

Back to Old School Chiropractic Technique

Gary J. Miller, DC

COURSE OBJECTIVES

After taking this 4-hour course, the student will be able to:

1. Appreciate Old School Chiropractic and the field's evolution.
2. Understand the opportunity to focus the practice on "Acute Care Chiropractic."
3. Understand the "Nimmo" cross-fiber deep tissue technique and how to apply it to the patient.
4. Delve deeper into the bond that occurs between the DC and patient before spinal manipulation.
5. Review of the paravertebral and other muscle groups which are benefited by the application of cross-fiber technique.
6. Apply special chiropractic manipulation techniques that can be applied immediately in the students' Monday morning practice.

COURSE OUTLINE

Hour 1

1. Review of some chiropractic history 1984-present.
2. Review of common mainstream techniques.
3. Discussion of the purposes of spinal manipulation in assisting the patient.

Hour 2

1. Cervical Spine Adjusting
 - a. Review of cervical spine musculature and then the application of cross-fiber techniques.
 - b. Trapezius, sub-occipital triangle and erector spinae musculature.

Hour 3

1. Thoracic and lumbar spine adjusting
 - a. Review of paravertebral musculature and the application of cross-fiber technique.
 - b. P/A adjusting vs. Dorsal anterior adjusting and when to use each.

Hour 4

2. Review of Specialty Techniques
 - a. TMJ technique
 - b. Pubic Symphysis technique
 - c. Ankle mortise technique
 - d. Temporalis work
 - e. Sinus technique
 - f. Scoliosis adjusting