

Back To Chiropractic
Presented by: Marcus Strutz, D.C.
Learning Objectives
4 Hours Chiropractic Adjustive Techniques ~ Shoulder

1. Anatomy review of the shoulder girdle: bones, muscles, significant structures.
2. Adjusting strategies for clinical care.
3. How to apply proprioceptive neuromuscular facilitation stretching techniques to shoulder adjustments.
4. Review on how to stretch the patient pre & post adjustment, including manual traction protocols, for optimal benefit.
5. Shoulder adjustment options, manual vs drop for special situations.

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| Time | Topic |
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| Hour 1 | <ul style="list-style-type: none"> ➤ Shoulder anatomy review to prepare for adjustive technique procedures. ➤ Adjusting strategies for clinical care & how it relates to macro traumas & repetitive micro traumas. |
| Hour 2-3 | <ul style="list-style-type: none"> ➤ Demonstration of adjustments for the classic frozen shoulder & applying proprioceptive neuromuscular facilitation stretching techniques to facilitate these adjustments. ➤ Demonstration of shoulder adjustments for the classic frozen shoulder & applying stretching & traction protocols for shoulder injuries to facilitate these adjustments. |
| Hour 4 | <ul style="list-style-type: none"> ➤ Demonstration of shoulder adjustments using manual & drop maneuvers for special situations. |