

Seminar Name: Evidence-Based Home Care

Location: Online

Instructor: Ross Vollmer, DC; Joshua R. S. Browning, DC, FIANM(us)

Description:

This course is designed to provide the most up-to-date research on common home care recommendations that chiropractors make.

Objectives:

1. Present the most up to date information on heat versus ice.
2. Present the most up-to-date information on ergonomics.
3. Inform the audience of the most up-to-date research about NSAIDs.
4. Inform the audience of the research about bracing and when it should be used.
5. Provide a review on the PEACE & LOVE method for treating soft tissue injuries.
6. Review the most up-to-date information about rest after sustaining an injury.
7. Provide the most current research about home exercise plans and considerations to think about.
8. Review the most up-to-date research about over-the-door traction units and their efficacy.
9. Inform the audience about the most recent research on inversion tables and their efficacy.

Goals:

After completing this course, you should be able to:

1. Determine when heat or ice should be used.
2. Determine what type of ergonomic changes should be made to a workspace.
3. Understand the mechanism of anti-inflammatories and when they should be used.
4. Know when to brace a patient.
5. Understand the concept of PEACE & LOVE and how to apply them.
6. Understand when to rest a soft tissue injury and for how long.
7. How to incorporate home exercise plans more efficiently into your office.
8. Understand when to use over-the-door traction.
9. Understand the benefits and risks of inversion tables.

Hour by Hour Breakdown

First Hour

We will discuss the physiological mechanism of ice and heat, the different types of heat and ice, contraindications, as well as what each can be used for. We will then discuss ergonomics and how to get the best results with patients. We will cover anti-inflammatories, the different types and their physiological mechanism, as well as their efficacy. We will then cover bracing and when it should be used. That concludes the first hour.

Second Hour

We will start the second hour by discussing the concept of PEACE & LOVE. We will then progress to rest after injury and when it should be used. We will continue with home exercise plans and how to best implement them. We will discuss over-the-door traction and its efficacy. Then we will finish with a discussion on inversion tables and their efficacy.