



# PALMER

College of Chiropractic

September 21, 2020

To: State Board of Chiropractic Examiners; Continuing Education Division

RE: Activator Methods Online: Lower Extremities  
January 1, 2021-December 31, 2021 Internet

Dear Valued State Board:

The above program is being offered online. Participants may sign up for the course at any time, but will have a limited amount of time to complete the work. Twelve (12) credit hours are available for this class.

Copies of the syllabus, as well as the instructor's CV are also enclosed. The instructor for this program is a member of the Palmer College of Chiropractic Continuing Education and Events faculty for the seminar that he is teaching. This program is designed to enhance the ability of the doctor of chiropractic to better care for his/her patients.

To verify attendance, interactive login time is monitored by an online timing system and completion of assignments is checked by the class instructor. Attendance verification will be sent to attendees following completion, and a list of attendees sent to those state boards that require such.

We are respectfully requesting approval of the program by your state for license renewal requirements. Thank you for considering online education courses for doctors in your state to earn CE. We look forward to hearing from you at your earliest convenience regarding your state board's approval of this program for license renewal requirements in your state. If you need any further information, please contact us. A self-addressed envelope is enclosed for your use in replying.

Sincerely,

Elaina Hammond  
Palmer Continuing Education

## **SCHEDULE**

**SEMINAR NAME:** Activator Methods Online: Lower Extremities

**SEMINAR DATE:** January 1, 2021- December 31, 2021

**LOCATION:** Internet

**NUMBER OF CREDITS:** Twelve (12) hours

**SEMINAR HOURS:** Course is available 24/7 on the Internet

**SEMINAR  
INSTRUCTOR:** Arlan Fuhr, D.C.

## **ACTIVATOR METHODS CHIROPRACTIC TECHNIQUE VIRTUAL TRAINING – LOWER EXTREMITIES**

**Course Title:** Instrument Adjusting for Lower Extremities (12 - Hours)

**Overview of Course:** This course features demonstration and interactive practice of the additional assessment and adjustment procedures as published in the Activator Method 2<sup>nd</sup> Edition textbook. The course emphasizes familiarity for the clinician being able to recall and proficiently perform the most commonly used additional Activator tests and adjustments for the upper and lower extremities.

**Course Objective:** Upon completion of this course, the participant will be able to proficiently perform a thorough Activator Methods Lower extremity analysis and treatment.

### **Activator Method Assessment and Adjustment Procedures**

#### **Lower Extremities**

##### **The Hips, Knees and Related Structures, Introduction & Common Conditions**

**Hour 1** Introduction (Learning Best Practices & How to Use this System for maximum retention and competence), Leg Length Analysis Procedure Review as published in chapters 9 of The Activator Method 2nd Edition textbook.

**Hour 2** Common Hip Conditions Including, (Reduced or Altered Range of Motion, Trochanteric Bursitis, Instability, Piriformis Syndrome, and Groin Pain) as published in chapters 14 of The Activator Method 2nd Edition textbook.

##### **Test and Adjustments for the Patella, Tensor Fascia Lata (TFL), & Proximal Tibia**

**Hour 3** Inferior Patella, Lateral Patella, and Medial Patella, About Iliotibial Band Syndrome (ITB), Tests and Adjustments for ITB Syndrome as published in chapter 14 of The Activator Method 2nd Edition textbook.

**Hour 4** Anterior Proximal Tibia, Posterior Proximal Tibia, Internal Rotation of the Proximal Tibia, External Rotation of the Proximal Tibia as published in chapter 14 of The Activator Method 2nd Edition textbook.

##### **Tests and Adjustments for the Hip & Muscle Tests for the Hip**

**Hour 5** Internal Hip Rotation, External Hip Rotation, Lateral Proximal Femur, Superior Femur, Inferior Femur as published in chapter 9 of The Activator Method 2nd Edition textbook.

**Hour 6** Piriformis, Hamstrings, Quadriceps, Gluteus Medius as published in chapter 9 of The Activator Method 2nd Edition textbook.

##### **The Feet, Ankles and Related Structures: Common Conditions**

## **ACTIVATOR METHODS CHIROPRACTIC TECHNIQUE VIRTUAL TRAINING – LOWER EXTREMITIES**

**Hour 7** Special Considerations, Range of Motion and Ligamentous Laxity as published in chapter 15 of The Activator Method 2nd Edition textbook.

**Hour 8** Plantar Fasciitis and Plantar Soft Tissue or Toe Pain, Inversion and Ankle Sprain as published in chapter 15 of The Activator Method 2nd Edition textbook.

### **Test and Adjustments for the Fibula & Ankle**

**Hour 9** Posterior-Superior Proximal Fibula, Lateral Fibula, Posterior Distal Fibula, Gastrocnemius Involvement, Achilles Tendonitis as published in chapter 15 of The Activator Method 2nd Edition textbook.

**Hour 10** Posterior Shin Splints or Calf Muscle Pain, Superior Calcaneus, Medial Calcaneus, Anterior-Superior Navicular as published in chapter 15 of The Activator Method 2nd Edition textbook.

### **Tests and Adjustments for the Foot & Lower Extremities Final Assessment**

**Hour 11** Anterior Lateral Talus, Inferior First Metatarsal and Inferior Medial First Cuneiform as published in chapter 15 of The Activator Method 2nd Edition textbook.

**Hour 12** Inferior Metatarsal Heads, as published in chapter 15 of The Activator Method 2nd Edition textbook. Lower Extremities Final Assessment

**ARLAN W. FUHR, D.C.**  
**Chiropractic Physician**  
**President and Co-Founder of Activator Methods International, Ltd.,**  
**President, National Institute of Chiropractic Research**

**EDUCATION/DEGREES**

- Logan College of Chiropractic 1961 Doctor of Chiropractic  
St. Louis, Missouri
- University of Minnesota 1958, undergraduate pre-chiropractic

**DISTINCTIONS/HONORS**

- President and co-founder, Activator Methods International, Ltd., Phoenix, Arizona, 1977 to present
- Member International Society for the Study of the Lumbar Spine, April 2000
- Arizona Governor's Council on Health, Physical Fitness and Sports, August 1994
- Chiropractor of the Year 1993, Arizona Association of Chiropractic
- Daniel David Palmer Chiropractic Scientific Award, Palmer College of Chiropractic, Davenport, Iowa, 1993
- Board of Trustees, Logan College of Chiropractic, St. Louis, Missouri, 1981 to 1991.
- Chair, Finance Committee, Logan College of Chiropractic, St. Louis, Missouri, 1981 to 1991.
- Fellow, Palmer West Academy, Palmer College of Chiropractic West, Sunnyvale, California, 1991.
- President and founder, National Institute of Chiropractic Research, Phoenix, Arizona, 1987 to present
- Doctor of Humanities (Honorary), Logan College of Chiropractic, St. Louis, Missouri, 1973
- Testified before US Congress in 1990s - as a result, Chiropractic received federal research grants
- Public Policy Committee Arizona Association of Chiropractic successfully passed Arizona House Bill 2600 - signed in to law allowing 12 office calls without primary care physicians authorization
- Television and radio appearances:
  - 2000: Taiwan the Ann Chen Television Show
  - 2000: Australia, The 2AW Ernie Siegel radio show
- Guest speaker at over 30 chiropractic state conventions
- Invited speaker at every chiropractic college in the USA.
- Guest speaker in New Zealand Chiropractic College, Royal Melbourne Institute, McQuary University, Sydney Australia
- Volunteer Director of Chiropractic Services - Neighborhood Christian Clinic Phoenix, Arizona

**GRANTS RECEIVED**

- Received first grant (\$50,000) ever given to Chiropractic from NIH in 1985

**INVENTIONS**

- Holds six patents for assessment, analysis and chiropractic treatment

**PUBLICATIONS**

- **Books and chapters**
  - *Activator Methods Chiropractic Technique*, Mosby Year-Book, Inc., St. Louis, MO, 1996.

- *Description and Analysis of Activator Methods Chiropractic Technique*. In: Lawrence DJ, Cassidy DJ, McGregor M, et al., eds. *Advances In Chiropractic*, Volume 3. Mosby-Year Book, Inc., St. Louis, MO, 1995; 2:471-520.
- *Low Force Technique: The Activator Methods Chiropractic Technique*. In Haldeman, *Principles and Practice of Chiropractic*, expected publication 2003.
- 24 Peer Reviewed Publications since 1985 in chiropractic research
- 42 Conference Proceedings on biomechanical, neurophysiology and chiropractic clinical research
- As president of National Institute of Chiropractic Research, has led funding for over 250 publications on chiropractic history, science, and clinical practice. NICR has dispersed over \$650,000 in grants.

#### **CLINICAL/PROFESSIONAL EXPERIENCE**

- 35 years of private practice -- owner/director of three successful practices In Minnesota and Arizona
- 1969 to Present -- President and Co-founder, Activator Methods International, Ltd.
  - Responsible for training over 35,000 chiropractors in AMCT
  - Over 2,000 doctors of chiropractic certified In AMCT
  - Today, over 35 seminars offered each year across US, Australia, Japan, Canada, UK, New Zealand, Taiwan
- 1989 to Present -- Member, Editorial Board, *Chiropractic Technique*
- 1990 to Present -- Clinical Research Coordinator, Phoenix, Arizona
- 1991 to 1992 -- Member, Editorial Board, *Back Letter for Chiropractors*
- 1990 to 1992 -- Commissioner, Committee for the Establishment of Guidelines for Chiropractic Quality Assurance and Standards of Practice. Mercy Center Conference, Burlingame, California, January 25-30, 1992
- Post-graduate department faculty, Palmer College of Chiropractic, Logan Chiropractic College, Life Chiropractic College/West, Cleveland College of Chiropractic,
- 1995 to Present -- Council Member, Council on Chiropractic Guidelines and Practice Parameters

**For a complete vitae on Dr. Arlan Fuhr, please visit [www.activator.com](http://www.activator.com).**

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