

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:

First of all I would like to apologize for the delay in the newsletter. We (The Nebraska Spine Center) recently moved into a new facility and with that came many changes (i.e. going completely paperless) that took some working out. Luckily, it's all worked out and there will be no more interruptions in the newsletter.

This past year I have been lucky enough to see a small club flourish in Portland from a small club of 4 or 5 to recently having over 30 at seminar. Brett, Terry, Mark and Sarah continue to tear it up and interest continues to grow. I feel it's important to mention that if you see something new at a seminar to let others know about it. The dynamic paradigm continues to improve and the shift is occurring. Clinically we are creating some of the best doctors in the nation. Be proud of that fact and let others know.

-Corey Campbell, DC, ACRB 1

ADJUSTMENT TIP OF THE MONTH:

1st Rib adjustment:

- Palpate seated. Start with cervical extension, lateral flexion to the same side and contralateral cervical rotation. Palpate under the scalenes and behind the clavicle. Feel for the 1st rib to move down and away or "bounce" with joint play. The other option is to have the opposite arm up on your leg (you are behind the patient). Same motion only move away (glide the arm that is resting on your leg) and feel for the same motion.
- **Seated:** Use a reinforced index finger (Similar to the CT junction) only the contact is more anterior and lateral (A to P tissue glide). Laterally flex all the way and impulse/thrust through the opposite shoulder.
- **Supine:** Same contact or you can use a thumb contact. More impulse less thrust.

PRACTICE BUILDING TIP:

Call your local AM radio station and inquire about doing a call in section on a set time every week or month. These are usually very cheap or free and it gives you a chance to position yourself as an expert in the field.

CASE MANAGEMENT & CLINICAL PEARLS:

Thoracic Outlet Syndrome:

- *Always check for red flags in history.
- *Hallmarks to look for:
 - Whole hand numbness.
 - Paresthesia will cross dermatomes.
 - Whiplash or hyper-rotation mechanism.
 - Orthopedic tests that may be positive:
- *Allen's *Adson's *Roo's *Costoclavicular Tests

Palpate: Anterior and middle scalenes and Pectoralis minor.

Palpate: **Cervical spine** ESPECIALLY for flexion and ipsilateral rotation restrictions from C5 to C7.

Upper thoracic spine (if this is restricted it must be cleared first or all other treatment will be much less effective). **1st rib and sternoclavicular joint.**

Test: T4 extension, length and pliability of the Pectoralis minor and scalene musculature.

Cervical spine stability with C0-C1 flexion test. Neural tension tests.

Treatment: Adjust restrictions found in the upper thoracic, lower cervical spine, 1st rib, and sternoclavicular joints. PIR for the noted muscular involvement.

Rehab: Stretches for the shortened muscles mentioned, upper thoracic mobilizations (foam roller or exercise ball) cervical spine stabilization, nerve flossing if indicated.

UPCOMING MPI EVENTS:

JAN 31-FEB 1 CMCC, Toronto, Ontario:

Cervical and Thoracic Spine Analysis and Adjustive Technique.

Brett Winchester, DC

JAN 31-FEB 1 St. Louis:

Lower Quadrant Functional Assessment & Treatment (

Corey Campbell, DC

Feb 7-8 Seneca Falls NY, NYCC:

Upper Quadrant Functional Assessment and Treatment.

Corey Campbell, DC

Feb 7-8 Portland, OR:

Upper Quadrant Functional Assessment and Treatment.

Mark King, DC

Feb 21-22 Chicago, IL:

Full Spine Assessment & Adjustive Technique (FEMALE ONLY) Sarah Macchi, DC

March 21-22 Toronto, ON, CMCC:

Extremity Analysis and Adjustive Technique.

Corey Campbell, DC

March 28-29 C Chicago, IL:

MASTERS SERIES: GAIT

Corey Campbell, DC; Mark King, DC; Brett Winchester, DC; Tom Lotus, DC

If you are planning on having a course come to your college please get possible dates and the course desired to Mark King, DC soon at MAKMLCC@aol.com.

Please visit us at www.motionpalpation.org.

Please submit questions for our next newsletter to motorcontroldc@yahoo.com

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