

**Presenter: Robert Fenell, DC**

**14 Hour Lecture**

**Title: Upper & Lower Extremity Manual Adjusting Techniques**

**Course Objectives:**

- 1. Provide the DC with a more thorough knowledge and understanding of upper and lower extremity biomechanics and extremity adjusting technique.**
- 2. Equip the DC with the necessary knowledge to properly consult, examine, diagnose and manage their patients' extremity health concerns.**
- 3. Encourage the DC to become more focused on the extremity side of chiropractic practice in order to provide a higher level of care for their patients when necessary.**

**Course Description:** This extremity adjusting workshop is like none other. It was designed to demonstrate to and teach the DC how to manually adjust hand and foot articulations more effectively and efficiently with little to no discomfort to the patient. The methodology uses a simple, step-by-step, systematic process to adjust the carpals, tarsals, and other extremity joints. The DC will learn basic skills and understanding of how to properly assess, diagnose and treat conditions involving the wrist and hand, shoulder, foot and ankle. Any DC that learns and implements this manual extremity adjusting methodology will certainly notice a significant improvement in their management of extremity conditions. The DC will also learn new methods on how to effectively communicate to their patients the value, benefit and need for extremity care and provide a more exhaustive treatment approach to their patients.

**Outline:**

- 1. 120 minutes: Medical Errors – Misdiagnosis and Improper Treatment of Upper Extremity Entrapment Neuropathies**
  - a. Avoidance of medical errors begins during the initial consultation – 20 minutes
  - b. Thorough examination process will help to prevent medical errors – 20 minutes
  - c. Common upper extremity entrapment neuropathy misdiagnoses and how it can cause medical errors – 40 minutes
  - d. Improper application of extremity adjusting technique is a medical error that may cause injury to the patient – 40 minutes
  
- 2. 120 minutes: Intro to Extremity Adjusting:**
  - a. Basics of providing extremity care
  - b. Why extremity care is crucial to the DC practice and profession
  - c. How extremity care will enhance the patient's spinal care and overall health
  - d. Common mistakes and how to avoid them in managing extremity cases
  - e. Becoming more focused on providing extremity care in conjunction with spinal care when necessary

**3. 240 minutes: Carpal Biomechanics and Adjusting:**

- a. Understanding the most common fixation patterns involving the wrist and hand
  - i. Methods of injury
  - ii. joint articular lesion and fixation patterns
  - iii. Types of wrist/hand conditions resulting from various carpal fixation patterns
  - iv. Common diagnoses
  - v. Common mis-diagnoses
  - vi. Report of findings
- b. Patient education
  - i. What to say and what not to say to enhance the patient's understanding of their hand condition
  - ii. How to improve your patient's commitment to follow through with home recommendations and maximize their recovery.
- c. Hands On: Practical demonstration, motion palpation, setup and adjustment for the most common carpal fixation pattern.

**4. 210 minutes: Tarsal biomechanics and Adjusting:**

- a. Understanding the most common fixation patterns involving the hind-foot
  - i. Methods of injury
  - ii. Fixation pattern
  - iii. Types of foot conditions resulting from various tarsal joint articular lesions and fixation patterns
  - iv. Common diagnoses
  - v. Common mis-diagnoses
  - vi. Report of findings
- b. Patient education
  - i. What to say and what not to say to enhance the patient's understanding of their foot condition
  - ii. How to improve your patient's commitment to follow through with home recommendations and maximize their recovery.
- c. Hands On: Practical demonstration, motion palpation, setup and adjustment for the most common tarsal fixation pattern.
- d. Orthotics: Maximal Arch Supination Stabilization (MASS) Posture biomechanics for correcting foot pronation
  - i. Lecture and hands on workshop

**5. 90 minutes: Shoulder biomechanics and pathomechanics as it relates to the entire upper extremity**

- a. How to evaluate and adjust the shoulder
  - i. Scapulothoracic articulation
  - ii. Glenohumeral joint

**6. 60 minutes: Knee biomechanics and pathomechanics as it relates to the foot, ankle and lower extremity**

- a. How to evaluate for compensatory tibia torsion/misalignment pattern
- b. How to adjust the tibia