

## Back To Chiropractic ~ Objectives & Outline

### 4 Hours Chiropractic Adjustive Techniques

1. To review the proper biomechanics of the spine & extremities to optimize chiropractic adjustments.
2. 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.
3. To experience a variety of adjustments/techniques of the spine & extremities.
4. To experience a variety of special adjustments for unusual or difficult cases.

### Back To Chiropractic ~ Chiropractic Adjustive Technique

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