

THE MODERN DAY CHIROPRACTOR

MOTION PALPATION INSTITUTE NEWSLETTER

"The hands are and always will be the most diagnostic and therapeutic tool ever invented." Karel Lewitt, MD

Letter from the editor:

Fall has fallen and things are getting ramped up in the schools again. This is the perfect time to get new students introduced and excited about MPI. Reps this is your time to expand your teaching skills and the MPI platform. Reps...if you would like more than 1 instructor you need to start promoting the course as soon as you know it's scheduled. We need approximately 60+ to get more than 1 instructor. Thanks.

-Corey Campbell, DC, ACRB 1

*Dr. Mark King is looking for students interested in preceptorship. Free housing 10 minutes from the office. MPI reps get priority. Great opportunity!

ADJUSTMENT OF THE MONTH:

Eversion of the subtalar joint

- ✓ **Palpate:** Patient is supine. Dr. is seated between the patient's legs facing away from the patient. Inform the patient where you're going to sit. The involved leg around the Dr's waist. **Stabilize:** The talus. **Joint play:** The calcaneus into Eversion.
- ✓ **Adjust:** Use the Thuli speeder board. Stabilize the talus and hold the calcaneus in eversion and thrust on the speeder board. **Option 2:** Place the calcaneus off the speeder board along the subtalar joint line. Supinate the fore-foot and thrust the calcaneus down in eversion. "Break the calcaneus along the subtalar joint line." See pictures.

PRACTICE BUILDING TIP:

Schedule an event at your office. You can hold educational talks for your patients and their families, open houses for upcoming changes or patient appreciation. You can even have open houses for your chiro schools to use as recruitment platforms.

CASE MANAGEMENT & CLINICAL PEARLS:

Plantar fasciitis (PF):

*HX: Pain on the medial plantar surface of the calcaneus. Heel pain is worse in the morning and upon rising. DOESN'T have to be a runner.

- **Palpate:** Medial plantar surface with your thumb. This should elicit original complaint. Palpate the sub-talar joint, ankle mortis and mid-foot. PF is a traction of the plantar fascia and can be caused by (1) the rigid foot (2) repetitive strain or (3) the hyper-pronated or loose, sloppy foot.
- **Palpate:** Gastrocnemius and soleus. Deep peroneals of the lower leg.
- **Test:** Gait analysis is important. Need to determine if the foot is supinated or pronated. Need to determine if the ankle mortis is dorsiflexing correctly and there is control of the lower extremity most notably in the eccentric phase. 1-leg standing test. 6-inch step down tests.
- Look for proper calcaneal eversion, ankle mortis dorsiflexion, and eccentric control femur valgosity.

➤ Treatment: 2 scenarios: (

- (1) Supinated foot: Adjust the subtalar joint and ankle mortis if needed. Soft tissue release techniques for the gastroc/soleus and further up if indicated. If repetitive then Graston may be a good option here.
 - (2) The pronated foot: Lower quarter rehab. Stabilize the foot (i.e ski jump exercise), lunge-reach patterns to create supination, restore dorsiflexion and hip stability. Adjust the ankle mortis or SIJ if indicated.
- Other considerations: Stress fracture is possible: You would need an MRI to confirm this. If a spur is present then cortisone injection may be helpful but is not a cure. Surgical removal usually does poorly unless the offending kinetic chain problem is addressed.

UPCOMING MPI EVENTS:

September 19-20:Chicago, IL

Lower Quadrant Functional Assessment and Treatment
Mark King DC

November 12 Cincinnati, OH Drake Center:

Lower Quadrant Functional Assessment and Treatment. 1-day
12 hour course.

Corey Campbell, DC and Mark King DC

Oct 10-11 Davenport, IA:

Upper Quadrant Functional Assessment & Treatment.
Corey Campbell, DC

Oct 17-18 Daytona, FL Hilton Garden:

Extremities

Mark King, DC

Oct 17-18 Overland Park, KS:

Full Spine

Sarah Macchi, DC *

Oct 24-25 St. Louis:

Cervical & Thoracic Spine

Corey Campbell, DC & Brett Winchester, DC

November 14-15 Seneca Falls, NY:

Cervical and Thoracic Spine

Corey Campbell, DC

January 23-24, 2010 Portland, OR:

Lower Quadrant Functional Assessment and Treatment
Brett Winchester, DC

*Dr. Campbell will join Dr. Macchi if participation is large enough to warrant this.

* Special events:

*Adjust-a-thon March 27-28, 2010, Davenport, Ia.

*Upper Quadrant Functional Assessment and Treatment.
Whiplash emphasis. March 13-14 2010 Park City, Utah

To schedule a seminar please contact Mark King at:

MAKMLCC@aol.com.

Please visit us at www.motionpalpation.org and www.mpiclub.org.

Submit newsletter questions/topics to motorcontroldc@yahoo.com.

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Palpation of the subtalar joint/ eversion.



Adjustment for subtalar joint: Eversion.



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