

LAKESIDE CHIROPRACTIC SEMINARS, Inc.

16511-B Northcross Dr. Huntersville, NC 28078

Phone (704) 892-4966 Toll Free (877)553-4455

Web site: www.LakesideSeminars.com

Low Tech Rehab for Today's Chiropractor

CE credits: 12 hours

I. Introduction

- a) Why do we want to know about low tech rehab?
- b) Managed care mandates
- c) Practice growth through diversity
- d) Insurance reimbursement for services
- e) Basic concepts of biomechanical analysis

II. Foot evaluation

- a) Lecture
- b) Lab (hands on with partner)

III. Muscle testing

- a) Manual muscle testing
- b) Flexibility testing as a basis for rehabilitation programs
- c) Lab - Manual muscle testing (hands on with partner)

IV. Core Stability

- a) What is its role in various problems in practice?
- b) Neck flexors and neck stability
- c) Lab – analysis, testing and exercises (hands on with partner)

V. Swiss ball

- a) A versatile tool for patients ranging from those with chronic pain to the very athletic
- b) Posture
- c) Lab - (hands on with partner)

VI. Postural awareness and correction

- a) Through anterior pelvic tilt.
- b) Useful for facet syndrome, spondylolithesis and excessive lordosis
- c) Lab (hands on with partner)

VII. Knee Rehabilitation

- a) Myofascial syndromes
- b) Various specific conditions
- c) Wobble Board
- d) more Swiss ball
- e) Elastic shock cords
- f) Lab (hands on with partner)

VIII. Upper Extremity

- a) Shoulder rehabilitation
- b) Bungie or shock cords, graded rubber bands
- c) Upper extremity rehabilitation
- d) Protocols for carpal tunnel syndrome
- Lab (hands on with partner)