



Chiropractic BioPhysics *CBP—The Science of Spinal Health*

2021

Module 4. CBP® Cervical Rehab

Course Title: CBP Structural Rehabilitation of the Cervical Spine

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Course Objective: This course provides an integrated education for the Doctor of Chiropractic in the science and art of cervical spine disorders. Detailed literature reviews covering the crisis of cervical disorders in patient populations, the role of spinal manipulative therapy and structural correction of sagittal cervical lordosis will be covered. Normal average and ideal values for the cervical lordosis will be reviewed. Detailed categories of head to thorax postures, spine kinematics and abnormalities of the sagittal cervical lordosis will be learned. The Chiropractor will learn appropriate application and timing of postural and functional exercises for the cervical spine designed to correct spinal subluxation and strengthen the cervical and upper thoracic spine tissues. The Chiropractor will be introduced to 16 categories of sagittal cervical traction and 3 methods of coronal cervical traction with demonstrations for structural rehabilitation of the cervical spine. Indications and contraindications to these new structural rehabilitation procedures will be reviewed. The details of case management using these structural rehabilitation methods will be covered using a variety of case studies for a comprehensive picture of clinical application of this course material. A survey of research material will be reviewed supporting the utilization and efficacy of CBP technique structural rehabilitation treatment methods across a population of patients.

Total Hours: 12

Saturday

9am – 11am Structural Rehabilitation of the Cervical Spine & Relationship to Chiropractic.

- The difference and similarities between functional and structural cervical spine rehabilitation procedures
- Basic biomechanics of cervical spine postural displacements: disc and muscular loads leading to acceleration of cervical degeneration and disorders
- Review of the Literature Defining the Cervical Lordosis in Health & Disease
 - A. Ideal and Average values in adults and children,
 - B. Cervical lordosis & neck pain & headache syndromes
 - C. Cervical lordosis and motor vehicle crash collisions
 - D. Cervical lordosis & degeneration of the disc and vertebra

11am – 1pm Understanding the Posture Spine Connection & Abnormal Cervical Configurations:

- Cervical spinal kinematics and coupling for cervical-thoracic posture displacements:
- Double and triple postural combinations and their associated spinal kinematic appearance,
- Differentiating ‘simple’ postural displacement patterns of the spine versus complicated, injury related spine displacement types and subluxations.

1pm – 2pm LUNCH

- 2pm – 3pm Body Weighting and Dynamic Head/Neck Braces for Cervical Rehabilitation**
- History of and clinical indications for use of body weighting for reducing postural/spinal subluxations of the cervical-thoracic region
 - Clinical indications for dynamic postural/spine rehabilitation using head/neck remodeling braces
 - Case presentations of patients with cervical spine disorders describing the details of patient management using body weighting and dynamic braces
- 3pm – 4pm Mirror Image Exercises of the Cervical-Thoracic Region**
- Mirror image exercise implementation and application into a chiropractic practice: equipment needs, timing, and appropriate supervision of patient populations
 - Mirror image exercise for head and cervical postural displacements
 - Mirror image exercise for strength and conditioning in cervical postural displacements
- 4pm – 6pm Practical Demonstration Set-Ups**
- Pope 2-Way cervical 3-point bending traction method
 - DeGeorge Compression extension cervical spine traction method
 - Compression extension 2-way cervical spine traction method
 - Coronal & Sagittal plane head translation traction methods
 - Mirror-Image Exercises for cervical spine/postural subluxations
 - Body weighting and dynamic braces for cervical spine/postural subluxations
 - Drop Table and Instrument Mirror-Image Adjusting
- 6pm – 7pm The Model of the Future is Here: Corrective Chiropractic Health & Wellness**
- Examination of clinical practices inhibiting successful implementation of Structural and Functional rehabilitative procedures.
 - Quantitative and qualitative reporting along with examples of evidence based reports on postural deviation, spine deviation, nutritional implementation, and physical exercise-therapy modalities.
 - Learning to balance structural based Chiropractic with the physical needs of specific patient populations in order to foster long-term patient centered care.
 - The DC-PT relationship in a real world postural corrective care rehabilitation care plans.

Sunday

- 9am – 11am Mirror Image Cervical Spine Traction Procedures and Protocols**
- How to Progress the Patient into Cervical Spine Traction Procedures
 - 4 Types of Lateral Cervical Traction Methods with 16 categories of sagittal subluxations
 1. Pope 2-way cervical traction: Indications & Contraindications
 2. DeGeorge compression extension traction: Indications & Contraindications
 3. Compression extension 2-way traction: Indications & Contraindications
 4. Meyer's cervical remodeling collar: Indications & Contraindications
 - Home traction for the cervical spine: Indications & contraindications
 - Postural Traction for Coronal Plane Displacements of the cervical spine
 - Traction Procedures for disc herniations and canal stenosis of the cervical spine
- 11am – Noon Case Management & Studies Documenting Correction of the Cervical Spine**
- 4 CBP Randomized clinical control trials.
 - Non randomized clinical control on CBP Pope 2-way cervical traction procedures for rehabilitation of cervical lordosis in chronic neck pain: APMR 2002
 - Non randomized clinical control on CBP compression extension 2-way cervical traction procedures for rehabilitation of cervical lordosis in chronic neck pain: JMPT 2003
 - Non randomized clinical control on CBP DeGeorge compression extension cervical traction procedures for rehabilitation of cervical lordosis in chronic neck pain: JMPT 2004
 - CBP cervical traction in several case reports published in the peer-reviewed literature.