

SYLLABUS

Name of Course:	Basic SOT, TECH-186
Length of Course:	1.5 units, 30 hours (2 hours lecture, 1 hour lab/week)
Course Description:	This elective course consists of the analysis and diagnosis of spinal musculoskeletal disorders utilizing the Sacro Occipital Technique; and will cover the SOT categorization of subluxations and the specific correction required to restore normal function.
Prerequisite:	TECH-130
Course Offered By:	Technique Department
Required Text:	Class notes for SOT I
Recommended Text:	<u>Sacro-Occipital Technique 1984 Manual</u> <u>Osteopathy in the Cranial Field, Sutherland</u> <u>Clinical Biomechanics of the Spine, White</u> <u>Clinical Neuroanatomy and Neurophysiology, Clark</u>
Reference Text:	None
Materials:	NONE
Method of Instruction:	Lecture and Hands On Lab Instruction

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.

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

Evaluation / Grading Criteria:

- Grading of each student involves the following:
 - The ability to analyze whether a patient is a candidate for S.O.T
 - Detect whether the patient is one or more of the three categories specific to S.O.T.
 - The students' ability to correct the specific finding, category or subluxation that was detected and analyzed.
- A practical assessment is given the last week to each student by the instructor worth 100 points to determine whether a student passes the criteria above

Extra Credit: None

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 Purpose: To give students a basic knowledge of SACRO-OCCIPITAL TECHNIQUE approach in the treatment of sacro-iliac and low back disorders. This course is required for those students planning to take the advanced S.O.T. course.

COURSE OUTLINE:

- WEEK 1: Introduction to SOT
Category II: Introduction.
Standing assessment: Body sway
Cervical and 1st rib indicator.
Mind language Test.
Supine assessment:
Leg length evaluation
Ilio-femoral Test
Student hands-on practice
- WEEK 2: **Category II:** Review previous lecture.
Subluxation assessment: Trapezius lines
Student Hands-on practice.

- WEEK 3: **Category II:** Review
 Alternate Weight bearing Test
Category I: Introduction.
 Standing assessment: Body sway. Cervical & 1st rib indicator.
 Mind language Test
 Supine assessment: Rule out Category II
 Prone assessment: Heel tension
 Atlas/Dural stress Blocking
 Student hands-on practice
- WEEK 4: **Category I:** Review.
 Prone assessment: Crest sign
 Dollar sign
 SB+ SB- SB neutral
 Vasomotor adjustment
 Ancillary procedure: Hiatal hernia
 Student hands-on practice
- WEEK 5: **Category I:** Review
 Ancillary procedures: Cervical Stair stepping
- WEEK 5: **Category I:** Review
 Ancillary procedures: Cervical Stair stepping
 Anterior Atlas
 Anterior ribs / Posterior Superior 1st rib
 Posterior Superior Occiput
 Occipital Compaction/Occipital side slip
- WEEK 6: **Category III:** Introduction.
 Standing assessment: Body sway Cervical & 1st rib indicators
 Supine assessment: Rule out Category II
 Prone assessment: SOTO Test
 Blocking
 Student hands-on practice
- WEEK 7: **Category III:** Review.
 Prone assessment: Vertebrogenic Pain Syndrome
 Student hands-on practice
- WEEK 8: Review all Categories: Student demonstrations.
- WEEK 9: Review all Categories: Student demonstrations.
- WEEK 10: **FINAL EXAMINATION**

Student Learning Outcomes (SLO): At the completion of the Tech-186 course, a student should be able to:

1. Determine the categorization of a patient specific to SOT. [PLO: 1]
2. Demonstrate how SOT applies uniquely and in conjunction with other techniques and procedures in patient care [PLO: 1]

3. Perform the correction of each category detected using the proper procedures. [PLO: 2]
4. Apply SOT procedures to individual patients. [PLO: 2]
5. Demonstrate a practical knowledge of the management process of each category and the clinical process involved as changes occur. [PLO: 2]
6. Apply the SOT protocol throughout the initial and potentially changing patient presentation as care continues [PLO: 2]
7. Demonstrate a practical knowledge of the biomechanical influences and changes that occur with the cause and correction specific SOT categories. [PLO: 8]

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.