

## **Gonstead Meeting of the Minds—XIV “Concussions & Spinal Trauma”**

Sponsored by the Gonstead Clinical Studies Society

Hosted by Palmer College of Chiropractic-West • 90 East Tasman Drive San Jose, CA 95134

---

### **Saturday, October 21, 2017**

- 7:30 am **Registration and sign-in**
- 7:50 am **Welcome to MoM—XIV – GCSS President, Lydia Dever, D.C.**
- 8:00 am—9:00 am  
(1 Hour) **“Contemporary Views on Concussion: Concussion overview, guidelines, assessment and management” Derek A. Barton, DC, DACNB**  
**Part 1**—Definition and identification of concussion, mechanism and pathophysiology of concussion, current guidelines and management of concussion
- 9:00 am—10:15 am  
(1 Hour 15 minutes) **Part 2**—Assessment of concussion: Vestibulo-ocular reflex, reflexes of cervical stability, oculomotor assessment, postural stability, autonomic nervous system, cognitive assessment, and chiropractic considerations **Derek A. Barton, D.C., DACNB**
- 10:15—10:30 am **15 minute break**
- 10:30—12:30 pm  
(2 Hours) **“Concussion, Spine & Mild Traumatic Brain Injury Rehabilitation”**  
**Monika A. Buerger, B.A., D.C.** Learn how to evaluate key sensory systems that can be associated with concussion, MTBI or spinal injuries. When sensory systems are dysregulated, mood, cognition, attention, learning and immune function can all become compromised. Neurorehabilitative exercises will be given to use for patients of all ages and level of dysfunction.
- 12:30—1:45 pm **Brown Bag Lunch (included in registration fee)**
- 1:45—3:00 pm  
(1 Hour 15 minutes) **“Concussion, Spine & Mild Traumatic Brain Injury Rehabilitation” continued**  
**Monika A. Buerger, B.A., D.C.**
- 3:00—4:00 pm  
(1 Hour) **“Concussion and Mild Traumatic Brain Injury Neuronutritional Considerations”**  
**Monika A. Buerger, B.A., D.C.** Proper neuronutrition is important for post-concussion and/or MTBI rehabilitation. Diet, lifestyle and specific nutritional supplementation approaches will be discussed for easy implementation in the office on Monday.
- 4:00—4:15 pm **15 minute break**
- 4:15—5:15 pm  
(1 Hour) **“Case Study/Case Management” Richard A. Elbert, D.C.**The presentation will entail showing films of Dr. Elbert’s pre and post concussions and describing what occurred, how he was treated and what he had to do to continue practicing chiropractic.
- 5:15 pm—6:15 pm  
(1 Hour) **“Spinal Trauma and Correlations to Concussions” David J. Rowe D.C.**  
**Part 1**—Concussions: A Review of Current Findings including current literature review, mechanism of Injury, chiropractor’s role as an integrated approach and case studies.
- 6:15 pm **Sign Out**

**8.5 Hours Saturday**

## Sunday, October 22, 2017

7:45 am	<b>Registration and sign-in</b>
8:00—9:15 am (1 Hours 15 minutes)	<b>“Spinal Trauma and Correlations to Concussions” David J. Rowe D.C.</b> <b>Part 2</b> —Concussions: A Review of Current Findings including current literature review, mechanism of Injury, chiropractor’s role as an integrated approach and case studies.
9:15 am—10:15 am (1 Hour)	<b>“Assessment, adjustment, and rehabilitation strategies in an adolescent patient with traumatic brain injury” Gregory Plaughter, B.S., D.C.</b> Using a case based grand rounds format, Dr. Plaughter will go through the physical, laboratory and radiological findings of a TBI patient. Adjustment strategies and modifications as well as specific exercises including balance therapy, nutritional and motivational therapy to improve functional capacity in this patient are described.
10:15—10:30 am	<b>15 minute break</b>
10:30 am—11:45 am (1 Hour 15 minutes)	<b>“Assessment, adjustment, and rehabilitation strategies in an adolescent patient with traumatic brain injury” Gregory Plaughter, B.S., D.C. continued</b>
11:45 am	<b>Closing Remarks &amp; Sign Out</b>
<b>3.5 Hours Sunday</b>	<b>12 Total Hours CEU’s offered for Saturday &amp; Sunday</b>

---

### Other Activities

#### Friday, October 20, 2017

5:30 pm	FREE hands-on adjusting workshop All students and doctors are invited to learn and tune up their adjusting skills. Afterwards, enjoy complimentary pizza and camaraderie with other great Gonstead doctors.
7:00 pm	Diplomate written test Contact Dr. Lydia Dever <a href="mailto:ldever@life.edu">ldever@life.edu</a> to schedule your exam.

#### Saturday, October 21, 2017

12:00 pm	Diplomate practical test Contact Dr. Lydia Dever <a href="mailto:ldever@life.edu">ldever@life.edu</a> to schedule your exam.
----------	---

---

#### Registration:

\$325 before October 1 (Add \$50 for CE Credits). Call 888-556-4277 or visit <http://gonstead.com/coming-events/>

#### Local Airports:

San Jose International Airport (SJC) <http://www.flysanjose.com/>

San Francisco International Airport (SFO) <https://www.flysfo.com/>

#### Suggested Area Hotel:

Hyatt house™ San Jose/Silicon Valley 75 Headquarters Drive, San Jose, CA 95134 408-514-2851 Call this number for your room reservations. Mention Gonstead Clinical Studies Society and receive special rates or use this link to book online <https://sanjosesiliconvalley.house.hyatt.com/sjcxjgcss.html>

#### \*Complimentary hot breakfast buffet

This hotel offers a complimentary shuttle that runs to and from the San Jose Airport and also to and from Palmer College. The shuttle fits 6 passengers and runs between the hours of 7am and 9pm. When scheduling the shuttle, guests should book at least 24 hours in advance.