

# **Technique for The Extremities: Sports Injuries – 4 Hours**

## **Part 1 (Elbow and Wrist) & Part 2 (Knee)**

~ Richard Belsky DC, CCSP ~  
Back To Chiropractic CE Seminars

### **Course Objectives - Part 1 (Elbow and Wrist):**

This course will provide the chiropractor with information on chiropractic adjustment technique treatment for common sports injuries involving the wrist and elbow. The structural awareness of the wrist and elbow will be discussed for purposes of chiropractic adjusting. Several common sports injuries mechanisms will be discussed with correlation to the activity. Treatment protocols for adjustment techniques of acute, subacute, chronic, post-surgical and overuse conditions will be explained. This course will also discuss chiropractic technique principles of managing an athlete through the healing process and returning them to their sport in a manner to reduce the possibility of a recurrence.

### **Hour 1:**

Overview on adjustment techniques of the wrist and elbow for sports injuries of overuse trauma and acute trauma. A discussion related to sport specific mechanism of injuries for the purpose of performing chiropractic adjustments to the wrist and elbow. Adjustment techniques for common type of injuries that affect the wrist and elbow will be explored. These include wrist and elbow sprains, lateral epicondylitis (tennis), medial epicondylitis (golfer's), olecranon bursitis, radial nerve entrapment, common fractures, tenosynovitis de Quervain's), carpal tunnel syndrome and ganglion cyst as well as overuse.

### **Hour 2:**

Chiropractic treatment of the acute, subacute, chronic, post-surgical wrist and elbow and overuse injuries will be described with an emphasis on chiropractic mobilization and chiropractic adjustment techniques of the wrist and elbow. An explanation of functional, sport specific coordination and strengthening activates will be taught with the goal of returning the athlete to their sport well-conditioned to reduce the chance of re-injury. A discussion of the post-surgical wrist and elbow will also be instructed. Cases studies will be discussed.

### **Course Objectives – Part 2 (Knee):**

This course will provide the chiropractor with information on chiropractic adjustment technique treatment for common sports injuries involving the knee. The structural awareness of the knee will be discussed for purposes of chiropractic adjusting. Several common sports injuries mechanisms will be discussed with correlation to the activity. Treatment protocols for adjustment techniques of acute, subacute, chronic, post-surgical and overuse conditions will be explained. This course will also discuss chiropractic technique principles of managing an athlete through the healing process and returning them to their sport in a manner to reduce the possibility of a recurrence.

### **Hour 3:**

Overview on adjustment techniques of the knee for sports injuries of overuse trauma and acute trauma. A discussion will be presented on specific sports, the mechanism of injury and prior injuries for the purpose of performing chiropractic adjustments on the knee. Adjustment techniques for common type of injuries that affect the knee will be explored. These include patella tendonitis, patellofemoral pain syndrome, hamstring and calf strains, IT band syndrome, ligament sprains and meniscus injury.

### **Hour 4:**

Chiropractic treatment of the acute, subacute, chronic, post-surgical knee and overuse injuries will be described. There will be an emphasis on chiropractic mobilization and chiropractic adjustment techniques of the knee. An explanation of functional, sport specific coordination, balancing and strengthening activates will be taught with the goal of returning the athlete to their sport well-conditioned to reduce the chance of re-injury. Cases studies will be discussed.

### **Course Outline - Part 1 (Elbow and Wrist):**

- 1) Overview of Sports Injuries
  - a. Sports/activities – Golf, Soccer, Football, Tennis, Cycling, Basketball, Volleyball
  - b. Activity relates to type of injury – acute vs overuse
  - c. Age of athlete
  - d. Activity level and frequency
  - e. Prior injuries

- f. Looking at the whole body, not just the Wrist and Elbow
  - g. Athlete's mindset and desire to continue
  - h. Goals for treatment – patient's expectations
- 2) Structural awareness of the Wrist and Elbow joints for chiropractic adjusting
- a. Wrist
  - b. Elbow
- 3) Review of the Wrist and Elbow for chiropractic adjusting
- 4) Types of Common Wrist and Elbow Injuries
- a. Wrist sprain – information, examination
  - b. Elbow sprain – information, examination
  - c. Lateral epicondylitis – information, examination
  - d. Medial epicondylitis – information, examination
  - e. Olecranon bursitis – information, examination
  - f. Tenosynovitis (de Quervain's)
  - g. Carpal tunnel syndrome
  - h. Ganglion cyst
  - i. Common fractures – information, examination
    - i. Scaphoid
    - ii. Colles
  - j. Overuse – information, examination
- 5) Sports Injuries of the Wrist and Elbow
- a. Imaging, referral
  - b. Formulating a chiropractic adjustment plan
- 6) Treatment – Chiropractic Adjustment
- a. Adjustment Techniques
  - b. Acute
  - c. Subacute
  - d. Chronic
  - e. Post-surgical
  - f. Overuse injuries
  - g. Post-Adjustment Care
  - h. Warm-up routine
  - i. Cool-down routine
  - j. Return to Play
  - k. Case studies
  - l. Follow up Chiropractic care

**Course Outline – Part 2 (Knee):**

- 1) Overview of Sports Injuries
- a. Sports/activities – Jogging, Soccer Football, Tennis, Cycling, Basketball
  - b. Activity relates to type of injury – acute vs overuse
  - c. Age of athlete
  - d. Activity level and frequency
  - e. Prior injuries
  - f. Looking at the whole body, not just the knee
  - g. Athlete's mindset and desire to continue
  - h. Goals for treatment – patient's expectations
- 2) Structural awareness of the Knee for chiropractic adjusting

- 3) Review of the Knee for chiropractic adjusting
- 4) Types of Common Knee Injuries
  - a. Patella tendonitis (Jumper's knee) – information, examination
  - b. Patellofemoral pain syndrome (Runner's knee) – information, examination
  - c. Hamstrings Strain– information, examination
  - d. Calf Strain – information, examination
  - e. IT Band Syndrome – information, examination
  - f. Ligament Sprains – information, examination
  - g. Meniscus Injury – information, examination
  - h. Overuse – information, examination
- 5) Sports Injuries of the Knee
  - a. Imaging, referral
  - b. Formulating a chiropractic adjustment plan
- 6) Treatment – Chiropractic Adjustment
  - a. Adjustment Techniques
  - b. Acute
  - c. Subacute
  - d. Chronic
  - e. Post-surgical
  - f. Overuse injuries
  - g. Post-Adjustment care
  - h. Warm-up routine
  - i. Cool-down routine
  - j. Return to Play
  - k. Case studies
  - l. Follow-up Chiropractic care