

PRESENTS...

Randy B. Reed, DC, CCSP

ADVANCED SPINAL DECOMPRESSION THERAPY

CORE REHAB AND ETHICS



"THE WHY"

**Understanding How
Spinal Decompression
with CORE Rehab
Can Benefit
Disc Patients and
Your Clinic's Outcomes**

*This course also includes
1.5 hours CE on Ethics
and Professionalism
in the Chiropractic Office
Approved by the
Ohio State Chiropractic Board*

COLUMBUS, OHIO

Saturday, February 22, 2014

CAMBRIA SUITES - COLUMBUS-POLARIS

9100 Lyra Drive, Columbus, OH 43240

Exit off I-71 @ Exit 121 Polaris

**12-HOUR CE OHIO LICENSE RENEWAL COURSE
WITH 1.5 HOUR OF ETHICS**

Approved by Ohio State Chiropractic Board

www.chirobd.ohio.gov

SPONSORED BY NOAC (NORTHEAST OHIO ACADEMY OF CHIROPRACTIC)

Registration will be taken at the door. Space is limited to 45 doctors.
PLEASE REGISTER EARLY!

Advanced Spinal Decompression Therapy

PROGRAM ACCREDITATION:

This course is accredited through the Northeast Ohio Academy of Chiropractic and approved by the Ohio State Chiropractic Board for Ohio license renewal 12 CE credit hours that also includes 1.5 CE hours of Ethics and Professionalism.

SEMINAR TIMES:

Saturday Registration Time:	7:00 am
Saturday Morning	7:30 am - 12:30 pm
LUNCH ON YOUR OWN	12:30 pm - 1:15 pm
Saturday Afternoon	1:15 pm - 7:30 pm

Complimentary refreshments and snacks will be provided throughout the seminar.

SEMINAR COURSE NOTES, will be e-mailed to registered doctors if you register prior to the seminar date. Course notes will be available at the seminar for late or at the door registrations.

ABOUT THE SPEAKER

RANDY B. REED, DC, CCSP



Dr. Reed is a 1985 graduate of Logan College of Chiropractic, Chesterfield, Missouri. He is a certified chiropractic sports physician, Certified in (MUA) manipulation under anesthesia, and has a Masters degree in secondary education from Miami University (Ohio). Dr. Reed has 26 years of clinical experience. His expertise is treating sports injuries and intervertebral disc syndromes with Spinal Decompression Therapy and CORE rehabilitation programs. He is a former member of the Cleveland Orthopedic and Spine Hospital at Lutheran Hospital. Dr. Reed has presented clinical and scientifically based "Better Doctors Seminar Series" nationwide for both Medical and Chiropractic physician groups, lecturing on non-surgical decompression treatment of spinal disc syndromes.

1st and 2nd Hour

Ethics & Professionalism in the Chiropractic Office

- Decompression, the important issue of ethics
- Treatment Plan recommendations
- Making Treatment recommendations based on an accurate diagnosis
- Advertising marketing rules
- Making claims that are only consistent with the evidence based practices
- Appropriate coding and billing for decompression therapy

2nd and 3rd Hour

I. Introduction: Becoming a Neuro/Musculoskeletal Expert

- A. Being a "Better Doctor", Why Decompression Fits in a Chiropractor's Office
- B. BE + DO = HAVE
- C. Seminar organization
- D. Time schedule
- E. Curriculum

II. Introduction into Disc Decompression

- A. New Answers for an age old problem
- B. Decompression Research Updates
- C. Traction vs. Axial Decompression

III. Finding the Primary Pain Generator

- A. The Facet Syndrome Presentation
- B. The S.I. Joint Presentation
- C. The Disc Presentation

4th Hour

I. Principles of Disc Decompression

- A. Definition of Vertebral Axial Decompression
- B. Mechanical Effects of Decompression
- C. Indications for Axial Decompression Therapy
- D. Contra Indications for Decompression Therapy

5th and 6th Hour

I. Anatomy of the Intervertebral Disc

- A. Design Structure of the Disc
- B. Disc Height
- C. Innervation of the Disc
- D. Nutrition of the Disc
- E. Intervertebral Disc Herniation and Degeneration

II. Nomenclature and Classification of Disc Pathology

- A. Herniation
 - 1. Focal
 - 2. Broad Based
 - 3. Symmetrical
- B. Bulging Disc
- C. Annular Tear
- D. Protrusion vs. Extrusion
- E. Disc Degeneration
- F. Spondylosis Deformans
- G. Intervertebral Osteochondrosis

III. Understanding the Disc MRI

- A. T1 vs T2 Images
- B. MRI Consultation

7th and 8th Hour

I. Mechanical Decompression Protocols

- A. Mechanical Effects of Decompression: formula for Success
- B. Decompression Programs: Matching Programs with Patient's Needs
 - 1. Angle
 - 2. Time
 - 3. Hold and Rest Poundage
 - 4. Program Type
- C. Decompression Research
- D. Decompression Conditions
 - 1. Anterior Conditions
 - 2. Posterior Conditions
 - 3. Disc Degeneration Conditions
 - 4. Spinal Stenosis
 - 5. Cervical Protocols
 - 6. Lumbar Protocols

9th and 10th Hour

I. Principles of Low Level Light Therapy - Not Included in States Where Laws Prohibit Use by DC

- A. History of Light as a Therapy Medium
- B. Photo Chemistry of Light

- C. How Light is Applied to Tissue
- D. Absorption of light in the Mitochondria
- E. Absorption of light in the Cell Membrane
- F. Elevation of ATP Synthesis
- G. DNA and RNA Synthesis
- H. Tissue Repair and Pain Relief

II. Nutritional Protocols for the Disc Patient

- A. Tissue Injury: Muscle Spasm
 - 1. Direct Stimulation of Mechano-sensitive Nociceptors
 - 2. Hypoxia and Nociceptors
 - 3. Reflex Muscle Spasm
 - 4. Nutritional Treatment Considerations
 - 5. Muscle Relaxants and side effects
- B. Tissue Injury: Tendonitis / Bursitis Inflammation revisited
- C. Tissue Injury: Joint Dysfunction Nociceptive Processes and Spinal Joint Dysfunction
- D. Tissue Injury: Nerve Entrapment
 - 1. Chemical Irritants
 - 2. IGG Food sensitivity as a cause for inflammation, chemical irritants, and symptoms
- E. Nutritional Supplementation In Your Office
 - 1. Anti-Inflammatory nature of EPA/DHA Fish Oil
 - 2. Potassium
 - 3. Magnesium
 - 4. Calcium
 - 5. CoQ10
 - 6. Proteolytic Enzymes
 - 7. Food as Medicine

11th and 12th Hour

I. Core Rehabilitation Principles for the Disc Patient

- A. Goals for Active Rehab
- B. Active vs. Passive
- C. Failure of Home Based Exercise
- D. QFCE: Quantitative Functional Capacity Evaluation
- E. Classifications of Waddell Signs
- F. Classifications of Low Back Pain
- G. Treatment Based Classifications
 - 1. Manipulation Responders
 - 2. Traction Responders
 - 3. Stabilization Exercise Responders
 - 4. Directional Preference Responders
- H. McKenzie Protocols: using Extension Movement
- I. "Seven from Heaven" Disc Exercises for the Disc Patient
- J. Cervical Spine Strengthening Techniques
- K. Core Stabilization with Physio Ball
- L. Posture Protocols

REGISTRATION INFORMATION

ADMINISTRATIVE INFORMATION: Course Chairman, Alan L. Palgut, DC
Phone (440) 449-1020

REGISTRATION INFORMATION

Registration will only be accepted by the official registration form. Photocopies of the form are acceptable. ChiroHealth Educational Seminars accepts payment in the form of check, cash, MasterCard or Visa.

NO CHECKS WILL BE ACCEPTED FOR AT THE DOOR REGISTRATION.

DISCLAIMERS / CANCELLATION & REFUND POLICY

A refund will be granted provided notification is in writing and postmarked no later than 14 days prior to the seminar date. A \$40.00 service fee will not be refunded. When the program has been concluded as scheduled, but the registrant did not attend nor provide a 14 day cancellation notice, tuition is non-refundable. Any returned NSF check will incur an additional bank charge of \$45.00. Every attempt is made to offer this program as publicized. However, ChiroHealth Educational Seminars reserves the right to adjust program dates, location, times, instructors, etc. to accommodate unexpected faculty or student needs, and cancel due to insufficient enrollment. For this reason, we do not recommend at the door registrations without prior confirmation of the status of this course. Attendance will be LIMITED, call ChiroHealth Educational Seminars at (440) 449-1020. ChiroHealth Educational Seminars is not responsible for any expenses incurred by the registrants due to program adjustments or cancellations. If license renewal credit is needed, please inquire if this course is approved for your state. No additional discounts or seminar transfer vouchers/credit fees will apply for this **NOAC Sponsored Seminar**. No seminar transfers will be allowed.

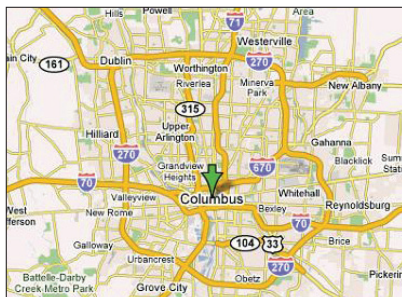
CONTINUING EDUCATION CREDIT

12 CE credit hours available certified through Northeast Ohio Academy of Chiropractic that also includes 1.5 CE credit hours of Ethics and Professionalism. Individuals wanting to earn CE credit must sign in, complete the attendance form and return it at the end of the seminar. Each day will begin promptly at its designated starting time. Completion certificates will be distributed to all registered participants at the conclusion of the seminar. This program has been approved for Ohio continuing education credits for license renewal by the Ohio Chiropractic Board of Examiners. You may confirm this by assessing their website at: www.chirobd.ohio.gov

CONFIRMATION

A confirmation will be sent upon receipt of your paid registration either by mail or facsimile. Please allow ample travel time to guarantee on-time arrival. If you are in need of additional directions to the seminar location, please call the hotel listed below for directions or Map Quest the Seminar Hotel location for more detailed directions.

SEMINAR LOCATION & ACCOMMODATIONS:



COLUMBUS, OH

**Cambria Suites
Columbus-Polaris**

Exit off I-71 @ Exit 121 Polaris
**9100 Lyra Drive
Columbus, OH 43240**

**Reservations:
614-841-9100**

REGISTRATION FORM

Advance Spinal Decompression Therapy

Columbus, Ohio

SATURDAY, FEBRUARY 22, 2014

ChiroHealth Educational Seminars • 12 hours of CE including 1.5 hours of Ethics and Professionalism

Name: _____
(Please print your name as you would like it to appear on badge)

Office Mailing Address _____

City _____

State _____ Zip Code _____

Phone Number _____

Fax Number _____ Ohio DC Lic. # _____

Email Address _____

★ SEMINAR COURSE NOTES, will be e-mailed to registered doctors if you register prior to the seminar date. Course notes will be available at the seminar for late or at the door registrations, ONLY.

TO REGISTER BY MAIL OR FAX *(no phone registration)*

- Mail completed registration form with payment to:

ChiroHealth Educational Seminars
 P. O. Box 85
 Gates Mills, OH 44040
 Tel: (440) 449-1020

- Fax your registration form with complete credit card information to (440) 449-1568.

REGISTRATION WILL BE TAKEN AT THE DOOR. SPACE IS LIMITED TO 45 DOCTORS. PLEASE REGISTER EARLY!
 Contact ChiroHealth Educational Seminars with questions.
(440) 449-1020

TO REGISTER ONLINE

- Go to www.choh.org
- Select Seminars > complete the online registration

REGISTRATION/FEES

Registration forms must be postmarked or faxed on or before the pre-registration date to receive the lower fee.

Columbus Seminar • Saturday, February 22, 2014

- \$239.00 Pre-registered on or before February 5, 2014
- \$259.00 Pre-registered on or before February 18, 2013
- \$275.00 Pre-registered on February 19, 2014 or at the door

PAYMENT METHOD

- Check Enclosed to: **ChiroHealth Educational Seminar**
- MasterCard Visa



Account # _____

Exp. Date _____ Security Code _____

(Last three digits of code on back of card)

Name _____

Signature _____

Please copy for your files

(as printed on card)

