

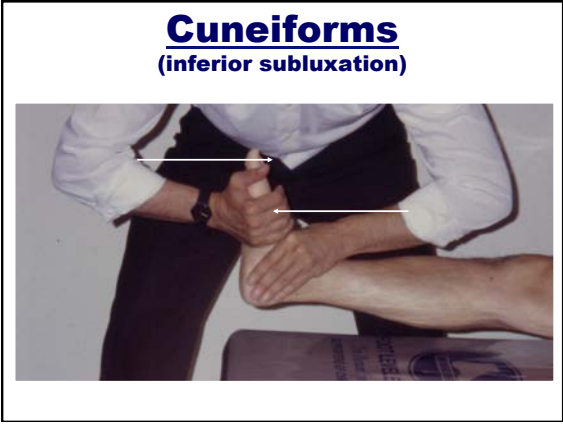
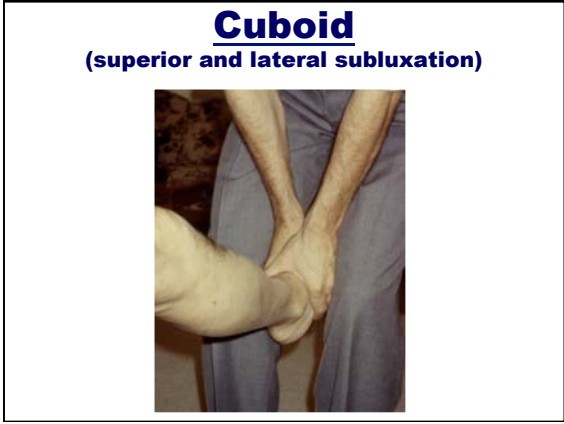
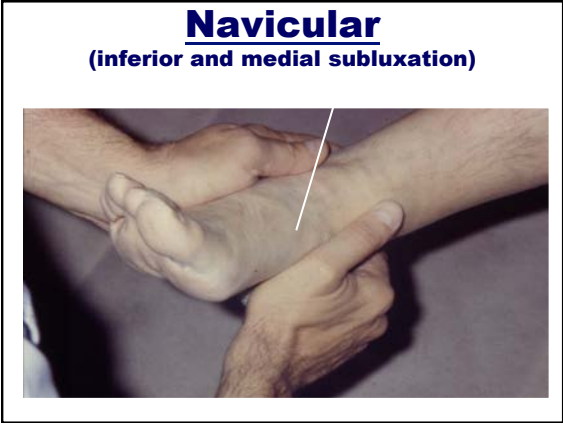
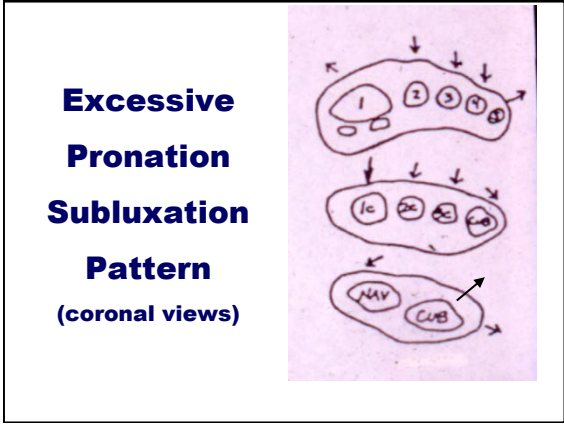
**NOTES**

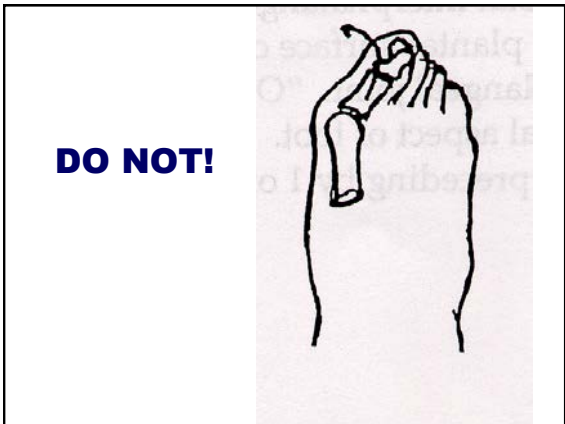
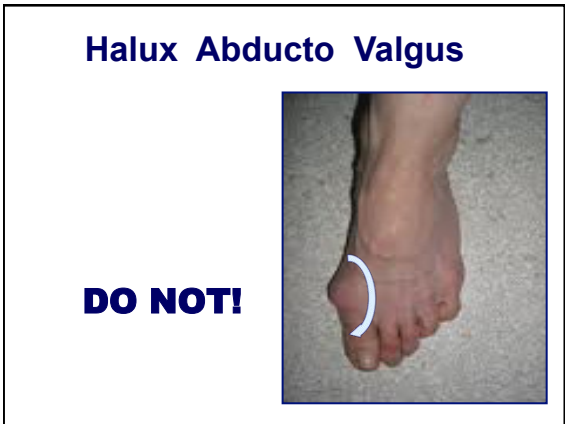
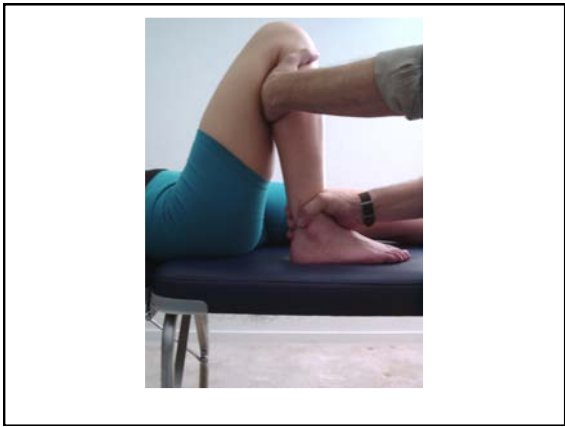
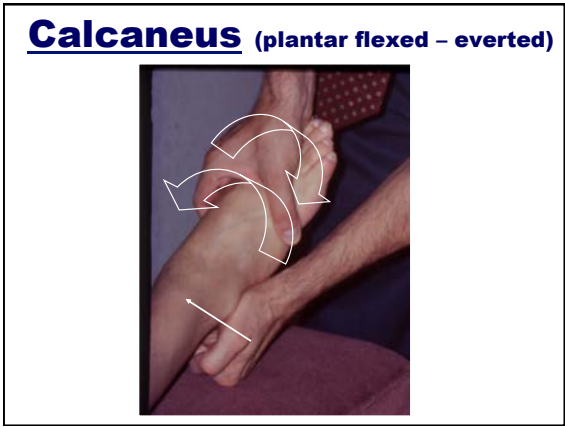
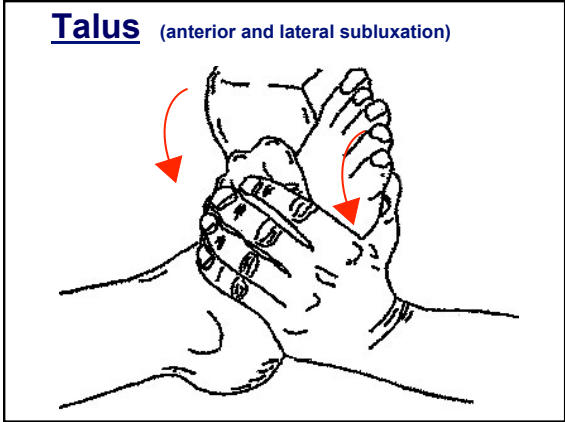
**PROSPORT**

**AUGUST 13-14,2016**

**Excessive Pronation  
Subluxation Pattern**

BONES	SUBLUXATION DIRECTION
Navicular	Inferior & Medial
Cuboid	*Superior & Lateral (or Inferior & Lateral)
Cuneiforms	Inferior
Metatarsal Heads 2-3-4	Inferior
Metatarsal Heads 1 & 5	Superior and Lateral/Medial
Talus	Mostly Anterior & Slightly Lateral
Calcaneus	Everted & Plantar Flexed
Fibular Head	Posterior & Lateral







**Excessive Supination  
Subluxation Pattern**

<b>BONES</b>	<b>SUBLUXATION DIRECTION</b>
Navicular	Superior & Lateral
Cuboid	Superior & Lateral
Cuneiforms	Superior
Metatarsal Heads 2-3-4	Superior
Metatarsal Heads 1 & 5	Inferior and Lateral/Medial
Talus	Slightly Anterior & Mostly Lateral
Calcaneus	Inverted & Dorsiflexed
Fibular Head	Posterior & Lateral

- Supination Pattern Shortcut:**
- 1. Mobilize foot**
  - 2. Cuboid**
  - 3. Fibular Head**

# The Knee



## 5 Important Points/Rules

### 1. Apply the proper pressures.

a. Pressure Hand–50-70 lbs  
(non-dominant hand)

b. Speed Hand – 10 lbs  
(dominant hand)

Total – 60-80 lbs minimum

### 2. Do not torque.

### 3. Do not rebound.

4. Apply pressure evenly  
from thumb to the little  
finger on pressure hand.

5. The elbows ARE NOT  
involved

## Pressure Hand

- Put #14 fingertip on thumb of non-dominant hand
- Proximal phalanges and thumb pad make single flat surface



## Speed Hand

- On Dominant hand, cross thumbpad over DIP of index finger



## Pressure Hand

- Thumb pad on contact point
- Even pressure over entire area



## Speed Hand

- Thumb points toward doctor
- Speed thumbpad on pressure thumbnail



## Pressure

- Roll speed thumbnail toward pressure hand
- Pressure hand applies 50-70 lbs. of pressure
- Speed hand applies 8-10 lbs.



## Set-Up

- Place knee on table so lateral thigh is parallel to forearm of speed hand



## Thrust

- Apply appropriate pressures with hands and extend wrist as quickly as possible
- Stop the thrust abruptly by striking forearm against lateral thigh



## LEFT HANDERS

## Pressure Hand

- Put #14 fingertip on thumb of non-dominant hand
- Proximal phalanges and thumb pad make single flat surface



## Speed Hand

- On Dominant hand, cross thumbpad over DIP of index finger



## Pressure Hand



- Thumb pad on contact point
- Even pressure over entire area

## Speed Hand



- Thumb points toward doctor
- Speed thumbpad on pressure thumbnail

## Pressure



- Roll speed thumbnail toward pressure hand
- Pressure hand applies 50-70 lbs. of pressure
- Speed hand applies 8-10 lbs.

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- Place knee on table so lateral thigh is parallel to forearm of speed hand



## Thrust

- Apply appropriate pressures with hands and extend wrist as quickly as possible
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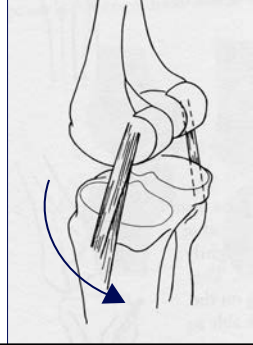


## Knee Indicators

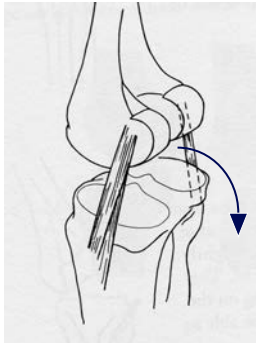


## LISTINGS

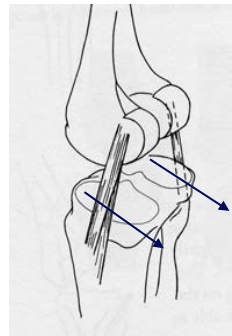
### Medial Condyle - 10%



### Lateral Condyle - 45%



### Posterior Tibia - 45%

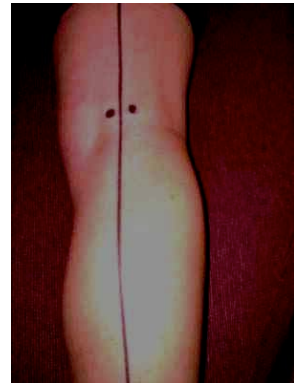


## 4 THINGS TO AVOID

1. “pumping” with one hand
2. Going “back and forth”
3. “letting up” on extension pressure.
4. “twisting” the hips.

## Contact Points

- Upper middle portion of condyle
  - Medial condyle
    - medial listing
  - Lateral condyle
    - Lateral listing
  - Both condyles
    - En mass listing

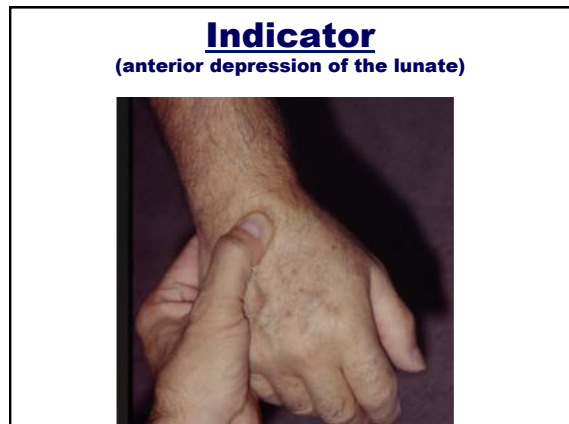
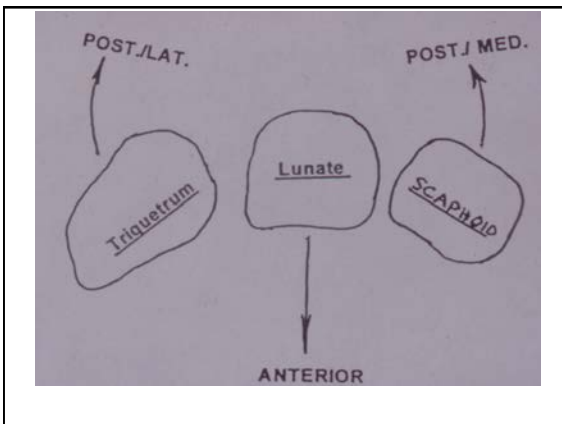




# THE WRIST

### Typical Carpal/Wrist Subluxation Pattern

Scaphoid	Posterior & Medial
Triquetrum	Posterior & Lateral
Lunate	Anterior
Thumb (Carpal- Metacarpal)	Lateral
Radius – Ulna	Radius – Lateral Ulnar-Medial
Proximal Row of Carpals	Superior





**Scaphoid**



**Triquetrum**



**Lunate**



**Radius and Ulna**  
**“Traction and Squeeze”**



**Carpal-Metacarpal**  
**“Scoop” Lat. to Med.**



**Carpal Spread**



## Distal Row Distraction

