

Motion Pattern Rehabilitation and Risk Management

This course will educate the chiropractic physician on researched based assessments and treatments of aberrant motion patterns. This interactive two-day course will include lecture, patient demonstrations, and hands-on time to allow the participants to learn low-tech, innovative approaches to treating functional loss while showing proper documentation and risk management protocols. Help your patients achieve physical independence and quality of life.

Learning objectives:

- The attendee will be able to define “Medical Necessity” with various carriers
- Identify the concepts of range of motion and flexibility.
- Identify and understand the ABCs of proprioception.
- Understand how to implement low-tech rehabilitation techniques into treatment strategies to maximize performance and function
- Create sport-specific treatment options using athlete engagement
- Accurately diagnose functional motion patterns
- How to assess deconditioning of the kinetic chain in chronic neck and back pain
- Learn how to create an individualized corrective treatment rehabilitation program for your patients

Hour 1

- Introduction
- Ethics and Compliance in the Chiropractic Office
- What is Considered a Medical Necessity

Hour 2

- Risk Management in Chiropractic
- The Standard of Care
- Chiropractic Medical/Legal
 - The Informed Consent
 - The No Surprises Act
 - The Initial Encounter Report
 - SOAP Note Essential Documentation
 - The Treatment Plan

Hour 3

- Components of the 2023 E/M Guidelines
- What is the Goal of Care?
- Concepts of the Kinetic Chain

Hour 4

- Outcome Assessment Tests
- Diagnostic Imaging Interpretation for Biomechanics and Pathology
- HEDIS® Measures for Low Back Imaging
- Establishing Treatment Goals and Objectives in Rehabilitation

Hour 5

- Examining the Components of Ambulation
- Objective Analysis of the Lower Extremities
- Objective Assessment of the Shoulder and Arm
- Two-Point Reference Technique to Evaluate Spinal Range of Motion

Hour 6

- Muscle Strength Testing to Determine Rehabilitation Protocols
- Rethinking the Assessment of the Chiropractic Patient
- Research Trends in Rehabilitation
- Research Updates on the Use of Custom Orthotics

Hour 7

- Nutritional Consideration in the Treatment of the Patient
- Documentation Guidelines for Rehabilitation
- The Diagnosis: Tell the Whole Story
- Complicating Factors that Affect Treatment

Hour 8

- Strength and Endurance Rehabilitation Techniques and Protocols
- Treatment Plan Protocols
- Components of a Rehabilitation Program.

Hour 9

- Rehabilitation Protocols and Hands-On Training of Upper Cross Syndrome

Hour 10

- Rehabilitation Protocols and Hands-On Training of Lower Cross Syndrome
- Rehabilitation Protocols and Hands-On Training of Piriformis Syndrome

Hour 11

- Rehabilitation Protocols and Hands-On Training of Shoulder and Arm Injuries
 - The Rotator Cuff
 - Impingement Syndrome
 - Medial and Lateral Epicondylitis

Hour 12

- Rehabilitation Protocols and Hands-On Training of the Post-Concussion Patient
- Rehabilitation Protocols and Hands-On Training of the Long-Haul COVID Patient
- Questions and Answers