

# Super Highway to Health

## Advanced Protocols for Clinical Success

(Advanced Seminar)

Robert Silverman, DC, MS, DABCN, DCBCN  
2021 Outline

### Course Description

Dr. Robert Silverman, the doctor's chiropractic doctor and laser therapy expert, leads you through an innovative demonstration showcasing 35 advanced clinical success protocols. He will show you how to use and maximize the efficacy of leading-edge laser therapy technology. Utilizing interactive demonstrations, he conveys to all experience levels how this hands-on approach leads to improved performance and recovery. This is also achieved following his enhanced and accurate supplementation protocols, treatment assessments, corrective exercises, and more.

To truly improve a patient's health and optimize active lifestyles, we need to understand how systems interact with one another. The gut-to-brain axis will be discussed, emphasizing understanding Alzheimer's and treating concussion for faster recovery. **Dr. Silverman will also provide a 10-page, take-home algorithm explaining laser therapy and its application during the correlated healing stages.**

Join Dr. Silverman in this informative advanced seminar to gain insight into a comprehensive methodology that incorporates proven protocols into a clinically effective system—one you can apply to and elevate your practice immediately.

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

Dr. Robert G. Silverman is a chiropractic doctor, clinical nutritionist, international speaker, and author of *"Inside-Out Health: A Revolutionary Approach to Your Body,"* an Amazon No. 1 bestseller in 2016. The ACA Sports Council named Dr. Silverman "Sports Chiropractor of the Year" in 2015. His extensive list of educational accomplishments includes six different degrees in clinical nutrition. Dr. Silverman also maintains a busy private practice as founder of Westchester Integrative Health Center, which specializes in treating joint pain using functional nutrition, low-level laser therapy, and other cutting-edge, science-based, nonsurgical approaches. Dr. Silverman is on the advisory board for the Functional Medicine University and is a seasoned health and wellness expert on both the speaking circuits and within the media and a frequent health expert contributor on national blogs such as Consumer Health Digest, NewsMax.com. He has appeared on FOX News Channel, FOX&Friends, NBC, CBS, and The Wall Street Journal Live, to name a few.

He was invited as a guest speaker on "Talks at Google" to discuss his current book. As a frequently published author in peer-reviewed journals and other mainstream publications, including *Thrive Global*, *Integrative Practitioner*, *MindBodyGreen*, *Health Radar*, *Muscle and Fitness*, *The Original Internist* and *Holistic Primary Care* journals, Dr. Silverman is a thought leader in his field and practice.

Dr. Silverman was the principal investigator on a Level 1 laser FDA study.

Dr. Silverman's new book, *Superhighway to Health*, is expected to be published in January 2021.

### Learning Objectives

- Assess and understand traumatic brain injuries (concussion, neurodegenerative diseases)
- Flowchart explaining laser therapy and its application during the correlated stages of healing
- Apply neurodynamic tests and advanced corrective laser protocols
- Learn advanced clinical breakthroughs in the treatment of musculoskeletal injuries
- Hands-on reproducible, implementable protocols for your practice success
- How to incorporate laser effectively into your practice model
- Expertly assess intestinal and blood-brain barrier dysfunction for better management of chronic neurological disorders
- Learn the breakthrough technique for non-invasive fat reduction
- Elucidate the science of different types of fasting
- Integrate leading-edge protocols for SIBO and Lyme disease
- Implement vagus and phrenic nerve applications
- Strategies to initiate the positive impact of gut health on the musculoskeletal system
- Clinical protocols and pearls based on case studies
- An up-to-date syllabus with graphics and take-home notes

- An information-packed day guaranteed to expand your clinical knowledge
- Doctor laser flowcharts and nutritional protocols

## Day 1

### 8:00-9:00 am Laser research and its clinical applications (advanced protocols, vagus, and phrenic nerve)

**(General Clinical)**

- 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
- Phrenic nerve – its impact on the diaphragm

### 9:00-10:00 am Neurodynamic tests – assessment of the sensitivity of the whole nervous system and practical breakdown of each nerve with laser protocols to turn the individual nerve and nervous system.

**(Examination Procedures/Diagnosis)**

- Assess and treat:
  - Brachial plexus
  - Median nerve
  - Ulnar nerve
  - Radial nerve
  - Sciatica nerve
  - Tibial nerve
  - Lateral plantar nerve
  - Recurrent median nerve
- Advanced nerves:
  - Auxiliary nerve
  - Musculocutaneous nerve
  - Femoral nerve
  - Saphenous nerve
  - Lateral femoral cutaneous
  - Sural nerve
  - Lumbosacral plexus
  - Suprascapular nerve

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

### 10:00-10:15 am Break

### 10:15-11:15 am Hands-on and laser workshop (advanced protocols includes a 10-page, take-home algorithm)

**(Examination Procedures/Diagnosis)**

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 the peripheral nervous system
- Symptoms, treatment objectives, frequency and timing of application
- Case studies

**11:15-12:15 pm Hands-on utilizing laser:**

**(Examination Procedures/Diagnosis)**

- Upper extremity myotomal diagnosis and correction:
  - Muscle testing C1-T1:
    - Cervical: SCM, levator scapulae, trapezius
    - Thoracic: latissimus dorsi, rhomboid, serratus anterior
    - Shoulder: rotator cuff, deltoid
    - Arm: bicep, tricep
    - Hand: intrinsic flexors and extensors
- Lower extremity myotomal diagnosis and correction:
  - Muscle testing L1-S1:
    - Spine: erector spinae, multifidi, rotators, quadratus latorum,
    - Sacrum/pelvis: glut ma/med/min, piriformis, psoas
    - Leg: quadriceps, hamstrings
    - Calf: tibialis, gastrocnemius, popliteus, soleus
    - Ankle/foot: peroneus longus/brevis, flexor digitorum longus

Advanced methods to influence the CNS and peripheral nervous system simultaneously for upper and lower regions

**12:15-1:15 pm Lunch**

**1:15-2:15 pm Clinical breakthroughs in the treatment of musculoskeletal injuries:**

**(Examination Procedures/Diagnosis)**

- 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.

**Advanced:**

- Multifidus muscle
- Dural sheath
- Headache
- Broad/round ligaments
- Laser "locomotor lock-in."
- Pudendal neuralgia
- Middle cluneal nerve

**2:15-3:15 pm Dr. Rob's Gut Matrix**

**(Nutrition)**

The evolving field of gut health is one of the most exciting developments in Functional Nutrition. In this presentation, 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

### **It's all connected**

- Gut to brain axis
- Brain to gut axis
- Lab tests to assess gut and brain barrier compromise
- Vagus nerve stimulation

Sympathetic/parasympathetic balance – red/violet light

### **Therapy for Gut-Brain Axis (advanced protocols)**

- Research review of TBI
- How to decrease brain inflammatory markers
- Traumatic brain injury and intestinal dysfunction
- Vagus nerve stimulation for gut barriers
- Blood test for concussions

**3:15-3:30 pm Break**

**3:30-4:30 pm SIBO – Small Intestinal Bacteria Overgrowth**

**(Basic Sciences)**

- Signs and symptoms
- Nutritional protocols for 3 Phases of Care for SIBO
- Dietary recommendations
- Factors which protect against SIBO
- SIBO prevalence with TBI patients

### **Lyme Disease**

- Signs and symptoms
- Which the most accurate diagnostic tests are
- Nutritional protocols and laser application for reducing symptomology of Lyme disease
- Dietary protocols for Lyme disease

**4:30-5:30 pm Strategies to Improve Body Composition and Reduce Obesity -**

**(Population)**

Functional Nutrition provides many effective strategies for weight loss and improving body composition:

- The value of body composition analysis
- Therapeutic lifestyle modifications: small changes add up
- Dietary modifications: quality foundational nutrition means looking at nutritional value, not calories
- The SAD diet is almost entirely high-glycemic foods that trigger insulin production; use Functional Nutrition to rebalance the diet toward protein and good fats
- Chemicals, not calories: the role of environmental toxins
- Nutritional supplements
- Stress reduction techniques
- The role of physical activity: improving everyday movement and posture

**Day 2**

**8:00-9:00 am Traumatic Brain Injuries/Concussions/Brain Health (advanced protocols)**

**(Examination Procedures/Diagnosis)**

**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 a decrease of neurotransmitter substance-P
- Decrease of systemic inflammation
- Brain to gut connection
- GI restoration protocols
- Methylation and concussion

#### **9:00-10:00 am      Nutritional protocols for Alzheimer's/Neurodegenerative Disease:**

**(Nutrition)**

- Reversal of cognitive decline
- Protocols:
  - Exercise
  - Detox for cognitive decline
  - Sleep
  - Brain training
  - Resolve inflammation
  - Inhibit new inflammation

#### **10:00-10:15 am      Break**

#### **10:15-11:15 am      Corrective Exercises Program (rehab portion):**

**(Examination Procedures/Diagnosis)**

- Human movement is examined through specific movement tests
- A corrective exercise program aims to locate the body's weak link or faulty movement pattern and improve it through therapeutic exercises. Discover the proper strengthening and stretching exercises that address muscle imbalances evidenced in movement screening
- A hands-on approach for corrective exercise with laser application
- Flowcharts with pictures and descriptions will be given.
- Four-part continuum described:
  - Inhibitory technique
  - Lengthening technique
  - Activation technique

- Integration technique
- Movement optimization

**11:15-12:15 pm      How to incorporate laser into your practice model:**

**(Basic Sciences)**

- History and explanation of laser research, physiology, and application

**Summary, case studies and doctor-submitted case studies to be addressed**

**Q & A**