



SHERMAN COLLEGE  
*of CHIROPRACTIC*  
CONTINUING EDUCATION

July 30, 2024

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

**Subject: Continuing Education Approval**  
**Occipital Lift & Module A: The Essentials Perfected**  
**Atlanta, GA**  
**November 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.
- Pat McMahan, 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 – Level I & Module A: The Essentials Perfected**

**Nov 1-3, 2024**

**Atlanta, 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 – Level I & Module A: The Essentials Perfected

Nov 1-3, 2024

Atlanta, 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 Thoracic/Lumbar biomechanics, palpation, patient positioning, chiropractor positioning, force applications in thoracic/lumbar adjusting PATRICK MCMAHON, DC AND AARON MORRIS, DC**

- **THORACIC/LUMBAR:**
- 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



**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:

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

Location: **Atlanta, GA**

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**  
**Occipital Lift & Module A: The Essentials Perfected**  
**November 1-3, 2024 | Atlanta, GA**

**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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