

## SYLLABUS

- Name of Course:** BASIC ACTIVATOR METHODS –TECH-185
- Length of Course:** 1.5 units, 30 hour (1 hour lecture/2 hour lab)
- Course Description:** This is a basic comprehensive introduction to the Activator Method of adjusting the full spine, using the handheld Activator instrument. This technique identifies subluxations based on specific protocol using functional short leg checks. As a result, functional leg length analysis is covered in depth.
- Prerequisite:** TECH-130
- Course Offered By:** Technique Department
- Required Text:** Activator Methods Inc. *Activator Methods Chiropractic Technique Basic Scan Protocol*. Found in Life West Bookstore
- Recommended Text:** Fuhr, A. *Activator Methods Chiropractic Technique*. 2<sup>nd</sup> ed. 2008
- Reference Text:** As provided
- Materials:** Activator Adjusting Instrument recommended, but not required. The instructor will give details in class.

### Technique Department Elective Policy:

*NOTE: All electives at LCCW are pass / no pass. Any student who drops or does not pass an elective will not be eligible to take an elective the following quarter.*

### 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 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, gym shorts to expose the lower extremity (long pants may be worn after the midterm)
- **For Women:** A crew neck T-shirt with a bra underneath and shorts.
- To maintain modesty and a professional environment, no low cut or revealing attire is permitted. After the midterm women will need to wear a bathing suit type of top to expose the anterior ribcage and clavicle. (long pants may be worn after the midterm)
- **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.

In accordance with technique department regulations Elective classes must be passed with at least 75% successful completion rate of the required assessments.

**Assessments:**

|                 |      |
|-----------------|------|
| Written Quizzes | 15%  |
| Written Midterm | 15%  |
| Written Final   | 30%  |
| Practical Final | 40%  |
| <hr/>           |      |
| Total           | 100% |

Both Written (the combined total of quizzes, midterm and final) and Practical sections must be passed to pass 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](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**)

**Course Objectives:**

1. The instructor will explain the theoretical basis for the use of Activator Methods.
2. The instructor will present the scientific literature upon which Activator Methods is formulated.
3. The instructor will explain and demonstrate Activator Method leg length evaluations
4. The instructor will explain and demonstrate the basic isolation tests used as clinical criteria in determining areas of involvement in the pelvis, lumbar, thoracic and cervical spine.
5. The instructor will explain and demonstrate proficiency in determining the involvement of selected articular structures in upper and lower extremities.
6. The instructor will explain and demonstrate proficiency in establishing the proper lines of correction for all articular structures to be adjusted.
7. The instructor will explain and demonstrate a thorough knowledge of the Activator instrument, including the various adjustable settings for displacement and force.

## Course Outline:

- Week 1:**     **Lecture** - Introduction, review syllabus, Leg Length Interexaminer Reliability Clinical Study.  
              **Lab** - Functional leg length analysis, clinical and biomechanical significance of leg length discrepancies, determination of pelvic deficiency in position one, determination of Possibility One, Two and Three in position two. Clinical criteria: Pressure tests, Stress tests, Isolation tests and short-long rule. Activator Method Basic Scan and Possibility One knee analysis. Demonstration of adjustments based on a positive Possibility One knee analysis.
- Week 2:**     **Lecture** - History of Activator Methods Technique; Research and Development Part 1 (of 3).  
              **Lab** – *Quiz on previous lab material.* Review and drill for Pelvic Deficiency, analysis of Possibility One, Two and Three. Review and drill for Possibility One knee analysis. Demonstrate and then drill Possibility One for pelvic and symphysis pubis analysis. Demonstration of adjusting when a subluxation is present for the above. Review and drill for the second hour.
- Week 3:**     **Lecture** - Research and Development Part 2 (of 3).  
              **Lab** – *Quiz on previous lab material.* Review and drill all previous material. Demonstrate and drill the Basic Scan lumbar Isolation Tests and thoracic 12 and rib 12 Isolation Tests. Demonstration of adjusting when the above subluxations are present. Review and drill for the second hour.
- Week 4:**     **Lecture** - Research and Development Part 3 (of 3).  
              **Lab** - *Quiz on previous lab material.* Review and drill all previous material. Demonstrate and drill thoracic Basic Scan Isolation Tests for T8, T6, T4, T1 and Rib 1 (one). Adjusting demonstration of the above subluxations. Review and drill for the second hour.
- Week 5:**     **Lecture** – Activator Method Leg Length Theory. Review for written midterm examination.  
              **Lab** - *Quiz on previous lab material.* Review and drill all previous material. Demonstrate and drill the scapular pattern Basic Scan Isolation Tests. Demonstration of adjusting for when scapular pattern subluxations are present. Review and drill for the second hour.
- Week 6:**     **Lecture** - **Written midterm examination**  
              **Lab** – *Possible Quiz on all previous lab material.* Introduction to Activator V. Review and drill all previous material. Demonstrate and drill Basic Scan cervical and occiput Isolation Tests. Demonstration of adjusting for when a cervical or occiput subluxation is present. Review and drill for the second hour.

- Week 7:**     **Lecture** - LCCW documentation.  
              **Lab** – *Possible quiz on previous material.* Review and drill leg length analysis of Possibility One, Two and Three. Review and drill Basic Scan for Possibility One, Two and Three. If time permits, then demonstration and drill for selected Advanced Procedures. If time permits, then demonstration of adjusting for sublaxations for the presented Advanced Procedures. Review and drill for the second hour.
- Week 8:**     **Lecture** - Review written final examination.  
              **Lab** - Review and practice for practical final.
- Week 9:**     **Practical final examination**
- Week 10:**   **Written final examination**

**Student Learning Outcomes:** At the completion of Tech 185, the student should be able to:

1.     Demonstrate a satisfactory understanding of the theoretical basis for the use of Activator Methods [PLO: 1,2,9]
2.     Demonstrate knowledge of the scientific literature upon which Activator Methods is formulated [PLO: 6]
3.     With continued practice, demonstrate proficiency and reproducibility of Activator Method leg length evaluations [PLO: 1,7]
4.     Demonstrate proficiency at the Basic Isolation Tests used as clinical criteria in determining areas of involvement in the pelvis, lumbar, thoracic and cervical spine [PLO: 1,2,7]
5.     Demonstrate proficiency in determining involvement of articular structures in upper and lower extremities using Activator Method Basic Scan analysis [PLO: 1,2,7]
6.     Demonstrate proficiency in establishing the proper lines of correction for all articular structures to be adjusted. [PLO: 1,2,7]
7.     Demonstrate a thorough knowledge of the Activator instrument, including the various adjustable settings for displacement and force. [PLO: 1,2,7]

**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.