

# Extremities Analysis & Adjustive Technique

## Overview:

The purpose of this program is to prepare chiropractors to perform appropriate static and dynamic palpation assessments of extremity 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 including 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 upper and lower extremity regions
- understand how posture impacts joint complex dysfunction
- 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:

Hours 1 & 2: Introduction

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

Review of functional anatomy, joint mechanics, gait and posture.

Hour 3: Foot and ankle palpation and adjusting

- particular focus on the subtalar joint and mid-foot

Hour 4: Foot and ankle case management

- examples include plantar fasciitis, Achilles tendonitis, ankle sprains and strains and foot pronation

Hour 5: Shoulder palpation and adjusting

- particular focus on the sternoclavicular joint, acromioclavicular joint, glenohumeral joint and scapulothoracic articulations

Hour 6: Shoulder case management

- examples include rotator cuff tendonitis, impingement syndromes and adhesive

## capsulitis

- Hour 7: Knee palpation, orthopedic testing and adjusting  
- particular focus on the tibiofemoral joint, patellofemoral and fibular articulations
- Hour 8: Knee case management  
- examples include patellar malalignment, chondromalacia patella, meniscus lesions, ACL tears and DJD of the tibiofemoral
- Hour 9: Elbow palpation and adjusting  
- particular focus on the radioulnar and radiohumeral joints and impact of posture on these articulations
- Elbow case management  
- examples include lateral and medial epicondylitis and the role of reciprocal inhibition on these conditions
- Hour 10: Hip palpation and adjusting  
- particular focus on the iliofemoral joint as it relates to the low back and the lower extremities
- Hip case management  
- examples include greater trochanteric pain syndrome and DJD of the hip
- Hour 11: Wrist and hand palpation and adjusting  
- particular focus on the distal radioulnar joint, carpal articulations and the differences between fixation versus hypermobility individually, and as a group
- Wrist and hand case management  
- examples include carpal tunnel syndrome and ulnar neuritis
- Hour 12: Review of key extremity evaluation and management processes and areas of special interest.  
Conclusion  
Question and Answer  
Closing remarks