

Back To Chiropractic CE Seminars
Chiropractic Adjustive Techniques ~ 4 Hours
Presented by: Marcus Strutz, DC

Objectives

1. To review the proper biomechanics of the spine & extremities to optimize chiropractic adjustments.
2. To demonstrate pre-adjustment techniques for an easier adjustment. Applicable Proprioceptive Neuromuscular Facilitation (PNF) techniques, soft tissue warm-up, etc.
3. To review chiropractic adjusting; including DCs hand position, soft tissue pull, DCs & patients body position and the DCs body mechanics to protect them from injury.
4. To experience a variety of adjustments/techniques of the spine & extremities.
5. To experience a variety of special adjustments for unusual or difficult cases.

Outline

Time	Topic
Hour 1	<p>CERVICAL SPINE</p> <ul style="list-style-type: none"> ➤ Review of proper biomechanics of the cervical spine are shown to optimize the adjustment. ➤ Pre-adjustment patient preparation. Applicable Proprioceptive Neuromuscular Facilitation (PNF) techniques, soft tissue warm-up, etc. ➤ A back to basics review of chiropractic adjusting; includes hand position, soft tissue pull, body position and body mechanics. ➤ Demonstration and application of chiropractic adjustments using a variety of techniques. ➤ Variety of special adjustments for unusual or difficult cases. ➤ Round table format with DCs sharing other ideas of technique, special maneuvers, etc.
Hour 2	<p>THORACIC & LUMBAR SPINE</p> <ul style="list-style-type: none"> ➤ Review of proper biomechanics of the thoracic & lumbar spine are shown to optimize the adjustment. ➤ Pre-adjustment patient preparation. Applicable Proprioceptive Neuromuscular Facilitation (PNF) techniques, soft tissue warm-up, etc. ➤ A back to basics review of chiropractic adjusting; includes hand position, soft tissue pull, body position and body mechanics. ➤ Demonstration and application of chiropractic adjustments using a variety of techniques. ➤ Variety of special adjustments for unusual or difficult cases. ➤ Round table format with DCs sharing other ideas of technique, special maneuvers, etc.
Hour 3	<p>UPPER EXTREMITIES</p> <ul style="list-style-type: none"> ➤ Review of proper biomechanics of the Upper Extremities are shown to optimize the adjustment. ➤ Pre-adjustment patient preparation. Applicable Proprioceptive Neuromuscular Facilitation (PNF) techniques, soft tissue warm-up, etc. ➤ A back to basics review of chiropractic adjusting; includes hand position, soft tissue pull, body position and body mechanics. ➤ Demonstration and application of chiropractic adjustments using a variety of techniques. ➤ Variety of special adjustments for unusual or difficult cases. ➤ Round table format with DCs sharing other ideas of technique, special maneuvers, etc.
Hour 4	<p>LOWER EXTREMITIES</p> <ul style="list-style-type: none"> ➤ Review of proper biomechanics of the Lower Extremities are shown to optimize the adjustment. ➤ Pre-adjustment patient preparation. Applicable Proprioceptive Neuromuscular Facilitation (PNF) techniques, soft tissue warm-up, etc. ➤ A back to basics review of chiropractic adjusting; includes hand position, soft tissue pull, body position and body mechanics. ➤ Demonstration and application of chiropractic adjustments using a variety of techniques. ➤ Variety of special adjustments for unusual or difficult cases. ➤ Round table format with DCs sharing other ideas of technique, special maneuvers, etc.