



## **9 Essential Characteristics of Successful of Function: The Science of Human Posture Practically Applied in the Clinical Setting**

### **Course Description**

An engaging forum where doctors examine nine essential aspects of human skeletal alignment. Participants will master new skills to obtain and maintain patients' healthiest posture regardless of their exercise commitment. Developing these nine cues as locus points to understand and educate will make common activities of daily living, work, and entertainment more benefit than risk.

Highly engaging, and interactive lecture with a celebrated Life West professor includes an active lab portion that enhances practitioners' knowledge and patient education efforts.

### **Learning Outcomes**

1. By the end of this program, the doctor will have a clearer understanding of what is meant by active musculoskeletal neutral; how to achieve, feel, and teach it.
2. Practitioners will be able to show each patient how to more effectively and efficiently use their everyday body positions and movements to enhance health and wellbeing.
3. How to work with aberrant spinal conditions such as scoliosis, hypo- and hyper- lordosis and kyphosis spinal patterns along with extremity conditions will be clarified and understood.

### **Teaching Methods**

Live classroom presentation with slides, discussion, Q&A; Human cadaver lab close inspection of human cadavers to illustrate lecture concepts

8 hours

### **HOUR ONE**

#### **Introduction**

- Why. What's in a name; science meets semantics fills a need
- Framework for general bipedal considerations and discourse
- Musculoskeletal Specifics; joint complex, muscle/tendons, et al
- Overview of 9 Essential Characteristics of Successful Posture

### **HOUR TWO**

#### **Tongue to roof of mouth**

- Occipital, cervical, and TMJ neutral and joint motion specifics
- Phasic and proprioceptive functions of muscle/tendons
- Function and uses of area determines areas of concerns

#### **Breathing through the nose**

- Cervical, thoracic, and lumbosacral neutral and joint motion specifics
- Phasic and proprioceptive functions of muscles/tendons

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### HOUR THREE

#### Scapulae in Back Pockets

- SC, AC, GH, and scapular articulation neutral and joint motion specifics
- Phasic and proprioceptive functions of muscles/tendons
- Function and uses of area determines areas of concerns

#### Sternum and Ribs down

- Costo-cervical, -thoracic, and -sternal neutral and joint motion specifics
- Phasic and proprioceptive functions of muscles/tendons
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### HOUR FOUR

#### 360° abdominal bracing

- Extensor mechanism, diaphragmatic, and abdominal neutral and joint motion specifics
- Phasic and proprioceptive functions of muscles/tendons
- Function and uses of area determines areas of concerns

### HOUR FIVE

#### Soften extended elbows

- Elbow complex neutral and joint motion specifics
- Phasic and proprioceptive functions of muscles/tendons
- Function and uses of area determines areas of concerns

#### Active neutral wrist

- Wrist, hand, fingers, and thumb neutral and joint motion specifics
- Phasic and proprioceptive functions of muscles/tendons
- Function and uses of area determines areas of concerns

### HOUR SIX

#### Soften extended knees

- Patello- and tibiofemoral joints neutral and joint motion specifics
- Phasic and proprioceptive functions of muscles/tendons
- Function and uses of area determines areas of concerns

#### Shorten feet on ground

- Ankle, midfoot, foot and toes neutral and joint motion specifics
- Phasic and proprioceptive functions of muscles/tendons
- Function and uses of area determines areas of concerns

### HOUR SEVEN

#### Hands on review of 9 essential characteristics of human posture

- Feeling and describing static neutral
- Feeling and describing active neutral
- Scoliosis, hyper-, -hypo lordosis/kyphosis

## HOUR EIGHT

*live on-campus only – not for online students*

Anatomy lab review of 9 essential characteristics of human posture

- Review phasic versus postural structural anatomy
- Note joint architecture and local connective tissue
- Review anomalies and variants as factors in care