

**Physiotherapy 6 Hours
Learning Objectives
Presented by: Marcus Strutz, DC
Live in Northern California & Online**

1. How to apply proprioceptive neuromuscular facilitation (PNF) stretching and how to properly incorporate it into the chiropractic adjustment, case management, stretching & strengthening. Focus on gait mechanisms and core muscle groups.
2. How to stretch the patient pre & post adjustment, using PNF for optimal benefit.
3. How to breakdown muscle adhesions for acute torticollis, TMJ, forearm syndromes, calves and plantar fasciitis: in preparation for a chiropractic adjustment and specific case management.
4. To understand acute and chronic inflammation, the stages of healing and how to manage special cases in a chiropractic practice. Special emphasis on application of ice and heat.
5. To learn how to apply proprioceptive neuromuscular facilitation stretching techniques for all muscles of the spine and extremities via “Hands on” group participation.
6. To learn how to strengthen all muscles of the spine and extremities, without the use of equipment, via “Hands on” group participation.

Time	Topic
Hour 1	<ul style="list-style-type: none"> ➤ Demonstration and application of proprioceptive neuromuscular facilitation (PNF) stretching and how to properly incorporate it into the chiropractic adjustment, case management, stretching & strengthening. Focus on gait mechanisms and core muscle groups. ➤ Review on how to stretch the patient pre & post adjustment, using PNF for optimal benefit.
Hour 2	<ul style="list-style-type: none"> ➤ Demonstration and application of muscle adhesion breakdown for acute torticollis, TMJ, forearm syndromes, calves and plantar fasciitis: in preparation for a chiropractic adjustment and specific case management.
Hour 3	<ul style="list-style-type: none"> ➤ Discussion of acute and chronic inflammation, the stages of healing and how to manage special cases in a chiropractic practice. Special emphasis on application of ice and heat.
Hour 4	<ul style="list-style-type: none"> ➤ Proprioceptive neuromuscular facilitation stretching for all muscles of the spine and extremities. Hands on group participation.
Hour 5	<ul style="list-style-type: none"> ➤ Proprioceptive neuromuscular facilitation stretching for all muscles of the spine and extremities. Hands on group participation. (continued) ➤ Strengthening for all muscles of the spine and extremities. All exercises done without the use of equipment. Hands on group participation.
Hour 6	<ul style="list-style-type: none"> ➤ Strengthening for all muscles of the spine and extremities. All exercises done without the use of equipment. Hands on group participation. (continued)