

**Title: Safe and Powerful Adjustment Techniques for Spine and Extremities.
Sabrina Atkins, DC**

Course Description: 16 Year–NBA Chiropractic Physician. Chiropractor for the NBA Bubble, Dr. Sabrina Atkins shares some of her tricks of the trade working in athletics, in a male dominated sport, in a male dominated industry and with athletes twice her size. Dr. Atkins has manually adjusted for over 25 years utilizing a variety of manual technique strategies. Join her and learn ways to provide proficient care, and specific, powerful adjustments to the spine and extremities while using strategies she has developed to avoid stress and strain on your own body therefore avoiding your own injury.

Hour 1:

Explain and discuss:

Background in sports chiropractic

Compensation and stress patterns created by manually adjusting

Risk of injury and challenges – not just for the little people

Limitations of practitioner as well as patient

Process of developing skill and mastery of skill

Difference between power and force/strength

Taking the individual into consideration when choosing when, what, and why to adjust – or not.

Demonstration:

Thoracic and Shoulder

Assessment to determine need

Biomechanics to protect yourself

Biomechanics to create accurate leverage to deliver specific adjustment.

Importance of maintaining professionalism and competency

Anatomical considerations for creating comfort to reduce tension and resistance from patient

Hour 2:

Discussion and demonstration:

Break out on biomechanical self-awareness and functional exercises needed to maintain our own bodies.

Demonstration:

Lower back and lower extremities:

Assessment to determine need

Biomechanics to protect yourself

Biomechanics to create accurate leverage to deliver specific adjustment.

Importance of maintain professionalism and competency

Anatomical considerations for creating comfort to reduce tension and resistance from patient

Learning Objectives:

1. The doctor will be able to utilize motion and static palpation both segmentally and regionally to determine adjustment required for spine and extremities.
2. The doctor will understand the role that biomechanics and body awareness play in delivering powerful and accurate manual adjustments while avoiding injuries.
4. The doctor will understand the importance of taking the individual into consideration when determining what adjustment to deliver and how as well as when to not to adjust.
5. The doctor will be able to use leverage to create power instead of force to deliver specific adjustments.