

# Advanced Principles of Upper Extremity

## 15-hour seminar

**Objective:** Cover subluxations of the shoulder girdle, shoulder, elbow, wrist and hand.

**Purpose:** Relate an efficient diagnostic protocol and analysis of upper extremity and their treatment via chiropractic.

**Overview:** Demonstrate hands on technique and application of adjusting to the extremity.

### DAY ONE:

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

Introduction of Upper Extremity, Mechanism of Thoracic Outlet Syndromes, and Cervicobrachial Syndromes.

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

Chiropractic and orthopedic testing for T/O and C/B syndromes. X-ray views appropriate and measurements of significance.

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

Discussion: Shoulder Girdle, Sternoclavicular, Acromioclavicular separations and scapula response with C-spine and arm.

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

Adjustive Technique for Sternoclavicular, Acromioclavicular joints and Scapula.

12:00-1:00 LUNCH BREAK

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

Stabilization of S/C, A/C joints and scapula with exercises.

2:00-3:00 TOPIC: EXAM PROCEDURES/DIAGNOSIS

Discussion: Shoulder subluxations, Subacromial Bursa, Coracoid Process, Lesser Tubercle, Greater Tubercle, Transverse Ligament, Anterior Joint Capsule, Sub- Bursa, Shoulder Strength Ratios, Shoulder Muscle Tests.

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

Adjustive Technique for Shoulder subluxations, Anterior, Inferior, Posterior, Impingement and Biceps tendon.

4:00-5:00 TOPIC: ADJUSTIVE TECHNIQUE.(HEARON)

Stabilization for shoulder instability and exercises with motions to avoid.

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

Discussion and Treatment: Elbow Nerve Entrapment Syndromes of the Ulnar and Nerve Entrapment Syndromes of the Median Nerve.

SECOND DAY:

8:00-9:00 TOPIC: DIAGNOSTIC IMAGING INTERPRETATION

X-rays of the Elbow and its normal alignment. Review of surgical approaches to elbow problems.

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

Discussion: Ulna and Radius chiropractic and orthopedic tests.

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

Adjustive technique for the four types of elbows Subluxations.

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

Stabilization and exercises for the elbow

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

Discussion: Anterior Carpals, Posterior Carpals, Metacarpals, Phalanges including chiropractic and orthopedic tests. Surgical approaches to wrist and hand problems.

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

Adjustive technique for Anterior Carpals, Posterior Carpals, Metacarpals and Phalanges. Review of course.