

Title: Shoulder and Hip Joint Effects on the Spine

Presenter: Chris Howson, DC

Description: A look at the relationship between shoulder and hip joint restrictions and spinal health. Featuring examples from the literature as well as hands on demonstration.

Objectives:

To identify and demonstrate the shoulder girdle's effects on the spine

To demonstrate treatment of shoulder girdle restriction to maximize spinal function

To identify and demonstrate the hip girdle's effects on the spine

To demonstrate treatment of hip girdle restriction to maximize spinal function

Outline:

Introduction

About the presenter

Examination of the kinetic chain / regional interdependence as it applies to the ball and socket joints and their relationship to the spine.

Research review of hip girdle / spine relationship

Hands-on demonstration of hip joint mobility testing and treatment

Research review of shoulder girdle / spine relationship

Hands-on demonstration of shoulder girdle mobility testing and treatment

Conclusion