

## SYLLABUS

**Name of Course:** Diversified Technique I - TECH-130/630

**Length of Course:** 2.5 units, 51 hours (1 hr lecture, 4 hours lab/week)

**Course Description:** This is the first adjustive technique course offered to the students. The course will include basic fundamental adjusting skills for the following areas: Cervical, Thoracic, Lumbar Spine, and the Pelvis. It will include a review of palpation skills, both static and motion, spinal landmarks, leg checks, Gillett's and an expansion and review of "how to find" a subluxation.

**Prerequisites:** TECH-124

**Course Offered By:** Technique Department

**Required Text:** Course Notes / Handouts  
Health center Manual on Moodle under Health center information

**Recommended Text:** Bergman, T. F., & Peterson, D. H. (2011). *Chiropractic Technique: Principles and Procedures* (3rd Ed.). St. Louis: Mosby.  
Gatterman, M. I. (2004). *Chiropractic Management of Spine Related Disorders* (2nd Ed.) Baltimore: Lippincott Williams & Wilkins.  
Plastic spine with ribs.

**Reference Texts:** Haldeman, S. (Ed.) (2005). *Principles and Practice of Chiropractic* (3rd Ed.). New York: McGraw- Hill Medical.  
Leach, R. A. (2003). *The Chiropractic Theories: A Textbook of Scientific Research* (4th Ed.). Baltimore: Lippincott Williams & Wilkins.  
Panjabi, M. M., & White, A. A. (2001). *Biomechanics in the Musculoskeletal System*. New York: Churchill Livingstone.  
Redwood, D., & Cleveland, C., III (2003). *Fundamentals of Chiropractic*. St. Louis: Mosby.  
White, A. A., III, & Panjabi, M. M. (1990). *Clinical Biomechanics of the Spine* (2nd Ed.). Philadelphia: J.P. Lippincott Company

### **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.

- **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, or revealing attire is permitted. NOTE: An instructor may waive the cut T-shirt or patient gown requirement in any given course
- **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*

### Other Materials Required

- Copies of your own x-rays with the DACBR report and *current* CMR from clinic. Copies may be requested from your intern
- Plastic Spine

### Method of Instruction:

LECTURE: 1 hour per week, LAB: 4 hours per week,

### Evaluation / Grading Criteria:

Lecture Midterm Exam:	100 points
Lecture Final Exam:	100 points
Lab Midterm Exam:	200 points
Lab Final Exam:	<u>300</u> points
Total	700 points

**Open Lab Activity** – A total of 2 open lab adjustments will be required after the lab mid-term has been passed.

Examinations will be objective and subjective. Examination material will be derived from the printed notes, materials handed out throughout the course, lectures and labs.

**Technique Grading Schedule:**

A – 4.0 Superior	93 – 100%
B – 3.0 Above Average	85 – 92%
C – 2.0 Average	75 – 84%
F – Unacceptable	< 75%

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.

**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](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**)

## **Participation**

### **Protocol:**

This is a “hands-on” class. You are expected to participate by palpating, setting-up, positioning, or any other requirements as stated in the course syllabus, in turn, you are expected to be palpated, set-up on, positioned or be the recipient of such practice methods as set forth in the course syllabus.

### **Course Objectives:**

1. Instructor will discuss and demonstrate patient placement, Dr. stance, contact point, segmental contact point, tissue pull, stabilization, line of correction, and torque utilizing, the DIVERSIFIED technique.
2. Instructor will review and reinforce the analysis procedures presented in previous courses (visualization, static and motion palpation, atlas challenge, cervical syndrome, Gillet’s test, etc.).
3. Instructor will discuss the contraindications to adjusting patients.
4. Instructor will discuss "Putting it all together" Writing a complete SOAP note based on a systematic full spine analysis.

### **Lecture/Lab Outline** – subject to revision and changes in sequence

- Week 1 Introduction to course and review syllabus. Lab policies.  
SOAP note review with handout from the Health Center. Subjective section highlighted. Recommend plastic spine, bring X-ray CD, DACBR report and CMR sheet to class (first and last page of Health Center patient file). Listings for the ilium and sacrum in side posture.  
Lab: Ilium listings AS and PI  
Lab: P-L, P-R knife edge
- Week 2 Review determining sacrum vs ilium. Review Objective portion of SOAP  
Lab: Review analysis procedures –see handout  
Lab: Practice ilium and sacrum listings
- Week 3 Review orthogonals for posture  
Lab: Lumbar listings side posture sp contact,  
Lab: Lumbar listings mammillary contact
- Week 4 Base Posterior listing described. Practice Assessment portion of SOAP.  
Lab: Base posterior  
Lab: Practice all listings
- Week 5 Completing a SOAP note – the Plan portion.  
Lab: Midterm  
Lab: Review Midterm results and work on SOAP note in class

Week 6	Lecture Midterm Exam Lab: Thoracic listings single hand, single transverse Lab: C7-T2 thumb move and braced thumb move
Week 7	Completing a SOAP note practice, the Post section of objective findings Lab: Practice all listings Lab: C2-C6 Supine and seated Body (lamina) and SP listings
Week 8	Completing SOAP note practice, Sample cases Lab: Atlas supine and seated Lab: SOAP practice and review setups
Week 9	Labor Day Lab: Labor Day Lab: SOAP practice and review setups
Week 10	Review for lecture final exam Lab: Review setups Lab: Final Exam
Week 11	Lecture Final Exam

**Student Learning Outcomes (SLO):** At the completion of the TECH-130 course, a student should be able to:

1. Perform and interpret the required analysis procedures to determine subluxation using a systematic method. [PLO: 1, 2, 4]
2. Verbalize and demonstrate the Diversified adjusting set-ups for full spine care including patient placement, patient and doctor contact, tissue pull, line of correction and drive, for spinal and pelvic listings as covered in lecture and lab. [PLO: 1, 4]
3. Determine listings using analysis procedures taught in lecture and lab and be able to write and verbalize these listings using both static and orthogonal systems. [PLO: 1, 4]
4. Perform all necessary components and be able to write up a SOAP note to LCCW standards. [PLO: 1, 2, 4]
5. Demonstrate knowledge of the concept of contraindications to manual adjusting of the spine. [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.