

SYLLABUS

Name of Course: Extremity Adjustment TECH – 336/Lab-836

Length of Course: 31 Hours, 1.5 Units (2 Hours Lecture, 1 Hour Lab/Week)

Course Description: This course covers various aspects of extremity adjusting with emphasis on short lever adjusting and the Gonstead system of analysis. Supportive case management and follow-up procedures are included.

Course Goal: To Develop Competencies in the Assessment and Correction of Subluxations of the Extremities of the Human Body.

Prerequisites: TECH-130, DIAG-327

Course Offered By: Department of Technique

Required Texts: None

Recommended Texts:

Hearon *KG* *What You Should Know about Extremity Adjusting. 9th ed 2005*
Hearon *KG* *Advanced Principles of Upper Extremity Adjusting. 1995*
Hearon *KG* *Advanced Principles of Lower Extremity Adjusting. 1994*

Reference Texts: Myers, Thomas *Anatomy Trains: Myofascial Meridians for Manual and Movement Therapist* 2nd ed. 2009
Functional Soft Tissue Examination and Treatment of Manual Methods 3rd ed. 2007
Souza T. *Differential Diagnosis and Management for the Chiropractor* 4th ed. 2009

Various reference texts, handouts and reading assignments will be given. Students are responsible for these materials when assigned and will be tested on them.

Methods of

Instruction: Lecture, Demonstration, Hands-On Laboratory Experience

Technique Lab Attire Policy: (*modified for the Extremity Lab*)

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.

NOTE: the first section of this class focuses on the lower extremity, the second portion focuses on the upper extremity.

- **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 and extremities 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.

- A current CMR from the Health Center is required to complete the required adjustments in this course.

Evaluation / Grading Criteria:

	25% written midterm
	40% written final
	25% point lab final
	<u>10% formative exercises (open lab adjustments, etc.)</u>
Total:	100%
Lab adjustments:	3 extremity adjustments with SOAP sheets (2 LE & 1 UE) (1) to be completed by week 5 and (2) by week 10. Grading is based upon the standardized grading as adopted by the technique department.
A	4.0 100 – 93%
B	3.0 92 – 84%
C	2.0 83 – 75%
F	0 0 – 74% Student must repeat 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**)

Note on lab participation:

The labs will consist of instruction in motion and static palpation, signs and symptoms, and how to find the subluxation. Practice format will consist of hands on set ups and practice of the dynamic thrust. Drills will be done to develop a feel for various body types and misalignment patterns. Exercises will be recommended to help the student develop the proper muscle tone and coordination to deliver an adequate dynamic thrust.

Lab Apparel Reminder:

A) Before the midterm: Shorts to expose the lower extremity.

B) After the midterm: Women are to wear clothing to allow access to the anterior posterior and mid-axillary line rib cage regions, shoulder girdle and upper extremity. Men will take their shirts off to expose these same areas

Course Objectives:

- Week 1:** Lecture: Instructor will explain the significance of extremity subluxation.
Lab: Instructor(s) will describe and demonstrate Static and Motion Palpation of the foot and ankle.
- Week 2:** Lecture: Instructor will explain Soft tissue diagnosis and Biomechanics of the foot and ankle.
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Lab: Instructor(s) will describe and demonstrate Adjusting the Foot and Ankle
- Week 3:** Lecture: Instructor will review the biomechanics of the knee and the relationship of the Q-angle to hip and foot posture.
Lab: Instructor will describe and demonstrate motion and static palpation of the fibula and tibia and critique students on contacts, body positioning and lines of correction.
- Week 4:** Lecture: Instructor will review the knee, hip and Lumbo-pelvic regions
Lab: Will demonstrate adjusting the Femur, and Patella, adjusting and management of the acute knee.
- Week 5:** Lecture: **Midterm**
Lab: Review Knee & Hip set-ups and provide feedback on technique.
- Week 6:** Lecture: Instructor will review Shoulder Girdle Kinetic Chain.
Lab: Demonstrate motion palpation of shoulder/ rib cage and clavicle; perform adjustment set-ups on rib cage.
- Week 7:** Lecture: Instructor will review and explain the functional anatomy of the Scapula, elbow and Glen humeral Joints.
Lab: Instructor will model scapula, elbow and glenohumeral set-ups.
- Week 8:** Lecture: Instructor will explain the concept of Integration of Upper Extremity adjusting and review elbow anatomy.
Lab: Review wrist, palpation of the elbow and adjusting of the elbow.
- Week 9:** Lecture: Cover Wrist and Hand structure and function.
Lab: Demo Static and motion palpation of the wrist. Wrist and hand adjusting.
- Week 10:** Lecture: Instructor will illuminate the arthrokinematics and neuromuscular function of the TMJ and common TMJ disorders.
Lab: Lab Practical Final
- Week 11:** Final examination: Check Final Schedule for date and time.

Student Learning Outcomes (SLO): At the completion of the CPP-328 course, a student should be able to:

1. Understand the basics of extra-spinal biomechanics as they relate through the trunk to perform complex motion. (PLO: 1,2,3,4,8,9,10)
2. Understand how old resolved traumas leave behind subluxations and/or regional joint fixations that cause altered/antalgic movements that can cascade over time to cause secondary, tertiary, etc... trauma. (PLO:1,2,3,8,9,10)
3. Identify over 70 bones and dozens more articulations of the extra-spinal system. (PLO:1,2)
4. Evaluate the joints of the extra-spinal system in multiple AROM and PROM to find subluxation and/or regional joint fixations. (PLO:1,2,10)
5. Evaluate antalgic movements as the result of acute trauma or the late effects of altered biomechanics of old resolved trauma through observation and muscle strength testing. (PLO:1,2,3,8,9,10)
6. Correlate orthopedic and neurological tests with the extra-spinal subluxation and/or regional fixation findings. (PLO:1,2,4,8,10)
7. Be able to demonstrate manual adjusting and drop table assisted adjustments..(PLO:1,2,10)
8. Demonstrate a beginning understanding in how the extra-spinal systems, pelvis and spine are linked in a closed kinematic chain. Where altered lower extremity mobility can directly effect the stability of the lumbopelvic region or when trauma to the upper rib cage and shoulder girdle will cause reoccurring upper cervical subluxations. (PLO:1,2,3,8,9,10)
9. Be able to demonstrate a practical knowledge, application, and integration of extremity adjusting into a comprehensive patient treatment plan. (PLO:1,2,8,10)

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 non-verbal 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.