

## NUCCA

### LEVEL ONE

#### Thursday

**10:00 – 10:50: NUCCA OVERVIEW & Introduction to Biomechanics:** This provides a historical perspective & contemporary understanding of Upper Cervical Approaches in the profession of Chiropractic, the differentiation of Orthogonally based Upper Cervical approaches from Blair, Knee Chest and Toggle Recoil, and then defining the three different approaches with the Orthogonally Based approaches including perspective on where NUCCA stands within the Grostic model. This will also include a breakdown of the four Basic types as defined with the biomechanics of the upper cervical spine.

**11:00 – 11:50: ALIGNMENT OF EQUIPMENT:-** Learning the process of locating the central ray and aligning all parts of equipment to eliminate distortion and magnification issues.

**2:00 – 2:50: POSITIONING FOR 3 DIMENSIONAL IMAGING:** This will provide an understanding of the creation of 3 dimensional imaging for the upper cervical practitioner. The class provides training in positioning for views unique to our work which is not taught by nor is any DACBR trained to provide this training. There is no viewing of x-rays in this program at all.

**3:00 – 3:50 INTRODUCTION TO BIOMECHANICS 1:** Understanding the components & relationships of Upper Cervical Biomechanics, developing an understanding of the four basic types

**4:00 – 5:50: BIOMECHANICAL ANALYSIS:** This is an introductory program, rich in detail, on understanding the analysis of Upper Cervical Biomechanics which involves understanding the relationships between the skull, the atlas & the lower cervical spine as a unit. This class offers an understanding of the effects of introducing controlled forces, the relative motions of the various structures, and the impact of various resistances and reactive forces.

**6:00: COMPLIMENTARY WINE AND CHEESE:** With Michael Lenarz.

**6:00: JOB FAIR:** With Kyrie Kleinfelter

#### Friday

**9:00 – 10:50: BIOMECHANICAL ANALYSIS:** Continued.

**11:00 – 11:50: INTRODUCTION TO BIOMECHANICS 2:** Continued.

**2:00 – 3:50: EXERCISE PHYSIOLOGY AS IT RELATES TO WELLNESS:-An overview of the Chek Institute approach to wellness and integrating it with the NUCCA protocol.**

**3:30 – 5:50: BEGINNING ADJUSTING** will introduce the eight phases and 27 steps with both the theory & practical on a very basic level. The purpose and steps of each phase will be outlined, demonstrated, and doctors/students will practice under supervision.

### **Saturday**

**9:00 – 10:50: RESEARCH OVERVIEW:** Review of current research including the University of Toledo Finite Elemental Model, the Supine Leg Check Inter examiner reliability study, The Orthogonal X-Ray analysis Inter examiner reliability study and the MRI Blood flow study. The next phase of practice based research will be also explored.

**10:30 – 12:00: BEGINNING ADJUSTING** will introduce the eight phases and 27 steps with both the theory and practical on a very basic level. The purpose and steps of each phase will be outlined, demonstrated and doctors/students will practice under supervision. Continued.

**2:00 – 2:50: LEG CHECK & ANATOMETER** reviews the protocol and provides hands on experience to each attendee in these two important examination procedures. The Anatometer will be available for demonstration and participant involvement.

**3:00 – 3:50: HEADPIECE PLACEMENT** will include lecture, demonstration and participation providing and understanding and practical application in the use of the mastoid headpiece.

**4:00 – 4:50: INCORPORATING NUCCA INTO YOUR PRACTICE:** Seasoned doctors will put together the entire package of the NUCCA protocol as it would occur for a new patient on the 1<sup>st</sup> two visits.

**5:00 – 5:50: CERTIFICATION OVERVIEW:** A review of the certification program, the various levels and requirements, transition from a mentoring to final panel submission and board certification.

### **LEVEL TWO**

#### **Thursday**

**10:00- 10:50: ADVANCED IMAGING POSITIONING:** This program addresses the more common problems for the advanced doctor in this work. We will address how to position the more difficult cases and common problems and their solutions. This is very much a practical demonstration class.

**11:00 – 11:50: BETTER UNDERSTANDING CONTACT POINT 1 – Presenting a more detailed understanding of BIOMECHANICAL ANALYSIS: the mensuration of locating the transverse process of the Atlas to achieve better corrections**

**2:00 – 2:50: BETTER UNDERSTANDING CONTACT POINT 2 – presenting a more detailed understanding of BIOMECHANICAL ANALYSIS: the mensuration of locating the transverse process of the Atlas to achieve better corrections**

**3:00 – 5:50: INTERMEDIATE BIOMECHANICS: This will consist of the examination and discussion of In Pattern cases with specific consideration given to frontal plane components.**

### **Friday**

**9.00 – 11.50: CERTIFICATION REVIEW: This presentation outlines the requirements for the board certification examination process providing an important review of the common errors seen in more recent submissions. This provides valuable guidance even for those doctors not in the certification process and spans the topics of biomechanics, and adjusting headpiece placement with heavy emphasis on the pursuit of technical excellence**

**2:00 – 3:50: EXERCISE PHYSIOLOGY AS IT RELATES TO WELLNESS:- An overview of the Chek Institutes approach to wellness and integrating it with the NUCCA protocol.**

**4.00 – 5.50: FAILED CASES:- This is a review of problem cases submitted from the field that have responded poorly. The group under the direction of a Board Certified Doctor considers these cases.**

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**9:00 – 10:50: RESEARCH OVERVIEW: Review of current research including the University of Toledo Finite Elemental Model, the Supine Leg Check Inter examiner reliability study, The Orthogonal X-Ray analysis Inter examiner reliability study and the MRI Blood flow study. The next phase of practice based research will be also explored**

**11:00 – 11:50: ONE ON ONE EVALUATIONS a team of board Certified Instructors provide individual one on one evaluations & feedback & an overall group summary at the end of the class.**

**2.00 – 2:50: AVANCED EQUIPMENT ALIGNMENT: Problem solving and more common and complex situations in aligning your machine.**

**3:00 – 3:50 TORQUE: Understanding what torque is, how it is created and its impact on the subluxation. How to introduce torque into the Triceps Pull Adjustment and tailor it to individual subluxations**

**4:00 – 5:50 UPPER CERVICAL NEUROLOGY:** An in- depth look at the neurology of the Upper Cervical Spine by a Certified Chiropractic Neurologist who is also a NUCCA Practitioner.

### **LEVEL THREE**

#### **Thursday**

**10:00 – 10:50: THE INTERFACE WITH THE NEROMUSCULAR DENTIST:** Establishing procedures and protocols for working on TMJ/TMD cases with dentists addressing this evolving specialty.

**11:00 – 11:50: DR DICKHOLTZ SR.'s RESEARCH OVERVIEW 1:** This prolific and inspirational clinician and researcher of Hypertension fame will share his numerous studies that he is currently working on.

**2:00 – 2:50: DR DICKHOLTZ SR.'s RESEARCH OVERVIEW 2 :** This prolific and inspirational clinician and researcher of Hypertension fame will share his numerous studies that he is currently working on.

**3:00 – 5:50: ADVANCED ADJUSTING:** A detailed understanding of the principles, levers and concepts of the Triceps Pull adjustment. This includes in- depth presentations of each of the eight phases and 27 steps of the adjustment including practical demonstration and practice. This includes squaring off & low line of drives.

**7:30 – 9:00:** Guest speaker PAUL CHEK of the Chek Institute will outline how to apply the 4 doctor Philosophy in the NUCCA practice.

#### **Friday**

**9:00 – 11:50: CERTIFICATION REVIEW:** This presentation outlines the requirements for the board certification examination process providing an important review of the common errors seen in more recent submissions. The program provides valuable guidance even for those doctors not in the certification process. The class spans the topics of biomechanics, and adjusting headpiece placement with heavy emphasis on the pursuit of technical excellence

**2:00 – 3:50: PAUL CHEK presents EXERCISE PHYSIOLOGY AS IT RELATES TO WELLNESS:-** An overview of the Chek Institutes approach to wellness and integrating it with the NUCCA protocol.

**4:00 – 5:50: BIOMECHANICS ADVANCED CASE REVIEW:** This a review of cases that present advanced challenges in terms of understanding and application of biomechanical principles by certified doctors.

**Saturday**

**9:00 – 10:50: RESEARCH OVERVIEW:** Review of current research including the University of Toledo Finite Elemental Model, the Supine Leg Check Inter examiner reliability study, the Orthogonal X-Ray analysis Inter examiner reliability study and the MRI Blood flow study. The next phase of practice based research will be also explored

**11:00 – 11:50: ONE ON ONE EVALUATIONS:** A team of board Certified Instructors provides individual one on one evaluations & feedback and an overall group summary at the end of the class.

**2:00 – 2:50: BIOMECHANICS MADE EASY:-** Dr Dickholtz Sr. will present his personal take and approach on Upper Cervical Biomechanics.

**3:00 - 3.50: TRICEPS PULL:** Dr Dickholtz Sr. will present a class addressing the challenges of the Triceps Pull phase of the adjustment.

**4:00 – 5:50 UPPER CERVICAL NEUROLOGY:** An in -depth look at the neurology of the Upper Cervical Spine by a Certified Chiropractic Neurologist who is also a NUCCA Practitioner.