

Thoracic Spine and Rib Cage Adjusting

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Sponsored by: Life Chiropractic College West

Hour 1	Review the normal motion of the thoracic spine as having far more rotation and lateral bending than flexion / extension. Discuss the role of the thoracic spine and rib cage as part of the “Spinal Engine” and its implications upon motion of the whole body. Examination and palpation of the thoracic spine especially for the coupled motion of rotation and lateral flexion. Adjusting thoracic spine: Coupled motion of rotation and lateral flexion as well as flexion/extension subluxations in prone, supine and seated positions. Technique =Gonstead, Thompson, Diversified
Hour 2	Review the normal motion of the lumbodorsal spinal region. Review motion palpation of the lumbodorsal spine in the seated and side posture positions. Adjusting the lumbodorsal spine for lateral flexion, flexion/extension and rotation subluxations in prone, supine, seated and side posture positions. Technique = Gonstead, Thompson, Diversified.
Hour 3	Review anatomy and normal motion of the rib cage. Discuss its influence on the mobility of the thoracic spine. Review the muscle alignments and fascial connections for coordinated motion (e.g. rhomboid / serratus anterior / external oblique / internal oblique muscles are connected by fascia to perform coordinated motion of the trunk). Examination and palpation of costovertebral articulations for static misalignment and asymmetric motion. Adjustive techniques to correct inhalation (inferior), exhalation (superior), medial and lateral subluxation/fixations of the costovertebral articulations. Technique =Gonstead, Thompson, Diversified.
Hour 4	Review the anatomy and normal motion of the anterior rib cage including the pectoralis major sternal and substernalis muscle relationships. Examination and palpation for static misalignment and joint play evaluation at the anterior rib cage: chondrosternal and chondrocostal articulations. Technique =Gonstead, Thompson, Diversified.
Hour 5	Review the anatomy and normal motion of the sternal manubrium / sternal body at the angle of Louis and mid axillary line / intercostal spaces. Examination and palpation for static misalignment and joint play evaluation at the sternal angle of Louis and at the mid axillary line intercostal spaces for superior and inferior (inhalation / exhalation) subluxations. Technique =Gonstead, Thompson, Diversified.
Hour 6	Review the anatomy and normal motion of the scapula and clavicle and their relationship to the functional stability of the thoracic spine and rib cage. Examination and palpation for static misalignment and joint play evaluation for scapulodorsal and clavicular fixations. Technique = Thompson, Diversified.