

Essentials of DNFT® Chiropractic
4 Hours Online
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Course Description: Introductory course to the Directional Non-Force Chiropractic Technique (DNFT.) This 4 hour instructional course includes Reactive Leg Reflex Leg Check, DNFT corrective thrust and Release and Reveal. This course is a prerequisite to all other DNFT courses.

Course Outline:

Hour 1 DNFT® Scope, Philosophy, and Methods

- a. Timeline of development of DNFT® and its relationship to other low force methods.
- b. Innate intelligence and vitalism as applied to subluxation diagnosis.
- c. DNFT chiropractic philosophy and its application and expectations.
- d. Subluxation vs compensation vs distortion vs fixation.
- e. Overview of subluxation patterns.
- f. Patient retracing defined and illustrated.

Hour 2 Setup, Challenge, and Leg Check Explained

- a. How to prepare and position a patient on the table for effectiveness and comfort.
- b. What Dr VanRumpt discovered about his method of leg check – what a positive test looks like and what it means.
- c. Mechanics of the foot maneuver that is the leg check – equal eversion vs under/over.
- d. What is the reactive leg side and how is that determined.
- e. How to challenge / test for subluxation
- f. The purpose and method of spinal palpation and grease pen body marking

Hour 3 Thrusting and Leg Check Demonstrated

- a. Mechanics of supine leg check including tests for correct maneuver.
- b. The 3 basics of supine leg check and comparison of proper movement vs errors.
- c. Mechanics of prone leg check including tests for correct maneuver.
- d. The 3 basics of prone leg check and comparison of proper movement vs errors.
- e. What a pull-up of the reactive leg looks like.
- f. How to enhance doctor position to visualize a positive test.

Hour 4 Release and Reveal™ Protocols

- a. The purpose of testing and correcting structures that are more compensatory in nature.
- b. Listing all structures that constitute Release and Reveal™
 - a. Muscles
 - b. Reflex zones
 - c. Pelvis

- c. Description of subluxation possibilities and demonstration of a correction of each structure of Release and Reveal™
- d. Discussion of how the application of Release and Reveal™ protocols leads to the major subluxation(s) of any one patient visit.