

Fixing Difficult Extremities

Applied Kinesiology Meets Upper & Lower Extremities

Prior AK Experience Is **NOT** Needed To Apply These Principles

Shoulders

Saturday 8:00-5:00

Arms

Hour 1 Extremities are very difficult to treat as many different muscles can limit range of motion and pain. Understanding the dynamics of muscles and the relationship to the different extremities is a key factor to fixing unresponsive cases. The following is an hour discussion of the muscles, their origin and insertion points, their function, methods of assessing weakness, therapy applications and nutrition where applicable as they relate to upper and lower extremities.

Elbows

Hour 2 Extensor Hallucis Longus, Extensor Hallucis Brevis, Flexor Hallucis Brevis, Flexor Hallucis Longus

Wrists

Hour 3 Soleus, Gastrocnemius, Peroneus Longus & Brevis, Peroneus Tertius, Tibialis Posterior, Tibialis Anterior

Hands

Hips

Hour 4 The Feet: Gait abnormalities, stride length, toe off, swing gait, limp and stiffness will be assessed. Look for recurrent structural faults of all types of dysfunctions (i.e. foot, ankle, low back, sciatica, shoulder, neck, etc.).

Legs

Examination: Always check history for foot injuries, trauma, pain, soreness etc. Watch the patient closely when they move around the room.

Knees

Lunch

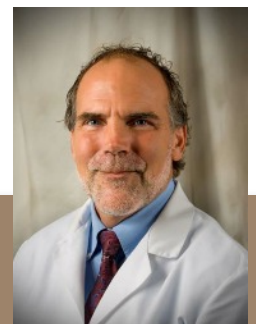
Ankles

Hour 5 The Feet continued: The things that lead you to the foot are information from the patient's history and initial examination. Assess neurology, acupuncture meridians, weak muscles, gait related acupuncture problems, and gait reflexes. Also assess whether there any difficulty which appears as a result of long standing or sensitivity to shoes, organic problem involving the urinary tract or adrenals.

Feet

- over -

A Don't Miss 14-Hour Class



Dr. Louis Boven, DC, DICA

Fixing Difficult Extremities

Shoulders

Hour 6 The Feet *continued*: Diagnosis & Treatment When areas are found that negated weakness, challenge and correct. Remember when challenging extremities, always adjust into strength. Aspects to treatment include stretch weakness, aerobic/anaerobic testing, determining need for EFA's, iron or pantothenic acid, myo or ligament interlink. Check foot for subluxation using shock absorber technique.

Arms

Hour 7 Tarsal Tunnel Syndrome The tarsal tunnel is formed by the talus, calcaneus, and flexor retinaculum (AKA laciniate ligament). The tendons of the posterior tibialis, flexor digitorum longus, and flexor hallucis longus muscles, as well as the posterior tibial artery, vein and nerve pass through this tunnel. The entrapment usually occurs as a result of a posterior move of the calcaneus, which stretches the retinaculum and plantar fascia affectively collapsing the tunnel.

Elbows

Wrists

Hour 8 Knees: The knee is one of the most commonly injured joints in athletics, and through conventional methods, one of the most difficult to rehabilitate. Bones, muscles, cartilage - primary ligaments

Hands

Sunday – 8:00-2:00

Hour 9 Knees *cont.*: observations, orthopedic tests, causes of knee injury, diagnosis and treatment.

Hips

Hour 10 Carpal Tunnel Syndrome: Symptoms, mechanics and etiology, diagnosis, carpal tunnel correction.

Legs

Hour 11 Elbows: Common causes of elbow dysfunction: metabolic & digestion. Most common are I.C.V. and stomach. Most muscles which cross the elbow joint are related to stomach. How to assess, diagnose and treat.

Knees

Hour 12 Shoulders: Cubital Tunnel Syndrome: How to assess, diagnose and treat shoulders. The shoulder has the greatest range of motion of any joint in the body. The actual joint is a ball and socket formed by the ball of the head of the humerus.

Ankles

Hour 13 Shoulders *cont.*: How to assess, diagnose and treat muscles associated with the shoulder.

Feet

Hour 14 Shoulders *cont.*: Clinical pearls, nutrients that support the different muscles that support the shoulder. Demonstrate and correct any shoulder issues. Workshop any areas that may bring questions.

May 20th & 21st Saturday 8:00-5:00 Sunday 8:00-2:00
Chicago Marriott Oak Brook, 1401 W. 22nd St., Oak Brook, IL (844-258-3934)
616-392-2166 to register

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