

SYLLABUS - TECH 348/LAB 848

Name of Course: Management and Adjusting of the Lower Extremity

Length of Course: 32 Hours, 1.5 Units (1 hr. Lecture, 2 hr. Lab/Week, 2hr Final)

Course Description: This course covers various aspects of extremity adjusting with emphasis on short lever adjusting. 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

Lecture, Demonstration, Hands-On Laboratory Experience, Video library of extremity palpation and adjustments

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.
- To maintain modesty and a professional environment, only anatomy intended for adjusting will be exposed. Women will need to wear a sports bra top or bathing suit type of top to expose the ribcage and clavicle. (long pants may be worn.)
- **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

10% formative exercises (open lab adjustments, etc.)

Total: 100%

Lab adjustments: 3 extremity adjustments with SOAP sheets (2 LE & 1 UE) to be completed 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

To maintain satisfactory Academic Progress, a student must maintain a 2.0 or better in every course. Any grade less than a C must be remedied by repeating the class.

Both lecture and lab sections must be passed to pass the course.

Attendance: College policy applies

Conduct and Responsibilities:

It is the student's responsibility to maintain professional standards of behavior and attire while on campus. Students are expected to be prepared for instructional activities. They must bring required supplies/equipment and dress appropriately in accordance with the instructor's directions. Failure to do so can result in the student being marked absent for the class session. Any disruptive activity (e.g. use of cell phones, side conversations) in the classroom is prohibited. If the instructor requires a disruptive student to leave the classroom, the student remains responsible for all information and will be marked absent for the class session. The dean will impose sanctions for unprofessional behavior. Any form of deceit, fraud, plagiarism, unauthorized collaboration, or theft will result in failure of the course and referral to the dean for disciplinary sanctions. Please refer to the handouts titled "Ground Rules for Technique Classes" and "Respectful Touch" posted in all technique labs, for further tips and guidelines.

Special Testing: Please refer to Request for Special Testing (**Policy ID: OAA.0004**)

Accommodations 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. (**Policy ID: OAA.0005**)

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. Introduction to a variety of soft tissue massage modalities. (Swedish, TFM, MFR, Rolfing, etc...)

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 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**)

Week 1 – 9 Topics:

- 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.
- Lecture: Instructor will explain Soft tissue diagnosis and Biomechanics of the foot and ankle.
- Lab: Instructor(s) will describe and demonstrate Adjusting the Foot and Ankle
- 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.
- 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.
- Review Knee & Hip set-ups and provide feedback on technique.

Week 10: Review class topics for lecture final, Class Q and A, Instructor relating interesting experiences and applications of class techniques.

PRACTICAL FINAL

LECTURE FINAL

Student Learning Outcomes (SLO): At the completion of the TECH-348 course, a student should be able to:

1. Understand the basics of how the extra-spinal biomechanics relate through the lower body to perform complex motion. (Everything is connected) (PLO: 1,2,3,4,7,8,9)
2. Understand how old resolved traumas leave behind loss of ligament stability, fibrosis of repair to muscle and fascia and regional subluxations and/or joint fixations that cause altered/antalgic movements. Over time these functional impairments will cause secondary, tertiary, etc., repetitive strain injury and predispose the person to new trauma. (PLO:1,2,3,7,8,9)
3. Demonstrate the ability to Identify Soft tissues, Bones and Joints of the extra-spinal system. (PLO1,2):
4. Demonstrate the ability to palpate the joints of the extra-spinal system in multiple Active Ranges of Motion (AROM) and Passive Ranges of Motion (PROM) to find extremity joint subluxation and/or regional joint fixations.
5. Demonstrate the ability to perform high acceleration / high force with measured depth adjustive trust to the proper contact points for ALL adjustments.
6. Demonstrate the ability to palpate soft tissue impairments in muscle, tendon, ligament, fascia and peripheral neurovascular entrapment. (PLO:1,2,9)
7. Demonstrate the ability to perform the myofascial therapy techniques as described in monographs and practiced in Laboratory
8. Demonstrate the ability to perform basic manual muscle testing of the lower extremity

9. Demonstrate the ability to perform every adjustment with a body posture that is balanced and stable as to not injure themselves when performing a successful adjustment.

Program Learning Outcomes (PLO): Students graduating with a Doctor of Chiropractic degree will demonstrate proficiency in the following:

1. **ASSESSMENT AND DIAGNOSIS:** An assessment and diagnosis require 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, and laboratory tests.
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 and technology literacy are manifested in an ability to locate, evaluate and integrate research and other types of evidence, including clinical experience, to explain and manage health-related issues and use emerging technologies appropriately.
7. **INTELLECTUAL AND PROFESSIONAL DEVELOPMENT:** Intellectual and professional development is characterized by maturing values and skills in clinical practice; the seeking and application of new knowledge; and the ability to adapt to change.
8. **BUSINESS:** Assessing personal skills and attributes, developing leadership skills, leveraging talents and strengths that provide an achievable expectation for graduate success. Adopting a system-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
9. **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.