AECC

Continuing Professional Development

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Management of Disc Herniations & Soft Tissue Conditions

10-11 March 2018

Presented by: Dr Todd Turnball, DC, CCSP

This course gives the doctor additional tools to be confident in evaluating, documenting, correcting, and rehabilitating disc and soft tissue injuries. Easy to implement with any technique or practice style.

	Early Bird	After 05/02/18
AECC GA/TAM/ECU/RCC	£270	£338
Non Members	£290	£363
Students	£130	£163

Early bird discount for bookings received on or before 5 Feb 2018

ANGLO-EUROPEAN
COLLEGE OF CHIROPRACTIC

Musculoskeletal and disc injuries include bony and soft tissue components. This course covers the neuro-muscular response to injury and provides a plan to evaluate and document neuro-muscular dysfunction. Participating doctors will receive instruction on how to accurately diagnose and restore normal muscle function using both instrument (impulse type tools and massage devices) and hands-on correction. Correction of soft tissue conditions will focus on properly stimulating proprioceptors to restore musculoskeletal function and eliminate pain. Positively stimulating the golgi tendon organs, using a tolerable force, dampens the autogenic inhibition reflex and reduces muscle tension, relieves joint stress and restores muscle power output toward normal.

This course will also cover the neuro-muscular response to disc conditions and provide protocols to evaluate and document associated musculoskeletal dysfunction. Disc decompression therapies will be applied to various patient populations. Rehabilitation protocols that promote increased joint mobility and strengthen dysfunctional muscles will be demonstrated. Outcome-based assessment tools will be utilized to document patient progress.

Educational Objectives include:

- Describe neuro-muscular physiology as it relates to disc and soft tissue injuries.
- Interpret neurological tests to determine levels of disc and soft tissue involvement.
- Assess static range of motion coupled with cross-plane evaluation.
- Analyse dynamic joint motion using outcome-based assessment.
- Interpret manual muscle testing using eccentric break testing.
- Develop muscle palpation skills and grade muscle tonicity.
- Demonstrate manual methods to reduce neuromuscular dysfunction.
- Create new memory engrams to correct chronic conditions.

Monday Morning you will be able to

- Evaluate disc and soft tissue conditions with confidence
- Document your findings more accurately
- Treat conditions successfully using tools to confirm your diagnosis and treatment progress
- Have more fun helping a greater variety of conditions
- Change people's lives and the world :-)

Dr. Todd Turnbull, DC, CCSP Since graduating from Life University in 1991, Dr. Turnbull has maintained a sports practice focused on helping athletes unleash their full potential. He completed the Certified Chiropractic Sports Physician program at Palmer University in 2001.

Dr. Turnbull has been post-graduate faculty for several Chiropractic institutions, has developed courses for ChiroCredit.com and written numerous articles on Concussions, Disc Herniations, Rehabilitation and Soft Tissue Diagnosis and Treatment.

ACCREDITED FOR 14 CPD POINTS BY THE EUROPEAN ACADEMY OF CHIROPRACTIC

Registration: Saturday 08:45
Saturday 09:00 - 17:00
Sunday 09:00 - 17:00

Lunch on Saturday & Sunday & Refreshments provided

Day 1

0900-1000 - Basic Sciences

Introduce principles of soft tissue diagnosis and treatment.
Review skeletal muscle anatomy and physiology.
Discuss neurophysiology of musculoskeletal conditions.
Explore methods to restore musculoskeletal homeostasis. Integrate neural engrams to correct neuromuscular dysfunction.

1000-1100 - Examination/Diagnosis

Introduce outcome-based evaluation tools for musculoskeletal diagnosis.
Identify postural distortions and mobility challenges.
Demonstrate palpation skills for various soft tissues.
Grade muscle tonicity and tenderness.
Assess functional strength using eccentric break muscle testing.

1100-1200 - Examination/Diagnosis/Technique

Identify anatomical structures of the cervical region. Review common conditions associated with the cervical spine. Assess static and dynamic cervical ranges of motion.
Demonstrate manual muscle testing to find cervical dysfunctions.
Demonstrate manual methods to reduce cervical dysfunction.

1200-1300 - Lunch Break

1300-1400 - Examination/Diagnosis/Technique Identify anatomical structures of the thoracic region.
Review common conditions associated with the thoracic spine and ribs.
Assess static and dynamic thoracic ranges of motion.
Demonstrate manual muscle testing to find thoracic and rib dysfunctions. Demonstrate manual methods to correct of thoracic and rib dysfunction.

1400-1500 - Examination/Diagnosis/Technique

Identify anatomical structures of the lumbar region. Review common conditions associated with the lumbar spine. Assess static and dynamic lumbar ranges of motion.
Demonstrate manual muscle testing to find lumbar dysfunctions.
Demonstrate manual methods for correction of lumbar dysfunctions.

1500-1600 - Examination/Diagnosis/Technique

Identify anatomical structures of the core region.
Review common conditions associated with the core region.
Assess static and dynamic core ranges of motion. Demonstrate manual muscle testing to find core dysfunctions.

Demonstrate manual methods for correction of core dysfunctions.

1600-1700 - Examination/Diagnosis/Technique

Identify anatomical structures of the pelvis region. Review common conditions associated with the pelvis. Assess static and dynamic pelvic ranges of motion.
Demonstrate manual muscle testing to find pelvic dysfunctions.
Demonstrate manual methods for correction of pelvis dysfunctions.

Day 2

0900-1000 - Basic Sciences

Recognize lumbar disc signs and symptoms.
Differentiate disc prolapse from disc extrusion.
Identify anatomical structures related to lumbar disc conditions. Describe neuro-muscular physiology as it relates to disc injuries. Determine appropriate exam procedures for diagnosing disc conditions.

1000-1100 - Examination/Diagnosis

Recognize cervical disc signs and symptoms.
Identify anatomical structures related to cervical disc conditions. Assess static range of motion coupled with cross-plane evaluation. Analyze dynamic joint motion using outcome-based assessment tools. Interpret manual muscle testing using eccentric break testing protocols.

1100-1200 - Examination/Diagnosis/Technique

Develop muscle palpation skills and grade muscle tonicity.
Interpret neurological tests to determine levels of disc involvement.
Design treatment plans based on exam findings.
Apply manual manipulation techniques to address the lumbo-pelvic joints.
Demonstrate manual methods to reduce core muscular dysfunction.

1200-1300 - Lunch Break

1400-1500 - Diagnosis/Technique

Demonstrate manual manipulation to address the cervical joint lesions. Apply manual methods to reduce cervical dysfunction.
Create new muscle memory patterns to correct chronic conditions.
Compare pre- and post-treatment findings to support care plans.

1500-1600 - Rehabilitation

Measure pain, agility and joint crepitus with outcome-based tools. Use circumduction training exercises to improve joint mobility. Integrate PreActive StretchingSM protocols to reduce muscle tension. Devise protocols for the involved region using graduated isometrics.

1600-1700 - Rehabilitation

Discuss mechanical traction therapies to reduce disc pressure. Compare inversion therapy, supine traction and vertical distraction. Define contra-indications for decompression therapy.
Apply appropriate decompression therapy to various patient populations.
Demonstrate mobility exercises used to enhance decompression.