

## Chiropractic Adjustive Techniques ~ 6 Hours

### Learning Objectives

Marcus Strutz, DC

1. A discussion of the state of Chiropractic and views of the public.
2. How to apply proprioceptive neuromuscular facilitation stretching and muscle adhesion breaking into chiropractic care as a part of exercise and soft tissue health, with multiple demonstrations including TMJ, forearm/wrist syndromes, long muscles of the spine and lower limbs, and plantar fascia release techniques. How to properly incorporate it into the chiropractic adjustment.
3. Review on how to stretch the patient pre & post adjustment, for optimal benefit.
4. How to explain and demonstrate the neurological, vascular and respiratory benefits of a chiropractic adjustment to the patient and include an explanation of the tissue properties and their physiological response to a chiropractic adjustment.
5. To understand the joint properties and the physiological response of all tissue (bones, discs, muscles, fascia, ligaments, joint complex and the nervous system) to a chiropractic adjustment.
6. To better understand the risk of a chiropractic cervical adjustment and stroke, which allows a comprehensive explanation to the patient. To understand the proper biomechanics of the cervical spine to insure maximal patient safety.
7. To explain the benefits & mechanisms of a chiropractic adjustment, including peer reviewed literature on positive outcomes for chiropractic.
8. How to use special techniques to prepare the patient for the chiropractic adjustment using Diversified and Drop Table techniques.
9. How to apply special adjustments for the difficult to adjust patients and special adjustments for unusual presentations, for full spine and extremities.

## Back To Chiropractic ~ Chiropractic Adjustive Technique

Presented by: Marcus Strutz, DC

Time	Topic
Hour 1	<ul style="list-style-type: none"><li>➤ Demonstration and application of proprioceptive neuromuscular facilitation stretching and how to properly incorporate it into the chiropractic adjustment.</li><li>➤ Review on how to stretch the patient pre &amp; post adjustment, for optimal benefit.</li></ul>
Hour 2	<ul style="list-style-type: none"><li>➤ Demonstration and application of muscle adhesion breakdown for acute torticollis, TMJ, forearm syndromes, calves &amp; plantar fasciitis: in preparation for a chiropractic adjustment.</li></ul>
Hour 3	<ul style="list-style-type: none"><li>➤ A discussion of the state of Chiropractic and views of the public.</li><li>➤ How to explain and demonstrate the neurological, vascular and respiratory benefits of a chiropractic adjustment to the patient.</li><li>➤ A review of the cervical adjustment and stroke. The frequency and statistical risk of strokes are shared; and the literature for and against the adjustment are discussed.</li></ul>
Hour 4	<ul style="list-style-type: none"><li>➤ Joint properties and the physiological response of all tissue (bones, discs, muscles, fascia, ligaments, joint complex and the nervous system) to a chiropractic adjustment are discussed</li></ul>

	in detail.
Hour 5	➤ Benefits & mechanisms of a chiropractic adjustment are reviewed & discussed, including peer reviewed literature on positive outcomes for chiropractic.
Hour 6	<ul style="list-style-type: none"> <li>➤ A back to basics review of chiropractic adjusting; includes hand position, soft tissue pull, body position and body mechanics.</li> <li>➤ A review of proper biomechanics of the cervical, thoracic, lumbar and pelvic spine are shown to optimize the adjustment.</li> <li>➤ Adjusting drills are shown and practiced.</li> <li>➤ Demonstration and application of chiropractic adjustments using Diversified and Drop Table techniques. Special techniques to “prepare” the patient for the adjustment are shown for full spine and the extremities.</li> <li>➤ Wide variety of special adjustments for unusual or difficult cases are shown.</li> </ul>