

“Technique for Sports Injuries of the Wrist and Elbow” ~ Richard Belsky DC, CCSP ~ Back To Chiropractic CE Seminars

Course Objectives:

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 adjustive techniques of the wrist and elbow for sports injuries of overuse trauma and acute trauma. Awareness of the wrist joint and elbow joint for adjustive techniques will be explained.

Hour 2:

A discussion will be presented on specific sports, the mechanism of injury and prior injuries for the purpose of performing chiropractic adjustments on the wrist and elbow.

Hour 3:

Adjustive technique 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. Discussion of the post-surgical wrist and elbow will also be instructed.

Hour 4:

Chiropractic treatment of the acute, subacute, chronic, post-surgical wrist and elbow and overuse injuries will be described. There will be an emphasis on chiropractic mobilization and chiropractic adjustive technique 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. Cases studies will be discussed.

Course Outline:

- 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