

Performance Optimization

Improving Outcomes through Clinical Analysis
Jerome Rerucha, DC, BS, CSCS, C.H.P.S.®

Course Description

Join laser expert Dr. Jerome Rerucha to receive advanced treatment knowledge and detailed research trends for his NEW course. Dr. Rerucha's passion for performance will teach each clinician and/or performance specialist the importance to excel in "Active Examination™" procedures to enhance the typical table examination and treatment methods used by all clinicians that only a doctor with over 20 years of hands-on laser experience in a full-time, referral-based clinic can provide. You will gain the knowledge you need to add Low-Level Laser Therapy to your practice. But to truly optimize this proven technology with your current exam and techniques. You will also be exposed to many enhanced examination and treatment applications that can be applied immediately into your existing clinic. This seminar will focus on how to overcome the pain and opioid crisis and move beyond symptom relief to measurements of being healthy, and to maximize performance.

Performance Optimization seminar applies Dr. Jerome's clinically tested proven methods, hands-on protocols, and rehabilitation techniques as applied to the general patient and how the system applies caring for start to finish and the making of world champions in multiple sports.

About Jerome Rerucha, DC, BS, CSCS, CHPS

Jerome Rerucha D.C., B.S., C.S.C.S. C.H.P.S.® is a practicing clinician, owner of Performance Chiropractic & Wellness and Brain/Body FIT™ Clinical Performance Center with his wife, Jennette. Dr. Jerome's integration system of foundational examination and clinical treatment progressing to advanced clinical examination and treatment begins here. The clinical applications you will learn will help clinicians apply advancements to their current practice (the day after the seminar). Also, understanding the clinical skill levels required to be successful in using neuro-mechanobiology at a competitive strength and conditioning level for any age, and sport activity or helping the general public maximize their quality of life. Before clinical practice, he was a full-time strength coach, competed in powerlifting for 14 years, and won a Lifetime Drug Free World Title and The Best Lifter Award in 1999. Dr. Rerucha has been involved with numerous Division 1 strength programs. Having the personal competitive lifting experience, coaching numerous types of athletes, and elite strength athletes provide additional benefits when teaching his dynamic clinical applications for clinical practice. For more information on Dr. Rerucha, please go to www.PerformancePractic.com and www.Erchoniam.com/seminars.

Learning Objectives

- Understand common conditions and how low-level laser affects treatment outcome
- Understand Opioid Epidemic
- Support technological advances through understanding back pain statistics and data
- Breakdown photobiology & low-level laser and how it applies to office visit
- Demonstrate clinical outcomes through workshops on various common conditions by analyzing symptoms and evaluation of clinical tests
- Differentiate scientifically based laser applications of diverse nanometers for introductory and advanced patient applications
- Outline FDA cleared OTC non-invasive laser treatment for fat loss & Level (1) clinical trial data
- Integrate protocols for improved patient outcomes and wellness
- Demonstrate success through Fitness Integration Technique (F.I.T.) BodyMap® System basics

- Create laser, soft tissue, adjustment, nutritional, neurological corrective protocols based upon practitioner/ BodyMap ® findings

Saturday

7:30-8:00pm Registration

8:00-8:15am Intro to Common Conditions **(Principles of Practice Philosophy)**

8:15-8:30am Natural Health Care – the Opioid Epidemic **(Research Trends)**

8:30-8:45am Back Pain—a crisis in America: Statistics and Data **(Research Trends)**

8:45-9:10am Low Level Laser Therapy = PubMed Pain Review and current FDA Clearance Overview **(Research Trends)**

Jan 17, 2002-1st FDA market clearance: 635 nm laser; Chronic neck and shoulder pain k012580

- April 2014 Erchonia FX635 Reducing chronic heel pain arising from plantar fasciitis
- FDA market cleared to treat chronic, acute, and post-operative pain.
- May 21, 2018 Chronic Low Back Pain K180197

9:10-9:45am

Low Level Laser Therapy - The Safety Pin Cycle **(Basic Sciences)**

- *PubMed Studies*
- Upregulation / UnAttended and UnAttended Activation with LLLT
 - Red handheld lasers
 - Violet Handheld
 - Red/Violet FX Unattended

9:45-10:15am Workshop - Clinical Evaluation and Brain -

10:15-10:30am Break

10:30 -11:20 am Chiropractic Innate/Humoral Immunology application. Gut/Brain **(Examination Procedures / Diagnosis)**

- Violet Laser - Science and, PubMed Research and Clinical Application

11:20 am-12:15 am Workshop - Violet Laser, Chiropractic **(Examination Procedures / Diagnosis)**

12:15 am - 12:30 am Questions **(General Clinical)**

12:30 - 1:30pm Lunch

1:30 - 2:00pm Understanding FDA Cleared LLLT® and Non-Invasive Body Contouring **(General Clinical)**

2:00pm – 2:30

Introduction to the Fitness Integration Technique (F.I.T)® **(Examination Procedures / Diagnosis)**

Simple 6 and creating a 3D BodyMap®. Beyond the standard of care.

- Understanding the FIT Simple 6™ and the direct application to Erchonia Laser FDA Clearances, soft tissue and adjustments (exam and correction).
 - Neural Drive and Neuroplasticity changes
 - Physical Capacity Human Metrics and your health levels
- Understanding the FIT Simple 6™ and the direct application to area of involvement (symptom). But more importantly SYSTEMS; spine, brain, organs as priority of correction.

2:30-3:30 pm Fitness Integration Technique (F.I.T)® **(Examination Procedures / Diagnosis)**

Simple 6 Examination Stations Workshop Soft tissue

- Structure
- Neurology
- Area of Involvement, Spine (myotome/dermatomes), Brain (Safety Pin Cycle), Organs (Merrick Chart)

3:30-3:45pm Break

3:15-4:45pm Review and comprehensive application to using **(Examination Procedures / Diagnosis)** the Fitness Integration Technique (F.I.T)® Simple 6 and the FIT Body Map™ System.

- FIT Body Map™ worksheet review of application (laser, percussion and adjustments)
- Patient history
- Radiology
- Structure
- Neurology
- Soft tissue
- Sprain/Strain

- Acute/Chronic

4:45-5:30 pm Office protocols

(General Clinical)

- Staff and patient communication
- Clinical questions and discuss applications to attendees current practice methods

Sunday

7:30-8:00pm Registration

8:00-8:15am Review Saturday and “Make A Plan For Your Success.”

(Principles of Practice Philosophy)

8:15-8:45am Protocols and clinical application focusing on the most common conditions and current FDA Clearances. Putting your BodyMap® exam to full clinical correction.

(Examination Procedures / Diagnosis)

- FDA Cleared Chronic Heel Pain and Plantar Fasciitis
- FDA Cleared Chronic Neck and Shoulder Pain
- FDA Cleared Chronic Low Back Pain

8:30am – 9:00am Examination for the lower extremity

- Symptom vs System involvement and corrections
- Laser protocols
- Adjust
- Percussion and soft tissue

9:00 – 9:30 am Workshop correction of the lower extremity

(Examination Procedures / Diagnosis)

9:30am – 10:00am Examination for the Neck and Shoulder

(Examination Procedures / Diagnosis)

- Symptom vs System involvement and corrections
- Laser protocols
- Adjust
- Percussion and soft tissue

9:30 – 10:00 am Workshop correction of the Neck and Shoulder **(Examination Procedures / Diagnosis)**

- Symptom vs System involvement and corrections
- Laser protocols
- Adjust
- Percussion and soft tissue

10:00 - 10:15 Break

10:15 – 11:00 Unattended Activation stations **(Examination Procedures / Diagnosis)**

11:00 – 11:30 Workshop = Unattended Activation stations

- Symptom vs System involvement and corrections
- Laser protocols

11:30 – 12:00 Low Back Clinic Application **(Examination Procedures / Diagnosis)**

- Symptom vs System involvement and corrections
- Laser protocols
- Adjust
- Percussion and soft tissue

12:00pm – 12:30 Questions