

## SYLLABUS

**Title:** Sports Chiropractic: Treating the Athletic Patient On and Off the Field

**Dates & Locations:**

**Instructor:** Dr. Dale Morgan, DC, CCSP

**CE Hours Requested:** 12

### **I. COURSE OBJECTIVES**

This program will enhance the doctor's knowledge of treating athletes and athletic patients. It will increase his ability to properly assess and evaluate the patient's functionality to better treat problems that affect the more athletic patient as well as rehabilitation protocols for common injuries.

### **II. COURSE OUTLINE**

Hour One	<b>Introduction to sports chiropractic</b> <ol style="list-style-type: none"><li>1. Overview</li><li>2. Regulations</li></ol>
Hour Two	Common Issues & Injuries <ol style="list-style-type: none"><li>1. More active joints</li><li>2. Unilateral vs. Bilateral issues</li></ol>
Hour Three	<b>Pain &amp; Symptom Management</b> <ol style="list-style-type: none"><li>1. Symptoms Presented</li><li>2. Evaluation &amp; Assessment</li><li>3. Protocols for Treatment</li></ol>
Hour Four	<b>Physical Measures</b> <p>Assessing the Patient</p> <ol style="list-style-type: none"><li>A. Tests</li><li>B. Evaluation</li><li>C. Treatment Procedures</li></ol>
Hour Five	Adjusting Techniques <b>Treatments &amp; Techniques</b> <p>Injury &amp; Diagnosis Technique Demonstrations Rehab Protocols</p>
Hour Six	<b>Specific Injuries &amp; Treatments</b> <ol style="list-style-type: none"><li>1. Ankles</li><li>2. Hamstrings</li><li>3. Knees</li></ol>

4. Shoulders
5. Elbows
6. Other areas

Hour Seven	Rehab Modalities for injuries <ol style="list-style-type: none"><li>A. Assessment</li><li>B. Evaluation</li><li>C. Rehab Protocol</li><li>D. Exercises</li></ol>
Hour Eight	<b>Performing and Ordering Tests</b> <ol style="list-style-type: none"><li>1. Cause &amp; Effect</li><li>2. Assessment &amp; Protocols</li></ol>
Hour Nine	<b>Physical Measures</b> Concussion Protocols <ol style="list-style-type: none"><li>1. Evaluation of Patient</li><li>2. Observation</li><li>3. History</li><li>4. Legal &amp; Professional Requirements</li></ol>
Hour Ten	<b>Performing &amp; Ordering Tests</b> <ol style="list-style-type: none"><li>1. Tests &amp; Assessments<ol style="list-style-type: none"><li>a. Review of tests</li><li>b. How to properly administer them</li><li>c. Understanding the results</li></ol></li><li>2. Treatments</li></ol> <p>When to Refer Protocols for Concussion Healing Questions and Answers</p>
Hour Eleven	Treating the Athlete Your role on the field vs. your role off the field Precautions Athlete history and exam
Hour Twelve	Treating the Athlete Regulations & Requirements When to refer