

Advanced Principles of Lower Extremity

15-Hour seminar

Objective: Cover typical lower extremity diagnostics and subluxations encountered in practice and their treatment.

Purpose: Teach effective techniques to correct lower extremity subluxations.

Overview: A course that covers the mechanical chain of events in the lower extremity and how joint subluxations affect posture and gait.

DAY ONE:

8:00-9:00 TOPIC: EXAM PROCEDURES/DIAGNOSIS

Introduction of the Lower Extremity, Referred pain syndromes and their relation to the spine and the mechanics of the lower extremities

9:00-10:00 TOPIC: EXAM PROCEDURES/DIAGNOSIS

Discussion: Biomechanical alterations of posture in the lower extremity affect the balance of the pelvis and the spine, Pronation, Supination.

10:00-11:00 TOPIC: DIAGNOSTIC IMAGING INTERPRETATION

X-Ray views of the hip and their measurements on film.

11:00-12:00 TOPIC: ADJUSTIVE TECHNIQUE (HEARON)

Discussion: Muscle Strength Ratios, Major Muscle Tests for the Hip and Knee, Orthopedic Tests of the hip and range of motion.

12:00-1:00 LUNCH BREAK

1:00-2:00 TOPIC: ADJUSTIVE TECHNIQUE (HEARON)

Adjustive Technique: Adjustments of the Hip Internal and External

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2:00-3:00 TOPIC: ADJUSTIVE TECHNIQUE (HEARON)

Stabilization and Taping.

3:00-4:00 TOPIC: ADJUSTIVE TECHNIQUE (HEARON)

Discussion: Patella, Chondro-Malacia, Patella, Q-Angle, Knee, Knee Palpation, Tibia and Fibula.

4:00-5:00 TOPIC: DIAGNOSTIC IMAGING INTERPRETATION

X-Ray views and measurements.

5:00-6:00 TOPIC: ADJUSTIVE TECHNIQUE (HEARON)

Adjustive Technique of the Patella, Knee, Tibia and Fibula

DAY TWO:

8:00-9:00 TOPIC: ADJUSTIVE TECHNIQUE (HEARON)

Shin Splints, Knee Supports, Stabilization and Taping

9:00-10:00 TOPIC: ADJUSTIVE TECHNIQUE (HEARON)

Discussion: Talus, Calcaneus, Navicular, Cuboid, Remaining Tarsals

10:00-11:00 TOPIC: ADJUSTIVE TECHNIQUE (HEARON)

Chiropractic and Orthopedic tests

11:00-12:00 TOPIC: ADJUSTIVE TECHNIQUE (HEARON)

Adjustive Technique of the Talus, Calcaneus, Navicular, Cuboid, and Remaining Tarsals

12:00-1:00 TOPIC: ADJUSTIVE TECHNIQUE (HEARON)

Discussion: Foot Subluxations of Metatarsals and Phalanges

1:00-2:00 TOPIC: ADJUSTIVE TECHNIQUE (HEARON)

Adjustive Technique of the Foot Metatarsals, and Phalanges of Foot, Taping and Orthotic Theory