

SYLLABUS

Name of Course: Advanced Extremity Adjusting and Management of Sports Injuries
TECH-187

Length of Course: 30 hours (3 hours lab/week) 1.5 Units

Course Description: This is an advanced and comprehensive elective. Students who wish to take this course should have a working knowledge of beginning extremity adjusting and have been practicing it in the Health Center. They will be required to review DVD and written assessment and adjusting information prior to laboratory participation.

Prerequisites: HC310, DIAG 351/851, DIAG 352/852

Course offered by: Technique Department

Recommended Text/DVD: Walton/Hickey DVD (Library)

Required Text: Bergman, T. F., & Peterson, D. H. (2011). Chiropractic Technique: Principles and Procedures (3rd ed.). St. Louis: Mosby.

Recommended Texts:

1. Gatterman, M. I. (2004). Chiropractic Management of Spine Related Disorders (2nd ed.). Baltimore: Lippincott Williams & Wilkins.
2. Gatterman, M. I. (Ed.) (2005). Foundations of Chiropractic: Subluxation (2nd ed.). St. Louis: Mosby.
3. Warren Hammer – 3rd edition, Functional Soft Tissue and Treatment Athletic Taping and Bracing, Perrin, David H. 1995, www.humankinetics.com

Reference Texts:

1. Haldeman, S. (Ed.) (2005). Principles and Practice of Chiropractic (3rd ed.). New York: McGraw-Hill Medical.
2. Leach, R. A. (2003). The Chiropractic Theories: A Textbook of Scientific Research (4th ed.). Baltimore: Lippincott Williams & Wilkins.
3. Panjabi, M. M., & White, A. A. (2001). Biomechanics in the Musculoskeletal System. New York: Churchill Livingstone.

4. Redwood, D., & Cleveland, C., III (2003). Fundamentals of Chiropractic. St. Louis: Mosby.

5. White, A. A., III, & Panjabi, M. M. (1990). Clinical Biomechanics of the Spine (2nd ed.). Philadelphia: J. P. Lippincott Company.

Technique Labs Attire

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.

Materials: Box of tape from the Bookstore, Cost \$35.00

Method of Instruction: Lecture, slides, video and hands on.

Grading Method:

Quizzes:

Grading Method:

A 4.0 Superior Work (93-100%)

B 3.0 Above Average (84-92%)

C 2.0 Average Work (75-83%)

F 0.0 Student must repeat the course.

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.

Independent Student Work:

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

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 Goal:

The goal of this class is to provide the student with advanced knowledge of extremity adjusting and sports injury management.

The following topics will be covered during Week 1-10:

Introduction to general principles of IASTM as an adjunct to the chiropractic adjustment.

Introduction of IASTM in the spine and upper extremities as an adjunct to the chiropractic adjustment.

Introduction of IASTM in the lower extremities as an adjunct to the chiropractic adjustment.

Advanced extremity adjusting principles of the rib cage and TMJ

Advanced extremity adjusting principles of the upper extremities

Advanced extremity adjusting principles of the lower extremities

Introduction of the principles of proprioceptive taping as an adjunct to the chiropractic adjustment.

Advanced techniques of proprioceptive taping to the upper extremities and spine.

Advanced techniques of proprioceptive taping to the lower extremities.

Student Learning Outcomes (SLO):

1. The student will demonstrate a thorough understanding of extremity adjusting. [PLO: 1,2,7]
2. The student will demonstrate knowledge of the kinetic chain of the extremities.
3. The student will demonstrate proficiency of specific extremity adjusting, soft tissue work, athletic taping and related muscle testing.
4. The student will demonstrate proficiency in understanding common subluxation patterns associated with specific sports injuries.
5. The student will demonstrate proficiency in adjunctive approaches such as soft tissue and athletic taping in support of the patient/athlete.
6. The student will demonstrate a thorough knowledge of the patient care associated with common sports injuries.

The following PLO's are mapped to this course: [2, 7, and 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.