

**Advanced Principles of Extremity Soft Tissue Diagnosis and
Treatment by Manual Methods
15-Hour seminar**

Course Objective: Areas beyond the articulations must be evaluated and altered for complete healing to occur. You will learn that the articulations and soft tissues of the body are directly related and continuous throughout the body. We will learn hands-on methods for the evaluation and treatment of these conditions.

Course Outline: Learn hands-on methods for the evaluation and treatment of myofascial syndromes, peripheral and secular entrapments; muscle, tendon and ligamentous restrictions; to relieve pain and prevent recidivism of chiropractic subluxation complexes; proper diagnosis and treatment of extremity soft tissue injuries.

8:00-9:00am

Introduction

Fundamentals of the soft tissues of the body; tendonitis vs tendonosis, fascia; the makeup of collagen, gel matrix and ligaments, soft tissue pathology

Rationale for friction massage of soft tissues

9:00-10:00am

Major elements of soft tissue and connective tissue

Introduction to Cyriax work

Fundamentals of soft tissue examination: passive and active tissues, joint play and end feel, capsular lesions and end feel

10:00-11:00am

Detailed approach to a proper functional extremity exam

Passive vs active examination

Introduction to the examination of the hip, passive

11:00-12:00pm

Examination of the hip, active

Common conditions of the hip and their treatments

Hands on workshop on friction massage and treatment of hip conditions, strokes, depth, pressure, timing

12:00-1:00pm(Lunch)

1:00-2:00pm

Hands on workshop on hip treatments continues

Introduction and review of the knee and anatomy

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Passive vs active examination of the knee

2:00-3:00pm

Conditions of the knee: ITBS, Plica syndrome, Meniscal evaluation, compartment syndromes,

Hands-on workshop on the evaluation and treatment of the knee

3:00-4:00pm

Continuation of hands on for the hip and knee and their integration

Summation of material learned so far and review of proper friction massage

4:00-5:00pm

Introduction to the foot and ankle anatomy, entrapment and injury review for the foot and ankle,

Passive vs active exam of the foot and ankle

5:00-6:00pm

Treatments for the foot and ankle using friction massage

Conditions of the foot and ankle. Neuromas, tendinoses, stress fractures and their evaluation, Achilles tendinosis, plantar fasciitis

Day 2

8:00-9:00am

Introduction and review of shoulder anatomy

Passive vs active evaluation of the shoulder

9:00-10:00am

Hands on evaluation and treatment of the shoulder

Conditions of the shoulder and their treatments; frozen shoulder, rotator cuff tendinosis of each cuff muscle, shoulder bursa evaluation,

10:00-11:00am

Continuation of shoulder evaluation and treatments

11:00am-12:00pm

Passive and active evaluation and treatments to the elbow

Conditions of the elbow; lateral and medial epicondylitis, loose bodies, Pronator Teres syndrome

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12:00-1:00pm

Passive vs active evaluation of the wrist and hand

Use of soft tissue techniques for carpal tunnel syndrome, DeQuervain's Syndrome, forearm entrapments commonly seen,

1:00-2:00pm

Brief lecture on other soft tissue techniques including myofascial release and Graston Technique

Brief introduction to the causes and effects of trigger points in the shoulder area

The course is 50% lecture and 50% hands on adjusting and technique workshop