



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

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3rd WFC EASTERN MEDITERRANEAN REGIONAL MEETING

HOSTED BY

The CHIROPRACTIC SOCIETY OF EGYPT

Golden Tulip Flamenco Hotel – Cairo, Egypt

March 28-29, 2008

CONTACT:

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*A non-governmental organisation in official relations with the World Health Organization
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Organización no gubernamental en relaciones oficiales con la Organización Mundial de la Salud*

A two-day seminar for practicing chiropractors is also included!

Hands on with



Edward B. Feinberg, D.C., D.A.C.B.S.P.

“The Upper Extremity Conditions - Consider the Kinetic Chain”

And



Tracey Littrell, DC, DACBR

On Radiology

Edward B. Feinberg, D.C., D.A.C.B.S.P.

The Upper Extremity Conditions Consider the Kinetic Chain

Hour 1

- I. The Kinetic Chain
 - A. Dizzy Dean Syndrome
 - B. Complex pattern of constantly changing forces and leverages varying throughout range of motions.
 - C. Additional considerations of Tensegrity
 - i. Harvard Fascial Conference
 - 1. Myofibrils / Nerve receptors....proprioceptive & pain
 - ii. Rotator Cuff & Stability
 - iii. Spinal biomechanics
- II. General risks: Adjusting the unstable joint
- III. Sternoclavicular Joint:
 - A. Retraction / Protraction/Abduction – Rehab: push ups
 - B. Instability – Sling / Figure 8 Brace + Clavicular Strap
 - C. Neck / Thorax / Ribs

Hour 2

- IV. Acromioclavicular Joint:
 - A. Seated Adjustment
 - B. Separations
 - i. Generally hypermobile
 - ii. Taping possible
 - iii. Rehab: Shoulder shrugs / forward raises
 - iv. Neck / Thorax / Ribs

Hour 3

- V. Scapulothoracic Junction
 - A. Hypomobile vs Hypermobile
 - B. Specific Rehab
 - i. Strengthen / Stretch vs Strengthen / Closed Chains
 - C. Adjust Aggressively vs Specifically
 - i. Neck / Thorax / Ribs

Hour 4

- VI. The Shoulder – Glenohumeral Joint
 - A. Interesting developments: Little League Shoulder
 - B. Instability: Dislocations / Others
 - i. Reduction techniques
 - 1. Contraindications, Risks, Techniques
 - ii. Rehabilitation / Prevention of recurrence
 - 1. Sling & Swathe – How long?
 - 2. Rehab Exercises
 - C. Impingement Syndrome: Bursitis, Cuff tendonitis (osis), Biceps tendonitis (osis), Capsulitis

- D. Frozen Shoulder: General considerations / Management**
 - E. Shoulder Adjustments:**
- Hour 5
 - VII. The Elbow
 - A. Radial Head Fractures**
 - B. Tennis Elbow**
 - C. Nerve Entrapments**
 - D. Pulled Elbow**
 - E. Radial Head adjustments**
 - F. Valgus Instability / Ulnar Adjustments**
- Hour 6
 - VIII. Wrist & Hand
 - A. Scaphoid Fractures / Other Fractures**
 - B. Nerve Entrapments**
 - C. Triangulofibrocartilage Injury**
 - D. Tendonitis (osis)**
 - E. Trigger Finger**
 - F. Wrist Instability**
 - G. Wrist Adjustments**

Tracey Littrell, DC, DACBR

Radiology

- Hour 1:
 - Overview of plain film imaging and view selection of the spine
 - MRI physics and normal anatomy
- Hour 2:
 - Spinal Plain Film and Advanced Imaging
 - Trauma
- Hour 3:
 - Spinal Plain Film and Advanced Imaging
 - Arthritides
 - Neoplasms
- Hour 4:
 - Shoulder injuries:
 - Dislocations
 - Fractures
 - Acromioclavicular sprains/strains and fractures
 - Little League Shoulder
 - Impingement syndrome
 - Elbow injuries:
 - Medial and lateral epicondylitis

Hour 5:

Wrist injuries:

Carpal sprains and fractures

Distal upper extremity sprains and fractures

Hour 6:

Hand injuries:

Sprains/strains and fractures