

Life University Pediatric and Prenatal Certification Program by Dr. Claudia Anrig

Instructor: Dan Prince D.C. CCEP

Course Title: Lower Extremities – Chiropractic Examination and Treatment

12 Hour Live Course

Course Description:

08:00 – 09:00	Exam Procedures / Diagnosis	Introduction: Review biomechanical alterations following spine and extremity subluxations. <ul style="list-style-type: none">● Pronation and Supination● Windlass Mechanism● Mechanics of the Lower Extremities● Influence on Spine and Pelvis● Pregnancy related considerations● Referred pain syndromes: sclerotome, dermatome and myotomes.
09:00 – 10:00	Exam Procedures / Diagnosis	Functional Foot Exam: <ul style="list-style-type: none">● Standing Foot Exam● Motion Palpation● Muscle & Orthopedic Testing● Discussion of Foot Disorders:<ul style="list-style-type: none">○ Hallux Limitus○ Functional Hallux Limitus○ Hallux Rigidus○ Abducto Hallux Valgus● Podiatric, Pedorthic and Medical co-management and referral.
10:00 – 11:00	Adjustive Technique	Specific Foot & Ankle Adjustments: Talus, Navicular, Cuneiform, 1st Ray Base, 1st MTP, Phalanges, middle and Lateral Cuneiform, Cuboid and Calcaneus
11:00 – 12:00	Exam Procedures / Diagnosis	Neurology: Lumbosacral Plexus <ul style="list-style-type: none">● Review Lower Extremity Innervation● Demonstrate Manual Muscle Testing exam
12:00 – 01:00	Lunch	

01:00 – 02:00	Adjustive Technique	Orthopedic Evaluation & Discussion: Class performs Manual Muscle testing: Gluteus Medius, TFL, Adductor, Psoas, Quadriceps, Popliteus, Gluteus Maximus and Hamstring
02:00 – 03:00	Adjustive Technique	<ul style="list-style-type: none"> ● Major muscle tests for the hip & knee ● Orthopedic tests of the hip & Knee ● Radiographic Indications ● Referral and co-management
03:00 – 04:00	Adjustive Technique	Specific Hip & Knee Adjustments <ul style="list-style-type: none"> ● Femoral anteversion/retroversion ● Patella, ● Tibia ● Fibula
04:00 – 05:00	Adjustive Technique	Discussions: Q-Angle, Patella Tracking & Chondromalacia Patella Stabilization: Taping & Bracing

Sunday Outline:

08:00 – 09:00

Exam
Procedures /
Diagnosis

Shoulder Girdle Exam

- Review of Referred pain syndromes
- Clinical Observation & Anatomical Measurements
- Active & Passive Range of Motion
- Chiropractic & Orthopedic Tests

09:00 – 10:00

Exam
Procedures /
Diagnosis

Shoulder Girdle Exam Cont'd

- Manual Muscle Testing
- Correlating your findings to the spine
- Document Your Findings by creating a "Problem List"

10:00 – 11:00

Adjustive
Techniques

Specific Shoulder Girdle Adjustments

- AC Joint
- GH Joint
- Scapulothoracic
- Rib Angle, Costo-sternal,
Cost-chondral subluxations

11:00 – 12:00

Exam &
Adjustive
Techniques

Specific Adjustments of Elbow & Wrist

Manual Muscle Testing
Review of Myofascial Pain Syndromes
