

MPI Extremities Online Video Course

Overview:

In the MPI Extremities online course, you'll learn how to evaluate/treat all the extremities. Functional anatomy, clinical biomechanics, in-depth joint analysis and treatment protocols.

Objectives:

By the end of the video, the viewer will be able to:

- understand the fundamentals of joint complex dysfunction
- perform static and dynamic joint assessments including palpation of the surrounding soft tissues of the upper and lower extremity regions
- understand the indications and contraindications of when to utilize various adjustive procedures of the upper and lower extremity regions

References:

Motion Palpation & Chiropractic Technique, L.J. Faye

Functional Soft Tissue Examination and Treatment by Manual Methods, Warren Hammer

Human Locomotion: The Conservative Management of Gait-Related Disorders, Thomas Michaud

Kinesiology of the Musculoskeletal System, Donald Neumann

Maitland's Vertebral Manipulation, Geoff Maitland

Orthopedic Physical Assessment, David Magee

The Athlete's Shoulder, Wilk, Reinold, Andrews

Program Outline:

Lesson 1: Introduction

Role of the Doctor of Chiropractic in the evaluation and management of upper and lower extremity problems.

Lesson 2: Foot - Ankle Mortise Joint

In this lesson, we will discuss and demonstrate various ways to assess joint motion of the ankle mortise joint, as well as the appropriate adjustments to accompany the palpations of this region.

Lesson 3: Foot - Ankle Subtalar Joint / LAE

In this section, we will demonstrate the proper palpation for the ankle subtalar joint specifically utilizing long axis extension and the appropriate adjustment for restrictions found in this joint.

Lesson 4: Foot - Ankle Subtalar Joint / Eversion and Inversion

We will discuss the mechanics of the subtalar joint, the most appropriate motion palpation techniques and the adjustments/mobilizations for this region.

Lesson 5: Foot - Subtalar PA and Alternatives

In this section, we will demonstrate the palpation for the ankle subtalar joint with an emphasis on P-A shear and discuss some alternative palpations/adjustments.

- Lesson 6 Foot - Cuboid and Distal Fibula
We will discuss the ideal palpation for the cuboid, its anatomical location and the surrounding articulations that are important for proper motion analysis.
- Lesson 7: Foot - Medial Column
We will discuss the pertinent anatomy and multiple joint play evaluations of the medial column as well as the associated adjustments.
- Lesson 8: Foot – Intermetatarsal Joints
In this lesson, we will demonstrate the motion palpation techniques applied to the intermetatarsals in various planes of motion as well as some of the mobilizations for this region.
- Lesson 9: Foot - Plantar Fasciitis
We will discuss in detail the common findings with plantar fasciitis and the most appropriate treatment for this condition.
- Lesson 10: Shoulder - Sternoclavicular Joint
In this lesson, we will demonstrate motion analysis and adjustment of the SC joint in both the seated and supine positions.
- Lesson 11: Shoulder - Glenohumeral
We will demonstrate the palpations and adjustments in both the seated and supine position of the glenohumeral joint and discuss the 4 directions to palpate the joint, including posterior shear.
- Lesson 12: Shoulder - Scapula
In this lesson, we will demonstrate the appropriate mobilization of the scapula and discuss the importance of scapular stability and proper rehabilitation of this region.
- Lesson 13: Shoulder - Impingement
In this lesson, we will discuss the common causes and scenarios associated with impingement of the shoulder and primary methods to assess this condition.
- Lesson 14: Knee
In this lesson, we will demonstrate movement analysis of the knee and the manipulation techniques utilized for dysfunction found in this region.
- Lesson 15: Knee Conditions

We will discuss various conditions seen in the knee including chondromalacia patella and ways to approach treatment for these patients.
- Lesson 16: Elbow
First we will discuss the involvement of poor posture and ergonomics and how they influence conditions of the elbow. We will also demonstrate joint play of the elbow and the appropriate adjustments to this region a long with speeder board manipulations.

- Lesson 17: Hip Screens
This lesson continues with examination of the hip, palpation and treatment of the findings for the hip. Four screens of the hip to help identify possible joint pathologies or dysfunction of the region will be demonstrated.
- Lesson 18: Hip - Iliofemoral Palpation and Adjustment
Motion palpation of the iliofemoral joint and treatment of the palpation findings of the hip will be demonstrated.
- Lesson 19: Hip DJD
We will discuss clinical findings associated with hip degenerative Joint disease.
- Lesson 20: Wrist Palpations and Adjustments
In this lesson, palpations for the wrist will be demonstrated and palpations for the distal and proximal radial ulnar joints. Adjusting mobilization techniques are demonstrated, as it pertains to the palpations of these joints.
- Lesson 21: Carpal Tunnel Syndrome
In this lesson, we will discuss the appropriate case management, as it pertains to carpal tunnel.
- Lesson 22: First Rib
In this lesson, we discuss first rib palpations and demonstration of the adjustments to treat dysfunction of the first rib in both the seated and supine position.
- Lesson 23: Conclusion: Closing remarks.