

SYLLABUS

Name of Course: Palpation (Static Landmarking and Motion Palpation) TECH-116

Length of Course: 1.5 unit, 30 hours (3 hours lab-demo/week)

Course Description: In this course the student learns to identify bony landmarks, count vertebrae, and locate each vertebra of the spine. This course is also an introduction to joint play analysis emphasizing the motion palpation system. Fixation theory (Gillet) is presented and discussed. Major emphasis is on the spinal articulations. The student also begins to develop awareness and skills in the areas of the doctor-patient relationship, communication, and ergonomics.

Course Goal: The student will learn the basic psychomotor skills necessary for the assessment of the human spine.

Prerequisites: NONE

Course Offered By: Technique Department

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 detect and correct the vertebral subluxation. To do this for the overall betterment, health, and well-being of their patients and the world.

Required Text : *Anatomy Coloring Book* by Wynn Kapit, Lawrence Elson
Notes provided through Canvas

Reference Texts: *Clinical Biomechanics of the Spine* -White AA 2nd ed. 1990
Anatomy: a Regional Atlas of the Human Body.
5th ed. 2007 – Clemente
Gillett H. *Belgian Chiropractic Research Notes*. 1984

Materials: Skin marking pencil (available in bookstore), plastic spine recommended, face cloth, waist length gown (bookstore)

Method of Instruction: Handouts, Videos, X-ray, Dry Spine, Guest Speakers, Lab, and Lecture

Life West Technique Lab Attire Policy:

Healthy clean hygiene is expected from all students. It is recommended that students bring a face cloth and/or towel to place on the table. Towels reduce the need for the use of chemical sanitation treatments on the adjusting tables.

- **Accessibility to the Spine and Spinal Structures:**
- Patient gown - In an effort to recreate a clinical setting and to appropriately facilitate the realistic use of skills relative to professionalism and personal boundaries, “gowns” made of torn or altered t- shirts/garments are not acceptable for this course.
- To maintain modesty and a professional environment, no revealing attire is permitted.
- Covered shoes (sandals and flip flops do not qualify) are required for all participants.

Materials Required:

Patient Gown (preferably waist length)

Skin Marking Pencil

Please check with your instructor for any further instructions for your particular course or if you have any concerns about the appropriateness of specific articles of clothing.

Academic Grade (A - F):

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|---|-----|--|---------|
| A | 4.0 | Superior Work | 93-100% |
| B | 3.0 | Above Average Work | 84-92% |
| C | 2.0 | Average Work | 75-83% |
| F | 0.0 | The student must repeat the entire course. | |

Method of Grading: 100 pts possible
Midterm practical – 50 pts
Final practical – 50 pts

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**)

Extra Credit: There will be no extra credit work accepted in this class.

Independent Student Work

All assignments and exams must be the product of the individual student's original efforts for this class. Collaboration is prohibited.

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 Topics:

- Count and confirm levels of the spine
- Finding C6/L5 prone and seated
- Identify VP
- Counting prone and seated and with eyes closed C6 to L5
- Static palpate C2, lamina in cervicals seated and supine
- Counting practice C2-L5 prone and seated
- How to Identify Signs of Segmental Subluxation

- Confirm TP / Mammillary (wag the spinous) Thoracic and Lumbar
 - P-A Compression central vertebral pressure CVP. Plane line of discs picture shown in lab
 - Visualization of lateral bending in thoracic and lumbar spines using skin pencil to draw what you see.
 - Look for unilateral stacking entire lumbar spine L1-L5, asymmetry in bend and uneven lateral bend as suggestion of abnormal biomechanics and level to target with static and motion palpation
 - Static palpation over spinous processes and inter-spinous spaces for edema and tenderness
 - Finding the prominent lamina C7 –L5 seated (Sp opposite)
 - Intro to Motion Palpation C7-L5
 - Intro how to record your findings on “O” of SOAP note
 - Evaluate patient and document findings
 - Introduce Palmer Gonstead Static Listing language with Sp as reference point
 - Sacroiliac Static, Motion and Signs of Subluxation
 - Static Palp Sacro-iliac joints for edema associated w/ subluxation
 - P-A Compression SI joints (passive)
 - Ilium & Spinous Listings review worksheet
 - Cervical spine Static and Motion
 - Seated Cervical Quick scan P-A, Lateral Flexion and rotation C2-C7
 - Palmer Gonstead Static Listings C2-L5
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- **The course instructor will organize these topics into a weekly structure/calendar**
 - **Practical Exams will occur approximately at Week 5 as well as Week 10**

Student Learning Outcomes (SLO): At the completion of the TECH 116, a student should be able to:

1. Demonstrate the ability to skillfully and competently identify the spinal landmarks on any body type.
2. Demonstrate the ability to skillfully count and identify spinal segments and spinal joints on any body type and locate the contact point commonly utilized in spinal adjusting of the segment for future course work.
3. Demonstrate a practical knowledge of the structure and function of spinal vertebrae and ribs as it applies to motion palpation
4. Demonstrate a practical knowledge of when it is appropriate to incorporate motion palpation analysis in an Initial New Patient Examination and Re-examination and treatment plan

5. Demonstrate a motion palpation General Scan and motion assessment of the lumbar, thoracic, rib and cervical areas
6. Determine through motion palpation analysis if a patient has vertebral and/or rib restriction/fixation

The following PLO's are mapped to this specific course: [PLO: 1 and 2]

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.