



## **FRIDAY**

**11 a.m. - 1 p.m.** - Registration and Vendor Fair

**1 - 3 p.m.** - *Nitrates and Neuropathy: Dual Approaches to Reducing Pain*  
Thomas Burke, PhD (sponsored by HealthLight)

There are more than 20 million diabetic patients whose neuropathy symptoms could be helped by doctors of chiropractic. A missed opportunity for sure! This talk will review the physiology behind nitric oxide formation, its binding to hemoglobin and the evidence for the release of nitric oxide by light therapy. We point to two recent studies by chiropractors in Atlanta and southern California, who have used the LED modality to reverse the neuropathy symptoms in several hundred diabetic patients. Finally, because chemotherapy drugs also cause neuropathy, we will discuss the reasons why this occurs and the role of light therapy in reversing the symptoms of chemo-related neuropathy.

**3 - 3:30 p.m.** - Break and Vendor Fair

**3:30 - 5:30 p.m.** - *Movement Variability*  
Guido Van Ryssegem, MS, ATC/R, CSCS, NBFE

In the last 20 years, concepts related to the dynamic systems theory have influenced the way we think about movement, movement variability and noise or error of data. Variability in movement is a natural and normal phenomenon that influences our lives, our physical accomplishments and our health. Motor skills in the healthy populations are associated with an optimal amount of movement variability, while in the unhealthy populations motor skills are less than optimal. As exercise is prescribed as an intervention, a clear understanding on what movement variability is, how it gets influenced and how it can be manipulated should be a priority so audiences' goals can be met.

Guido Van Ryssegem will discuss movement variability, focusing on both the science and practical application.

**5:30 - 7 p.m.** - Homecoming Networking Reception and Vendor Fair

Join us at 5:30 p.m. for the networking reception and presentation of the 2017 UWS Alumni of the Year Award.

- Enjoy delicious wine and nibbles, and connect with colleagues and friends of UWS
- FREE to all NW Symposium attendees and to UWS alumni, faculty, staff, board members and students (plus one guest per attendee).
- RSVP required for drink ticket
- UWS name badge required at check-in for faculty, staff and students if they are not already attending NW Symposium.

## **SATURDAY**

**8:30 - 10:30 a.m.** - *Sulfur, Water, and Light: The Golden Threads That Weave Us Into Wholeness*

Greg Nigh, ND (sponsored by Biotics NW)

Dr. Nigh will discuss the unique structuring of water that happens within all cells, fluids and tissues of the body. He will illustrate the central role that sulfur-containing molecules have in maintaining structure, and he will review the seminal role played by biophotons in building structured water – both in the infrared and ultraviolet ranges. He will also explain how environmental toxicities, nutrient deficiencies and other issues can result in a breakdown of this water structuring, which results in a loss of connective tissue integrity and a wide range of pathological consequences. Influenced by his findings, Dr. Nigh will walk attendees through a set of therapies that can be used to re-establish the integrity of cells, connective tissue, water and health overall.

**10:30 - 10:45 a.m.** - Break and Vendor Fair

**10:45 - 11:45 a.m.** - *Gait Matters: Running Assessment for the Practicing Clinician*

Kimberly Davis, DC (sponsored by RunLab)

A thorough understanding of gait is necessary not only for working with athletes, but also for any clinician striving for a holistic approach to patient care. Human movement does not happen in a vacuum, and it is impossible to unravel complex compensation patterns, strengths and limiters without viewing the body both as a whole, and as a sum of its parts within a functional environment. We will explore the basics of the gait cycle, relevant running specific anatomy, and why full body gait evaluation can be the most valuable tool in your wheelhouse for assessment of both running and non-running populations. We will discuss the importance of gait-based rehab and why gait evaluation is a good idea for improving your patient care, as well as your bottom line.

**11:45 a.m. - 12:45 p.m.** - Lunch and Vendor Fair

**12:45 - 1:45 p.m.** - Gait Matters continued

**1:45 - 3:45 p.m.** - *Updates: The Role of Nutritional Supplementation in Sleep and Inflammation*

Corey Schuler, DC (sponsored by Integrative Therapeutics)

Sleep is an important component of mammalian homeostasis, vital for the survival of self and species. Humans spend approximately one-third of their lives asleep, yet we have little understanding of why we need sleep and what mechanisms underlie its capacities for physical and mental restoration.

The interaction of circadian effects determines the onset and amount of sleep. Humans depend on external cues to keep their diurnal cycle “on time.” Thus, sleep hygiene has garnered significant attention as it pertains to sleep. However, chrononutrition has emerged as an important factor in sleep and recovery. Inflammation has also been implicated in the contribution, as well as the result, of poor sleep and recovery. This presentation will update clinicians on the role of nutritional supplementation with special attention to patient selection criteria, dosing of common supplement ingredients and nutrient timing. We will discuss the role of various cytokines, the hypothalamic-pituitary-adrenal axis and endotoxins in disrupted sleep and what to do about it. Finally, we will cover neuroendocrine, metabolic and gastrointestinal manifestations of poor sleep and the integrative clinician's role in supporting sleep in the prevention and management of chronic disease.

**3:45 - 4 p.m.** - Break and Vendor Fair

**4 - 6 p.m.** - *The Active Care Approach: Empowerment through Exceptional Spine Care*

Jason Brown, DC, DACRB, FICC (sponsored by Performance Health)

Chiropractors are well positioned to be agents of change in our floundering health system. By leveraging what we do best, we can empower our patients to seize control of their own health, shed the shackles of dependency, and flourish with a functional foundation that they can build upon.

This talk will cover the fundamentals of movement assessment, active intervention and patient management, and will do so with a focus on why and how the clinician can best accomplish this. We will discuss patient centered approaches, evidence driven care and the functional model of evaluating conditions of the neuromusculoskeletal system. The end result will be thoughtfully delivered and positive, conservative precision medicine.

The Active Care Approach is supported by Performance Health, who strive to exemplify this approach by “helping people feel good, perform better and live great.” Attendees are invited to join this mixed lecture and participation-based presentation to challenge their thinking, refine their methods and sharpen their skills.