



SHERMAN COLLEGE
of CHIROPRACTIC
CONTINUING EDUCATION

November 13, 2023

Office of Continuing Education
P. O. Box 1452
Spartanburg, SC 29304

Subject: Continuing Education Approval
Occipital Lift & Module A: The Essentials Perfected
Dallas, TX
March 1-3, 2024

Enclosed is essential information regarding the program to be presented for **a total of 18.5 maximum CE hours** for licensure requirements.

Contained within this information are the instructor's credentials and course outline.

- Aaron Morris, D.C.
- Patrick McMahon, D.C.

Based upon their credentials, education and experience the above-mentioned presenters have been approved by Sherman College of Chiropractic as post graduate extension faculty and qualified to present the information contained in the attached listed courses.

Attendance will be monitored at the door. Doctors are instructed to sign in at each time interval. At the conclusion of the program, Sherman College will send out attendance letters to the attending DCs. Each certificate includes the name of the program, the date, approval number and the number of hours of attendance.

Thank you for your consideration. Please let us know of any questions or additional information you may need.

Thank you,

Rozelle Foster
Rozelle Foster
Director of Continuing Education

Enclosures

Program Schedule

SYNTROPY CHIROPRACTIC TRAINING:

Occipital Lift & Module A: The Essentials Perfected

Mar 1-3, 2024

Dallas, USA

Friday

1 pm - 3.30 pm Upper Cervical theory, Neurology, Biomechanical overview
PATRICK MCMAHON, DC AND AARON MORRIS, DC

Occipital biomechanics, palpation, patient positioning, chiropractor positioning,
PATRICK MCMAHON, DC AND AARON MORRIS, DC

3.30 pm - 3.45 pm BREAK

3.45 pm - 6.30 pm Drills for proper joint sequencing, chiropractor's mobility, power generation. Set-ups and feedback.
PATRICK MCMAHON, DC AND AARON MORRIS, DC

Force applications for occipital adjustment,
PATRICK MCMAHON, DC AND AARON MORRIS, DC

Saturday

08.30 am - 10.30 am Theory, Neurology, Biomechanical overview PATRICK MCMAHON, DC AND AARON MORRIS, DC

15 MINUTE BREAK

10.45 am - 12.45 pm Cervical biomechanics, palpation, patient positioning, chiropractor positioning, PATRICK MCMAHON, DC AND AARON MORRIS, DC

12.45 pm - 02.00 pm LUNCH

02.00 pm - 04.30 pm Force applications in cervical adjusting PATRICK MCMAHON, DC AND AARON MORRIS, DC

04.45 pm - 06.15 pm Thoracic biomechanics, palpation, patient positioning, chiropractor positioning, force applications in thoracic adjusting PATRICK MCMAHON, DC AND AARON MORRIS, DC

MORRIS, DC

Sunday

08.30 am - 09.30 am Training drills to “bulletproof” chiropractors from injuries and increase chances of success in practice. PATRICK MCMAHON, DC AND AARON MORRIS, DC

9.30 am - 11.30 am Sacroiliac joint biomechanics, palpation, patient positioning, chiropractor positioning PATRICK MCMAHON, DC AND AARON MORRIS, DC

15 MINUTE BREAK

11.45 am - 01.00 pm Force applications in sacroiliac adjusting PATRICK MCMAHON, DC AND AARON MORRIS, DC

01.00 pm – 01:45 pm Force applications in sacroiliac, cervical and thoracic adjusting PATRICK MCMAHON, DC AND AARON MORRIS, DC

OUTLINE OF EACH SESSION

Occipital Lift & Module A: The Essentials Perfected

Mar 1-3, 2024

Dallas, USA

Friday

1 pm - 2 pm Upper Cervical theory, Neurology, seminar overview, technique demo
PATRICK MCMAHON, DC AND AARON MORRIS, DC

- History of occipital adjusting
- Neurological considerations of UC subluxation.
- Effects of occipital adjustment on neurology and quality of life.
- Demonstration of technique

2 pm - 3.30 pm Biomechanics, Set-ups

PATRICK MCMAHON, DC AND AARON MORRIS, DC

- Discussion of Occipital, Atlas, and Axis biomechanics.
- Why knowing and being clear on biomechanics is important in adjusting.
- Assessment of occipital subluxation
- Step by step breakdown of proper setup for adjustment:
 - patient positioning
 - DC positioning
 - 5 point specific contact
 - Practice time for participants

3.45 pm - 5 pm Drills for proper joint sequencing, chiropractor's mobility, power generation. Set-ups and feedback **PATRICK MCMAHON, DC AND AARON MORRIS, DC**

- Step by step breakdown of proper DC mobility so that they can generate power and speed:
- Hip mobility drills: how to move center of mass in a healthy and sustainable way
- Thoracic mobility drills
 - Combining both hip and thoracic mobility
 - Feedback, correction from instructors

5 pm - 6.30 pm Force application, video breakdown, feedback

- Mock adjusting on dummies, feedback from instructors
- Video breakdown and critique of adjusting
- Hands-on technique clean-up

- How to implement occipital adjustment in practice successfully

Saturday

8.30 am -10.30 am Theory, Neurology, Biomechanical overview: PATRICK MCMAHON, DC AND AARON MORRIS, DC

- Intro: Syntropy's approach to gentle yet powerful adjusting
- Neuro of subluxation: chronic subluxation leading to improper gating at the cord, nociception wind up, central sensitization, HPA axis, sympathetic dominance, defense physiology, etc.
- Effects of chiropractic adjustment on neurology and quality of life.
- Why knowing and being clear on biomechanics is important in adjusting.

10.45 am - 12.45 pm Cervical biomechanics, palpation, patient positioning, chiropractor positioning PATRICK MCMAHON, DC AND AARON MORRIS, DC

- **CERVICAL:**
- Anatomy
- Biomechanics, coupled motion
- HANDS-ON TRAINING / DRILLS:
- Analysis: tonal palpation, motion palpation
- Importance of presence and certainty
- Correct positioning of patient "ease" in creating specific adjustments
- Perfect body positioning and stance for DC to deliver explosive acceleration in a precise, safe and controlled matter.

02.00 pm - 04.30 pm Force applications in cervical adjusting PATRICK MCMAHON, DC AND AARON MORRIS, DC

- HANDS-ON TRAINING / DRILLS:
- Mobility, sequencing, timing and speed in adjusting
- Practice force application on yoga mats
- Video breakdown and critique of adjusting

04.45 pm - 06.15 pm Rib/Thoracic biomechanics, palpation, patient positioning, chiropractor positioning, force applications in rib/thoracic adjusting PATRICK MCMAHON, DC AND AARON MORRIS, DC

- **RIB/THORACIC:**
- Anatomy

- Biomechanics, coupled motion
- HANDS-ON TRAINING / DRILLS:
- Analysis: tonal palpation, motion palpation
- Importance of presence and certainty
- Correct positioning of patient “ease” in creating specific adjustments
- Perfect body positioning and stance for DC to deliver explosive acceleration in a precise, safe and controlled matter.
- Mobility, sequencing, timing and speed in adjusting
- Practice force application on yoga mats
- Video breakdown and critique of adjusting

Sunday

08:30 am - 09:30 am Training drills to “bulletproof” chiropractors from injuries and increase chances of success in practice. PATRICK MCMAHON, DC AND AARON MORRIS, DC

- Specific exercises to strengthen/stabilize core
- Breathing exercises
- The importance of focus and intention/visualization in adjusting

09:30 am - 11:30 am Sacroiliac joint biomechanics, palpation, patient positioning, chiropractor positioning PATRICK MCMAHON, DC AND AARON MORRIS, DC

- **SACROILIAC JOINT:**
- Anatomy
- Biomechanics, coupled motion
- HANDS-ON TRAINING / DRILLS:
- Analysis: tonal palpation, motion palpation
- Importance of presence and certainty
- Correct positioning of patient “ease” in creating specific adjustments
- Perfect body positioning and stance for DC to deliver explosive acceleration in a precise, safe and controlled matter.

11:45 am - 01:00 pm Force applications in sacroiliac adjusting PATRICK MCMAHON, DC AND AARON MORRIS, DC

- HANDS-ON TRAINING / DRILLS:
- Mobility, sequencing, timing and speed in adjusting
- Practice force application on yoga mats
- Video breakdown and critique of adjusting

01:00 pm – 01:45 pm Force applications in sacroiliac, cervical and thoracic adjusting

HANDS-ON TRAINING / DRILLS full spine and SI joints

AARON MORRIS, D.C.



AMORRIS.LIFE@GMAIL.COM



+34 617 287 151

FACEBOOK: SYNTROPY
CHIROPRACTIC TRAINING

PUNTVITALQUIROPRACTIC.COM

OBJECTIVE

To help align people with their greatest selves through coaching, teaching and chiropractic.

SKILLS

Master communicator- ability to bring people out of their comfort zone and into healing/growth.

Loving and compassionate.

Encourages transformation through honesty, integrity, and direct communication.

EXPERIENCE

CO-FOUNDER SYNTROPY CHIROPRACTIC TRAINING

2016-current

Dr. Aaron Morris and Dr. Patrick McMahon created Syntropy Chiropractic Training (SCT) to help train the best adjusters on the planet. SCT holds seminars around the globe.

DR. OF CHIROPRACTIC / PUNT VITAL QUIROPRACTIC

2003-current

Director of one of Spain's largest chiropractic practices for years. Helping families achieve great health, naturally. Featured in the magazine Cuerpo y Mente as one of Spain's top chiropractors.

EDUCATION

DOCTOR OF CHIROPRACTIC / 2003

Life Chiropractic College West (USA)

Graduate with honors: cum laude, clinical excellence award

LIFE COACH-CONSULTANT / 2012

Trained under the greats Juan Jose Vasquez and Dr. John Demartini
International Coaching Barcelona

VOLUNTEER EXPERIENCE OR LEADERSHIP

Co-founder of the Barcelona Chiropractic College

Facilitator BCC leadership trainings

Humanitarian Mission Trips in Nicaragua and El Salvador

Executive board member AEQ (Spanish Chiropractic Association)

Trainer MLS Chiropractic Trainings



PATRICK MCMAHON, D.C.



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FACEBOOK: SYNTROPY
CHIROPRACTIC TRAINING

CENTREVITALQUIROPRACTIC.COM

OBJECTIVE

Create the best chiropractors on the planet.

SKILLS

Master communicator- Ability to distill complex concepts into easy to understand principles.
Voracious reader, learner and teacher.
20+ years of immersion in biomechanics, exercise physiology, and motor skill acquisition at elite level.

EXPERIENCE

CO-FOUNDER SYNTROPY CHIROPRACTIC TRAINING

2016-current

Dr. Aaron Morris and Dr. Patrick McMahon created Syntropy Chiropractic Training (SCT) to help train the best adjusters on the planet. SCT holds seminars around the globe.

DR. OF CHIROPRACTIC / CENTRE VITAL QUIROPRACTIC

Pioneer chiropractic center in the Principality of Andorra.

2014-current

DR. OF CHIROPRACTIC / QUIROPRACTIC QGAT

Private practice in SANT CUGAT, BARCELONA, SPAIN

2006-2014

INDEPENDENT CONTRACTOR

Maynooth chiropractic - MAYNOOTH, IRELAND

2004-2007

DR. OF CHIROPRACTIC

Café of Life ASHEVILLE, NC

2003-2004

EDUCATION

DOCTOR OF CHIROPRACTIC 2002

Parker College of Chiropractic

B.S. HUMAN ANATOMY 2001

Parker College of Chiropractic

B.S. NUTRITION SCIENCE 1997

University of North Carolina at Greensboro

VOLUNTEER EXPERIENCE OR LEADERSHIP

Humanitarian Mission Trips in Panama
Lead Trainer under Arno Burnier at MLS Europe Chiropractic Trainings
Professor at Barcelona Chiropractic College





SHERMAN COLLEGE
of CHIROPRACTIC

CONTINUING EDUCATION

Sherman College of Chiropractic
Continuing Education Postgraduate Department
PO Box 1452
Spartanburg, SC 29304
(800) 849-8771, extension 229

Attendance Verification

Issued Date: Put the current date here

Course Title: **Occipital Lift & Module A: The Essentials Perfected**

Course Code / Approval Number:

Dates of the Seminar: **March 1-3, 2024**

Location: **Dallas, TX**

This is to certify that:

License No:

attended the above seminar and has received hours of Continuing Education.

The Continuing Education Department does not forward hours to the State Board(s) unless requested by the State Board. Please make a copy for your records and mail original to the appropriate State Board(s) when applicable.

Thank you,

Rozelle Foster

Rozelle Foster

Director of Continuing Education



CONTINUING EDUCATION PROGRAM EVALUATION
Occipital Lift & Module A: The Essentials Perfected
March 1-3, 2024 | Dallas, TX

Your opinion is valued! Thank you for helping us to improve the quality of our events. Please take a moment to comment on the continuing education program you recently attended and return to the monitor, mail to Sherman College CE Dept. or fax to 864-599-7145. All responses are confidential.

PLEASE CIRCLE YOUR RESPONSE.

Rating Scale: 4 - Excellent 3 - Good 2 - Satisfactory 1 - Poor

SEMINAR CONTENT

Organization of materials	4	3	2	1	N/A
Usefulness of ideas, skills and techniques	4	3	2	1	N/A
Newness of the seminar information	4	3	2	1	N/A
The amount of hands-on demonstration was appropriate	4	3	2	1	N/A
Overall content rating	4	3	2	1	N/A

PRESENTER RATING

The speaker held my interest	4	3	2	1	N/A
The speaker demonstrated superior knowledge of topic	4	3	2	1	N/A
The speaker interacted with participants and gave effective responses to questions	4	3	2	1	N/A
The speaker was well-prepared, organized and adhered to time allotted	4	3	2	1	N/A
The speaker's audio-visual media enhanced my learning experience	4	3	2	1	N/A
Overall presenter rating	4	3	2	1	N/A

RESOURCE ASSESSMENT

Please rate the audiovisuals	4	3	2	1	N/A
Please rate the facility	4	3	2	1	N/A
Please rate the ease of registration	4	3	2	1	N/A
Did the program fulfill advertised promises?	Yes	No	Somewhat		
Are you a graduate of Sherman College?	Yes	No	Student		

What attracted you to this seminar? Content / Speaker / CE / Other_____

How did you hear about this seminar? Brochure / Website / Colleague / Advertisement
Facebook / Email / Sherman Website / Sherman Shares

ADDITIONAL COMMENTS
