

## SYLLABUS

- Name of Course:** Palpation I (Bony Spinal Palpation) TECH-116
- Length of Course:** 1 unit, 20 hours (2 hours lab-demo/week)
- Course Description:** In this course the student learns to identify bony landmarks, count vertebrae, and locate each vertebra of the spine. The student also begins to develop awareness and skills in the areas of the doctor-patient relationship, communication, and ergonomics.
- Course Goal:** The student will learn the basic psychomotor skills necessary for the assessment of the human spine.
- Prerequisites:** NONE
- Course Offered By:** Technique Department

**Department Objective:** To give to our students, freely and out of abundance, the best of our knowledge and skills. To develop the most talented of chiropractors that they may with skill, both find and correct the vertebral subluxation. To do this for the overall betterment, health, and well-being of their patients and the world.

**Required Texts:** *Anatomy Coloring Book* by Wynn Kapit, Lawrence Elson

**Recommended Texts:**

*Trail Guide to the Body* by Andrew Biel 4<sup>th</sup> edition  
*Fundamentals of Chiropractic* by Redwood & Cleveland - Mosby  
*Anatomy Trains* by Thomas Myers

**Reference Texts:** *Clinical Biomechanics of the Spine* -White AA 2nd ed. 1990  
*Anatomy: a Regional Atlas of the Human Body*.  
5th ed. 2007 – Clemente

**Materials:** Skin marking pencil (available in bookstore), plastic spine, face cloth

**Method of Instruction:** Handouts, Videos, X-ray, Dry Spine, Guest Speakers, Lab, and Lecture

**Life West Technique Lab Attire Policy:**

All students are required to follow the policy outlined in this section. Failure to wear proper attire or follow the guidelines may result in being counted as absent for that lab and / or not being allowed to participate. Please notify the instructor if you have any health concerns (skin conditions, injuries, etc.) or other issues that may hinder your ability to comply to these guidelines.

Keep in mind that everything we ask and expect of students is focused on clinical practice and providing a safe professional environment not only for the students in the lab, but eventually for the patients under your care.

**Healthy clean hygiene is expected from all students.** Common courtesy and mutual respect suggests you do not show up wearing the same gym clothes you wore during your daily workout. It is recommended that students bring a face cloth and / or towel to place on the table. Towels maintain sanitary standards and reduce the need for the use of chemical sanitation treatments on the adjusting tables. Plus, vinyl can be cold and uncomfortable to lie on at times.

**NOTE:** Students may wear approved Health Center attire in this course instead of the lab attire listed below.

- **For Men:** A crew neck T-shirt with sleeves, long pants / sweats or shorts kept at the waistline and covering all underwear (also required). Men should wear a shirt at all times except when being palpated or examined.
- **For Women:** A crew neck T-shirt with a bra underneath, long pants / sweats or shorts kept at the waistline and covering all underwear (also required)
- To maintain modesty and a professional environment, no low cut tops, or revealing attire is permitted.
- **Covered shoes are required for all participants.** Sandals, flip-flops, or bare feet are not allowed in lab.

If you have any questions or concerns as to whether an article of clothing meets the criteria for lab attire check with the instructor before the lab begins.

*Reminder: Failure to comply may result in the student not being allowed to participate in lab and being counted absent*



**Academic Grade (A - F):**

A	4.0	Superior Work	93-100%
B	3.0	Above Average Work	84-92%
C	2.0	Average Work	75-83%
F	0.0	The student must repeat the entire course.	

<b>Method of Grading:</b>	Midterm Practical	50%	of class grade
	Final Practical	50%	of class grade

**Grades and the Grading System Final Grades** are available online through the CAMS student portal. If there are any questions on grading procedures, computation of grade point average, or the accuracy of the grade report, please contact the Registrar’s Office or the Office of Academic Affairs. Grades will be reported and evaluation will be based on the Academic Policies, Procedures, & Services. Please refer to Evaluation Policy (**Policy ID: OAA.0007**)

In order to maintain **Satisfactory Academic Progress**, a student must maintain a 2.0 or better in each and every course. **Any grade less than a C must be remedied by repeating the class.** Please refer to Satisfactory Academic Progress (**Policy ID: OAA.0006**)

**Extra Credit:** There will be no extra credit work accepted in this class.

### **Independent Student Work**

All assignments and exams must be the product of the individual student's original efforts for this class. Collaboration is prohibited.

**Attendance:** Please refer to Attendance Policy (**Policy ID: OAA.0002**)

**Conduct and Responsibilities:** Please refer to the Personal Conduct, Responsibility and Academic Responsibility Policy (**Policy ID: OAA.0003**)

**Make-up Exams:** Please refer to Make-up Assessment Policy (**Policy ID: OAA.0001**)

**Request for Special Testing:** Please refer to Request for Special Testing (**Policy ID: OAA.0004**)

### **Accommodation for Students with Disabilities:**

If you have approved accommodations, please make an appointment to meet with your instructor as soon as possible. If you believe you require an accommodation, but do not have an approved accommodation letter, please see the Academic Counselor Lori Pino in the Office of Academic Affairs. Contact info: [Lpino@lifewest.edu](mailto:Lpino@lifewest.edu) or 510-780-4500 ext. 2061. Please refer to Service for Students with Disabilities Policy (**Policy ID: OAA.0005**)

### **Electronic Course Management:**

**Canvas** is LCCW's Learning Management System (LMS). Canvas will be used throughout the quarter during this course. Lectures, reminders, and messages will be posted. In addition, documents such as the course syllabus and helpful information about the class project will be posted. Students are expected to check Canvas at least once a week in order to keep updated. The website address for Canvas is <https://lifewest.instructure.com/login/canvas> Please refer to the Educational Technologies Policy (**Policy ID: OAA.0009**)

### **Palpation 1**

**Week 1 – Intro (Lab 1)**

**Week 2 – Handout - (Lab 2)**

**Week 3 – Handout - (Lab 3)**

**Week 4 – Reinforcement (mock practical)**

**Week 5 – Midterm (lab handouts 1 & 2) Skills Assessment**

**Week 6 – Reinforcement (Lab Handouts 1 – 3)**

**Week 7 – Handout (lab 4)**

**Week 8 – Review & Reinforcement – Handouts: (labs 1- 4)**

**Week 9 – Comprehensive Active Review (Mock Practical)**

**Week 10 – Final Practical**

## **Spinal Landmarks & Shortcuts:**

NOTE: A landmark is a midline structure (e.g. EOP, VP, Lumbosacral junction), a shortcut is a structure on the periphery used to find a spinous process (e.g. inf. Border of the scapula – T7/T8)

- EOP - External occipital protuberance
- C1 - Transverse processes slightly inferior to and anterior to the mastoid process – requires a careful palpation process
- C2 - First palpable bifid spinous below occiput
- C6 - Last freely movable spinous in cervical region (with flexion- extension).
- C7 or T1 - Vertebral Prominens, (C7) ~70% of time, (T1) ~30% of time.
- T3 - At level of medial aspect of the spine of the scapula.
- T4 – Often the most prominent spinous of upper dorsal region.
- T7 / 8 - At level of inferior border of the scapula – highly variable, must be confirmed with another landmark.
- T9 & T10 spinous processes – closest together
- L1 - First large blade-like spinous.
- L4 - Generally, spinous process at level of iliac crest – 75% of patients. Must be confirmed with another landmark.
- L5 - Short spinous - last movable segment in spine
- Lumbosacral junction – where L5 and the sacrum articulate
- S2 - Second sacral tubercle at the level of the PSIS's
- Coccyx - last segment of spine

**Student Learning Outcomes (SLO):** At the completion of the TECH 116, a student should be able to:

1. Demonstrate the ability to skillfully and competently identify the spinal landmarks on any body type. [PLO: 1]
2. Demonstrate the ability to skillfully count and identify spinal segments and spinal joints on any body type and locate the contact point commonly utilized in spinal adjusting of the segment for future course work. [PLO:1]

**Program Learning Outcomes (PLO):** Students graduating with a Doctor of Chiropractic degree will be proficient in the following:

1. **ASSESSMENT AND DIAGNOSIS:** An assessment and diagnosis requires developed clinical reasoning skills. Clinical reasoning consists of data gathering and interpretation, hypothesis generation and testing, and critical evaluation of diagnostic strategies. It is a dynamic process that occurs before, during, and after the collection of data through history, physical examination, imaging, laboratory tests and case-related clinical services.
2. **MANAGEMENT PLAN:** Management involves the development, implementation and documentation of a patient care plan for positively impacting a patient's health and well-being, including specific therapeutic goals and prognoses. It may include case follow-up, referral, and/or collaborative care.
3. **HEALTH PROMOTION AND DISEASE PREVENTION:** Health promotion and disease prevention requires an understanding and application of epidemiological principles regarding the nature and identification of health issues in diverse populations and recognizes the impact of biological, chemical, behavioral, structural, psychosocial and environmental factors on general health.

4. **COMMUNICATION AND RECORD KEEPING:** Effective communication includes oral, written and nonverbal skills with appropriate sensitivity, clarity and control for a wide range of healthcare related activities, to include patient care, professional communication, health education, and record keeping and reporting.
5. **PROFESSIONAL ETHICS AND JURISPRUDENCE:** Professionals comply with the law and exhibit ethical behavior.
6. **INFORMATION AND TECHNOLOGY LITERACY:** Information literacy is a set of abilities, including the use of technology, to locate, evaluate and integrate research and other types of evidence to manage patient care.
7. **CHIROPRACTIC ADJUSTMENT/MANIPULATION:** Doctors of chiropractic employ the adjustment/manipulation to address joint and neurophysiologic dysfunction. The adjustment/manipulation is a precise procedure requiring the discrimination and identification of dysfunction, interpretation and application of clinical knowledge; and, the use of cognitive and psychomotor skills.
8. **INTERPROFESSIONAL EDUCATION:** Students have the knowledge, skills and values necessary to function as part of an inter-professional team to provide patient-centered collaborative care. Inter-professional teamwork may be demonstrated in didactic, clinical or simulated learning environments.
9. **BUSINESS:** Assessing personal skills and attributes, developing leadership skills, leveraging talents and strengths that provide an achievable expectation for graduate success. Adopting a systems-based approach to business operations. Networking with practitioners in associated fields with chiropractic, alternative medicine and allopathic medicine. Experiencing and acquiring the hard business skills required to open and operate an on-going business concern. Participating in practical, real time events that promote business building and quantifiable marketing research outcomes
10. **PHILOSOPHY:** Demonstrates an ability to incorporate a philosophically based Chiropractic paradigm in approach to patient care. Demonstrates an understanding of both traditional and contemporary Chiropractic philosophic concepts and principles. Demonstrates an understanding of the concepts of philosophy, science, and art in chiropractic principles and their importance to chiropractic practice.