

## SYLLABUS

**NAME OF COURSE:** Gonstead A – TECH-211 (lecture) & TECH-711 (lab)

**LENGTH OF COURSE:** 1.5 UNITS, 31 HOURS (1 hour lecture, 2 hours lab per week)

### **COURSE DESCRIPTION:**

Gonstead A provides an introduction to the history of Dr. Clarence Gonstead and the technique he developed. The course includes instruction in the basic concepts of the balanced pelvic structure and level spinal discs. The method is based on analysis of the patient using; skin temperature instrumentation; static and motion palpation, visualization, inspection, radiographic line marking and analysis and patient presentations and/or conditions. **The course includes specific analysis and corrective adjustment procedures for the Coccyx, Sacrum, Ilium and the Lumbar spine with basic patient case management.** The course has the following lecture and laboratory components.

#### **Lecture:**

The lecture will cover basic Gonstead Concepts including; Level Disc Concept, Instrumentation of the spine including the heat measuring Nervoscope and Go-Scope, Visual, Static and Motion Palpation Indicators, X-ray Marking and Misalignment Listing System for the Coccyx, Sacrum, Ilium, and Lumbar Spine including the Measured Deficiency (MD) and Actual Deficiency (AD) of the Leg/Femur and Basic Patient Management

#### **Laboratory:**

Laboratory instruction will cover the practical application of the correction procedures for Subluxations of the Coccyx, Sacrum, Ilium and Lumbar Spine using Pelvic Bench adjusting methods.

**PREREQUISITES:** TECH-123

**COURSE OFFERED BY:** Department of Technique and Analysis

**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 TEXT:** Casey: Gonstead A & B Course Notes

**REQUIRED VIDEOS:** Gonstead Course Videos (See week-to-week schedule)

**RECOMMENDED TEXTS:** Herbst: Gonstead Chiropractic Science and Art  
Plaugher: Textbook of Clinical Chiropractic: A Specific Biomechanical Approach

**MATERIALS:**

X-ray marking pencil, radiographic parallel ruler and a skin marking pencil are required for lab. Students are required to wear attire that allows their backs to be exposed during labs. A plastic spine with pelvis and Nervoscope (or GO scope or other spine-reading instrument) are recommended for lab. Students are required to have a copy of their spinal x-rays for exam correlation in all labs.

**METHOD OF INSTRUCTION:** Lecture presentations, video training, handouts, clinical radiographic presentations, adjusting "set-ups" and supervised adjusting.

**METHOD OF GRADING:** Examinations, quizzes, group exercises for a total of **275 points**.

|                |                  |   |
|----------------|------------------|---|
| <b>Lecture</b> | <b>50 points</b> | <b>Midterm Written</b>                            |
| <b>Lab</b>     | <b>50 points</b> | <b>Midterm Practical</b>                          |
| <b>Lab</b>     | <b>50 points</b> | <b>Final Practical</b>                            |
| <b>Lecture</b> | <b>75 points</b> | <b>Final Written</b> (Comprehensive weeks 1 - 10) |
| <b>Quizzes</b> | <b>25 points</b> | <b>(Five Video Quizzes)</b>                       |
| <b>Other</b>   | <b>25 points</b> | <b>One or More Group Learning Exercises</b>       |

Note: All students are required to participate in lab during set-ups and during examinations as both an adjuster and a mock patient. Exceptions will only be allowed with specific documentation.

**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.

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

**Open Lab requirement:** For a final grade for this course, each student must show evidence of having completed five (5) lumbo-pelvic examinations and the appropriate corrective adjustment(s) attempts using Gonstead protocol. They must be signed off by a supervising doctor during the quarter either in OPEN LAB or during your scheduled lab with prior permission by the lab instructor and if time permits. **This requirement must be completed to pass the course.** The requirement must be completed on at least **four (4) different people. Two (2) must be completed by the date of the student's lab midterm. The required five (5) must be completed by end of week 10.**

- Copies of your own x-rays and DACBR report and *current* CMR from clinic are required for Open Lab. Copies may be requested from your intern.

In accordance with technique department regulations BOTH the lecture and lab portions of this class **must be passed with at least 75%. (The lecture and lab grades are combined for a final, single grade.)**

Technique Department Grade Scale:

|           |                                     |         |
|-----------|-------------------------------------|---------|
| 93-100%   | 315-350 pts                         | A - 4.0 |
| 84-92%    | 294-314 pts                         | B - 3.0 |
| 75-83%    | 263-293 pts                         | C - 2.0 |
| Below 75% | the student 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**)

**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**)

**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**)

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

Please refer to the handouts titled "Ground Rules For Technique Classes" and "Respectful Touch" posted in all technique labs, for further tips and guidelines.

**COURSE OBJECTIVE:**

To demonstrate an understanding of the science, methodology, and basic proficiency in the practical application of Gonstead concepts, analysis and correctional methods to the lumbo-pelvic structure using the Pelvic Bench adjusting procedure.

**SPECIFIC COURSE OBJECTIVES: (Students should refer to Gonstead A Schedule)**

- WEEK 1**    **Lecture:** Introduction to the course, review syllabus, etc.  
                  Introduce Correction of Lumbar Subluxations, Pelvic Bench  
                  **Lab:** Review of the essential components of the Gonstead Technique as presented in the Gonstead Analysis course; patient presentation, visualization, instrumentation, static and motion palpation and x-ray. Introduce Correction of Lumbar Subluxations, Pelvic Bench
- WEEK 2**    **Lecture:** Management of Lumbar Subluxations and Conditions  
                  **Lab:** Correction of Lumbar Subluxations – Pelvic Bench
- WEEK 3**    **Lecture:** Management of Lumbar Subluxation and Conditions  
                  **Lab:** Correction of Lumbar Subluxations – Pelvic Bench
- WEEK 4**    **Lecture:** Review for Midterm Examination  
                  **Lab:** Review for Midterm Examination and Open Lab
- WEEK 5**    **Lecture:** Midterm Examination: Lumbar Spine  
                  **Lab:** Midterm Examination: Lumbar Spine
- WEEK 6**    **Lecture:** Management of Sacrum and Ilium Subluxation and Conditions  
                  **Lab:** Correction of Sacrum and Ilium Subluxations
- WEEK 7**    **Lecture:** Management of Sacrum and Ilium Subluxation and Conditions  
                  **Lab:** Correction of Sacrum and Ilium Subluxations
- WEEK 8**    **Lecture:** Management of Sacrum and Ilium Subluxation and Conditions  
                  **Lab:** Correction of Sacrum and Ilium Subluxations
- WEEK 9**    **Lecture:** Management of Sacrum and Ilium Subluxations and Conditions  
                  **Lab:** Review for Final Examination and Open Lab
- WEEK 10** **Lecture:** Review for Final Examination  
                  **Lab:** Final Examination: Sacrum and Ilium Subluxations
- WEEK 11** **Lecture:** Comprehensive Final Examination (Week 1 – 10)

**Note: The required five (5) Open Lab Examinations-Adjustments must be completed by end of week 10.**

**STUDENT LEARNING OUTCOMES (SLO):**

**Upon completion of Gonstead A, the student will be able to:**

1. Explain and understand the concepts and/or differences between subluxations and compensations in the lumbopelvic spine. [PLO: 1,2,10]
2. Competently examine the sacroiliac and lumbar spine, using Gonstead protocol of history, visualization, instrumentation, static & motion palpation, and x-ray analysis for vertebral subluxation complex. [PLO: 1,2,4,10]
3. Correlate the findings of patient examination and x-rays to arrive at a specific Gonstead listing in the sacroiliac and lumbar spines. [PLO: 1,2,4]

4. Properly mark x-rays for Sacrum, Ilium and/or Lumbar subluxations. [PLO: 1,2,4]
5. Explain and understand the characteristics of an acute versus chronic lower back patient presentation. [PLO: 1,2]
6. Demonstrate an accurate, mock set-up, using Gonstead protocol, for adjustments intended to correct vertebral subluxations of the Coccyx, Sacrum, Ilium and Lumbar spine. [PLO: 1,2]
7. Demonstrate and understand the characteristics of the three different Body Drops for pelvic bench adjustments. [PLO: 1,2,8]

**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.

## REQUIRED FOR ALL TECHNIQUE CLASSES

1. Copy of X-rays
2. Copy of Radiology Report
3. Copy of Current CRC review from the clinic (open file, current evaluation)

These materials are required for participation in the lab portion of all technique/analysis classes at Life Chiropractic College West. Copies may be requested from your intern.

Tear off below this line, sign and return to lab instructor.

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I, \_\_\_\_\_, a student at Life Chiropractic College West hereby acknowledge that to participate in the lab section of any technique class of Life Chiropractic College West, I must furnish the following items from my clinic records, (x-rays, radiology report, current CRC/open file) to the lab instructor.

I further agree to voluntarily participate in classroom application of Chiropractic analysis and adjusting procedures administered by students, laboratory assistants, teaching assistants, or faculty. I realize these persons may or may not be graduates of a chiropractic college and may or may not be holders of a license to practice chiropractic in California.

I do realize that the application of these procedures does carry the potential for injury, however remote.

I hereby release any and every student, laboratory assistant, teaching assistant, faculty, administrator, regent and the College, their heirs, successors, or assignees from any liability as a result of the application of these procedures within the classroom setting.

\_\_\_\_\_  
Class/Quarter/Year

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date