

Syllabus

Name of Course:	Directional Non-Force Technique® 001 (TECH-193)
Length of Course:	30 hours / 1.5 units
Course Description:	This is an introduction to the D.N.F.T.® Chiropractic method of subluxation analysis and correction.
Prerequisite:	Tech 130
Course Offered By:	Technique Department
Required Text:	Class notes to be made available online in pdf format
Reference Text:	As provided

Technique Lab Attire 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.

Please check with your instructor if you have any concerns about the appropriateness of specific articles of clothing. See Below:

Attire policy: Palpation and body-marking training includes hands-on sessions in which a subject wears a D.N.F.T. patient gown that exposes the back. Those subjects will leave their underwear bottoms and/or pants / shorts/ skirts on, while wearing the patient gown that is open to the back.

While we recommend that each student purchase a DNFT patient gown, we will also make available gowns that have been donated to the LCCW DNFT Club.

Students can generally wear comfortable attire and exercise normal good hygiene. While we don't need to specify shoes or sandals, care should be given to the fact that we are close to the feet while doing leg checks. Therefore, socks and shoes used

during a prior workout on the same day should be changed to fresh footwear.

Materials: Mandatory: 2 thumb cots, 1 disc plexor tool, 1 grease pen. Purchased ala carte, these items total: \$12. These items are included in the D.N.F.T. Starter Kit, if student chooses that option.
Not mandatory, but recommended: set of heel lifts – 3, 5, 7, & 9 mm. Cost: \$14
Not mandatory, but recommended: a D.N.F.T. Starter Kit that includes: 2 disc plexors, 1 notch plexor, 1 patient copper, 1 doctor copper, 2 thumb cots, 1 grease pen with refills. This costs \$40
Not mandatory but highly recommended: D.N.F.T. shoes for leg check. Conventional shoes or those of any other technique are not suitable. 2 choices: utilize directions provided by Dr John for having a shoe tailor modifying a proper pair of shoes; or, purchase D.N.F.T. shoes from D.N.F.T. Seminars – cost \$145

Conduct/Responsibilities: LCCW policy applies

Attendance: LCCW policy applies

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**)

Technique Department Elective Policy:

Elective courses at LCCW are pass / no pass. Any student who drops or does not pass an elective will not be eligible to take an elective the following quarter.

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

Assessments:

Written quizzes: 15%

Written midterm 15%

Written final 30%

Practical final 40%

Total 100%

Both Written (the combined total of quizzes, midterm and final) and Practical sections must be passed to pass the course.

Procedures for

Reviewing Exams: College policy applies.

Course Objectives:

1. Understand the history, philosophy, and approach of Directional Non-Force Technique Chiropractic.
2. Learn how to perform palpation and body marking as prerequisite to D.N.F.T. Chiropractic subluxation analysis.
3. Learn how to perform a subluxation test / challenge to osseous and soft tissue.
4. Learn how to perform the D.N.F.T.® Reactive Leg Reflex™ test for subluxation.
5. Learn how to perform the D.N.F.T. corrective thrust.
6. Learn the D.N.F.T. explanation of the relationships between compensations and subluxations.
7. Learn the elements of the wedge subluxation complex as experienced by D.N.F.T. Chiropractic.
8. Be exposed to the peer-reviewed published scientific research study on D.N.F.T. Chiropractic and chronic low back pain.

Course Outline

- Week I Lecture: Introduction, History, Philosophy, and general principles of Directional Non-Force Technique. Basic patient setup for analysis.
- Lab: How to prepare a patient through patient gowning, patient body positioning on table, and putting on D.N.F.T. shoes properly. Palpation, and D.N.F.T. body marking exercise. Introduction to the D.N.F.T. thrust and practice of it.
- Week II Lecture: Definition and details of subluxation. How to perform basic subluxation challenge. Introducing the muscle subluxation and muscle correction.

		How the muscle acts as a major form of compensation for subluxation.
	Lab:	Palpation and body marking. Marking muscle fibers. Setup on challenge and setup on correction of major muscles. Review and practice of the D.N.F.T. thrust. Introduction of leg check – Dr John’s “Standing Neuro-cybernetic Wrist Stabilization” exercise to establish neural pathways for correct supine and prone leg check. Demonstration of subluxation analysis using challenge and D.N.F.T. leg check.
Week III	Lecture:	Review of muscle analysis and adjusting and introduction of ligament analysis and adjusting. The major ligaments that are consider by D.N.F.T. Chiropractic in correction and revealing. Introduction to a typical standalone and wedge vertebral subluxation.
	Lab:	Palpation, body marking, thrusting. Introduction of the supine leg check, emphasis on grip and stance. Demonstration of analysis and correction of wedge subluxation.
Week IV	Lecture	Further discussion of a wedge subluxation, and sequence of osseous and soft tissues that are part of its full correction. How Release and Reveal™ allow both vertebrae of the wedge subluxation to be seen diagnostically.
	Lab:	Palpation / body marking, thrusting, supine leg check. Make grease pen body marking of a described wedge subluxation. Introduction of prone leg check basics.
Week V	Lecture	Discussion of D.N.F.T. Release and Reveal™ protocols. The role that they play in revealing a true subluxation as opposed to a compensation. Introduction of pelvic subluxation possibilities as part of body compensation and release and reveal. Femur head trochanter listing.
	Lab:	Palpation, body marking, thrusting, and supine leg check. Introduction of prone leg check and practice of it. Setup on Release and Reveal™ analysis and correction. Demonstration of Release and Reveal™ analysis in leading to a wedge spinal subluxation complex.
Week VI	Lecture:	Written midterm exam.
	Lab:	Quiz on previous lab material: palpation, body marking, thrusting, supine leg check, muscle adjusting, osseous adjusting of vertebrae and pelvis.
Week VII	Lecture:	Introduction to retracing as part of healing and recovery. Includes example of patient charts illustrating retracing.

	Lab:	Palpation, body marking, prone and supine leg check practice. Setups on Release and Reveal™ protocols. Demo top illustrate spontaneous retracing within a visit.
Week VIII	Lecture:	Introducing cervical adjusting – atlas, occiput, C2/3, significant associated muscles. How to approach the cervical spine and differences in analysis and correction Finding the major strategies. Record keeping of subluxations, how to account for and keep track of succession of subluxation appearances / corrections visit to visit.
	Lab:	Palpation, body marking, thrusting, prone and supine leg check. Setup on a cervical wedge subluxation and an atlas + occipital condyles. Demonstrations to illustrate cervical adjusting.
Week IX	Lecture	Finding the major and how to approach a patient on the basis of history, exam, symptom, vs D.N.F.T. subluxation listing. Phantom subluxations and how to transform a phantom to the true subluxation of the visit. Review of utilization of Release and Reveal™ additional considerations to the purpose of transferring a phantom and finding the major.
	Lab:	Palpation, body marking, thrusting, prone and supine leg check. Setups on cervical subluxations. Setups on thoracic and lumbar subluxations. Demonstrations to illustrate all aspects of analysis and adjusting that have been covered to date.
Week X	Lecture:	Written Exam
	Lab:	Practical Exam

Student Learning Outcomes:

At the end of Directional Non-Force Technique® 101, student should be able to:

1. Demonstrate a basic knowledge of the history, philosophy, and basis of approach of D.N.F.T.® Chiropractic.
2. Be able to name the essential findings of the peer-reviewed published study on chronic low back pain and D.N.F.T.® Chiropractic.
3. Demonstrate proficiency at palpation and applying body marks to landmark structures.
4. Demonstrate proficiency at performing the D.N.F.T. thumb and disc plexor thrust.
5. Demonstrate proficiency at applying challenges to osseous and soft tissue structures.
6. Demonstrate basic approach and execution of prone and supine versions of the D.N.F.T.® Reactive Leg Reflex™ test.
7. Demonstrate basic understanding of the D.N.F.T. approach toward subluxations based upon what is compensation vs what is subluxation.

8. Be able to identify and describe the different components of a wedge subluxation
Be able to describe the basic sequence of correction for a typical wedge
9. Be able to describe several sequence possibilities for analysis/correction with the upper cervical spine.
10. Demonstrate a basic understanding of finding the major subluxation on any given patient visit.

The following PLO's are mapped to this course: [1, 2, 8]

Program Learning Outcomes (PLO): Students graduating with a Doctor of Chiropractic degree will be able to:

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.