

“How High Energy, Non Thermal, Visible Wavelength Lasers Can Enhance AK Protocols and Outcomes”

Syllabus 2023

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SEMINAR GOALS:

In the 1 hour lecture, Dr Gair will explain the differences between low energy infrared lasers and high photonic energy violet and red lasers, and how these differences can increase your clinical outcomes with your current AK techniques. Topics that will be covered will include the following:

- How lasers are not “experimental and new”, but supported by decades of research for multiple conditions
- Lasers are for much more than just pain. They affect the Electron Transport Chain at all complexes if you use a combination of wavelengths, which has a huge impact on any condition that is affected by mitochondrial dysfunction. This includes auto immune conditions, Long Covid, and occurs in patients on common meds like NSAIDS, Tylenol, Aspirin, Statins, antidepressants, and more.
- What is the difference between high and low power lasers and the limitations and benefits of each, as well as which ones work the best with AK protocols.
- How different wavelengths produce specific effects that cannot be produced with other wavelengths
- How high photon energy (electron volt) lasers can trigger coherent biophotons that affect the body’s communication pathways and create enzymatic and molecular reactions that have a global effect.
- How to incorporate lasers with muscle testing around injuries and also for emotional components and sensory components with hands on techniques that are very similar to what you already know in AK. Laser can speed up the process and make your results last longer.
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4 HOUR WORKSHOP OPTION

Hour 1 Cervical and Upper Extremity Injuries and How to Recalibrate and Reset the nervous system with the accelerate recovery and enhance performance (**General Clinical**)

- Research studies on cervical spine, shoulder injuries, elbow, and carpal tunnel and laser photobiomodulation
- Muscle assessment techniques
- Case studies from Dr Gair’s Patients

Cervical and Upper Extremity Protocol Workshop (**Other, Research**)

- How cervical movements affect muscle strength and laser protocols to recalibrate and reset
- Laser shoulder protocols, elbow, and hand protocols
- Percussor techniques and Adjustor tool techniques for these conditions

Hour 2 Traumatic Brain Injuries, Neurodegeneration, and Long Covid Workshop (**Other, Research**)

- Review of current research studies showing the cellular effects to provide support for TBI and neurodegenerative conditions.
- How long Covid is affecting patient’s brain function, body pain, and quality of life
- Research showing how the spike protein triggers auto immunity in some patients, and how you can provide support with laser protocols, nutritional, and supplemental protocols to improve quality of life and function.
- Evaluation techniques and questionnaires
- How to recognize early signs of CTE and neurodegeneration and what to do for it.
- Research on low level laser support protocols for children with autism, dyslexia, ADHD.
- Review of case studies from Dr Gair’s patients ranging from mild TBI to severe and the treatment protocols

Protocol Workshop (General Clinical)

- Balance assessment
- Gait assessment
- How to recognize signs of auto immune reactions in the brain
- Eye movement assessment
- Functional Assessments: math processing, word processing, memory
- Vagus nerve protocols
- Laser protocols with the XLR8 and the FX

HOUR 3 Lumbar spine and Lower Extremity Injuries and How To Recalibrate and Reset the nervous system to accelerate recovery and enhance performance (General Clinical)

- Research studies on lumbar spine, hip, knee, and ankle injuries and laser photobiomodulation
- Muscle assessment techniques
- Case studies from Dr Gair's Patients
- Lumbar and Lower Extremity Protocol Workshop (General Clinical)
- How lumbar movements affect muscle strength and laser protocols to recalibrate and reset
- Laser low back, hip, knee, and ankle protocols
- Gait reset protocols
- Balance protocols
- Percussor techniques and Adjustor tool techniques for these conditions

HOUR 4 Scar tissue and GAIT resetting techniques along with emotional techniques enhanced with violet and red lasers (General clinical, Research)

- How to use the laser to break down scar tissue
- Surgical scar neuro-recalibration protocols
- Laser reset scan from C1-15
- Gait resetting for each phase with the laser