemic inflammation
- Brain to gut connection
- GI restoration protocols
- Methylation and concussion



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Gut to Brain Axis in Concussion

- Gut to brain axis bidirectional communication flows along neural pathways using signaling molecules including cytokines, hormones and neuropeptides
- Blood test for concussions
- Blood-brain barrier permeability tests

Concussion Rehab

- Proprioceptive training
- Gaze stabilization
- Vestibular oculomotor screen
- Post-concussion syndrome
- Laser motion guidance

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