Chiropractic Upper Extremity Adjustive Techniques ~ 4 Hours
Learning Objectives
Marcus Strutz, DC

1. Explain the base strategies of how to care for the upper extremity joints, (shoulder, elbow & wrist/hand).

2. Review the anatomy of the upper extremity joints, (shoulder, elbow & wrist/hand).

3. Review the orthopedic exam procedures of the upper extremity joints, (shoulder, elbow & wrist/hand).

4. Explain and demonstrate proprioceptive neuromuscular facilitation stretching and how to apply it to the upper extremity joints, (shoulder, elbow & wrist/hand).

5. Explain and demonstrate how to break up soft tissue adhesions in and around the upper extremity joints, (shoulder, elbow & wrist/hand).

6. Explain and demonstrate chiropractic adjustments for the upper extremity joints, (shoulder, elbow & wrist/hand).

Time	Topic
Hour 1	➢ Explain upper extremities base strategies ➢ Explain & demonstrate proprioceptive neuromuscular facilitation stretching ➢ Explain & demonstrate upper extremity soft tissue work
Hour 2	➢ Review anatomy of the shoulder joint ➢ Review orthopedic exam procedures of the shoulder joint ➢ Demonstrate proprioceptive neuromuscular facilitation stretching of the shoulder joint ➢ Demonstrate soft tissue work for the shoulder joint ➢ Demonstrate adjustments for the shoulder joint
Hour 3	➢ Review anatomy of the elbow joint ➢ Review orthopedic exam procedures of the elbow joint ➢ Demonstrate proprioceptive neuromuscular facilitation stretching of the elbow joint ➢ Demonstrate soft tissue work for the elbow joint ➢ Demonstrate adjustments for the elbow joint
Hour 4	➢ Review anatomy of the wrist/hand joint ➢ Review orthopedic exam procedures of the wrist/hand joint ➢ Demonstrate proprioceptive neuromuscular facilitation stretching of the wrist/hand joint ➢ Demonstrate soft tissue work for the wrist/hand joint ➢ Demonstrate adjustments for the wrist/hand joint