



# Sacro Occipital Technique Research & Clinical Conference

October 26-27, 2019  
San Jose, California



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For questions or more information please contact the conference chair Drive Charles Blum at [drcblum@aol.com](mailto:drcblum@aol.com). More information may also be found on the SOTO-USA website at [www.SOTO-USA.org](http://www.SOTO-USA.org)

As a means to save on conference charges please note that this conference is not offering continuing education credit. Also the early bird discounted conference rates, which saves you significant costs, are non-refundable.

## Location of Conference

### [Hilton Garden Inn, Milpitas](#)

30 Ranch Drive  
Milpitas, California 95035  
(408) 719-1313

To book a room, make your reservation online or by calling the hotel as soon as possible to get the best rates. Aside from advance reservations you can also get further discounts with the following: AAA/CAA, AARP, Seniors, Military, or Hilton Honor's.

<https://hiltongardeninn3.hilton.com/en/hotels/california/hilton-garden-inn-san-jose-milpitas-SJCMHGI/index.html>



#### **The Hilton Garden Inn Milpitas has:**

- On-site Restaurant and Bar
- Complimentary WiFi
- Small Gym and Pool with Hot Tub

**Check-in:** 3:00 pm and **Check-out:** 12:00 pm

Located 5 miles from **Mineta San Jose Airport (SJC)** and due to closeness to hotel this is the suggested Airport for this Conference.

#### **Free Shuttle Service** is available from **Mineta San Jose Airport (SJC)**

Call hotel when you arrive at (408) 719-1313 to request shuttle service. It is recommended calling ahead of time to let them know the shuttle will be needed, and then again once you arrive at the airport. The shuttle service is available between 7am-9pm. Taxis (~\$35) and Super Shuttle Services (~\$25) are also available at SJC, or if you like you can rent a car.

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## Airports to Hotel

### San Jose International Airport

#### Directions to Hotel

Turn left onto Coleman Avenue. Merge onto I-880 North toward Oakland. Take I-880 North toward Oakland.

Take the Calaveras Boulevard/CA-237 Exit 8B. Turn left onto West Calaveras Boulevard/CA-237 West. Take the McCarthy Boulevard ramp and then turn right onto Ranch Drive. The hotel is immediately on the right.

Distance from Hotel: 5 miles

Drive Time: 15 minutes



### San Francisco International Airport

#### Directions to Hotel

Head west. Keep right at the fork. Take the ramp onto US-101 South. Take exit 396B to merge onto CA-237 East toward Alviso/Milpitas. Take exit 9A for McCarthy Boulevard and turn left onto North McCarthy Boulevard. Turn right onto Ranch Drive and the hotel is on right.

Distance from Hotel: 33 miles

Drive Time: 45 minutes

### Metropolitan Oakland International

#### Directions to Hotel

Head southeast on Airport Drive Continue onto 98th Avenue. Merge onto I-880 South. Take exit 8B for CA-237 E/Calaveras Boulevard toward McCarthy Boulevard Turn right onto CA-237 West. Take 1st right onto North McCarthy Boulevard and then turn left onto Ranch Drive; the hotel will be on left.

Distance from Hotel: 30 miles

Drive Time: 40 minutes



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## Extracurricular Activities

We are anticipating having two extracurricular events at this conference: one on Saturday evening (Rock Climbing at a local gym with the Palmer West Rock Climbing Club) and the other Sunday after the conference a climb to remember up to Mission Peak in San Jose.

### Indoor Rock Climbing (*Saturday After Conference*)

#### [Planet Granite Sunnyvale](#)

815 Stewart Drive  
Sunnyvale California 94085  
(408) 991-9090

<https://planetgranite.com/sv>

Open Saturday from 8am to 8pm

\$28 to climb at gym  
\$7 for shoes and harness



We will be meeting with some experienced rock climbers through the Palmer West Rock Climbing Club as well as Dr. Gary Mitchell who will be there to assist. We will have limited time since the conference ends at 6:00pm so it is recommended considering meeting at the gym at 6:45pm and making sure to go online in advance to fill out a climbing [waiver](#) to increase your climbing time, since the gym closes at 8:00pm.

<https://planetgranite.com/waiver/>

### Directions from Hotel:

You will need to be going left from the hotel onto Ranch Drive, but to do that you will need to make a right turn and circle around by going to the traffic light, make a left turn into the shopping area, circle around and then make a right turn onto Ranch Drive. Once you are going on Ranch Drive towards McCarthy Boulevard, turn left onto North McCarthy Boulevard and go about one block until you can merge onto CA-237 West.

Once you are on CA-237 West, go about 4 miles and take the Caribbean Drive exit, EXIT 5, toward Lawrence Expressway, then shortly merging onto Lawrence Expressway /County Highway-G2 for less than 2 miles. Turn right onto East Duane Avenue and in one block turn left onto Stewart Drive. **Planet Granite Sunnyvale** will be on the right at, 815 Stewart Drive.

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## Mission Peak Climb (*Sunday After Conference*)

Enjoy the spectacular views of the South bay as you *climb* up to *Mission Peak*. Although steep, the views of the Bay Area are very rewarding. On a clear day hikers can see the skylines of Oakland, *San Francisco* and *San Jose*. This is a strenuous *trail* with a constant uphill *climb* until you reach the *summit*. You will need to wear athletic shoe wear or comfortable hiking boots, bring water, and a flashlight for the return journey downhill.



The East Bay Park District guideline says it takes up to 3-4 hours to reach the summit. For some people that may be optimistic. It is a STEEP hike. Mission Peak rises 2,517 feet above sea level, and the longest trail to get to the top from Ohlone College, is a little over 3 and a half miles. Coming down is a much quicker event. This is a hike to remember and will be significantly challenging.

Fit hikers should not have a problem with this 6 mile round trip hike, and beginners in reasonable shape may find the ascent especially tough, but manageable, particularly with proper pacing and plenty of water. Hikes at Mission Peak are best taken on cool days and October 27, 2019 should be fine, though the hike will be cancelled if it is raining.

<https://ebparks.org/parks/mission/>

### Directions from Hotel

You will need to be going left from the hotel onto Ranch Drive, but to do that you will need to make a right turn and circle around by going to the traffic light, make a left turn into the shopping area, circle around and then make a right turn onto Ranch Drive. Once you are going on Ranch Drive towards McCarthy Boulevard, turn right onto North McCarthy Boulevard going less than 2 miles before turning right onto Dixon Landing Road. Once on Dixon Landing Road travel about a quarter of a mile and then turn right onto California Circle to merge onto I-880 North toward Oakland. After just less than 2 miles merge onto Mission Boulevard via EXIT 12A toward I-680/Sacramento and go less than 4 miles until you reach Ohlone College at 43600 Mission Boulevard, on the right.

You should see the trailhead or groups of people milling around coming down or going up to the peak. Sometimes parking can be challenging. I highly recommend using the bathroom before starting the climb and making sure to have water and least one person in your group have a flashlight for coming down (just in case you might need one since it will be a new moon evening).

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## Restaurants

There are various restaurants in the area around the hotel within walking distance as well as many within a short drive by car. The following are a few of Dr. Blum's favorites:

### [Banana Leaf: Malaysian Cuisine](#)

182 Ranch Drive  
Milpitas, California 95035  
408-719-9811  
[www.bananaleaf-usa.com](http://www.bananaleaf-usa.com)  
Friday 11:00am – 3:00pm / 5:00pm – 10:30pm  
Saturday 11:45am – 10:30pm  
Closed Sunday

### [Dish Dash: Middle Eastern Cuisine](#)

181 Ranch Drive  
Milpitas, California 95035  
Phone: 408.262.6949  
[dishdash.com](http://dishdash.com)  
Friday 11am – 2:30pm / 5pm – 10:00pm  
Saturday 11:30am – 2:30pm / 5pm – 10:00pm  
Closed Sunday

### [Mirch Masala: Indian Cuisine](#)

80 Ranch Drive  
Milpitas, California 95035  
Phone: (408) 956-8468  
[mirchmasalamilpitas.com](http://mirchmasalamilpitas.com)  
Friday 5:30pm – 10:00pm  
Saturday 12:00pm – 4:00pm / 5:30pm 10:00pm  
Sunday Closed

### [In-N-Out Burger: Fast Food Cuisine](#)

[locations.in-n-out.com/115](http://locations.in-n-out.com/115)  
Right Outside the Hotel  
Open Daily 10:30am - 1:30am

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## SOT Research and Clinical Conference

**Saturday - October 26, 2019**

|                                  |  |  |
|----------------------------------|--|--|
| 8:30am – 9:00am                  | Sign in and Registration Desk is Open  |  |
|                                  | <b>Conference Hall</b>   |  |
| 9:00 – 9:10am                    | <i><a href="#">Introduction and Update of SOT Research</a></i><br><a href="#">Charles Blum, DC</a>   |  |
| 9:10am – 10:00am                 | <i><a href="#">Assessment and Treatment of TMJ and Eye Related Disorders</a></i><br><a href="#">Thomas Bloink, DC</a>  |  |
| 10:10am – 12:50pm                | <i><a href="#">SOT and Cranial Investigation into Advanced Neurological Adjunctive Techniques</a></i><br><a href="#">Marc Pick, DC</a>   |  |
| 1pm - 2pm                        | <b>LUNCH</b>   |  |
|                                  | <b>Clinical Section A</b>  | <b>Clinical Section B</b>  |
| 2:00pm – 3:50pm                  | <a href="#">Harvey Getzoff, DC – SOT Indicator System – Expanded and Cervical Case Management</a><br><a href="#">Robert Cooperstein, DC – Research on Forward Head Posture</a><br><a href="#">Kathy Cantwell, DC – Using the evidence to further interdisciplinary TMJ relationships</a> | <i><a href="#">Differentiation, Assessment and Adjustment of the Temporomandibular Complex</a></i><br><a href="#">Richard Robertshaw, DC</a> |
| 3:50-4:10pm                      | <b>SOT Research Conference Poster Session</b>  |  |
| 4:10pm – 6:00pm                  | <i><a href="#">Dental Chiropractic Co-treatment - Root Cause of TMD: The Tongue</a></i><br><a href="#">Jason Scoppa, DC</a>  | <i><a href="#">Nasal Molding and Craniofacial Ridge Techniques for Airway Compromise</a></i><br><a href="#">Jacque Roberts, DC</a>           |
| <b>Sunday - October 27, 2019</b> |  |  |
| 9:00am – 10:50am                 | <i><a href="#">Airway Compromise and Decreased Oxygenation Therapeutic Strategies</a></i><br><a href="#">Jeffrey Mersky, DC</a>  | <i><a href="#">Nasal Airway Compromise and Its Affect on Forward Head Posture and TMD</a></i><br><a href="#">Adam Del Torto, DC</a>          |
| 10:50 – 11:10am                  | <b>SOT Research Conference Poster Session</b>  |  |
| 11:10am – 1:00pm                 | <i><a href="#">Affecting Ascending Forward Head Posture</a></i><br><a href="#">Charles Blum, DC</a>  | <i><a href="#">Interdisciplinary TMJ Relationships Between Dentists and Chiropractors</a></i><br><a href="#">David Shirazi, DDS</a>          |

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**Presentations and Biographical  
Information**

**Sacro Occipital Technique  
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*Lecturer Listed in Order of  
Appearance*

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# Charles L. Blum, DC

## Presentation

### Introduction and Update of SOT Research for 2019

Dr. Blum will review the past SOT related research from 2018 and 2019 that was presented at various research conferences and within the published literature.

### Affecting Ascending Kinematic Chain's Influence on Forward Head Posture

This presentation will discuss and demonstrate a pattern of ascending influences that can lead to a patient presenting with forward head posture (FHP). While forward head posture is often associated with airway compromise and temporomandibular joint disorders (TMD) sometimes it has a postural and ergonomic contribution. Even when a patient has a chronic forward head posture associated with airway compromise this can set up a “static” compensatory descending pattern affecting the body from the spine to the pelvis and all the way to pedal dynamics. It is essential to reduce this pattern and Dr. Blum will share what he calls “Category FHP,” which is a category present within patients with FHP presenting as a non-acute Category Two (sacroiliac joint hypermobility), a Category One (sacroiliac joint fixation), or in the transitional phase between a Category Two and One.

Category FHP has a specific pattern of kinematic imbalance that needs to be addressed along with specific ergonomic and rehabilitative exercises. The pattern of care will be demonstrated with a rationale for its methodology. Category FHP care is necessary for patients presenting with ascending or descending kinematic chain causation.

## Biography



**Dr. Charles L. Blum** is in private practice Santa Monica, California and past president of SOTO – USA, now their research chair. Adjunct research faculty at Cleveland Chiropractic College, associate faculty at Southern California University of Health Sciences teaching the SOT Elective and TMD Care, as well as at Palmer College of Chiropractic West teaching the SOT Elective. Dr. Blum is a Certified SOT Cranial Practitioner, and on the peer review board of the Journal of Craniomandibular and Sleep Practice (CRANIO), Association of Chiropractic College Conference Peer Review Committee, and Journal of Chiropractic Medicine. He has lectured nationally and internationally, has written various SOT related texts, compiled SOT and cranial related research, and has extensively published

in multiple peer reviewed indexed journals and at research conferences from 1984 to the present.

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## Marc G. Pick, DC, CSCP

### Presentation:

#### **Investigation into Advanced adjunctive Neurologic Protocols to enhance cranial Manipulations**

This presentation will investigate the general applications of Sacro Occipital Technique's (SOT) cranial maneuvers and introduce receptor-based applications to enhance and/or target aberrancies' imbedded within the neuro-matrix. The goals will be to briefly introduce the concept of identifying, targeting and addressing sites of central nervous system aberrancy when considering cranial manipulations. To expand the attendee's awareness toward targeting and enhancing their cranial protocol adjustments. To discuss a few receptor based implementations that the participants may use during their cranial protocols to increase the effectiveness of their technique application.

Dr. Pick is one of the most prolific researchers in Sacro Occipital Technique integrating neurological principles. His extensive dissection experiences have given him a unique understanding of the human body which he uses this during his presentations.

### Biography



**Dr. Marc G. Pick** is a Doctor of Chiropractic with a 45-year private practice in Beverly Hills, California. He earned his Diplomat and Fellowship status in Craniopathy through the International Craniopathic Society and currently maintains an active Diplomat status from the American Chiropractic Neurology Board. Since 1979, he has lectured Internationally, instructed annual courses in Human Dissection, published in JMPT's, March/April 1994 "A preliminary single case magnetic resonance imaging investigation into maxillary frontal-parietal manipulation and its short-term effects upon the intracranial structures of an adult human brain" and was honored when the Smithsonian institute's National Museum selected a photograph of his dissection revealing the entire central and peripheral nervous system with dural meningeal structures as an addition to their collection.

## **Robert Cooperstein, MA, DC**

### **Presentation**

The Forward Head Syndrome (FHS), also known as Anterior Weight Bearing (AWB), is an extremely common condition that afflicts many patients. It is not just a posture involving anterior displacement of the head, but a full-blown syndrome that typically involves other structural deformities, including upper dorsal spine hyperkyphosis, lower cervical hypolordosis, upper cervical hyperextension, and shoulder girdle dysfunction. The patients may complain of persistent neck and upper back pain, cervicobrachialgia, tension headaches, and loss of shoulder girdle range of motion. The obvious poor posture may lead to loss of self-esteem and even limit the person's employability and income. There is even some suggestion that FHS may be associated with a shorter life span!

This presentation will emphasize a 4-component protocol for reducing FHS including the block-assisted anterior weight bearing move (deploying an SOT block), targeted muscle strengthening, targeted soft-tissue stretching, and postural awareness. To address other elements of the syndrome, strategies for improving the cervical lordosis and for improving shoulder girdle mobility will also be demonstrated. This presentation includes slides, but will also feature hands-on demonstration of the assessment and therapeutic procedures.

### **Biography**



**Dr. Robert Cooperstein** is a Professor at Palmer Chiropractic College West in San Jose, California, where he also serves as Director of the Departments of Technique and Research. He mostly instructs in hands-on chiropractic technique, but also teaches pathology. Dr. Cooperstein has served on the Providers of Approved Continuing Education Review Committee of the Federation of Chiropractic Licensing Boards, and on many occasions on National Board of Chiropractic Examiner Committees, including both the chiropractic technique and pathology committees. He is a peer reviewer for several journals and is on the Editorial Board of the Journal of Chiropractic Medicine, Journal of Chiropractic Humanities, and the Journal of Chiropractic Education. He has authored numerous journal articles, as well as several textbooks and textbook chapters. Dr. Cooperstein is also in private practice in San Leandro, California and has presented at the SOT Research Conferences over the years.

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# Thomas Bloink, DC

## Presentations

### Cranial Therapeutics for Eye Dysfunctions

In the research section of the conference Dr. Bloink will present a case study on successful treatment of a patient with glaucoma. Concepts related to occlusion, clenching, and orbital stress will be discussed and their relationship to also a prior presented case report on a patient with an orbital pseudo tumor that was successfully treated.

### Assessment and Treatment of TMJ and Eye and Post Concussion Related Disorders

In the clinical demonstration part of the conference Dr. Bloink will demonstrate, with his assistant, how to perform pre and post measurement using a tonometer. Discussions will be made about how to use tonometry as a means to assess the efficacy of a cranial or TMJ intervention and if a relationship might be present indicated the need for care for a patient with glaucoma. Also discussed will be cranial and TMJ treatments for post-concussion syndromes aggravated by clenching and malocclusion with a particular emphasis on pre and post pulsed oximetry measurements and oxygen therapy.

## Biography



**Dr. Thomas Bloink** specializes in cranial-dental integration in Silicon Valley at the California Cranial Institute, which was founded in 1992. Dr. Bloink was on the board of advisors to help create SOTO USA and is actively involved in promoting the organization, presenting at research conferences throughout the world, and developing novel treatment approaches for functional neurological conditions. He works closely with many different specialists including dentists, orthodontists, oral-maxilla surgeons, ENT's and others to ensure the best possible outcome for his patients.

# Harvey Getzoff, DC

## Presentations:

### **SOT Indicator System plus Additions: Pre and Post Adjustment Analysis**

This presentation will share how a practitioner can utilize a system of analysis to investigate functional levels of a patient's structural system to direct care and help determine the patient's response to an intervention. This system of analysis incorporates Sacro Occipital Technique (SOT) indicators for dysfunction as well as other established indicators, not yet part of the SOT indicator method. A thorough functional analysis offers the chiropractor vital information concerning the patient's state of health while at the same time helping the doctor to make an assortment of necessary clinical decisions.

### **SOT Cervical Case Management: Three Patient Studies**

This presentation relates three patients (2 male, 1 female) all in the 70-year-old range who presented with cervical chronic pain and functional limitations. Interventions included SOT analytic and adjusting methods along with cervical range of motion palpation and home care ergonomic modifications and exercises. All three patients experienced successful outcomes with significant pain reduction and improved function.

## Biography



**Dr. Harvey Getzoff** was board certified in Sacro Occipital Technique in 1981 through Dr. DeJarnette. He became a board certified Craniopath by the International Craniopathic Society in 1982 and later received his Fellowship and Diplomate status in Sacro Occipital Technique in 1990 also by the International Craniopathic Society.

Dr. Getzoff co-authored three articles in the Journal of Manipulative and Physiological Therapeutics (JMPT) on "The Dental Chiropractic Co-Treatment of Structural Disorders." He also authored four papers on the Journal of Chiropractic Technique and one paper in the Journal of Chiropractic Medicine. He has presented at multiple Sacro

Occipital Technique Research Conferences over the years as well as at the Association of Chiropractic Colleges and Research Agenda for Chiropractic joint conferences. Dr. Getzoff has authored the following books, "A practical guide to cranial adjusting," published January 1996 and "Learn SOT from clinical case studies," published January 2006. He has practiced in Marlton, New Jersey since 1973.

# Kathy Cantwell, DC

## Presentation

### Using the evidence to further interdisciplinary TMJ relationships

The focus of this presentation is to share how to approach dentist offices to educate them on the benefits of referring their patients for Sacro Occipital Technique (SOT) Chiropractic care for their patients. Using published studies and understanding dental syntax increases the ability of the dentist and their staff to understand the need for referrals. Once the referral occurs, it is important for the chiropractor to understand what should be communicating back to the dental office. The goal of these concepts are to illustrate how to build a referral network: neuromuscular dentists, sleep dentists, oral myofunctional therapists, speech language pathologists, ear nose and throat physician's, all with the concept that interdisciplinary care is optimal for our patient's health.

## Biography



**Dr. Kathy Cantwell** has been a chiropractor since 1991 having moved to the northwest from Chicago and opened a practice with a specialty in temporomandibular joint disorders (TMD). She has her Pediatric Diplomat since 1996 and is a certified SOT and SOT Cranial Practitioner. She works closely with several neuro-muscular and other dentists with a TMJ disorder focus. Recently she has been a speaker at VIVOS conference to explaining the relationship between body posture and TMJ dysfunction and how SOT assesses and treats ascending and descending patterns of imbalance affecting TMJ function. She has personal experience as a orthodontic TMD patient since she had a four bicuspid extraction done previous to braces because her “mouth was too small for her teeth.” As an adult, she experienced many health issues from those extractions and subsequent airway compromise. These experiences eventually led her to expand her knowledge base and find Sacro Occipital Technique (SOT) to help patients like herself.

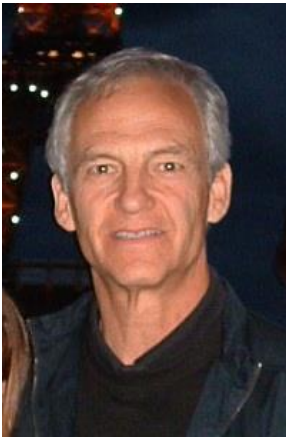
# Richard Robertshaw, DC

## Presentation

### Adjusting the Temporomandibular Joint (TMJ) and Related Structures

The objective of this presentation is to provide a concise, methodical approach to analyzing and treating the problems and symptoms associated with the temporomandibular joint (TMJ). Dr. Robertshaw will share a precise approach to diagnosing dysfunction of the TM condyle, sphenoid, and TMJ related muscles. The practitioner will also learn to include the Temporal, Occipital and Sphenoid bones in their treatment of temporomandibular dysfunctions. By the conclusion of this demonstration the practitioner will be familiar with the structure, function and treatment of the TMJ, including related structures such as the sacroiliac joint, weight bearing joints of the hips, knees and feet, along with the occiput and temporal involvement. Practitioners will learn through lecture, hands on therapy, and demonstrations on models of the skull.

## Biography



**Dr. Richard Robertshaw** has been practicing chiropractic for 40 years in San Francisco, California and was a 1979 graduate of New York College of Chiropractic. His practice is concentrated on Sacro Occipital Technique (SOT) category and cranial work and visceral technique from SOT, Applied Kinesiology, and Osteopathic visceral manipulation. Dr. Robertshaw has been teaching chiropractic continuing education (CCE) relicensing seminars for over 10 years and taught SOT at Life West Chiropractic College for 23 years. He has also been instructing through the Cranio-Sacral Institute from 1984-1998.

# Jason Scoppa, DC

## Presentation

### Dental Chiropractic Co-treatment – The Root Cause of TMJ: The Tongue

Temporomandibular Joint Disorders (TMD) are a collection of signs and symptoms caused by one or all of the following: issues with the TMJ, malocclusion, cranial distortions, or airway compromise. The SOT chiropractor is in a unique position to help diagnose and manage this demographic, but it's important to understand what we as SOT chiropractors can help, what we cannot, when to co-manage with a dentist, and to balance what a patient wants versus what a patient needs.

This presentation will provide a basic understanding of what can be main cause of most TMD issues, the tongue is oddly ignored in most treatment protocols of TMD. We will go through the anatomy and physiology of how the tongue causes most TMD issues, in-office exams, and therapy/treatment options for dysfunctions of the tongue.

## Biography

A graduate of Palmer West, **Dr. Jason Scoppa** has a private practice in Bellevue, Washington (Northwest Structural Medicine) and practices in the office of David Buck, DDS, FIAPA, LIVF, LVIM in Lynwood, Washington (Balance Epigenetic Orthodontics). After years of educating himself on cranial and dental/TMJ practices, around 70% of his practice now consists of TMD cases with many of these being co-managed with local dentists. Dr. Scoppa is a certified SOT craniopath (CSCP), has advanced training in Vector Point Cranial and Applied Kinesiology, and is a certified chiropractic sports practitioner (CCSP®). He specializes in TMD and it's associated conditions, how to integrate physical medicine into various dental and TMJ protocols, and has a passion for early preventative measures and care for babies and children so they can develop adequate airway, occlusion, and cranial dynamics.





# Jacque Roberts, DC

## Presentation

### Nasal Molding and Craniofacial Ridge Techniques for Airway Compromise

Nasal Molding Technique involves the use of the practitioner's little finger (5th digit) deep in the lower nasal conchae simultaneously with oblique pressure on the nasal (nasion) suture. The two contacts are tractioned in opposite directions diagonally while the patient (if the practitioner cannot make the simultaneous contact) does a zygomatic decompression with a gloved hand on the same side as the practitioner's two finger contacts. First one side is performed and then simulated on the opposite side. Then frontal bone molding and cranial bowl lift will follow to balance the remaining sutures.

The Craniofacial Ridge Technique is an effective procedure for releasing transverse, longitudinal, and oblique fasciae planes through the whole central parts of the cranium, cervical spine, and as far distally as the T3 - T4 region. It can also be used to enhance the release of the first rib and anterior/medial scalenus muscles following category two supine blocking. This technique has an influence on the temporomandibular joint (TMJ), and with a subset of patients on the rest of the spine and pelvis, particularly with problematic sacroiliac joint disorders. The primary targeted fascial plane for this technique focuses on the symmetrical release of the sphenobasilar junction.

Both of these techniques are directed at correcting deep cranial issues, and can have profound effects on airway and TMJ function as well as postural influence.

## Biography



**Dr. Jacque Roberts** has practiced Sacro Occipital Technique (SOT), and SOT Cranial as an exclusive form of Chiropractic for nearly 30 years. She currently Practices in Salem, Oregon where she continues to provide customized care for individuals using the unique principles of SOT that both guide and provide efficient, elegant, and specific outcomes.

# Jeffrey A. Mersky, DC

## Presentation

### Airway Compromise and Decreased Oxygenation Therapeutic Strategies

The goal of this presentation is to give the clinician an appreciation for the importance of craniofacial and nasopharyngeal influences on oxygenation, body posture/alignment and improved clinical outcomes. In addition the oxygen-deprived patient is also influenced by how well they can utilize oxygen and many of these patients are anemic and do not transport oxygen. Covered in this demonstration will be how to assess and be aware that 40-50% of their patients have airway issues as well as understand the some of the different factors for compromised airway. This lecture will cover the various therapeutic interventions to improve oxygen saturation.

## Biography



**Dr. Jeffrey A. Mersky** has been in private practice since 1985 and holds certified status as an advanced S.O.T practitioner and instructor of S.O.T (Sacro Occipital Technique) with a special emphasis on Cranial, TMJ disorders. He is a frequent teacher of S.O.T throughout the United States and has special expertise in Clinical Nutrition. Dr. Mersky served for 3 years as the Vice President of Klaire Laboratories, a nutritional company that has pioneered support for the environmentally sensitive patient and currently manufactures pharmaceutical grade nutrients for physicians worldwide.

The American Chiropractic Physicians Credentialing Center has awarded Dr. Mersky the designation of APC-M (Advanced Practice of Chiropractic Medicine). He is one of 400 Chiropractors in the U.S. with special privileges approved by the New Mexico medical board to prescribe legend drugs.

Dr. Mersky has completed a 300-hour Diplomate certification post graduate program in Internal Disorders for the Chiropractic Physician and has the designation of board eligible Internist and Certified in Family Practice. In addition he has completed course work in Functional Diagnostic Nutritional Medicine and continues his study in this field. The State Industrial Medical Council of California has certified Dr. Mersky as a Qualified Medical Examiner (QME) and he is considered an expert in industrial/work related injuries. Dr. Mersky has achieved certification in the administration of non surgical and non invasive Disc therapies through the most advanced Spinal Decompression techniques and is trained in Active Release Methods (ART) a method of care that deals with Myofascial release for scar tissue, adhesions and related muscular problems.

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## Adam Del Torto, DC

### Presentation

#### Nasal Airway Compromise and Its Affect on Forward Head Posture and TMD

Cranial Facial Release Technique (CFR) is a balloon assisted cranial adjusting technique, which incorporates the use of small finger cots that are carefully inserted into the nasal passages and quickly inflated to mobilize the bones of the face & cranium. This technique is an offshoot of original Bilateral Nasal Specific (BNS) technique as taught by Dr. Richard Stober back in the 1970's & 80's. CFR is a modified version of Dr. Stober's technique being a little less aggressive and bit more tolerable as well as incorporates Sacro Occipital Technique (SOT) procedures along with chiropractic diversified adjusting techniques. This eclectic approach has been developed into a viable system of treatment with reproducible results in the treatment of forward head posture and temporomandibular joint disorders (TMD) particularly associated with nasal airway compromise.

### Biography



**Dr. Adam J. Del Torto**, a 1984 graduate of New York Chiropractic College. Presently practices in California: Burbank and Catalina Island. He incorporates both sacro occipital technique (SOT) and diversified adjusting techniques in his practice. Dr. Del Torto specializes in balloon assisted cranial adjusting – originally learned from Dean Howell in 1998, but has modified it into his own unique approach which incorporates SOT procedures and protocols, calling it Cranial Facial Release Technique (CFR). He was recently featured on Access Hollywood and the E-Channel highlighting CFR, which has attracted international attention. Dr. Del Torto has had great

success over the past 20 years treating patients with a variety different symptoms - from airway compromise associated with sinusitis or snoring, to Post Concussion Syndromes. He has recently started working with Professional Mixed Martial Arts (MMA) fighters for treatment of breathing problems (secondary to deviated septums) and head trauma. He is currently working with SOTO-USA to develop a certification program for CFR, utilizing pre and post assessment tools to create reliable and predictable outcomes.

## **David Shirazi, DDS, MS, LAc**

### **Presentation**

#### **Interdisciplinary TMJ Relationships Between Dentists and Chiropractors**

This presentation will focus on how a dentist whose practice is predominately based in the care of temporomandibular joint disorders (TMD) assesses patients for ascending and descending kinematic and neurological contributions to TMJ dysfunction. Dr. Shirazi utilizes a method of analysis called “neuromotor reflex testing” to help unravel dental chiropractic interdisciplinary co-treatment of TMD patients and will demonstrate these methods. Using case studies he will illustrate the complexity of TMD presentations and the importance of being knowledgeable on the intertwining of airway compromise and its relationship to most TMD patient presentations. Following this presentation the practitioner will have a better understanding of the TMD patients' need for interdisciplinary treatment and the role chiropractors can play offering optimal wellness care for the patient.

### **Biography**



Dr. Shirazi graduated from Howard University College of Dentistry, in Washington D.C. and soon after earned a Masters degree in Oriental Medicine from Samra University while practicing full time. He has completed over 1500 hours of continuing education in TMD and facial pain, craniomandibular orthopedics, Sleep Disordered Breathing and Orthodontics. He has also completed a hospital mini-residency in Oriental Medicine at the China Beijing International Acupuncture Training Center (CBIATC), and another at Kyung Hee University and Medical Center, in Seoul, Korea. After completing his second Board Certification in Acupuncture after Dentistry, Dr. Shirazi earned a Master of Arts degree in

Psychology. Dr. Shirazi is the director of a state of the art practice, The TMJ and Sleep Therapy Centre of Conejo Valley, that is limited to the treatment of TMD, craniofacial pain, sleep breathing disorders, and craniomandibular orthopedics and orthodontics. His practice is part of the TMJ and Sleep Therapy Centre international family, one of ten throughout the world, and is located in the beautiful hills of Thousand Oaks and Brentwood, California.