



Chiropractic BioPhysics
CBP—The Science of Spinal Health

2020

Module 6. CBP® Thoracic Rehab & Case Management

August 8 – 9, 2020

Course Title: Structural Rehabilitation of the Thoracic Spine & CBP Case Management

Instructors: Dr. Deed Harrison, Dr. Joe Betz, Dr. Joe Ferrantelli, Dr. Don Meyer, Dr. Jason Jaeger

Course Objective: This course provides an integrated education for the Doctor of Chiropractic in the Art and Science of chiropractic with an emphasis on postural and spinal distortions of the thoracic spine. Normal values for the sagittal plane of the thoracic kyphosis will be detailed from the literature and age related changes of the thoracic spine are reviewed. The relationship of the thoracic spine to the lumbar and cervical regions will be discussed. A major emphasis is placed on understanding the role of thoracic spine disorders and subluxations to patient health and disease conditions. Examination and documentation procedures will be reviewed mainly for thoracic vertebral subluxation complexes but lumbar and cervical subluxation complexes will be reviewed too. Chiropractic adjustive and rehabilitative treatment techniques for thoracic, lumbar, and cervical subluxations will be detailed. A survey of research material will be reviewed supporting the utilization and efficacy of Chiropractic Biophysics technique treatment methods across a spectrum of patient conditions.

Total Hours: 12

Saturday

9am – 11am

Thoracic Spine Biomechanics, Subluxation Patterns, & Health Disorders

- Review of thoracic kyphosis normative data for pediatrics, adults, and geriatrics
- Review of the Harrison sagittal plane spinal thoracic model
- Biomechanics of thoracic posture displacements
- Altered thoracic kyphosis and postural displacements and health consequences

11am – Noon

Detailed Overview of CBP Examination Procedures

- Structural based outcome measures: PosturePrint® Posture analysis and spine alignment
- Functional based outcome measures: Range of motion, Algometry, Semg, etc
- When and which outcome questionnaires: Numerical rating scale, Oswestry low back pain, Neck disability index, SF-36, SF-12, SF-10
- 6-12 Visit Interim-examination: What outcome assessments to include and why?
- 24-36 Visit Re-evaluation: What outcome assessments to include and why?
- Long-term Follow-up Examination procedures: When should these be performed, what outcome assessments to include and why?

Noon – 1pm

Thoracic Spine and Posture Subluxations: Thoracic Kyphosis Types

- Thoracic Kyphosis and its relationship to lumbar & cervical curve correction
- Thoracic straight spine syndrome due to congenital narrowing of the chest diameter

1pm – 2pm

LUNCH

- 2pm – 4pm** **Thoracic Spine and Posture Subluxations and CBP Structural Rehabilitation Techniques with Case Study Examples**
- Case Study: Thoracic Hypo-Kyphosis types, analysis and CBP treatment
 - Case Study: Postural Hyper-Kyphosis analysis and CBP treatment
 - Case Study: Scheueremanns Kyphosis analysis and CBP treatment

- 4pm – 7pm** **CBP Mirror Image Methods for Rehabilitation of the Thoracic spine--Workshop**
- Mirror image adjusting for the thoracic spine
 - Mirror image exercises for the thoracic spine
 - Mirror image standing and supine traction for the thoracic spine
 - Mirror image home orthotics for the thoracic spine

Sunday

- 9am – 10am** **Dynamic Methods of Postural and Structural Spinal/Pelvic Correction**
- The Benefits of Short Duration Whole Body Vibration at resonant frequency with low amplitude;
 - Case Study Presentation: Rehabilitation of thoracic postural translation in an elderly female with chronic back and pelvic pain using WBV at resonant frequencies with low amplitude;
 - Case Study Presentation: Rehabilitation of an adult with chronic impairments and abnormal forward head posture resulting from a rear-end motor vehicle collision;
 - Case Study Presentation: Rehabilitation of a young adult male athlete with anterior thoracic posture and chronic low back pain.

- 10am – Noon** **Management of Complex Spine and Posture Deformities Using CBP Technique:**
- Full Spine Posture and Spine Subluxations: Where to start CBP treatment and why?
 - Case Study: Thoracic Scoliosis and CBP Treatment.
 - Case Study: Lumbar Scoliosis and CBP Treatment.
 - Indications and contraindications for the use of home orthotics: Denneroll Compression extension traction wedge.