

Title: How to Manually Adjust Patients Twice Your Size For Decades & Avoid Injury

Sabrina Atkins, DC

2 Hours

Course Description: Chiropractic Physician for the NBA Bubble, Dr. Sabrina Atkins shares some of her tricks of the trade in working with large athletes. Dr. Atkins has manually adjusted for over 20 years utilizing a variety of manual technique strategies. Join her and learn ways to save your body, while accurately and successfully delivering a powerful adjustment.

Learning Objectives:

1. The doctor will be able to utilize motion and static palpation both segmentally and regionally to determine adjustment required.
2. The doctor will understand the role that biomechanics and body awareness play in delivering powerful and accurate manual adjustments while avoiding injuries.
4. The doctor will understand the importance of taking the individual into consideration when determining what adjustment to deliver and how.
5. The doctor will be able to use leverage to create power instead of force to deliver specific adjustments.

Hour 1:

Background in sports chiropractic

Explain and discuss:

- Compensation and stress patterns created by manually adjusting
- Risk of injury and challenges – not just for the little people
- Limitations of practitioner as well as patient
- Process of developing skill and mastery of skill
- Difference between power and force/strength
- Taking the individual into consideration when choosing when, what, and why to adjust – or not.

Demonstration of cervical and thoracic

Biomechanics to protect yourself

Biomechanics to create accurate leverage to deliver specific adjustment.

Importance of maintaining professionalism and competency

Anatomical considerations for creating comfort to reduce tension and resistance from patient

Hour 2:

Demonstration of lumbar, sacrum, pelvis

Biomechanics to protect yourself

Biomechanics to create accurate leverage to deliver specific adjustment.

Importance of maintain professionalism and competency

Anatomical considerations for creating comfort to reduce tension and resistance from patient