

SYLLABUS

- Name of Course:** BASIC ACTIVATOR METHODS –TECH-185
- Length of Course:** 1.5 units, 30 hour (1 hour lecture/2 hour lab)
- Course Description:** This is a basic comprehensive introduction to the Activator Method of adjusting the full spine, using the handheld Activator instrument. This technique identifies subluxations based on specific protocol using functional short leg checks. As a result, functional leg length analysis is covered in depth.
- Prerequisite:** TECH-130
- Course Offered By:** Technique Department
- Required Text:** Fuhr, A. *Activator Methods Chiropractic Technique*. 2nd ed. 2008
- Recommended Text:** As provided
- Reference Text:** As provided
- Materials:** Activator Adjusting Instrument recommended, but not required. The instructor will give details in class.

Technique Department Elective Policy:

Healthy clean hygiene is expected from all students. It is recommended that students bring a face cloth and/or towel to place on the table. Towels reduce the need for the use of chemical sanitation treatments on the adjusting tables.

Accessibility to the Spine and Spinal Structures:

- Patient gown - In an effort to recreate a clinical setting and to appropriately facilitate the realistic use of skills relative to professionalism and personal boundaries, “gowns” made of torn or altered t- shirts/garments are not acceptable for this course.
- To maintain modesty and a professional environment, no revealing attire is permitted.

- Covered shoes (sandals and flip flops do not qualify) are required for all participants.

Materials Required:

Patient Gown (preferably waist length)

Skin Marking Pencil

Please check with your instructor for any further instructions for your particular course or if you have any concerns about the appropriateness of specific articles of clothing.

In accordance with technique department regulations Elective classes must be passed with at least 75% successful completion rate of the required assessments.

Written Assessments:

Written Quizzes	25%
Written Midterm	25%
Written Final	50%
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Written Total	100%

Practical Assessment:

Practical final

Both Written (the combined total of quizzes, midterm and final) and Practical assessments must be passed with 75% or better to pass the course.

Grades and the Grading System Final Grades are available online through the CAMS student portal. If there are any questions on grading procedures, computation of grade point average, or the accuracy of the grade report, please contact the Registrar’s Office or the Office of Academic Affairs. Grades will be reported and evaluation will be based on the Academic Policies, Procedures, & Services. Please refer to Evaluation Policy **(Policy ID: OAA.0007)**

In order to maintain **Satisfactory Academic Progress**, a student must maintain a 2.0 or better in each and every course. **Any grade less than a C must be remedied by repeating the class.** Please refer to Satisfactory Academic Progress **(Policy ID: OAA.0006)**

Attendance: Please refer to Attendance Policy **(Policy ID: OAA.0002)**

Conduct and

Responsibilities: Please refer to the Personal Conduct, Responsibility and Academic Responsibility Policy (**Policy ID: OAA.0003**)

Make-up Exams: Please refer to Make-up Assessment Policy (**Policy ID: OAA.0001**)
Request for

Special Testing: Please refer to Request for Special Testing (**Policy ID: OAA.0004**)

Accommodation for Students with Disabilities:

If you have approved accommodations, please make an appointment to meet with your instructor as soon as possible. If you believe you require an accommodation, but do not have an approved accommodation letter, please see the Academic Counselor Lori Pino in the Office of Academic Affairs. Contact info: Lpino@lifewest.edu or 510-780-4500 ext. 2061. Please refer to Service for Students with Disabilities Policy (**Policy ID: OAA.0005**)

Electronic Course Management:

Canvas is LCCW's Learning Management System (LMS). Canvas will be used throughout the quarter during this course. Lectures, reminders, and messages will be posted. In addition, documents such as the course syllabus and helpful information about the class project will be posted. Students are expected to check Canvas at least once a week in order to keep updated. The website address for Canvas is <https://lifewest.instructure.com/login/canvas> Please refer to the Educational Technologies Policy (**Policy ID: OAA.0009**)

Course Objectives:

1. The instructor will explain the theoretical basis for the use of Activator Methods.
2. The instructor will present the scientific literature upon which Activator Methods is formulated.
3. The instructor will explain and demonstrate Activator Method leg length evaluations
4. The instructor will explain and demonstrate the basic isolation tests used as clinical criteria in determining areas of involvement in the pelvis, lumbar, thoracic and cervical spine.
5. The instructor will explain and demonstrate proficiency in determining the involvement of selected articular structures in upper and lower extremities.
6. The instructor will explain and demonstrate proficiency in establishing the proper lines of correction for all articular structures to be adjusted.

7. The instructor will explain and demonstrate a thorough knowledge of the Activator instrument, including the various adjustable settings for displacement and force.

Course Outline:

Lecture Introduction, review syllabus, Activator Methods Technique History, Research and Development. Also LCCW SOAP notes documentation when using the Activator Method.

Lab - Functional leg length analysis, clinical and biomechanical significance of leg length discrepancies.
Determination of pelvic deficiency in position one.
Determination of Possibility One, Two and Three in position two.
Clinical criteria: Pressure Tests, Stress Tests, Isolation Tests and Short/Long Rule.
Demonstration and drill for Possibility One knee analysis.
Demonstration of adjustments based for Possibility One knee/foot subluxation.
Demonstrate and then drill testing Possibility One for AS and PI ilium and symphysis pubis analysis.
Demonstration of adjusting when a subluxation is present for AS, PI ilium and pubic bone.
Demonstrate and drill the Basic Scan lumbar Isolation Tests L5, L4, L2. Demonstration of adjusting when L5, L4, or L2 subluxations are present.
Demonstrate and drill thoracic Basic Scan Isolation Tests for T12, T8, T6, T4, T1, and Rib 1.
Adjusting demonstration for T12, T8, T6, T4, T1 and rib 1 subluxations.
Demonstrate and drill for Medial and Lateral Scapulae tests.
Demonstration of adjusting for Medial and Lateral scapulae subluxations.
Demonstrate and drill Basic Scan Isolation Tests for C7, C5, C2-1 and Occiput.
Demonstration of adjusting for C7, C5, C2, C1 and Occiput subluxations.

A total of five written quizzes will be given, usually weeks 2,3,4,5 and 7.

Week 6 Written midterm examination
Week 9 Practical final examination
Week 10 Written final examination

Student Learning Outcomes: At the completion of Tech 185, the student should be able to:

1. Demonstrate a satisfactory understanding of the theoretical basis for the use of Activator Methods
2. Demonstrate knowledge of the scientific literature upon which Activator Methods is formulated
3. With continued practice, demonstrate proficiency and reproducibility of Activator Method leg length evaluations
4. Demonstrate proficiency at the Basic Isolation Tests used as clinical criteria in determining areas of involvement in the pelvis, lumbar, thoracic and cervical spine
5. Demonstrate proficiency in determining involvement of articular structures in upper and lower extremities using Activator Method Basic Scan analysis
6. Demonstrate proficiency in establishing the proper lines of correction for all articular structures to be adjusted.
7. Demonstrate a thorough knowledge of the Activator instrument, including the various adjustable settings for displacement and force.

The following PLO's are mapped to this course: [6, 7]

Program Learning Outcomes (PLO): Students graduating with a Doctor of Chiropractic degree will be proficient in the following:

- 1. ASSESSMENT AND DIAGNOSIS:** An assessment and diagnosis requires developed clinical reasoning skills. Clinical reasoning consists of data gathering and interpretation, hypothesis generation and testing, and critical evaluation of diagnostic strategies. It is a dynamic process that occurs before, during, and after the collection of data through history, physical examination, imaging, laboratory tests and case-related clinical services.
- 2. MANAGEMENT PLAN:** Management involves the development, implementation and documentation of a patient care plan for positively impacting a patient's health and well-being, including specific therapeutic goals and prognoses. It may include case follow-up, referral, and/or collaborative care.
- 3. HEALTH PROMOTION AND DISEASE PREVENTION:** Health promotion and disease prevention requires an understanding and application of epidemiological principles regarding the nature and identification of health issues in diverse populations and recognizes the impact of biological, chemical, behavioral, structural, psychosocial and environmental factors on general health.
- 4. COMMUNICATION AND RECORD KEEPING:** Effective communication includes oral, written and nonverbal skills with appropriate sensitivity, clarity and control for a wide range of healthcare related activities, to include patient care, professional

communication, health education, and record keeping and reporting.

5. **PROFESSIONAL ETHICS AND JURISPRUDENCE:** Professionals comply with the law and exhibit ethical behavior.
6. **INFORMATION AND TECHNOLOGY LITERACY:** Information literacy is a set of abilities, including the use of technology, to locate, evaluate and integrate research and other types of evidence to manage patient care.
7. **CHIROPRACTIC ADJUSTMENT/MANIPULATION:** Doctors of chiropractic employ the adjustment/manipulation to address joint and neurophysiologic dysfunction. The adjustment/manipulation is a precise procedure requiring the discrimination and identification of dysfunction, interpretation and application of clinical knowledge; and, the use of cognitive and psychomotor skills.
8. **INTERPROFESSIONAL EDUCATION:** Students have the knowledge, skills and values necessary to function as part of an inter-professional team to provide patient-centered collaborative care. Inter-professional teamwork may be demonstrated in didactic, clinical or simulated learning environments.
9. **BUSINESS:** Assessing personal skills and attributes, developing leadership skills, leveraging talents and strengths that provide an achievable expectation for graduate success. Adopting a systems-based approach to business operations. Networking with practitioners in associated fields with chiropractic, alternative medicine and allopathic medicine. Experiencing and acquiring the hard business skills required to open and operate an on-going business concern. Participating in practical, real time events that promote business building and quantifiable marketing research outcomes
10. **PHILOSOPHY:** Demonstrates an ability to incorporate a philosophically based Chiropractic paradigm in approach to patient care. Demonstrates an understanding of both traditional and contemporary Chiropractic philosophic concepts and principles. Demonstrates an understanding of the concepts of philosophy, science, and art in chiropractic principles and their importance to chiropractic practice.