



## **Summary of Course and Qualifications of Instructor(s)**

*(Retain this form for your records together with your verification of hours.)*

Colorado Chiropractic Association ■ 8751 East Hampden Avenue #B-7, Denver, CO 80231

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<b>Course Title:</b>	Precision TrueCore Spinal Stabilization Exercises
<b>Date of Course:</b>	Saturday, June 10, 2017
<b>CE Hours Applicable:</b>	8 CE   9:00 a.m. - 5:00 p.m.
<b>Location:</b>	CCA Headquarters   8751 E. Hampden Ave, Ste B7, Denver, CO 80231

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### **Synopsis of Course:**

This course will help you to:

1. Identify the spondylogenic reflex syndrome
2. Access Charts
3. RX TrueCore Exercises and immediately activate spinal stabilization in 3-5 repetitions!

Teach your patients to strengthen specific levels of the spine by performing TrueCore in as little as 1 minute per day!

SRA TrueCore Spinal Stabilization Exercises are scientifically supported by over 90 formal research studies.

Based on extraocular driven deep layer intersegmental muscle activation and dependent sequential paraspinal and large motor pathway firing. This is a critical link in understanding and managing multifidi and larger multiregional muscle contractions.

See and experience the immediate effect of these truly unique exercises demonstrated in class and tracked with live IR imaging and pre/post provocative testing.

### **Qualifications of the Instructor:**



Dr. Frank Jarrell graduated from Life Chiropractic College in 1988 and currently has more than 28 years of practice experience and 23 years of diagnostic and treatment protocol development emphasizing spondylogenic reflex syndromes. He continues to work with failed and unresolved cases in neuromusculoskeletal conditions. Dr. Jarrell is the Director of Spinal Reflex Institute, Intl. LLC, a professional post graduate educational portal, and is the developer of physician based Spinal Reflex Analysis, SRA Laser Adjusting, Infrared Diagnostics, 5MinuteBack, 5MinuteBack for Pregnancy and TrueCore Intersegmental Stabilization protocols and CEC training programs.

Dr. Jarrell also developed Spinal Reflex Therapy, a soft tissue based, endogenous analgesic deactivation technique taught through Spinal Reflex Institute, Intl. certified instructors in the U.S., Europe, Australia and NOVA Community College in Virginia; the largest Community College in the U.S. Spinal Reflex Institute, Intl. currently has over 800 alumni.

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**NOTICE:** To fulfill the CE requirements of the Colorado Board of Chiropractic Examiners established via rules, you must:

1. Obtain 15 CE hours per year (November 1 - October 31) for a total of 30 every two-year license renewal period. These hours must meet the educational requirements as outlined by the board. Subjects of a clinical nature are generally approved, while subjects such as practice management, managed care, financial management, or personal motivation do NOT qualify.
2. Maintain records of seminar attendance in your files including:
  - .The title, date and hours of the course
  - .Verification of CE hours attended
  - .A synopsis of the course
  - .The qualifications of the instructor
3. The board will perform audits to insure CE compliance.

**Please contact the CCA for additional information.**