

Full-Spine Analysis & Adjustive Technique

Overview:

The purpose of this program is to prepare chiropractors to perform appropriate static and dynamic palpation assessments of spinal joints and surrounding soft tissues as part of a thorough examination. Emphasis will be placed on the interpretation of the palpatory findings and how to correlate this information with other historical and examination data. Treatment options in the form of diversified adjustive procedures will be discussed and demonstrated.

Objectives:

By the end of the program, the attendee 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 cervical, thoracic, lumbar and pelvic regions
- understand how posture impacts joint complex dysfunction
- understand the indications and contraindications of when to utilize various adjustive procedures of the cervical, thoracic, lumbar and pelvic regions

References:

Low Back Disorders, Stuart McGill

Clinical Reasoning in Spine Pain, Donald Murphy

Rehabilitation of the Spine – A Practitioner’s Manual, Craig Liebenson

Maitland’s Vertebral Manipulation – Geoff Maitland

Orthopedic Physical Assessment, David Magee

Program Outline	Hours
Introduction to the Joint Complex Dysfunction <ol style="list-style-type: none">1. Scientific Evidence2. The Chiropractic Lesion3. The Neurologic Model4. Effects of Joint Manipulation5. Indications and Contraindications of Joint Manipulation6. Updated concepts concerning Chiropractic	1.0 hour
Examination & Palpation of the Occiput - Atlas Articulation and Atlas - Axis Articulation <ol style="list-style-type: none">1. Movements of the Occiput - Atlas2. Joint Play of the Occiput - Atlas3. Movements of the Atlas - Axis Articulation4. Joint Play of the Atlas - Axis Articulation	1.0 hour
Adjustive Procedures for the Occiput - Atlas Articulation and Atlas - Axis Articulation <ol style="list-style-type: none">1. Seated Manipulation Procedures<ol style="list-style-type: none">a. Anterior Sagittal Glide (ASG) / Lateral Flexion (LF) / Rotation (C0-C1 and C1-C2)b. Flexion (C0-C1)c. Flexion/LF/Ipsilateral Rotation (C1-C2)	1.0 hour

<ul style="list-style-type: none"> 2. Supine Manipulation Procedures <ul style="list-style-type: none"> a. ASG/LF/Rotation (C0-C1) b. Flexion (C0-C1) a. ASG/LF/Contralateral Rotation (C1 through C6) c. Flexion/LF/Ipsilateral Rotation (C1 through C6) 	
<p>Examination & Palpation of the Mid-to-Lower Thoracic Spine</p> <ul style="list-style-type: none"> 1. Normal Planar Motion of the Thoracic Spine 2. Coupled Motion of the Thoracic Spine 3. Hyperextension Screen 4. Seated Palpation of the Mid-to-Lower Thoracic Spine 	1.0 hour
<p>Adjustive Procedures of the Mid-to-Lower Thoracic Spine</p> <ul style="list-style-type: none"> 1. Supine Procedures <ul style="list-style-type: none"> a. Thoracic Extension b. Thoracic Flexion c. Thoracic Rotation & Lateral Flexion 2. Standing LAE Procedures 	1.0 hour
<p>Examination & Palpation of the Lower Cervical & Upper Thoracic Spine (C7-T4 or CT)</p> <ul style="list-style-type: none"> 1. Normal Planar Motion of the CT Spine 2. Coupled Motion of the CT Spine 3. Seated Palpation of the CT Spine 	1.0 hour
<p>Adjustive Procedures for the CT Articulation</p> <ul style="list-style-type: none"> 1. Seated Manipulation Procedures <ul style="list-style-type: none"> a. ASG/LF b. Flexion/LF/Ipsilateral Rotation 2. Supine Manipulation Procedures (Atlas through C6) <ul style="list-style-type: none"> a. ASG/Extension Unilateral b. Upper Rib Manipulation 	1.0 hour
<p>Examination & Palpation of the SI Joint & Pelvis</p> <ul style="list-style-type: none"> 1. The Motion Palpation Exam 2. Movements of the Pelvis 5. Postural Evaluation 6. Joint Play of the Pelvis 7. Decision Making for Pelvic Manipulation 	1.0 hour
<p>Sacroiliac Adjustive Procedures</p> <ul style="list-style-type: none"> 1. Side Posture Manipulation <ul style="list-style-type: none"> a. Upper SI Flexion b. Lower SI Flexion c. Nutation d. Counternutation 	1.5 hours

<ul style="list-style-type: none"> 2. Mobilization procedures <ul style="list-style-type: none"> e. Upper SI Flexion f. Lower SI Flexion g. Nutation h. Counternutation 	
<p>Examination & Palpation of the Thoracic Spine & Lumbar Spine</p> <ul style="list-style-type: none"> 1. Normal Motion of the Thoracic & Lumbar Spine 2. Coupled Motion of the Thoracic & Lumbar Spine 3. Hyperextension Screen 4. Seated Palpation of the Thoracic & Lumbar Spine 	0.5 hours
<p>Adjustive Procedures of the Lower Thoracic & Thoracolumbar Spine</p> <ul style="list-style-type: none"> 1. Supine Procedures <ul style="list-style-type: none"> a. Thoracic Extension b. Thoracic Flexion c. Thoracic Rotation & Lateral Flexion 2. Side Posture Procedures <ul style="list-style-type: none"> d. T/L Extension & Rotation e. T/L Lateral Flexion 	1.0 hour
<p>Adjustive Procedures for the Lumbar Spine</p> <ul style="list-style-type: none"> 1. Side Posture Procedures <ul style="list-style-type: none"> a. Coupled Extension, LF, & Rotation b. Flexion of The Lumbar Spine c. Hyperextension of the Lumbar Spine d. "Pure" Lateral Flexion 	1.0 hour
<p>Conclusion Question & Answer Closing remarks</p>	