



SHERMAN COLLEGE  
*of CHIROPRACTIC*  
CONTINUING EDUCATION

March 7, 2024

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

**Subject: Continuing Education Approval**  
**MLS ONE**  
**Reston, VA**  
**October 5-6, 2024**

Enclosed is essential information regarding the program to be presented for **a total of 14 maximum CE hours** for licensure requirements.

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

- Wade Port, 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

# SYLLABUS OF SPINAL MOTION PALPATION AND MLS ADJUSTING SEMINAR

**Length of the course: 9:00 am to 5:00 pm both days**  
**14 Hours CE Credits**

Seminar is conducted with a large teaching staff, so that all adjustments are delivered under supervision with feedback from the staff.

Seminar is conducted in complete centered silence from participants except for questions, feedback and for the staff instructions.

All seminars have at least 4 DCs with an active license in the State the seminar is conducted.

This seminar is 100% hands on. This is NOT a technique, it is an approach to adjusting that can bring any existing technique from Upper Cervical, Full Spine, Diversified, Gonstead, CBP and other techniques to the next level.

This approach takes the meningeal-cord tension in consideration, bringing the entire neuro-spinal system and body physiology into ease and peace during the adjustment.

This approach render adjusting safer than the current adjusting approach used by most DCs and schools because it does not bring the spine, joints or system to tension/lock.

## PURPOSE OF THE SEMINAR:

- To provide a full understanding of the biodynamic and biomechanic of the neurospinal system.
- To understand the human body, its neuro-spinal system from a vitalistic perspective as an open complex biological system.
- To bring a complete visualization of the motion of the spine and individual vertebrae in all planes of motion.
- To teach adjusting with ease, finesse, lightning speed, precision, specificity and sensitivity of each and every vertebra in each and every plane of motion.
- To take meningeal-cord tension in consideration while structurally adjusting the spine.
- To learn to address-adjust a human being rather than a spine or subluxation.
- To provide exercises and drills to train, as a true professional, before each day in active practice.
- To inspire participants to serve humanity at the highest level through Chiropractic.

## 1. INTRODUCTION, VITALISTIC APPROACH TO CHIROPRACTIC CARE, VISION & MISSION IN CHIROPRACTIC: 1 1/2 hours.

### Overview of MLS approach to adjusting

Life is motion and motion is life. One of the components of the vertebral subluxation complex is patho-kinesiology. The purpose of the spinal adjustment is to introduce an external invasive force that will interact with the internal resistive force forming a concussion of forces that the Innate Intelligence can use to correct the subluxation.

Understanding the motion of the spine provide a framework to deliver accurate, specific, precise adjustments along the biodynamic arc of motion of the vertebrae.

- a) **Roadmap for the day and demonstrating all the steps in adjusting with this approach.**
- b) **Presentation of the various listing as a mean to have common language to communicate between participants and staff as to the intention of the adjustment.**
- c) **Warm-up exercises and adjusting drills. Many drills have been designed to train the body for each specific adjustment and listing. There are 14 drills for the cervical, 8 for the dorsal and 5 for the lumbar-Pelvis. All drills are practiced repetitively during the seminar so as to leave the participants with ample tools to train and refine their skills. It builds muscle memory so that down the line, the adjusting thrust or impulse is 'instinctive'.**

## VITALISTIC APPROACH TO CHIROPRACTIC CARE:

- Seeing the neurospinal system anew every visit.
- Reading the history and past of the client while looking at and feeling their spine. Learning how to read the body's subluxation pattern.
- Tissue and information tum-over in the dynamic pattern of life.
- Positioning preferences in order to take out meningeal tension prior to structural adjusting.
- Adjusting cervical with telescoping effect on lower vertebrae.

## PURPOSE, VISION AND MISSION IN CIDROPRACTIC.

- a) **Purpose:** to be an enzyme, a catalyst to elevate and/or transform consciousness in matter of health, healing, wellness and well-being. To be a teacher, a facilitator in the clients healing journey.

- b) **Vision:** healthier, self-responsible and accountable community and world
- c) **Mission:** to be an instrument of healing, to inspire and motivate. To love and serve.

## 2. Cervicals: 4.5 hours.

- "Kodak Moment/snapshot" learning to read a human being.
- Ground yourself. Center yourself. Open your heart; be in the spirit of service.
- Horse Stand, feet shoulder width apart.
- Touch with all the love, gentleness and care. Palpate very lightly, letting the feeling come to you. Learning to "listen" to the body rather than "searching". First things that comes to mind; see it clearly. Which segment, what listing, where is your 11 dot" contact point, what is the arc of drive, where does the force land in the room along the arc of motion?
- Possible listings are: Spinous Pivot body Rt. or Lt., Entire Segment Rt. or Lt., Body pivot Spinous Rt. or Lt., Posterior Inferior Segment. Center Pivot body Rt. Spinous Lt., or Center Pivot Body Lt. Spinous Rt.
- All movements are circumduction with a dominant vector in either rotation, lateral flexion, extension or flexion. All adjusting thrust have a combination of all planes of motion with a dominant vector according to the listing.
- What is your contact 11 dot 11 on your hand being aware to match weight/size of
- vertebra and listing. Establishing resonance.
- Gently pick up the head with total tenderness and love. Headpiece is released in full extension.
- Track the neck with the stabilizing hand to a place of optimum "peace" Being aware of possible meningeal track tension. Intention is to keep the cord and meningeal system at ease at all times.
- See the neck folds that will determine accuracy of arc of drive for that specific individual.
- Come to a complete place of stillness.
- Place your adjusting hand on the area you want to set free connecting "dot" to "dot", hand completely relax, elbow point is below the wrist.
- In your mind's eye match dot to dot. No tissue pull, contact totally soft and barely touching the skin, compressing the tissues to become one with the vertebrae without intrusion. The inner Mantra is: "Compression-Connection-Fire."
- Visualize a stream of white light entering your skull from above going down your spinal cord along the nerve of the arm, into your hand, out of the "dot" into the "dot" on the vertebra, through the neck, out to the specific pre-visualized spot in the room at the end of the arc of motion.
- Listen to the pulsation of the window: "Opening & Closing" "Yes & No"
- Check yourself that you are relax, clear and empty. Present time consciousness.
- Let the force come through you, with follow through, from above, through you, through your arms, out through the dot on your contact hand like a laser beam, into the dot on the vertebra, through the neck, out through the body, landing on a specific pre-visualized spot in the room.
- Bring the head and neck back to rest with headpiece in neutral.

Adjusting in prone, supine, seating, side posture and standing is demonstrated using this approach.

\*\*Upper cervical toggle recoil, sustained Pierce-Still wagon adjustment, disc adjustment, knee chest and occiput lift sitting, and Crane Occipital Lift are demonstrated and taught at MLS 2 only.

## 3. Dorsals: 2 hours.

- Palpate as gently as possible. Listening to the body. Let the feeling come to you.
- First thing that comes up, see it clearly in your mind's eye. Which segment, what
- listing, which contact, what arc of drive? Listing is possibly: PR, PL, Straight Posterior
- Gently place your contact hands or hand below the dot on the vertebrae. Let the tissue underneath guide you as to where your hands are going. When you have match dot to dot, apply gentle pressure to be above the "threshold", be aware of the pulsating window and deliver the thrust according to your visualization.

Many different adjusting moves are demonstrated and taught. Adjusting prone/anterior dorsal and standing is demonstrated.

Many drills are implemented to train the musculature and program the body of participants for "automatic" delivery of the adjusting thrust.

## 4. Lumbars: 4 hours.

- For P to A adjustments, use very much the same approach as with the Thoracic.
- Possible listings are: Posterior Segment, PR or PL
- For side posture adjustments in lateral flexion, extension or rotation, release the drop away abdominal piece if available.

- Bring the entire body to a peaceful, comfortable position making sure there is no torque or tension of the spine. Straighten the lower leg, Bring the upper leg gently to a bent position to where it stops naturally. Ease the shoulder out without creating tension in the entire spine. Position the arm/hands. If necessary, bring the pelvis over to you by placing one hand under the upper knee and one hand under the pelvis. This is accomplished like a "mechanical earth mover".
- Make sure that the pelvis is at 90 degrees to the table.
- With the entire body and spine at ease, Vector the lumbar spine to create a focus on the specific vertebrae. You can fine-tune the vectoring by pulling gently on the arm prior to your set up in order to create additional fulcrum at the location of the vertebrae to adjust.
- Track the lumbar spine. Where does it want to go naturally, where is it taking your hands?
- With clear visualization, match dot to dot, with soft contact, deliver the trust with laser sharp focus and follow through. The force comes through you not from you with full body drop combined with triceps impulse.

## **5. ANATOMY, ANALYSIS AND ADJUSTING OF THE SPINE IN MOTION: 2 hours.**

### A. CERVICAL SPINE.

Extension. Flexion. Lateral flexion. Rotation. Circumduction. Motion of the spinous, transverse processes, articular pillar, vertebral body in all those planes.

Motion palpation analysis of all possible patho-kinesiology.

Adjusting techniques in prone, supine, side posture, knee chest and sitting position according to exact, precise anatomical arc of drive that can be read on the body.

### B. DORSAL SPINE.

Extension. Flexion. Lateral flexion. Rotation. Circumduction.

Motion of spinous, transverse processes, articular pillar, vertebral body and costovertebral joints.

Motion palpation analysis of all possible pathokinesiology.

Adjusting techniques in prone, supine and sitting position according to precise arcs of drive that can be felt prior to adjusting.

### C. LUMBAR SPINE.

Extension. Flexion. Lateral flexion with kyphotic curve. Lateral flexion with lordotic curve. Rotation.

Motion palpation analysis of all possible pathokinesiology.

Adjusting techniques in prone, supine and side posture according to precise exact arc of drive that can be detected through motion prior to adjusting.

### D. LUMBOSACRAL-SACROILIAC COMPLEX.

Nutation-Counternutation. The sitting and standing biodynamic of the complex. Upper and lower sacroiliac joint.

Motion palpation analysis of all possible pathokinesiology.

Adjusting techniques in prone, supine and side posture according to precise exact arcs of drives that can be visualized during the analysis.

### E. STRUCTURAL ANATOMY VERSES FUNCTIONAL ANATOMY.

Learning to adjust each vertebrae taking the entire spine in consideration. How to bring the spine to ease prior to adjusting.

"Making love to the spine" verse violating the body. Being present with the contact without being felt.

The importance of intent.

Focusing on remote areas while adjusting a specific segment. Staying away from the "hot" areas of facilitation.

Training the body for speed in adjusting.

How to read the actual arc of drive prior to adjusting Using multiple and diverse contact points.

Adjusting a human being not just a spine.

**OPEN QUESTIONS AND ANSWERS SESSION throughout the seminar.  
CLOSING.**



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**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: **MLS ONE**  
Course Code:  
Dates of the Seminar: **October 5-6, 2024**  
Location: **Reston VA**

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. PACE Approved courses will be reported directly to PACE. 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**  
**MLS ONE | Reston, VA | October 5-6, 2024**

**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**

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