



Sacro Occipital Technique Organization – USA

SOT Categories Part Two (12 hours) – Syllabus

- Objective:** This seminar covers category one and three analysis and treatment protocols in their entirety with discussion about transitioning between categories one, two and three. Category three care focuses on the treatment of the acute low back pain patient with protocols for the care of a patient that can barely walk or stand. This is both a gentle and effective manner of creating lumbar decompression using pelvic blocks, gravity, and finger pressure. Category one care is particularly important for the care of patients with severe osteoporosis or do not prefer to received high velocity low amplitude (HVLA) manipulation. This method of care is a valuable for patients with sacroiliac joint fixation, pelvic torsion, and spinal CSF stagnation issues.
- Hour One:** Introduction to Sacro Occipital Technique (SOT) and its founder Major Bertrand DeJarnette, DO, DC. Review SOT category analysis, differential diagnosis and evaluation.
- Hour Two:** Introduction to category three, clinical cautions – red flags, standing and overview of postural and symptom presentation analysis. Review: Psoas assessment and treatment, leg length analysis, block placement for category three and pain control methods.
- Hour Three:** Piriformis muscle syndromes (SOTO and increased muscle tension) and introduction to R+C Factors (lumbar and cervical relationships).
- Hour Four:** R+C Factors, orthopedic block placement and treatment for lumbar rotational patterns and lumbar (disc compression) patterns.
- Hour Five:** Sitting disc technique, basic cranial three, review of category three protocols and rehabilitative ergonomics and activities.
- Hour Six:** Introduction to category one, basic cranial one, atlas Achilles (heel) tension relationships and atlas adjusting (dural and osseous), leg length analysis, releasing heel tension, and assessing pelvic torsion.
- Hour Seven:** Category one block placement, evaluating primary dollar (gluteal) and/or crest (sacrospinalis) activity levels.
- Hour Eight:** Treatment of the primary dollar and/or crest reflex. Introduction to SB+/- cough test and adjustment

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- Hour Nine:** SB+/- cough test, adjustment and assessment of active vasomotor vertebral levels.
- Hour Ten:** Occipital fibers: Palpation of line one and two fibers with related vertebral adjustments.
- Hour Eleven:** Review category one and three from start to finish.
- Hour Twelve:** Review of all three categories and transitioning care between categories.
- Hour Thirteen:** Assessing and treating patients with lumbar anterolisthesis - spondylolisthesis
- Hour Fourteen:** Introduction to chiropractic manipulative reflex technique (CMRT) with treatment of gastroesophageal reflux and hiatal hernia symptoms.

Instructor: Charles L. Blum, DC

Dr. Blum is adjunct research faculty at Cleveland Chiropractic College and associate faculty at Southern California University of Health Sciences, teaching TMD Dental Chiropractic Co-Treatment and Sacro Occipital Technique (SOT). Dr. Blum also teaches the SOT elective class at Palmer College of Chiropractic West. Dr. Blum is a Certified SOT Cranial Practitioner with over 35 years of experience teaching and practicing SOT. He worked personally "one on one" with Dr. DeJarnette from 1980-86, and is on the peer review boards of the Journal of Craniomandibular and Sleep Practice (CRANIO), Association of Chiropractic College Conferences, and Journal of Chiropractic Medicine.