

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. Strategies for clinical care.
3. How to apply proprioceptive neuromuscular facilitation stretching techniques to shoulder injuries.
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.

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Time	Topic
Hour 1	<ul style="list-style-type: none">➤ Shoulder anatomy review.➤ Strategies for clinical care.
Hour 2-3	<ul style="list-style-type: none">➤ Demonstration of proprioceptive neuromuscular facilitation stretching techniques & how to apply to shoulder injuries.➤ Stretching & traction protocols for shoulder injuries.
Hour 4	<ul style="list-style-type: none">➤ Demonstration of shoulder adjustments using manual & drop maneuvers.