Advanced Principles of Extremity Rehabilitation

**Objective**: Chiropractic rehabilitation of the extremities (shoulder, elbow, wrist,

fingers, hip, knee, ankle, and foot). From the etiology of the injury to the phases of

healing, anatomy of the extremity, to strengthening and stabilizing the injured extremity.

**Purpose**: To allow the chiropractor to better evaluate, diagnose, and treat

extremity conditions and then to put together an appropriate active care plan.

**Overview**: To provide the chiropractor a thorough understanding of the many

extremity injuries and to give them an easy to understand and implement exercise

program to stabilize and strengthen the injured extremity. The chiropractor will be

introduced to multiple low back exercise equipment and have hands-on experience. With

the use of proper exercise, the chiropractic adjustments will hold longer.

**Teaching Methods**: 50% lecture, 50% hands on

**DAY ONE:**

**8:00am – 9:00am Physical Therapy/Physio. Ther.**

Etiology of soft tissue injuries

Phases of soft tissue healing

**9:00am – 10:00am Physical Therapy/Physio. Ther.**

Passive

Passive Assistive

Passive Resistive

**10:00am – 11:00am Physical Therapy/Physio. Ther.**

Active Resistive

Isometric Protocols

Isotonic Protocols

**11:00am-12:00pm Physical Therapy/Physio. Ther.**

Proprioceptive principles and protocols - Lecture and Practicum with low-tech equipment

**LUNCH BREAK: 12:00pm – 1:00pm**

**1:00pm – 2:00pm Physical Therapy/Physio. Ther.**

(continued) Proprioceptive principles and protocols - Lecture and Practicum with low-tech equipment

Core Stabilization and Strengthening – Lecture and Practicum with low-tech equipment

**2:00pm – 3:00pm Physical Therapy/Physio. Ther.**

(continued) Core Stabilization and Strengthening – Lecture and Practicum with low-tech equipment

**3:00pm – 4:00pm Physical Therapy/Physio. Ther.**

Functional Training Principles – Lecture and Practicum with low-tech equipment

**4:00pm – 5:00pm Physical Therapy/Physio. Ther.**

(continued) Functional Training Principles – Lecture and Practicum with low-tech equipment

**5:00pm – 6:00pm Physical Therapy/Physio. Ther.**

(continued) Functional Training Principles – Lecture and Practicum with low-tech equipment

**DAY TWO**

**8:00am – 9:00am History & Exam**

Shoulder anatomy, history, exam - Lecture and Practicum

Impingement and rotator cuff tendonitis with low-tech equipment

Biceps tendonitis

Labral tears

Frozen shoulder

Nerve entrapment syndromes

T.O.S.

Glenohumeral instability

**9:00am – 10:00am History & Exam**

Labral tears

Frozen shoulder

Nerve entrapment syndromes

T.O.S.

Glenohumeral instability

**10:00am – 11:00am History & Exam**

Elbow anatomy, history, exam - Lecture and Practicum

Finger anatomy, history, exam with low-tech equipment

Hand anatomy, history, exam

Multiple orthopedic conditions

**11:00am – 12:00pm History & Exam**

Hip anatomy, history, exam -Lecture and Practicum

Multiple orthopedic conditions with low-tech equipment

**12:00pm – 1:00pm History & Exam**

Knee anatomy, history, exam -Lecture and Practicum

Multiple orthopedic conditions with low-tech equipment

**1:00pm – 2:00pm History & Exam**

Foot anatomy, history, exam -Lecture and Practicum

Ankle anatomy, history, exam with low-tech equipment

Lower leg anatomy, history, exam

**2:00pm – 3:00pm Physical Therapy/Physio. Ther.**

Multiple orthopedic conditions, history & exam

Extremity rehabilitation review, Q&A