



ChiropracticMentor.com

Join the paradigm shift to functional chiropractic

WORKBOOK FOR SUCCESS

www.chiropracticmentor.com is gaining recognition as a primary source for chiropractors and chiropractic students to learn the clinical skills necessary to treat patients successfully, in a busy practice.

This workbook is the result of members reporting that they enjoy watching the video- tapes; however, they needed a structure to follow, in order to tackle the task of learning all the adjustments/manipulations demonstrated.

When you watch the video demonstration, locate the same palpation and manipulations in this workbook. Write in the date that you viewed the video, then place a self assessment value from zero to ten in the box labeled **Score**. If you are just seeing the procedure for the first time score zero in the first box.

Your goal over the coming years, will be to eventually score a seven in the several hundred techniques demonstrated. Seven is the least of the professional levels of being able to consciously perform the maneuver on a person in pain.

A ten (10) is to be able to **unconsciously** perform the adjustment without thinking, just feeling the resistance and impulsing. They all produce an audible release when a manipulation with cavitations has occurred. I classify a manipulation with no “click” a mobilization. Mobilization is still somewhat therapeutic, but not as effective as the adjustment that audibly releases, if my experience of forty-five years in practice is any indication.

Completing this book to a level of “seven” will assure you are a “master” of the chiropractic method of spinal and extremity joint manipulation.

Watch the UPPER CERVICAL video first, as the three methods of delivering a thrust are demonstrated. Developing an extremely fast, low amplitude “IMPULSE” is the key to painless, effective, audible adjustments. Ligaments don’t get strained and patients don’t need to recover from the trauma of a sloppy adjustment.

This video also introduces the fact that you are dealing with closed kinematic mechanisms of the Locomotor System which I consider the key to rational, functional, modern chiropractic. Learning to discern the major dysfunctions from the compensatory muscular dysfunctions is the art of Chiropractic that you will develop, when you learn to feel the difference. It feels as different as squeezing a brick or a block of soft cheese.

The example on the following page is *just an example* on how to keep your palpation and adjusting practice lessons up to date and mastered. There is no way that one can achieve a master level after only 7 viewings – the dates, date intervals and scoring are simply examples of how to use the workbook. Use the last sheet of the workbook as a blank template for any section of the video lessons that you need additional workbook space to note dates and scores.

Example:

Section Title:

ATLAS-OCCIPUT JOINT PALPATION

Date: 1/23/10	Score: 0	Date: 2/10/10	Score: 1	Date: 2/15/10	Score: 2
Date: 2/20/10	Score: 2	Date: 2/25/10	Score: 3	Date: 2/28/10	Score: 3
Date: 3/5/10	Score: 4	Date: 3/10/10	Score: 5	Date: 3/15/10	Score: 5
Date: 3/20/10	Score: 5	Date: 3/25/10	Score: 5	Date: 3/27/10	Score: 5

ATLAS-OCCIPUT JOINT ADJUSTMENT

SUPINE

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PRONE

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SITTING

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**CHIROPRACTICMENTOR.COM
WORKBOOK FOR SUCCESS**

Name: _____

Subscription Start Date: _____

Email questions to: drfaye@chiropracticmentor.com

UPPER CERVICAL REGION

A) INTRODUCTION

Date:	Score:	Date:	Score:	Date:	Score:
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B) TYPES OF THRUST

Impulse

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Recoil

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Body-drop

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C) MOTION PALPATION QUICK SCAN (To run a large practice, this skill is essential)

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D) OCCIPUT ON ATLAS JOINT, MOTION PALPATION

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Anterior to Posterior rotation

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Posterior to Anterior rotation

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Anterior glide of Occiput

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Lateral flexion

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D-a) OCCIPUT ON ATLAS JOINT MANIPULATION - Always occipital contacts

Supine - MANIPULATION - Always occipital contacts

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Sitting - MANIPULATION - Always occipital contacts

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Prone - MANIPULATION - Always occipital contacts

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E) ATLANTO-AXIAL JOINT, MOTION PALPATION

Rotation, Posterior to Anterior

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Rotation, Anterior to Posterior

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Lateral flexion joint play

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Flexion

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E-a) ATLANTO-AXIAL JOINT MANIPULATION

Rotation, Posterior to Anterior - SUPINE

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Rotation, Posterior to Anterior - SITTING

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E-a) ATLANTO-AXIAL JOINT MANIPULATION (continued)

Rotation, Posterior to Anterior - PRONE

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E-b) ATLANTO-AXIAL JOINT MANIPULATION

Rotation, Anterior to Posterior - SUPINE

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Rotation, Anterior to Posterior - SITTING

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Rotation, Anterior to Posterior - PRONE

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E-c) ATLANTO-AXIAL JOINT MANIPULATION

Lateral Flexion Joint Play - SUPINE

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E-c) ATLANTO-AXIAL JOINT MANIPULATION (continued)

Lateral Flexion Joint Play - SITTING

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Lateral Flexion Joint Play - PRONE

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E-d) ATLANTO-AXIAL JOINT MANIPULATION

Flexion - SUPINE

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Flexion - SITTING

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Flexion - PRONE

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E-e) ATLANTO-AXIAL JOINT MANIPULATION

Extension - SUPINE

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Extension - SITTING

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Extension - PRONE

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E-f) ATLANTO-AXIAL JOINT MANIPULATION

Y Axis Translation Traction

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UPPER CERVICAL REGION NOTES / QUESTIONS:

MID- LOWER CERVICAL REGION

A) MID AND LOWER CERVICAL - MOTION PALPATION

Introduction

Date:	Score:	Date:	Score:	Date:	Score:
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Rotation, Posterior to Anterior

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Rotation, Anterior to Posterior

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Lateral Flexion

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Flexion

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A) MID AND LOWER CERVICAL - MOTION PALPATION (continued...)

Long Y-Axis Extension Translation

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B) MID & LOWER CERVICAL - MANIPULATION

Introduction

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B-a) MID & LOWER CERVICAL - MANIPULATION

Rotation, Posterior to Anterior - SUPINE

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Rotation, Posterior to Anterior - SITTING

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Rotation, Posterior to Anterior - PRONE

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B-b) MID & LOWER CERVICAL - MANIPULATION

Rotation, Anterior to Posterior - SUPINE

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Rotation, Anterior to Posterior - SITTING

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B-c) MID & LOWER CERVICAL - MANIPULATION

Lateral Flexion Joint Play - SUPINE

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Lateral Flexion Joint Play - SITTING

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Lateral Flexion Joint Play - PRONE

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B-d) MID & LOWER CERVICAL - MANIPULATION

Flexion - SUPINE

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Flexion - SITTING

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Flexion - PRONE

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B-e) MID & LOWER CERVICAL - MANIPULATION

Extension - SUPINE

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Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

Extension - SITTING

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

Extension - PRONE

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

B-f) MID & LOWER CERVICAL - MANIPULATION

Long Y-Axis Translation

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

MID & LOWER CERVICAL REGION NOTES / QUESTIONS:

THORACIC SPINE REGION

A) THORACIC SPINE REGION

Introduction

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

B) THORACIC SPINE REGION – QUICK SCAN

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C) POSTERIOR INTERVERTEBRAL JOINTS

C-a) POSTERIOR INTERVERTEBRAL JOINTS – MOTION PALPATION

Rotation, Posterior to Anterior

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-b) POSTERIOR INTERVERTEBRAL JOINTS – MOTION PALPATION

Extension

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-c) POSTERIOR INTERVERTEBRAL JOINTS – MOTION PALPATION

Lateral Flexion

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-d) POSTERIOR INTERVERTEBRAL JOINTS – MOTION PALPATION

Flexion

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-e) POSTERIOR INTERVERTEBRAL JOINTS – MOTION PALPATION

Interspinous Ligament

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-f) POSTERIOR INTERVERTEBRAL JOINTS – MOTION PALPATION

Anterior Longitudinal Ligament

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D) COSTO-TRANSVERSE JOINTS:

D-a) COSTO-TRANSVERSE JOINTS – MOTION PALPATION

Rotation, Posterior to Anterior

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-b) COSTO-TRANSVERSE JOINTS – MOTION PALPATION

Flexion

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-c) COSTO-TRANSVERSE JOINTS – MOTION PALPATION

Extension

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-d) COSTO-TRANSVERSE JOINTS – MOTION PALPATION

Lateral Flexion

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

E) M/P Costo-Vertebral (not yet known)

F) POSTERIOR INTERVERTEBRAL JOINTS

F-a) POSTERIOR INTERVERTEBRAL JOINTS – MANIPULATION

Rotation, Posterior to Anterior

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

F-b) POSTERIOR INTERVERTEBRAL JOINTS – MANIPULATION

Extension

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

F-c) POSTERIOR INTERVERTEBRAL JOINTS – MANIPULATION

Lateral Flexion

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

F-d) POSTERIOR INTERVERTEBRAL JOINTS – MANIPULATION

Flexion

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

F-e) POSTERIOR INTERVERTEBRAL JOINTS – MANIPULATION

Interspinous Ligament

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

F-f) POSTERIOR INTERVERTEBRAL JOINTS – MANIPULATION

Anterior Longitudinal Ligament

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

G) COSTO-TRANSVERSE JOINTS

G-a) COSTO-TRANSVERSE JOINTS – MANIPULATION

Rotation, Posterior to Anterior

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

G-b) COSTO-TRANSVERSE JOINTS – MANIPULATION

Flexion

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

G-c) COSTO-TRANSVERSE JOINTS – MANIPULATION

Extension

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

G-d) COSTO-TRANSVERSE JOINTS – MANIPULATION

Lateral Flexion

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

THORACIC SPINE REGION NOTES / QUESTIONS:

LUMBAR SPINE REGION

A) INTRODUCTION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

B) QUICK SCAN

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C) LUMBAR SPINE

C-a) LUMBAR SPINE – MOTION PALPATION

Flexion

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-b) LUMBAR SPINE – MOTION PALPATION

Extension

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-c) LUMBAR SPINE – MOTION PALPATION

Rotation

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-d) LUMBAR SPINE – MOTION PALPATION

Lateral Flexion

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:

Date:	Score:	Date:	Score:	Date:	Score:
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D) LUMBAR POSTERIOR JOINT

D-a) LUMBAR POSTERIOR JOINT MANIPULATION

Flexion - SUPINE

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-b) LUMBAR POSTERIOR JOINT MANIPULATION

Flexion – SIDE POSTURE

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-c) LUMBAR POSTERIOR JOINT MANIPULATION

Extension – SIDE POSTURE

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-d) LUMBAR POSTERIOR JOINT MANIPULATION

Extension – PRONE, DROP CENTER PIECE

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-e) LUMBAR POSTERIOR JOINT MANIPULATION

Rotation – COUNTER ROTATION SIDE POSTURE

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-f) LUMBAR POSTERIOR JOINT MANIPULATION

Rotation - SITTING

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-g) LUMBAR POSTERIOR JOINT MANIPULATION

Lateral Flexion – SIDE POSTURE

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-h) LUMBAR POSTERIOR JOINT MANIPULATION

Long Axis Translation - STANDING, extension occurs

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

LUMBAR SPINE REGION NOTES / QUESTIONS:

THE PELVIC REGION

A) INTRODUCTION - Function Pelvic Model of Dr. Fred Illi, D.C.

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

B) BIOMECHANICS

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C) S/I JOINTS – MOTION PALPATION

C-a) S/I JOINTS – MOTION PALPATION

Flexion - Upper Right Side

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-b) S/I JOINTS – MOTION PALPATION

Flexion - Lower Right Side

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-c) S/I JOINTS – MOTION PALPATION

Flexion - Upper Right Side

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-d) S/I JOINTS – MOTION PALPATION

Flexion - Upper Left Side

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-e) S/I JOINTS – MOTION PALPATION

Extension - Upper Right Side

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-f) S/I JOINTS – MOTION PALPATION

Extension - Lower Right Side

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-g) S/I JOINTS – MOTION PALPATION

Extension - Upper Right Side

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-h) S/I JOINTS – MOTION PALPATION

Extension - Upper Left Side

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D) PELVIC AND S/I REGION MANIPULATION

D-a) PELVIC AND S/I REGION MANIPULATION

Extension – SIDE POSTURE – UPPER

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-b) PELVIC AND S/I REGION MANIPULATION

Flexion - SIDE POSTURE - UPPER

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-c) PELVIC AND S/I REGION MANIPULATION

Extension - SIDE POSTURE – LOWER

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-d) PELVIC AND S/I REGION MANIPULATION

Flexion – SIDE POSTURE - LOWER

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-e) PELVIC AND S/I REGION MANIPULATION

Flexion – SUPINE

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-f) PELVIC AND S/I REGION MANIPULATION

Extension – SUPINE

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-g) PELVIC AND S/I REGION MANIPULATION

Extension – PRONE

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-h) PELVIC AND S/I REGION MANIPULATION

Extension – with STRAIGHTENING OF LEG

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-i) PELVIC AND S/I REGION MANIPULATION

House Call Method - SITTING

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

PELVIC – S/I REGION NOTES / QUESTIONS:

THE HAND, WRIST and ELBOW JOINTS

A) INTRODUCTION - JOINT PLAY MOVEMENT

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

B) INTRODUCTION – DETERMINING DIRECTION OF THRUST

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C) PALPATION & ADJUSTING OF INTER-PHALANGEAL JOINTS

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-a) PHALANGEAL JOINTS - IMPULSE ADJUSTING LONG AXIS TRANSLATION JOINT PLAY

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-b) PHALANGEAL JOINTS – ROTATION JOINT PLAY

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-c) PHALANGEAL JOINTS – MEDIAL & LATERAL GLIDE JOINT PLAY

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-d) PHALANGEAL JOINTS – ANTERIOR TO POSTERIOR GLIDE JOINT PLAY

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-e) PHALANGEAL JOINTS – POSTERIOR TO ANTERIOR GLIDE JOINT PLAY

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D) PHALANGEAL METACARPAL JOINT PLAY - PALPATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-a) PHALANGEAL METACARPAL IMPULSE ADJUSTING LONG AXIS TRANSLATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-b) PHALANGEAL METACARPAL IMPULSE ADJUSTING LONG AXIS TRANSLATION
*Rotation Joint Play***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-c) PHALANGEAL METACARPAL IMPULSE ADJUSTING LONG AXIS TRANSLATION
*Medial and Lateral Glide Joint Play***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-e) PHALANGEAL METACARPAL IMPULSE ADJUSTING LONG AXIS TRANSLATION
Anterior to Posterior**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-f) PHALANGEAL METACARPAL IMPULSE ADJUSTING LONG AXIS TRANSLATION
Posterior to Anterior**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

E) Metacarpals and Metacarpal / Carpal Palpation

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

F) THE WRIST FUNCTIONS AS FOUR (4) DIFFERENT JOINTS

F-a) THE WRIST – RADIO ULNA CARPAL JOINT

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

F-b) THE WRIST – RADIO ULNA CARPAL JOINT

Long Axis Extension

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

F-c) THE WRIST – RADIO ULNA CARPAL JOINT

Anterior to Posterior Glide

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

F-d) THE WRIST – RADIO ULNA CARPAL JOINT

Backward Tilt of Scaphoid and Lunate

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

F-e) THE WRIST – RADIO ULNA CARPAL JOINT

Side Tilt of Scaphoid on Lunate

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

F-f) THE WRIST - MID CARPAL JOINT

Backward Tilt of Distal Carpals

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

F-g) THE WRIST – INFERIOR RADIO ULNAR JOINT

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

F-h) THE WRIST – INFERIOR RADIO ULNAR JOINT

Anterior to Posterior Glide

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:

Date:	Score:	Date:	Score:	Date:	Score:
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F-i) THE WRIST – INFERIOR RADIO ULNAR JOINT

Pronation Forearm

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

F-j) THE WRIST – INFERIOR RADIO ULNAR JOINT

Supination Forearm

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

F-k) THE WRIST – ULNAMENISCOTRIQUETRAL JOINT

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

F-l) THE WRIST – ULNAMENISCOTRIQUETRAL JOINT

Long Axis Extension

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

F-m) THE WRIST – ULNAMENISCOTRIQUETRAL JOINT

Anterior to Posterior Glide

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

F-n) THE WRIST – ULNAMENISCOTRIQUETRAL JOINT

Medial Deviation Triquetral

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

G) SUPERIOR RADIOULNAR JOINT

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

G-a) SUPERIOR RADIOULNAR JOINT - MANIPULATION

Upward Glide of Head of Radius on Ulna

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

G-b) SUPERIOR RADIOULNAR JOINT - MANIPULATION

Downward Glide of Head of Radius on Ulna

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

G-c) SUPERIOR RADIOULNAR JOINT - MANIPULATION

Rotation of Head of Radius on Ulna

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

H) RADIOHUMERAL JOINT

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

H-a) RADIOHUMERAL JOINT - MANIPULATION

Medial and Lateral Tilt

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

I) TENNIS ELBOW - EPICONDYLITIS

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

I-a) TENNIS ELBOW (EPICONDYLITIS) - MANIPULATION

Mills' Manipulation

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

HAND, WRIST & ELBOW JOINTS – NOTES / QUESTIONS:

THE SHOULDER REGION

A) INTRODUCTION

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

B) GLENO-HUMERAL JOINT 2nd INTRODUCTION

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

B-a) GLENO-HUMERAL JOINT

Palpation Lateral Joint Play PLUS "Impulse"

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

B-b) GLENO-HUMERAL JOINT

Anterior Joint Play PLUS "Impulse"

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

B-c) GLENO-HUMERAL JOINT

10 Degree posterior Joint Play PLUS "Impulse"

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

B-d) GLENO-HUMERAL JOINT

90 Degree posterior Joint Play PLUS "Impulse"

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

B-e) GLENO-HUMERAL JOINT

Lateral and Posterior Joint Play PLUS "Impulse"

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

B-f) GLENO-HUMERAL JOINT

Lateral and Inferior Joint Play PLUS "Impulse"

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

B-g) GLENO-HUMERAL JOINT

External Rotation Joint Play PLUS "Impulse"

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

B-h) GLENO-HUMERAL JOINT

Circumduction

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

B-i) GLENO-HUMERAL JOINT

Inferior/Internal Rotation Sitting

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

B-j) GLENO-HUMERAL JOINT

Transverse Massage

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C) SCAPULA

C-a) SCAPULA - *Circumduction Side Posture*

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-b) SCAPULA - *Circumduction Prone*

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-c) SCAPULA - *Prone knife edge plus "Impulse"*

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D) STERNO-CLAVICULAR JOINT

D-a) STERNO-CLAVICULAR JOINT - *PALPATION*

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-b) STERNO-CLAVICULAR JOINT - *MANIPULATION SITTING*

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-c) STERNO-CLAVICULAR JOINT – MANIPULATION SUPINE

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-d) STERNO-CLAVICULAR JOINT – MANIPULATION SITTING OR STANDING “CLASSIC”

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

E) ACROMIO-CLAVICULAR JOINT

E-a) ACROMIO-CLAVICULAR JOINT - PALPATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

E-b) ACROMIO-CLAVICULAR JOINT - MANIPULATION - SUPINE WITH BODY DROP

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

E-c) ACROMIO-CLAVICULAR JOINT- MANIPULATION - SUPINE WITH ARM AT 180 DEGREES

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

F) Shoulder Summary

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

THE SHOULDER REGION NOTES / QUESTIONS:

THE KNEE JOINT AND HIP JOINT REGIONS

A) INTRODUCTION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

A-a) INFERIOR TIBULAR-FIBULAR JOINT - PALPATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

A-b) INFERIOR TIBULAR-FIBULAR JOINT - MANIPULATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

B-a) SUPERIOR TIBULAR-FIBULAR JOINT – PALPATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

B-b) SUPERIOR TIBULAR-FIBULAR – MANIPULATION

Anterior to Posterior Glide – SUPINE

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

B-c) SUPERIOR TIBULAR-FIBULAR – MANIPULATION

Posterior to Anterior Glide – PRONE

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

B-d) SUPERIOR TIBULAR-FIBULAR – MANIPULATION

Superior Glide

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C) KNEE JOINT

C-a) KNEE - ANTERIOR TO POSTERIOR GLIDE JOINT PLAY PLUS “IMPULSE”

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-b) KNEE - POSTERIOR TO ANTERIOR GLIDE, JOINT PLAY PLUS “IMPULSE”

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-d) KNEE - MEDIAL ROTATION JOINT PLAY, PLUS CIRCUMDUCTION - MANIPULATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-e) KNEE - LATERAL ROTATION JOINT PLAY PLUS CIRCUMDUCTION - MANIPULATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-f) KNEE - MEDIAL & LATERAL ROTATION “ARM LOCK METHOD - MANIPULATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-g) KNEE - MEDIAL & LATERAL ROTATION – “LONG AXIS PULL” - MANIPULATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-h) KNEE – MEDIAL GLIDE JOINT PLAY PLUS “IMPULSE”

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

C-i) KNEE - LATERAL GLIDE JOINT PLAY PLUS “IMPULSE”

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D) PATELLAR JOINT PALPATION PLUS “IMPULSE”

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

E) HIP JOINT – PALPATION

Figure Four Fabere Plus Joint Play

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

Long Axis Distraction

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

Internal and External Rotation plus Joint Play

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

Flexion plus Joint Play

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

Extension plus Joint Play

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

Psoas Test Supine

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
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E-a) HIP JOINT MANIPULATION

Side Posture

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
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Extension Supine

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
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Date:	Score:	Date	Score:	Date:	Score:
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Extension Prone

Date:	Score:	Date	Score:	Date:	Score:
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Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

Extension plus External Rotation

Date:	Score:	Date	Score:	Date:	Score:
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Date:	Score:	Date	Score:	Date:	Score:
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Medial Rotation Supine

Date:	Score:	Date	Score:	Date:	Score:
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Long Axis Distraction Supine

Date:	Score:	Date	Score:	Date:	Score:
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F) PNF THREE "S" STRETCHING

Hamstrings

Date:	Score:	Date	Score:	Date:	Score:
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Quadriceps

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G) HOME HIP STRETCH

Date:	Score:	Date	Score:	Date:	Score:
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KNEE & HIP JOINT REGION NOTES / QUESTIONS:

THE RIBS

A) FIRST RIB, COSTO TRANSVERSE JOINT

A-a) FIRST RIB, COSTO TRANSVERSE JOINT - MOTION PALPATION SITTING

Date:	Score:	Date:	Score:	Date:	Score:
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A-b) FIRST RIB, COSTO TRANSVERSE JOINT - MANIPULATION SITTING

Date:	Score:	Date:	Score:	Date:	Score:
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A-c) FIRST RIB, COSTO TRANSVERSE JOINT - MANIPULATION PRONE

Date:	Score:	Date:	Score:	Date:	Score:
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A-d) FIRST RIB, COSTO TRANSVERSE JOINT - MANIPULATION - SUPINE

Date:	Score:	Date:	Score:	Date:	Score:
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Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

B) UPPER RIBS 2, 3, 4 COSTO TRANSVERSE JOINT

B-a) UPPER RIBS 2, 3, 4 - COSTO TRANSVERSE JOINT - MOTION PALPATION SITTING

Date:	Score:	Date:	Score:	Date:	Score:
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B-b) UPPER RIBS 2, 3, 4 - COSTO TRANSVERSE JOINT – MANIPULATION - PRONE

Date:	Score:	Date:	Score:	Date:	Score:
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B-c) UPPER RIBS 2, 3, 4 - COSTO TRANSVERSE JOINT – MANIPULATION - SUPINE

Date:	Score:	Date:	Score:	Date:	Score:
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C) MID AND LOWER RIBS COSTO TRANSVERSE JOINT

C-a) MID & LOWER RIBS COSTO TRANSVERSE JOINT – MOTION PALPATION SITTING

Date:	Score:	Date:	Score:	Date:	Score:
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**C-b) MID & LOWER RIBS COSTO TRANSVERSE JOINT –
Prone Superior restraint - MANIPULATION**

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**C-c) MID & LOWER RIBS COSTO TRANSVERSE JOINT –
Prone Inferior restraint - MANIPULATION**

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D) INTER COSTAL FIXATION

D-a) INTER COSTAL FIXATION - MOTION PALPATION - BETWEEN THE RIBS

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D-b) INTER COSTAL FIXATION – MANIPULATION – INTER COSTAL SPACE - PRONE

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D-c) INTER COSTAL FIXATION – MANIPULATION – INTER COSTAL SPACE - SITTING

Date:	Score:	Date	Score:	Date:	Score:
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E) ANTERIOR COSTAL CARTILAGE/ JOINTS

E-a) ANTERIOR COSTAL CARTILAGE/ JOINTS – MOTION PALPATION - SITTING

Date:	Score:	Date	Score:	Date:	Score:
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E-b) ANTERIOR COSTAL CARTILAGE/ JOINTS – MANIPULATION

Date:	Score:	Date	Score:	Date:	Score:
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THE RIB REGION NOTES / QUESTIONS:

THE TEMPOROMANDIBULAR JOINT (TMJ)

A) INTRODUCTION

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B) TMJ - MOTION PALPATION

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C) TMJ - OBSERVE DEVIATION

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D) TMJ - MANIPULATION SUPINE - "IMPULSE"

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TEMPOROMANDIBULAR JOINT NOTES / QUESTIONS:

THE FOOT & ANKLE REGIONS

A) MOTION PALPATION & OBSERVATION

Date:	Score:	Date	Score:	Date:	Score:
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B) INTER-PHALANGEAL MOBILIZATION

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C) PHALANGEAL METATARSAL JOINT

C-a) PHALANGEAL METATARSAL JOINT - PALPATION

Date:	Score:	Date	Score:	Date:	Score:
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C-b) PHALANGEAL METATARSAL JOINT - MANIPULATION

Date:	Score:	Date	Score:	Date:	Score:
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D) METATARSAL CUNEIFORM/CUBOID

D-a) METATARSAL CUNEIFORM/CUBOID – MOTION PALPATION

Plantar to Dorsal

Date:	Score:	Date	Score:	Date:	Score:
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D-b) METATARSAL CUNEIFORM/CUBOID – MOTION PALPATION

Dorsal to Plantar

Date:	Score:	Date	Score:	Date:	Score:
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D-c) METATARSAL CUNEIFORM/CUBOID – MOTION PALPATION

Rotation

Date:	Score:	Date	Score:	Date:	Score:
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D-d) METATARSAL CUNEIFORM/CUBOID – MANIPULATION

Plantar to Dorsal

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
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Date:	Score:	Date	Score:	Date:	Score:
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D-e) METATARSAL CUNEIFORM/CUBOID – MANIPULATION

Dorsal to Plantar

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

D-f) METATARSAL CUNEIFORM/CUBOID – MANIPULATION

Rotation

Date:	Score:	Date	Score:	Date:	Score:
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E) TARSALS

E-a) MORTISE JOINT LONG AXIS – MOTION PALPATION

Date:	Score:	Date	Score:	Date:	Score:
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E-b) MORTISE JOINT ANTERIOR TO POSTERIOR GLIDE - MOTION PALPATION

Date:	Score:	Date	Score:	Date:	Score:
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E-c) SUBTALAR JOINT TALAR ROCK – MOTION PALPATION

Date:	Score:	Date	Score:	Date:	Score:
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E-d) SUBTALAR JOINT LONG AXIS EXTENSION – MOTION PALPATION

Date:	Score:	Date	Score:	Date:	Score:
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E-e) SUBTALAR JOINT MEDIAL & LATERAL TILT – MOTION PALPATION

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E-f) NAVICULO & TALO CUBOID JOINTS A/P GLIDE – MOTION PALPATION

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E-g) NAVICULO & CUNEIFORM JOINTS, A/P GLIDE – MOTION PALPATION

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E-h) TALO-NAVICULAR ANTERIOR TO POSTERIOR GLIDE – MOTION PALPATION

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E-i) TRANSVERSE TARSAL JOINT DORSIFLEXION/INVERSION – MOTION PALPATION

Date:	Score:	Date	Score:	Date:	Score:
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E-j) MORTISE JOINT LONG AXIS – MANIPULATION

Date:	Score:	Date	Score:	Date:	Score:
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E-k) MORTISE JOINT ANTERIOR TO POSTERIOR GLIDE - MANIPULATION

Date:	Score:	Date	Score:	Date:	Score:
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E-l) SUBTALAR JOINT TALAR ROCK – MANIPULATION

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E-m) SUBTALAR JOINT LONG AXIS EXTENSION – MANIPULATION

Date:	Score:	Date	Score:	Date:	Score:
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E-n) SUBTALAR JOINT MEDIAL & LATERAL TILT – MANIPULATION

Date:	Score:	Date:	Score:	Date:	Score:
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E-o) NAVICULO & TALO CUBOID JOINTS A/P GLIDE – MANIPULATION

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E-p) NAVICULO & CUNEIFORM JOINTS, A/P GLIDE – MANIPULATION

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E-q) TALO-NAVICULAR ANTERIOR TO POSTERIOR GLIDE – MANIPULATION

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E-r) TRANSVERSE TARSAL JOINT DORSIFLEXION/INVERSION – MANIPULATION

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THE FOOT & ANKLE REGION NOTES / QUESTIONS:

THE INFANT

A) PELVIS – MOTION PALPATION

Date:	Score:	Date	Score:	Date:	Score:
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B) SPINE – MOTION PALPATION

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C) MANIPULATION – MOTHER STANDING

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D) MANIPULATION – MOTHER SUPINE

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THE YOUNG CHILD

A) MOTION PALPATION - SITTING

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B) MANIPULATIONS

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INFANTS & YOUNG CHILDREN NOTES / QUESTIONS:

Section: _____

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