

3ND EASTERN MEDITERRANEAN AND MIDDLE EAST CHIROPRACTIC FEDERATION'S CONGRESS



Novotel World Trade Centre Hotel, Dubai, UAE

25-26 October 2013

Sponsored by



**ANGLO-EUROPEAN
COLLEGE OF CHIROPRACTIC**

Hosted by

The Emirates Chiropractic Association

and in co-operation with the WFC



WORLD FEDERATION OF CHIROPRACTIC | FÉDÉRATION MONDIALE DE CHIROPRA TIQUE | FEDERACIÓN MUNDIAL DE LA QUIROPRÁCTICA

For additional information please visit the website of
the Eastern Mediterranean and Middle East Chiropractic Federation's
www.emmechirofed.org

A 2-day hands on seminar will be presented by Dr. Mark Charrette, D.C. on basic biomechanics, neurology, examination procedures, indicators, and adjusting protocols for the most commonly seen subluxation patterns of the extremities, TMJ. Innovative techniques are designed so you will quickly acquire adjusting skills for these conditions and understand simple stabilization and rehabilitative procedures.



Biography

Dr. Mark Charrette is a 1980 summa cum laude graduate of Palmer College of Chiropractic in Davenport, Iowa. He is a frequent guest speaker at twelve chiropractic colleges and has taught over fourteen hundred seminars worldwide on extremity adjusting, biomechanics, and spinal adjusting techniques. His lively seminars emphasize a practical, hands-on approach.

Dr. Charrette is a former All-American swimmer, who has authored a book on extremity adjusting and also produced an instructional video series. Having developed successful practices in California, Nevada, and Iowa, Dr. Charrette currently resides in King George, Virginia.

Seminar Syllabus

ADVANCED EXTREMITY ADJUSTING

12 hour outline

- I. The Concept of the “Noisy Joint”
 - A. Mechanoreception
 - B. Nociception
- II. Developmental Postural Patterns
 - A. Pronation
 - B. Supination
- III. Deliberate Practice – How to Achieve Excellent Performance
- IV. Biomechanics
 - A. Foot and Ankle
 - B. Lower Leg
 - C. Knee
 - D. Hip
 - E. Plastic Deformation
- V. Examination Procedures
 - A. Neurological Tests- Orthopedic Tests
 - B. Muscle Testing Techniques
 - C. Visual indicators

- D. Stabilization Procedures
- E. Supportive Devices

VI. Extremity Adjusting

A. The Foot (Deliberate Practice Format)

1. Pronation Protocol Adjustments

- a) Navicular
- b) Cuboid
- c) Cuneiform
- d) Metatarsals 2-3-4
- e) Metatarsals 1 & 5
- f) Talus
- g) Calcaneus
- h) Fibula

2. Other Foot Adjustments

- a) Heel spur adjustment
- b) Hallux Valgus
- c) Toe Adjustments
- d) Supination Pattern
- e) Rehab Exercises
- f) Cryotherapy

B. The Knee (Deliberate Practice Format)

1. Wrist Extension Thrust Technique

- a) Listings
- b) Indicators

2. Patella

3. Rehabilitative Exercises

C. The Hip (Deliberate Practice Format)

1. Internal Rotation

2. External Rotation

3. Wrist Extension Hip Adjustment

4. Hip Mobilization

D. The Wrist (Deliberate Practice Format)

1. Scaphoid

2. Triquetrum

3. Lunate

4. Metacarpals

5. Carpal Spread

6. Fingers

7. Taping

8. Rehabilitative Exercises

- a) A finger extension-rubberband exercise

9. The Elbow (Deliberate Practice Format)
 10. Radio- Ulnar Joint
 11. Humero-Ulnar Joint
 12. Stabilization
 13. Rehab exercise
- E. The Shoulder (Deliberate Practice Format)
1. Glenohumeral Joint
 2. Acromioclavicular Joint
 3. Sternoclavicular Joint
 4. Costo Scapular Joint
 5. First Rib
 6. Trigger Points
 7. Levator Scapulae Tendon
 8. Taping
 9. Rehabilitative Exercises
 - a) scapular squeeze
 - b) external shoulder rotation
- F. The TMJ Adjustment (Deliberate Practice Format)
1. Muscle neutralization
 2. Manual adjustment
 3. Exercise

PLEASE NOTE: On 27 October 2013, after the conclusion of our Congress, there is a possibility for you to attend the 8th Interdisciplinary World Congress on Low Back and Pelvic Pain in Dubai. If anyone would like to participate please visit the following web address www.worldcongresslbp.com