SATURDAY, OCTOBER 20 & SUNDAY, OCTOBER 21

PRESENTER: Dr. Mark N. Charrette

"Lower and Upper Extremity Technique with Basic Rehab and Stabilization"

- 8:00 am – 5:30 pm (7 Hours of CEU on Saturday)
- 8:00 am – 12:00 pm (4 Hours of CEU on Sunday)

Outline:

This presentation covers basic biomechanics, neurology, examination procedures, indicators, and adjusting protocols for the most common subluxation patterns of the feet, knees, hips, wrists, elbows, and shoulders that are found in the typical chiropractic practice.

This course is a "hands-on" workshop designed for the doctor to quickly acquire adjusting skills for the most commonly encountered extremity conditions. Also covered in this course are simple stabilization and rehabilitative procedures for the extremities.

I. Introduction and Review of Basic Terminology
   A. The kinetic chain
   B. Basic lower extremity biomechanics
   C. Lower extremity developmental pattern

II. Joint Dysfunction
   A. Dysafferentation
      1. Mechanoreception
      2. Nociception
   III. Common Lower Extremity Patterns

A. The Foot
   1. Pronation Protocol Adjustments
      (deliberate practice format)
      a. Navicular
      b. Cuboid
c. Cuneiform
d. Metatarsals 2-3-4
e. Metatarsals 1 & 5
f. Talus
g. Calcaneus
h. Fibula
i. Workshop

2. Other Foot Adjustments
a. Heel spur adjustment
b. Hallux Valgus
c. Toe Adjustments
d. Supination Pattern

B. The Knee (deliberate practice format)

1. Wrist Extension Thrust Technique
   a. Listings
   b. Indicators
2. Patella
3. Rehabilitative Exercises

C. The Hip (Deliberate Practice Format)
1. Internal Rotation
2. External Rotation
3. Wrist Extension Hip Adjustment
4. Hip Mobilization

D. The Typical Wrist - Wrist Protocol Adjustments
1. Scaphoid
2. Triquetrum
3. Lunate
4. Radius-Ulna
5. Carpal-Metacarpal
6. Proximal Row carpals
7. Distal Row Carpals

E. The Typical Elbow - Elbow Protocol Adjustments
1. Radial-Ulnar Adjustment
2. Humeral-Ulnar Adjustment
F. The Typical Shoulder - Shoulder Protocol

1. Glenohumeral Joint
2. Acromioclavicular Joint
3. Sternoclavicular Joint
4. Scapula
5. First Rib
6. Trigger Points

About Mark N. Charrette, DC
Dr. Mark N. Charrette is a 1980 Summa Cum Laude graduate of Palmer College of Chiropractic in Davenport, Iowa. He is a frequent guest speaker at twelve chiropractic colleges and has taught over 1,800 seminars worldwide on extremity adjusting, biomechanics, and spinal adjusting techniques. His lively seminars emphasize a practical, hands-on approach.

Dr. Charrette is a former All-American swimmer, who has authored a book on extremity adjusting and also produced an instructional video series. Having developed successful practices in California, Nevada, and Iowa, Dr. Charrette currently resides in Irving, Texas.