

FRIDAY, MARCH 24



PRESENTER: Dr. Robert Silverman

"Optimizing Musculoskeletal Health: Protocols for Performance and Recovery" (6 Hours of CEU)

- 12:00pm - 6:00pm

Outline:

Join Dr. Silverman as he explores the process of implementing musculoskeletal laser protocols into your practice. He will share in-office tools, laser protocols, nutrition protocols, and proven rehab programs. In this exciting presentation, you will gain insight into a simple methodology to incorporate these protocols into a clinically effective system. This seminar is ideal for any practitioner who wants to get the musculoskeletal edge in their community.

Learn science-based clinical protocols for the management of symptoms and conditions such as:

- Traumatic brain injuries/concussion
- Lumbar disc degeneration/sciatica
- Tennis/Golfer's elbow
- Plantar fasciitis
- Ankle sprain
- Peripheral nerve entrapments

Key clinical takeaways:

- Effective assessment, rehabilitation and nutritional strategies for the management of musculoskeletal injuries and disorders
- Implement a Functional Movement Screen, which reveals faulty movement patterns and corrections with laser protocols
- Apply neurodynamic tests and corrective laser protocols
- Assess and understand traumatic brain injuries
- Implement and incorporate low-level laser therapy into concussion protocols
- Understand the environment within and how the gut microbiome influences metabolism, body composition and diabetes incidence

Attendees will receive:

- 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

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

Dr. Silverman graduated magna cum laude from the University of Bridgeport College of Chiropractic and has a Masters of Science in human nutrition. His extensive list of educational accomplishments includes designations as a certified nutrition specialist, certified clinical nutritionist, certified strength and conditioning specialist, certified Kinesio® taping practitioner, NASM-certified corrective exercise specialist, and a certified sports nutritionist from the International Society of Sports Nutrition. Dr. Silverman is a diplomate with the American Clinical Board of Nutrition and a diplomate with the Chiropractic Board of Clinical Nutrition. Dr. Silverman is also a HardStyle Kettlebell Certified instructor.

He has a full-time private practice in White Plains, NY, where he specializes in the treatment of joint pain with innovative, science-based, nonsurgical approaches and functional nutrition. He has published articles in *Dynamic Chiropractic*, *JACA*, *ACA News*, *Chiropractic Economics*, *The Original Internist*, and *Holistic Primary Care*. Dr. Silverman is also on the advisory board for the Functional Medicine University. Dr. Silverman is also on the advisory board for the Functional Medicine University, a health contributor to Fox News Radio and has appeared on *Fox & Friends*, *Fox News*, *NBC News*, *CBS News*, *The Wall Street Journal Live*, *NewsMax TV*, and *Westchester's Channel 12* as a health expert. Dr. Silverman also appeared on Talks at Google – author.

Dr. Silverman was awarded the prestigious 2015 Sports Chiropractor of the Year by the ACA Sports Council. In 2016 he published Amazon's #1 Best Seller, *Inside/Out Health: A Revolutionary Approach to Your Body*.