



12 Hours Category A ADJUSTIVE TECHNIQUE

APPROVED CA-A-23-01-11002

Quick Release Methods for the Chiropractor: Reboot and restore the subluxation complex to normal using scientific physiological principles to benefit your technique.

Hour 1

Technique: Introduction, history and recent developments

- Discuss the history behind the discovery of and development of releasing somatic dysfunction via positional release techniques via the work of Lawrence Jones, DO, George Goodheart, DC and others
- Elucidate the basic concepts of how the body responds to stress and trauma according to Irvin Korr and how slackening the dysfunctional muscle and joint tissues works to restore normal function.
- Apply anatomy and kinesiology as a means of finding and unwinding somatic dysfunction.
- Include the learned techniques into your practice.
- Compare and contrast:
 - the rapid thrust (Diversified)
 - positional release modes of releasing subluxations or somatic dysfunction
 - Impulse and spring loaded methods
 - positional release combined with impulse or spring loaded methods

Hour 2

Technique: Scientific bases

- Summarize the muscle spindle, specifically, the anatomy and physiology of the spindle subcomponents and how it regulates function of skeletal muscle.

- Breakdown the neural reflex mechanisms of the muscle spindle and Golgi tendon organ and appreciate how these mechanisms operate in both somatic function and dysfunction.
- Explain the hypothesis of the “facilitated segment” of Irvin Korr, PhD, aka somatic dysfunction, explained both in terms of neurology and by analogies so as to be clear to both the doctor and the patient
- Learn how Korr describes hypothesis of release of subluxations via stimulus of the Golgi tendon organ
- Introduce Dr. Lawrence Jones hypothesis of how the muscle spindle can be reset, when in dysfunction, by putting it into slack for 90 seconds.
- Unveil the latest finding: how both Korr and Jones’ hypotheses, put together, can instantly reset subluxations to normal function without an osseous thrust.
- Identify somatic dysfunction via locating tender points and learn the mechanism of slackening in order to relieve the tender point reactivity and restore normal function to the muscle and j

Hour 3

Technique

Upper cervical analysis and correction: Occiput, C1 and C2

Associated tender points and how they correlate to Diversified listings, positions of release for these regions, the 90 second hold and the quick release technique options available for each subluxation pattern. Correlation with Diversified approaches to release of these segments, and associated proper ergonomics for the chiropractor's safety and efficiency.

Hour 4

Technique

Anterior cervical tender points and releases C3-7, Anterior Longitudinal Ligament and Sternocleidomastoid analysis and correction

Associated tender points and how they correlate to Diversified listings, positions of release for these regions, the 90 second hold and the quick release technique options available for each subluxation pattern. Correlation with Diversified approaches to release of these segments, and associated proper ergonomics for the chiropractor's safety and efficiency.

Hour 5

Technique

Posterior Cervical tender points C3-7, Scalenes analysis and correction

Associated tender points and how they correlate to Diversified listings, positions of release for these regions, the 90 second hold and the quick release technique options available for each subluxation pattern. Correlation with Diversified approaches to release of these segments, and associated proper ergonomics for the chiropractor's safety and efficiency.

Hour 6

Technique

Anterior Thoracic tender points analysis and correction

Associated tender points and how they correlate to Diversified listings, positions of release for these regions, the 90 second hold and the quick release technique options available for each subluxation pattern. Correlation with Diversified approaches to release of these segments, and associated proper ergonomics for the chiropractor's safety and efficiency.

.Hour 7

Technique

Anterior Ribs T1 - T6 and intercostal muscles 4-6 tender analysis and correction

Associated tender points and how they correlate to Diversified listings, positions of release for these regions, the 90 second hold and the quick release technique options available for each subluxation pattern. Correlation with Diversified approaches to release of these segments, and associated proper ergonomics for the chiropractor's safety and efficiency.

Hour 8

Technique

Posterior Thoracics analysis and correction

Associated tender points and how they correlate to Diversified listings, positions of release for these regions, the 90 second hold and the quick release technique options available for each subluxation pattern. Correlation with Diversified approaches to release of these segments, and associated proper ergonomics for the chiropractor's safety and efficiency.

Hour 9

Technique

Anterior lumbar tender points analysis and correction

Associated tender points and how they correlate to Diversified listings, positions of release for these regions, the 90 second hold and the quick release technique options available for each subluxation pattern. Correlation with Diversified approaches to release of these segments, and associated proper ergonomics for the chiropractor's safety and efficiency.

Hour 10

Technique

Posterior lumbar points L1-5 and Upper and Lower Pole L5 on pelvis analysis and correction

Associated tender points and how they correlate to Diversified listings, positions of release for these regions, the 90 second hold and the quick release technique options available for each subluxation pattern. Correlation with Diversified approaches to release of these segments, and associated proper ergonomics for the chiropractor's safety and efficiency.

Hour 11

Technique

Anterior Pelvic Tender Points, Diversified corollaries PI, IN, AS, and EX ilium, Sacral base anterior, posterior analysis and correction

Associated tender points and how they correlate to Diversified listings, positions of release for these regions, the 90 second hold and the quick release technique options available for each subluxation pattern. Correlation with Diversified approaches to release of these segments, and associated proper ergonomics for the chiropractor's safety and efficiency.

Hour 12

Technique

Posterior pelvis and femoroacetabular hip joints analysis and correction

Associated plane lines of the facets and primary ranges of motion, muscle origins, insertions, actions, and positions of release using the concept of approximation of the joints and muscles as a means of somatic dysfunction release. Correlation with Diversified approaches to release of these segments, and associated proper ergonomics for the chiropractor's safety and efficiency.

Recap and Review