

SYLLABUS

Name of Course:	Gonstead Analysis—TECH 123/623(lab)
Length of Course:	1.5 Units, 31 Hours (1 hour lecture, 2 hours lab per week)
Course Description:	This course is an introduction to the components of the chiropractic examination. History taking of the chief complaint, visualization, postural analysis, static and motion palpation will be covered. The concepts of case management, basic x-ray studies and instrumentation will be introduced. This course will utilize training videos for an enhanced learning experience.
Prerequisites:	TECH-116, TECH-129, ANAT-128
Course Offered by:	Technique Department
Method of Instruction:	Lecture and discussion. Lab instruction will include hands on instruction and practice, case studies and x-ray presentations.
Required Text:	Class Notes
Recommended Text:	Plaugher, G: <u>Textbook of Clinical Chiropractic, A Specific Biomechanical Approach</u> Herbst: <u>Gonstead Chiropractic Science and Art</u>
Reference Texts:	Bergman and Peterson: <u>Chiropractic Technique: Principles and Procedures</u> , 3 rd edition Gatterman, M: <u>Foundations of Chiropractic, Subluxation</u> Leach, R: <u>The Chiropractic Theories, Principles and Clinical Applications</u> Cramer and Darby: <u>Basic Clinical Anatomy of the Spine, Spinal Cord and ANS</u> White and Panjabi: <u>Clinical Biomechanics of the Spine</u> Bogduk, N: <u>Clinical Anatomy of the Lumbar Spine and Sacrum</u>
Materials:	Class notes for lecture <i>and</i> lab.

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.

- **For Men:** A crew neck T-shirt with sleeves, long pants / sweats or shorts kept at the waistline and covering all underwear (also required)
- **For Women:** A crew neck T-shirt with sleeves and a slit cut up the back (or patient gown) with a bra underneath (no sports bras, please), long pants / sweats or shorts kept at the waistline and covering all underwear (also required) **NOTE: an instructor may waive the cut T-shirt or patient gown requirement for any given course.**
- To maintain modesty and a professional environment, no low cut or revealing attire is permitted.
- **Covered shoes** (sandals and flip flops do not qualify) **are required for all participants.**



The bottom line is we need to be able to easily palpate the spine for specific landmarks and structures. 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.

Additional Required Lab Materials

- ❖ Copies of your own x-rays with the DACBR report and *current* CMR from clinic. X-rays will be used for exam correlation during lab.
- ❖ Plastic Spine recommended
- ❖ Skin marking pencil required

All students are required to have an open student file and a current CMR in order to participate in this course. Please bring a copy of current CMR by Week 2 Lab.

Evaluation/ Grading Criteria:	Midterm Lecture Exam:	40 pts.
	Midterm Practical Exam:	40 pts.
	Quizzes	40 pts
	Final Lecture Exam:	40 pts.
	Final Practical Exam:	40 pts.
	Total:	200 pts.

A	Superior work	93 - 100%
B	Above average work	83 - 92%
C	Average work	75 - 82%
F	Failure	74% or below
(A student with a grade of 74% or below must repeat the course)		

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**)

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 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**)

Course Goals: The purpose of this course is to introduce spinal examination procedures for the purpose of detection and analysis of the vertebral subluxation complex (VSC). The components of the spinal examination will be covered, including: history of the chief complaint, posture analysis, visualization, static palpation, motion palpation, instrumentation, x-ray correlation and other related exam procedures. Correlation of spinal examination findings will be emphasized.

Course Objectives:

Week 1

Lecture: Present an introduction to the course and requirements. Review and discuss the components of the vertebral subluxation complex (VSC). Describe the components of the chiropractic exam: history of chief complaint, visualization, static and motion palpation, instrumentation and x-ray.

Lab: Demonstration and review of spinal landmarks. Demonstration seated and prone counting of vertebrae. Describe and demonstrate the components of postural examination. Facilitate students in review of spinal landmarks, practice skin to skin counting of vertebrae and performing a posture analysis.

Week 2

Lecture: Discuss taking a history of the chief complaint (OPQRST). Review and describe the recording of findings (SOAP). Review and describe the basic structure and function of pelvis and sacroiliac joints. Describe the mechanisms of injury and subjective complaints associated with sacroiliac subluxations.

Lab: Facilitate taking history of chief complaint a recording on exam form (pink). Demonstrate visualization of the pelvis, posture and gait analysis associated with sacroiliac subluxations.

Week 3

Lecture: Describe ilium and sacral listing system (Gonstead). Discuss static and motion palpation findings commonly found with subluxations of sacroiliac joints.

Lab: Demonstrate static and motion palpation of the sacroiliac joints, including: Standing Gillet's, Seated Gillet's, Knee Flare, Axial Rotation. Explain and demonstrate the correlation of findings to determine ilium and sacral listings. **Students bring copy of x-rays.

Week 4:

Lecture: Review and discuss structure and function of the lumbar spine and lumbosacral junction. Describe normal coupled kinematics of the lumbar spine. Describe common subjective and objective findings of the lumbar and lumbosacral subluxations: including disc problems, and the sacral base

Lab: Demonstrate static and motion palpation of the lumbar spine and the lumbosacral junction. Describe and correlate findings to x-ray and determine listing.

**Students bring copy of x-rays.

Week 5:

Lecture: Discuss the listing systems including the Gonstead listing system (L5-C2). Review for mid-term.

Lab: Review for mid-term practical.

Week 6: **Lecture: Mid-term Exam**
Lab: Mid-term practical

Week 7: **Lecture:** Review and discuss structure and function of the thoracic spine. Describe normal coupled kinematics of the lumbar spine. Describe common subjective and objective findings of the thoracic spine.
Lab: Demonstrate static and motion palpation of the mid-lower thoracic spine. Describe and correlate findings to x-ray and determine listing.
**Students bring copy of x-rays.

Week 8: **Lecture:** Review and discuss structure and function of the lower cervical spine. Describe normal coupled kinematics of the lower cervical and upper thoracic regions. Describe common subjective and objective findings of the cervico-thoracic junction and lower cervical spine.
Lab: Demonstrate static and motion palpation of the cervico-thoracic junction and lower cervical spine. Describe and correlate findings to x-ray and determine listing.
**Students bring copy of x-rays.

Week 9: **Lecture:** Review and discuss structure and function of the upper cervical spine and occiput. Describe normal coupled kinematics upper cervical spine. Describe common subjective and objective findings of the upper cervical spine and occiput.
Lab: Demonstrate static and motion palpation of the upper cervical spine and occiput. Describe and correlate findings to x-ray and determine listing.
**Students bring copy of x-rays.
Review for Lab Final.

Week 10: **Lecture:** Discuss concepts of instrumentation. Review for final exam.
Lab: Final practical exam.

Week 11: **Lecture: Final exam.**

Student Learning Outcomes: At the completion of this course, a student should be able to:

1. Understand and correlate the components of the chiropractic exam including: interviewing the patient for the history of their chief complaint, visualization, instrumentation, static and motion palpation, and x-ray to the components of the vertebral subluxation complex. [PLO: 1,2,3]
2. Demonstrate proficiency in the palpation of standard spinal landmarks, including seated and prone counting of vertebrae. [PLO: 1,3]
3. Perform a postural examination, record findings of that examination and understand it's relevance and necessity for further examination. [PLO: 1,2,3]
4. Understand the fundamental concepts and principles underlying the Gonstead analysis for vertebral subluxations. [PLO: 1,2,9]
5. Demonstrate static and motion palpation examination of the sacroiliac, lumbar, thoracic, lower and upper cervical spine. [PLO: 1,2]
6. Correlate patient examination findings to x-ray and determine listings. [PLO: 1,2]
7. Demonstrate basic and knowledge for differential diagnosis of lumbar versus sacroiliac patient complaints, acute versus chronic spinal subluxation patterns and upper versus lower cervical spine VSC's. [PLO: 1,2]

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.