

# Lakeside Chiropractic Seminars, Inc.

16511 Northcross Dr., Suite B Huntersville, NC 28078  
Charlotte area (704)892-4966 Toll free (877)553-4455  
[www.LakesideSeminars.com](http://www.LakesideSeminars.com)

## Assessment, Management, & Rehabilitation of Common Clinical Conditions

CE Hours: 12

This course will help the practicing chiropractor better understand rehabilitating the average chiropractic patient. Learn functional testing, mechanism of injury, evaluation of strength, flexibility and motor control, soft tissue methods and applicable chiropractic adjustments. This course was designed to equip the practicing chiropractor with a broad base knowledge patient treatment protocol for rehabilitative care.

- I. Stages of Healing
  - a. Inflammatory Phase
  - b. Repair/ Regeneration Phase
  - c. Remodeling Phase
- II. Shoulder
  - a. Anatomy
  - b. Common Conditions
    - i. Impingement Syndrome/Tendonitis/Bursitis
    - ii. Rotator Cuff Strain/Tear/ Post Surgical
    - iii. Shoulder Dislocations/ Subluxations
    - iv. A-C Separations
  - c. History
  - d. Outcome Assessments
  - e. Mechanism of Injury
  - f. Visual/Static Testing
  - g. Functional/Dynamic Testing
  - h. Soft Tissue Examination
  - i. Orthopedic Examination
  - j. Rehabilitation Goals
  - k. Passive Care/ Modalities
  - l. Active Care Rehabilitation
  - m. Chiropractic Adjustments and Joint Mobilization
- III. Elbow/Wrist
  - a. Anatomy
  - b. Common Conditions
    - i. Carpal Tunnel Syndrome
    - ii. Wrist Sprain/Strain
    - iii. Hand and Finger Injuries
  - c. History

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- d. Outcome Assessments
  - e. Mechanism of Injury
  - f. Visual/Static Testing
  - g. Functional/Dynamic Testing
  - h. Soft Tissue Examination
  - i. Orthopedic Examination
  - j. Rehabilitation Goals
  - k. Passive Care/ Modalities
  - l. Active Care Rehabilitation
  - m. Chiropractic Adjustments and Joint Mobilization
- IV. Knee
- a. Anatomy
  - b. Common Conditions
    - i. ACL Sprain
    - ii. MCL Sprain
    - iii. Meniscus Injuries
    - iv. Capsular Injuries
    - v. Post Surgical (ACL/MCL/PCL/Meniscus)
    - vi. Tendonitis (IT Band/ Patellar)
    - vii. Muscle injuries
  - c. History
  - d. Outcome Assessments
  - e. Mechanism of Injury
  - f. Visual/Static Testing
  - g. Functional/Dynamic Testing
  - h. Soft Tissue Examination
  - i. Orthopedic Examination
  - j. Rehabilitation Goals
  - k. Passive Care/ Modalities
  - l. Active Care Rehabilitation
  - m. Chiropractic Adjustments and Joint Mobilization
- V. Ankle/Foot
- a. Anatomy
  - b. Common Conditions
    - i. Ankle Sprains (Inversion / Eversion)
    - ii. Capsular Injuries (Bursitis)
    - iii. Post Surgical
    - iv. Tendonitis (Achilles/ Peroneal)
    - v. Muscle injuries
    - vi. Plantar Fasciitis(Heel Spurs)
    - vii.

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- c. History
  - d. Outcome Assessments
  - e. Mechanism of Injury
  - f. Visual/Static Testing
  - g. Functional/Dynamic Testing
  - h. Soft Tissue Examination
  - i. Orthopedic Examination
  - j. Rehabilitation Goals
  - k. Passive Care/ Modalities
  - l. Active Care Rehabilitation
  - m. Chiropractic Adjustments and Joint Mobilization
- VI. Lumbar Spine
- a. Anatomy
  - b. Disc Classifications
  - c. Common Conditions
    - i. Lumbar Sprain/Stain
    - ii. Stenosis
    - iii. Post Surgical
      - 1. Microdiscectomy
      - 2. Laminectomy
      - 3. Fusion
    - iv. Disc
    - v. Facet
    - vi. Spondylolysis / Spondylolisthesis
    - vii. SI Syndrome
  - d. History
  - e. Outcome Assessments
  - f. Mechanism of Injury
  - g. Visual/Static Testing
  - h. Functional/Dynamic Testing
  - i. Movement Patterns
  - j. Soft Tissue Examination
  - k. Orthopedic Examination
  - l. Rehabilitation Goals
  - m. Passive Care/ Modalities
  - n. Active Care Rehabilitation
  - o. Lumbopelvic Stabilization Protocol
  - p. McKenzie Technique
  - q. Chiropractic Adjustments and Joint Mobilization