

**2016 Spring Conference
Newport Beach, CA
April 14-16, 2016**

Class Descriptions

Level 1

NUCCA PROTOCOL – DR. ZABELIN

This class will clearly lay out step by step what is considered NUCCA treatment protocols including but not limited to supine leg check, anatometer postural readings, thermography assessment, adjusting steps, x-ray taking and analysis and even NUCCA approved equipment.

CERTIFICATION TESTING (LEVEL 1) – DR. STOCKWELL

This class prepares the DCs for the written exam for the Level 1 certification exam by going over the material needed for this section of the certification process. Attending DCs are encouraged to bring a laptop/notebook/tablet to take the exam while at the conference.

STRUCTURAL ANALYSIS (PART 1) – DR. LAPENSKI

Overview x-ray analysis, height vector, rotation vector, and torque. Criteria for good films and examples of unacceptable films. Specific analysis on the lateral x-ray and the points on the vertex x-ray.

STRUCTURAL ANALYSIS (PART 2) – LAPENSKI

Analysis of the nasium x-ray. Establishing points and line drawing. Calculating the height vector and combining it with the rotation vector.

HEADPIECE PLACEMENT/LEG CHECK - JOHNSON

Lecture, demonstration and participation providing an understanding and practical application in the use of the mastoid headpiece. Practical demonstration of proper technique of performing a supine leg check.

INTRO TO BIOMECHANICS – FLORY

This class serves as an introduction to the biomechanics of the NUCCA protocol. Its focus is on the concept of the condylar-axial relationship and how this important factor influences frontal plane movement at the craniocervical junction.

IMAGE POSITIONING – ZABELIN

A level one class beginning with a power point presentation on the requirements and procedures in correct patient placement for the NUCCA views. The remainder of the class will be practical, with live demonstration and attending DCs and students setting classmates for the views.

FILM QUALITY (LEVEL 1) – LAPENSKI

Participants will learn when to use which filters to get the best image for each film. They will find out what to look for to determine if they have good quality images. Participants will discover how to change mAs and filter combinations to get the most crisp films. They will learn what doctors are looking for to pass films for certification. Discussion of atlas position, head rotation and proper S factors.

INTRODUCTION TO ADJUSTING - FLORY

The 8 phases and 27 individual steps of the NUCCA adjustment. Explain each phase and step so doctors understand what is accomplishing with each step. Practice drills with individual feedback on performance

4 ELEMENTS OF HEIGHT VECTOR – FLORY

This class will be an overview of the NUCCA biomechanics, explaining the 4 elements that comprise the height vector and the purpose of each.

NUCCA JEOPARDY – CRIPE

Question and Answer format covering a variety of topics including NUCCA history, Biomechanics, concepts in x-ray and adjusting. This interactive class will require both understanding and quick thinking skills of the principles of NUCCA. Each participant will need to have a working knowledge of NUCCA that will be tested in a exciting and fun format.

LEVEL 2 AND LEVEL 2/3 COMBINED CLASSES

X-RAY ANALYSIS - YARDLEY

Pre-analyzed x-rays will be distributed to participants (without the solution) to perform a detailed analysis and proposed biomechanical solution. A reference library of the cases with analysis and biomechanical solution will be available. This will then be reviewed by a certified doctor with the textbook solution available to compare. This is a workshop to further develop case analysis to a more intermediate to advanced level.

ADJUSTING PHASES PART 1 (LEVEL 2) – FLORY

This class is designed to help doctors learn how to develop and practice the adjusting portion of the NUCCA procedure. This part will involve hands on learning and practicing the initial adjusting phases in small groups with certified instructors. Part 1 will focus on the approach, settle back and turn in phases.

ADJUSTING PHASES PART 2 (LEVEL 2) – FLORY

This class is designed to help doctors learn how to develop and practice the adjusting portion of the NUCCA procedure. This part will involve hands on learning and practicing the initial adjusting phases in small groups with certified instructors. Part 2 will focus on the arch, roll-in, conversion and triceps pull phases.

CERTIFICATION TESTING (LEVEL 2) – ZABELIN

Attending DCs will learn material for the Level II written exam. DCs are encouraged to bring laptop/notebook/tablet to take the exam while at the conference.

BIOMECHANICAL THEORY - PACKER

This class will discuss the fundamental concepts of understanding the biomechanical challenges of each case including overcoming resistance and using fulcrums to get proportional reductions. First and second class lever systems will be addressed as well as vector selection as it impacts moving the head by putting force into the condylar circle and moving the cervical spine by putting force into the superior articulating surface of C2.

INTERMEDIATE BIOMECHANICS – DENTON

X-rays and schematic presentation of the out of pattern four basic types will be reviewed. Unusual cases with difficult concepts in biomechanics, lever systems and headpiece will be presented. The student will understand the most common difficulties in correcting each of the four basic types. In some cases, two part correction mechanics will be presented with expectation outcomes will be discussed.

RESEARCH OVERVIEW – ZABELIN/HASICK

This class summarizes ongoing UCRF funded research projects. Presentations include results of ongoing projects as they apply to reliability and validity of NUCCA assessments, fine-tuning of the NUCCA protocol, and improvements in providing NUCCA patient care as a result of conducted research.

Objectives:

- To understand the importance of research to the sustainability of the NUCCA organization.
- To understand how research findings can be translated to improving patient care and achieving better patient outcomes.

NUCCA GEOMETRY – FLORY

Observing the Atlas Subluxation through simple geometry can bring insight for the NUCCA doctor when it comes to deciding how to adjust a case. The doctor will learn how to distinguish which misalignment patterns are producing the subluxation and which are part of innate compensation.

ANATOMY AND PHYSIOLOGY OF THE UPPER CERVICAL SPINE

Overview:

- Upper Cervical History (Where we came from and where we're going.)
- The CCJ Overview
 - Anatomy, Biomechanics, Neurology, Neurophysiology, Advanced Imaging (MRI, CBCT), Current developments in Cerebellar Tonsillar Ectopia (Understanding Chiari)
- CCJ Examination & Integrative care considerations

Learning Objectives:

- Develop a greater understanding of UC history and update on current events shaping the UC profession.
- Sharpen understanding of basic principles of the CCJ anatomy, biomechanics, neurology, and neurophysiology (subluxation hypotheses, CSF flow).
- Enhance knowledge of when to utilize Advanced Imaging of the CCJ and how to interpret results.
- Understand current evidence and ongoing investigations into CTE, CSF Flow, Glymphatics; how they are impacted by and impact intervention at the level of the CCJ.
- Deliver overview examination recommendations to allow enrollee's to recognize when there may be other variables that may need to be investigated.

IMPROVING IMAGE QUALITY AND CORRECTIONS (LEVEL 2) – LAPENSKI

This course covers reviewing many x-rays and having the participants discover common obstacles to excellent image quality. It will also incorporate biomechanical discussions and theory as well as headpiece placement relative to the subluxation and its reduction.

LEVEL 3

ADVANCED BIOMECHANICS - YARDLEY/FITZPATRICK

This is to be a series of case presentations accompanied by discussion of Biomechanical Rationals for addressing cases exhibiting High Plane Lines, greater than usual Vertical Axis deviations and larger C1 and C2 Transverse Plane issues. Drs. Yardley and Fitzpatrick will be accessing their combined 60+ years' experience to engage in exploring strategies and alternative approaches to more difficult cases. Drawing from their own practical experience this should provide more advanced practitioners approaches and understandings they can take back to their offices and implement Monday morning.

CONCEPTS IN ADVANCED IMAGING – DICKHOLTZ

This class is designed for NUCCA practitioners with a moderate to high degree of skill level in regards to understanding the technical aspects of radiographic analysis and structure identification. The course will specifically cover structure identification, imaging techniques, errors in analysis and osseous abnormality's. Attendees will leave with an increased capacity to understand and effectively relate to the common concerns in the reduction of the atlas subluxation complex.

NUCCA OBJECTIVE DOCUMENTATION – PACKER

This class will teach the NUCCA doctors how to document what we do based on the three phases of healing and how to explain to third parties (private insurance, Medicare, personal injury) what we do and how to document it properly so our care will be clinically supported in the language that 3rd parties can understand and accept as meeting the standards of care.

DIGITAL ANALYSIS – ZABELIN

This class will teach a walkthrough of the “how to” of performing digital analysis using the Viztech software system of NUCCA analysis for digital x-rays. Focus is on inter- and intra-reliability in Doctors regardless of the system being used. A question and answer session will be available to answer specific questions.

TORQUE – FITZPATRICK

This class addresses how Torque is generated and when to apply in accordance with the position of Axis Spinous. The class begins with the definition of torque then leading into how NUCCA classifies torque as either superior or Inferior relative to Transverse plane displacement of Axis Spinous. Some discussion will be dedicated to the effects of Torque in the Sagittal Plane and how that affects the Transverse Plane. After this verbal explanation the class will be divided into groups for Practical application with a Certified NUCCA Doctor working one on one with each person in that group.

ADVANCED ADJUSTING – CRIPE

The advance adjusting class will incorporate both lecture and practical techniques to assist the doctors in developing and improving their adjusting skills. Time will be spent on discovering each doctor's strengths and weaknesses. Recommendations and tips will be taught by various certified doctors on an individual basis.