



Speaker and Course Information for Doctors

Date: Friday, March 13, 2020, from 8am-10am

Course Title: Evidence about the Link between Chiropractic and Strokes (2 hours)

CE Hours Provided: 2 Mandated (Category 2) hours

Speaker: Heidi Haavik, DC



Dr. Heidi Haavik is a chiropractor who has also gained a PhD in human neurophysiology. Dr. Haavik graduated from the New Zealand College of Chiropractic in 1999 and has practiced for over 17 years. She was awarded her PhD degree by the University of Auckland in 2008. She is the Director of Research at the New Zealand College of Chiropractic where she established the Centre for Chiropractic Research.

Dr. Haavik is the author of the book 'The Reality Check: A quest to Understand Chiropractic from the inside out' (www.heidihaavik.com). This book describes in easy to understand language what happens in the brain when a chiropractor adjusts dysfunctional segments in the spine. She has used her neurophysiology expertise to study the effects of adjusting subluxations on the function of the central nervous system. Dr. Haavik is the director of Haavik Research Ltd., a company that enlightens the world about the science of chiropractic (www.therealitycheck.com). Dr. Haavik was a member of the World Federation of Chiropractic's Research Council for ten years.

Dr. Haavik has received numerous research awards and has published a number of papers in chiropractic and neurophysiology journals. She has presented her work to both chiropractic and neuroscience communities around Australasia, Africa, North America and Europe. She is on the Editorial Board of the Journal of Manipulative and Physiological Therapeutics and Journal of Chiropractic Education and is a Review Editor in Movement Science and Sport Psychology for Frontiers in Psychology and Sports Science. She was named Chiropractor of the year in 2007 by both the New Zealand Chiropractic Association and the New Zealand College of Chiropractic Alumni Association.

Course Summary:

In the 1990s, a link was discovered between Chiropractic Care and Stroke, in particular strokes from vertebral artery dissection. Accusations arose that Chiropractic was dangerous and caused strokes. Fortunately, the research efforts over the past 30 years have shown this is not the case. Although there is an association with chiropractic and stroke, association does not mean causation. Other research showed that there is also an association with stroke and Judo, and Yoga, and blowing your nose, receiving a shampoo and sexual activity and so on and so on. What is clear in the literature is that vertebral artery dissections are a random and unpredictable complication of any neck movement. Further research showed that there is no increased risk of having a vertebral artery stroke if you go and see a chiropractor compared with seeing a medical physician. Current thinking holds that the majority of patients who develop frank symptoms of a vertebral artery dissection following chiropractic care were in the process of dissection when they presented for care. Dr. Haavik will discuss this literature along with what you as a

chiropractor can and should do in these cases. Furthermore, she will present the exciting new series of research studies that are showing us that not only do we not cause strokes, but chiropractic care is instead likely to be of benefit to stroke victims post-stroke recovery of brain and body function.

Date: Friday, March 13, 2020, from 10am-12pm

Course Title: The Brain, Pain, and Neuroplastic Effects of Chiropractic Care (2 hours)

CE Hours Provided: 2 Mandated (Category 2) hours

Speaker: Heidi Haavik, DC

Course Summary:

Dr. Heidi Haavik is an award-winning chiropractor and PhD trained neurophysiologist who will cover, in a fun and entertaining way, the latest scientific understanding about pain, and how the feeling of pain is always created in the brain, due to either tissue damage, or even just the potential for tissue damage. The latest science tells us that pain is created in the brain – to warn us about danger. However, this system can go wrong due to maladaptive neural plasticity and cause chronic pain. She will cover how ‘pain’ can change and adapt over time depending on the person's experiences. We now know that for a lot of chronic pain there may no longer be much tissue damage present at all – it can become a learnt problem within the brain itself. Physiological and psychological stress also plays a major role in this maladaptive process, and she will cover this as well.

Dr. Haavik will also cover the latest scientific understanding about the function of the spine and its impact on brain function. The way the brain controls spinal movement is altered by spinal injury, and this changes over time. Such spinal movement patterns are known to play a vital role in how spinal pain becomes a chronic problem. She will also focus on the mechanisms of an adjustment, based on the latest relevant scientific research studies, and how this is likely altering the way a person's brain is ‘feeling’ pain, and how the brain controls spinal movement patterns. The new basic science research tells a story that is similar to the old historic theories about the subluxation and mechanism of chiropractic care, but with a subtle – and very important – twist to it. We use to think we were ‘fixing’ problems locally in the spine, when it now turns out we are more likely to be ‘fixing’ problems at the level of the brain, and here turning down or switching off the sensation of pain directly in the brain, in addition to improving the way the brain controls spinal movement patterns (improving spinal function). Dr. Haavik will also discuss what has been shown clearly in the literature to work when it comes to retraining the brain out of pain and give practical tips and advice on how best to train the pain out of the brain. Dr. Haavik will clarify what we as chiropractors can and cannot claim to help you thrive in an evidence-informed world.

Date: Friday, March 13, 2020, from 1:00pm-5:00pm

Course Title: Effects of Spinal Dysfunction and Adjustments on the Central Nervous System

CE Hours Provided: 4 Mandated (Category 2) hours

Speaker: Heidi Haavik, DC

Course Summary:

Dr. Heidi Haavik is one of the most popular chiropractic speakers in the world today. Director of Research at New Zealand Chiropractic College, Dr. Haavik is best known for her ground-breaking research on the impact of chiropractic adjustments on the brain and central nervous system. In this lecture she will share the absolute latest of her research findings, their role in chiropractic practice and what the future may hold. Recent scientific studies are revealing a new understanding about how spinal adjustments work.

Dr. Haavik, a chiropractor and PhD trained neurophysiologist, has spent the past two decades studying the changes that occur in the brain when chiropractors adjust the spine. The original chiropractic theories were based on the idea that dysfunctional spinal segments were 'out of place', or misaligned, and that this put pressure on the nerves exiting the spine. We now know that this theory is not really the best way to describe what a chiropractic subluxation is. The original theories were based on the idea that an adjustment relieved pressure off the squashed nerves. We now also know this is not the best way to describe the neurophysiological effects of an adjustment.

Today, over a hundred years on from that 'first' chiropractic adjustment, we know much more about how the brain and the rest of the central nervous system functions. And it is becoming clear – finally - just how the chiropractic adjustment really works. The research tells a story that is similar to the old historic theories, but with a subtle – and very important – twist to it. We have now come to understand that we don't really put bones back in place when we adjust the spine. A chiropractic subluxation is not so much the condition of a bone being out of place, squashing nerve roots; it is more then a bone is functioning or moving in a less than ideal way – in a manner that is not 'normal' for the body. Thus from a neurophysiological perspective, a subluxation is a Central Segmental Motor Control problem. The brain is not controlling the bone's movement pattern in an ideal way. This has consequences on the way the brain perceives what is going on, not just in the spine, but also in the rest of the body. And this influences how the brain integrates many other sensory inputs, how it integrates this sensory information and also how it controls the not just the spine, but also other parts of the body.

These changes in brain function, from spinal dysfunction, is particularly fascinating, because one specific part of the brain that we now know we impact when we adjust the spine is the prefrontal cortex. This literally is the Chiropractors Dream, because the prefrontal cortex is vital for one's intelligence, movement control, pain processing, mental health, immune system and inflammation (thus most chronic diseases)! Dr. Haavik will share with you a summary of where we are at today with the neurophysiological understanding of the impact of spinal function on brain function and will discuss what future implications this has for us as a profession.

Date: Saturday, March 14, 2020, from 8am-10am

Course Title: The "Simple" Pediatric Exam

CE Hours Provided: 2 Mandated (Category 2) hours

Speaker: Skip Wyss, DC, CACCP



Dr. Skip Wyss and his wife, Dr. Julie Wyss, practice in Green Bay, Wisconsin. They have an amazing pediatric practice that sees 70% children. Their office specializes exclusively in women of all ages and very young men! He has his certification in pediatrics and the Webster's Technique through the International Chiropractic Pediatric Association. He is a 2008 graduate of Palmer College of Chiropractic. He is the co-creator of the Prime Pediatric Program and creator/host of the Prime Pediatric Podcast! He is a teacher for the Practice Evolution Program, where creating extraordinary family chiropractors is paramount! He is an internationally recognized speaker and author in the pediatric chiropractic realm!

Course Summary:

This course is designed to keep pediatric examinations simple so that every chiropractor that wants to see children and infants can and to do it at a very high clinical level. This will allow any chiropractor to gain clarity, certainty, and confidence in the clinical evaluation of the pediatric patient. The evaluation of a child does not have to be complicated; just thorough and efficient. This course will cover everything you need to know when examining a newborn and what all of those clinical and neurological findings actually mean to the practicing chiropractor. It the simplest explanations that actually help parents understand the amazing care you are going to provide.

Date: Saturday, March 14, 2020, from 10:00am-12:00pm

Course Title: A General Review of Lower Extremity Patient Presentation (Weekend Warriors, Runners, and other Anomalies Review)

CE Hours Provided: 2 Mandated (Category 2) hours

Speaker: J. Alan Lovejoy, DC, LCP, FICA



J. Alan Lovejoy, D.C., LCP, FICA, was in private practice for 24 years and served as an Associate Professor in the field of chiropractic education 14 years. He has been a coach and mentor to many over the years. His purpose statement is, “Inspiring others to live a healthier, happier and more successfully balanced life.”

J. Alan has assisted T-ball kids, high school, amateur, collegiate and professional athletes. Dr. Lovejoy was selected to work with the World Cup Fencing Tournament, National Federation of Professional Bull riders. As a former Golden Glove Boxing Coach, he has had the privilege of meeting and assisting many amateur and professional

boxers.

As a national speaker, J. Alan has presented Chiropractic principles and professional development education topics to various state and Chiropractic universities. He has also presented to various state and international associations and has been published in professional publications. Lovejoy is also the co-developer of the Straighten Up for Kids program which has now been translated into 20 languages. His love of Chiropractic is obvious and his great zeal for life is contagious.

Dr. Lovejoy likes to participate in shooting sports, archery and running. J. Alan is very happily married to his wife of 44 years. They enjoy spending time, with their sons, daughter-in-law and granddaughter. They attend Green Valley Baptist Church, love to travel and enjoy playing with their dog Sadie, an English Springer. The Lovejoy’s are truly a Chiropractic lifestyle family.

Course Summary:

This course presents a philosophy and biomechanical approach to the assessment, evaluation and history of the lower extra-vertebral articulations of the body and general patient presentations in a chiropractic office.

Date: Saturday, March 14, 2020, from 3:00pm-5:00pm

Course Title: Lower Extremities and Our Running Patients

CE Hours Provided: 2 Mandated (Category 2) hours

Speaker: J. Alan Lovejoy, DC, LCP, FICA

Course Summary:

This course presents a philosophy and biomechanical approach to the evaluation of our running patients, history, evaluation and analysis will focus on general patient presentations in a chiropractic office. Running gait, shoes types shoe fit and selection for our walking and running patients, if time allows sensory and motor training ideas.

The vision is to help our patients overcome some of the common running injuries of lower extremities.

The review and focus topics will include:

- Patient History, evaluation and analysis,
- Gait analysis
- Shoe fit and selection for walking and running
- Sensory and motor training ideas

Date: Sunday, March 15, 2020, from 8am-12pm

Course Title: Primitive Pediatrics

CE Hours Provided: 4 Mandated (Category 1) hours

Speaker: Skip Wyss, DC, CACCP

Course Summary:

This course is designed to keep pediatric subluxation detection and correction simple so that every chiropractor that wants to see children and infants can perform at a very high clinical level. This will allow any chiropractor to gain clarity, certainty, and confidence when assessing the pediatric patient. The subluxation detection and correction of a child does not have to be complicated; just thorough and efficient. This course will cover Infant Toggle Headrest, Logan Basic Technique, Modified Gonstead, and Cranial Adjusting Procedures! Analysis of the cranium is absolutely vital to every chiropractor that sees children and we must understand its' complexity but implement simple and effective ways of correction. Within this course we will also be reviewing Tethered Oral Tissues (TOT), its evaluation, the neurological impact, a review of the literature, and finding the right providers in your area to help you and the parents get the best care possible.

Course Outline:

Infant Adjusting Techniques Portion:

1. Overview of the Pediatric Spinal Anatomy
 - a. Occipital Atlanta Joint Complex
 - i. Coupled Motion
 - b. Atlas Axial Joint Complex
 - i. Coupled Motion
 - c. C3-C7 Joint Complex

- i. Coupled Motion
 - d. Thoracic Spine
 - i. Upper Thoracic Spine
 - ii. Lower Thoracic Spine
 - e. Lumbar Spine
 - i. L5 – S1 Joint Complex
 - f. Sacrum and Pelvis
 - i. SI Joint Complex
 - ii. Sacral Joint Complex
- 2. Cervical Spine techniques
 - a. Pressure Hold / Vibration
 - i. Palpation
 - ii. Line of Drive
 - iii. Pre-Post Subluxation Evaluation
 - b. Infant Toggle Headrest
 - i. Upper Cervical Evaluation
Occ. C1/ C1/C2
 - ii. Inversion and Evaluation
 - iii. Line of Drive
 - iv. Correction
- 3. Lower Cervical Spine Techniques
 - a. Toggle Headrest Alternate Contacts
- 4. Thoracic Spine Evaluation
 - a. Double Thumb Contact
 - b. Single Thumb Contact
- 5. Lumbar Spine Evaluation
 - a. Single Thumb Contact
 - b. Double Thumb
 - c. Toggle Headrest Drop Work. "Age Appropriate"
- 6. Sacrum Evaluation
 - a. Logan Basic Assessment and Correction
 - b. Single Thumb Contact
 - c. PA corrections
- 7. Clinical Gems
- 8. Hands on Demonstration
- 9. Clinical Case Correlations

Tethered Oral Tissue and Cranial Evaluation Portion:

- 1. Tethered Oral Tissue Evaluation
 - a. Neurology Basics
 - b. Tongue Biomechanics
 - c. Primitive Reflexes
- 2. Cranial Bone and Palate Evaluation
 - a. Maxilla Examination and Position
 - b. Sphenoid Examination and Position
 - c. Pterygoids Examination and Position
- 3. Suckling and Rooting
 - a. Palate Evaluation
 - i. Arching (Clinical Presentation)
 - ii. Flattening (Clinical Presentation)
 - iii. Tongue reflex and suckling
 - a. "U" Shaped Vs. Flattening
- 4. Safe and Effective Tethered Oral Tissue Evaluation

- a. Lingual Frenulum
 - b. Labial Frenulum
 - c. Buccal Attachments
5. Review of the Research
6. Cranial Adjusting
 - a. Common Subluxation Patterns
 - i. Anatomy and Position of the Cranial Bones
 - b. Clinical Gems and Correlations to common pathology:
 - i. Sphenoid internal/external releases
 - ii. Coronal Suture Release
 - iii. Lambdoid Suture
 - iv. Squamosal Suture
 - v. Sacral / Occipital Correlation and Correction
7. Finding the right provider in your area for Evaluation
8. Creating interprofessional relationships and Educational support for both providers
9. Clinical Case Correlation and Care Planning