

Lower Extremity Adjusting course: 4 Hours

Learning Objectives

Presented by Jason Kelberman, DC, BCIM

1. Review of the lower extremity anatomy for the purpose of making your adjustments more specific.
2. Discuss the different types of feet that you'll encounter in your practices.
3. Examination of the feet. Buerger's Test to rule out vascular insufficiency.
4. To be aware of the many different types of adjustments that can be utilized for specific conditions, patient tolerances and misalignment mechanics. Hypermobility instability versus hypomobility fixation treatments. Simple hypermobility testing.
5. Correlation of lumbar nerve root effects on the lower extremity and how to manage your chronic cases.
6. Review of foot adjustments you can treat in your office on Monday.
7. Kinesiotaping: review and application.

Time	Topic
Hour 1 Extremity	<ul style="list-style-type: none">➤ Identifying the most commonly affected anatomy of the lower extremity.➤ Acute Injury vs. Chronic Condition. Hypermobile versus hypomobile considerations. Adjusting techniques: Manual, drop, activator, instrument, soft tissue.
Hour 2 Extremity	<ul style="list-style-type: none">☐ Lumbar nerve root considerations and its' effects on the lower body. Muscle, nerve joint correlations and supportive therapy for chronic cases. Nerve-Muscle reactivation techniques. Foot conditions that you can handle better than anyone else as a doctor of chiropractic.
Hour 3 Extremity	<ul style="list-style-type: none">➤ Kinesiotape procedures: Can you be used for inflammation, lymphatic congestion and to facilitate the efficacy of the chiropractic adjustment. When to use other supports.
Hour 4 Extremity	<ul style="list-style-type: none">☐ Comprehensive information about when and how to use Orthotic devices. When to refer to specialists. Molding, prescription, fitting, CPT and ICD 10 billing information.