

Chiropractic Lower Extremity Adjustive Techniques ~ 4 Hours  
 Learning Objectives  
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1. Review the anatomy of the lower extremity joints, (pelvis, hip, knee, ankle and foot).
2. Discuss the different types of feet you will encounter and there significance.
3. Explain and demonstrate chiropractic adjustments for the lower extremity joints for the purpose of making your adjustments more specific. Manipulation, drops, instrument and soft tissue. Demonstrate how you know if your adjustment was successful?
4. Explain the base strategies of how to care for injuries to the lower extremity joints. Acute versus chronic injury and hypomobility adjustments versus hypermobility treatment.
4. Explain and demonstrate how the gait mechanism connects and affects the lower extremity. (hip, knee, ankle and foot).
5. Explain and demonstrate the correlation of lumbar nerve roots with extremity dysfunction.
6. Review extremity techniques that can be incorporated into your office on Monday following this seminar.

Time	Topic
<b>Hour 1</b>	<ul style="list-style-type: none"> <li>➤ Review anatomy of the foot and ankle.</li> <li>➤ Explain &amp; demonstrate foot and ankle adjusting techniques.</li> </ul>
<b>Hour 2</b>	<ul style="list-style-type: none"> <li>➤ Review anatomy of the knee joint</li> <li>➤ Explain and demonstrate adjustments for the knee joint.</li> </ul>
<b>Hour 3</b>	<ul style="list-style-type: none"> <li>➤ Review anatomy of the hip joint.</li> <li>➤ Review and demonstrate adjustments for the hip joint.</li> </ul>
<b>Hour 4</b>	<ul style="list-style-type: none"> <li>➤ Review anatomy of the pelvis.</li> <li>➤ Review nerve root correlation of the lumbar spine.</li> <li>➤ Demonstrate how the gait mechanism affects the pelvis.</li> <li>➤ Demonstrate adjustments for the pelvis.</li> </ul>