Instructors: Gregory G. Bruno, DC, CCEP; Michael Krasnov, DC, CCSP, CCEP

Course Objective: Areas beyond the articulations must be evaluated and altered for complete healing to occur. You will learn that the articulations and soft tissues of the body are directly related and continuous throughout the body. We will learn hands-on methods for the evaluation and treatment of these conditions.

Course Outline: Learn hands-on methods for the evaluation and treatment of myofascial syndromes, peripheral and secular entrapments; muscle, tendon and ligamentous restrictions; to relieve pain and prevent recidivism of chiropractic subluxation complexes; proper diagnosis and treatment of extremity soft tissue injuries.

8:00-9:00am
Introduction
Fundamentals of the soft tissues of the body; tendonitis vs tendonosis, fascia; the makeup of collagen, gel matrix and ligaments, soft tissue pathology
Rationale for friction massage of soft tissues

9:00-10:00am
Major elements of soft tissue and connective tissue
Introduction to Cyriax work
Fundamentals of soft tissue examination: passive and active tissues, joint play and end feel, capsular lesions and end feel

10:00-11:00am
Detailed approach to a proper functional extremity exam
Passive vs active examination
Introduction to the examination of the hip, passive

11:00-12:00pm
Examination of the hip, active
Common conditions of the hip and their treatments
Hands on workshop on friction massage and treatment of hip conditions, strokes, depth, pressure, timing

12:00-1:00pm(Lunch)

1:00-2:00pm
Hands on workshop on hip treatments continues
Introduction and review of the knee and anatomy
Passive vs active examination of the knee

2:00-3:00pm
Conditions of the knee: ITBS, Plica syndrome, Meniscal evaluation, compartment syndromes,
Hands-on workshop on the evaluation and treatment of the knee

3:00-4:00pm
Continuation of hands on for the hip and knee and their integration
Summation of material learned so far and review of proper friction massage

4:00-5:00pm
Introduction to the foot and ankle anatomy, entrapment and injury review for the foot and ankle,
Passive vs active exam of the foot and ankle

5:00-6:00pm
Treatments for the foot and ankle using friction massage
Conditions of the foot and ankle. Neuromas, tendinoses, stress fractures and their evaluation, Achilles tendinosis, plantar fascitis

**Day 2**

8:00-9:00am
Introduction and review of shoulder anatomy
Passive vs active evaluation of the shoulder

9:00-10:00am
Hands on evaluation and treatment of the shoulder
Conditions of the shoulder and their treatments; frozen shoulder, rotator cuff tendinosis of each cuff muscle, shoulder bursa evaluation,

10:00-11:00am
Continuation of shoulder evaluation and treatments

11:00am-12:00pm
Passive and active evaluation and treatments to the elbow
Conditions of the elbow; lateral and medial epicondylitis, loose bodies, Pronator Teres syndrome
12:00-1:00pm
Passive vs active evaluation of the wrist and hand
Use of soft tissue techniques for carpal tunnel syndrome, DeQuervain’s Syndrome, forearm entrapments commonly seen,

1:00-2:00pm
Brief lecture on other soft tissue techniques including myofascial release and Graston Technique
Brief introduction to the causes and effects of trigger points in the shoulder area

The course is 50% lecture and 50% hands on adjusting and technique workshop