



Exercise and Sports Science

MS - Sports
Medicine

MS - Sports
Performance and
Coaching Science

MS - Fitness
and Wellness
Management

MA - Sports
and Athletic
Administration

MS - Sports and
Athletic Counseling

ELE8005 - ACTIVATOR METHODS CHIROPRACTIC TECHNIQUE

Basic Seminar Class

SPRING 2016 Syllabus

2 credits; 22 hours

Part 1: Course Information

Instructor: Dr. Zane Gard

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Phone: 503-314-2957 cell / 503-439-9494 office

Office hours: 9 am to 6 pm Monday-Friday

Biography: WSCC graduate 2000
Associate Clinical Instructor Activator Methods 2005



Course Description/Overview

In this course the history and development of the Activator Method will be presented with specific focus upon the research that has brought The Activator Method to the forefront in chiropractic technique. The basics of the Activator analysis and adjusting will be taught beginning from assessment of the lower extremity and pelvis through the lumbar, thoracic and cervical spine including the upper extremities. Through lecture, and hands-on training during workshop sessions, the attendee will receive actual training in the use of AMCT to allow them to begin to implement this chiropractic technique into their practice.

Prerequisites:

1. Technical Skills:
 - a. Basic understanding of web browsers and navigation

b. Creating and saving documents (i.e., MS Word, PowerPoint)

2. Course Prerequisites:

Must be a graduate of a DC, DO, ND, or PT program or a student in at least the 6th term of one of these programs.

Textbook & Course Materials

Required Text

Fuhr AW. The Activator Method, Second Edition. St. Louis: Mosby, 2008

Recommended Texts & Other Readings

[Ann Biomed Eng.](#) 2014 Dec;42(12):2524-36. doi: 10.1007/s10439-014-1115-4. Epub 2014 Oct 18.

In vitro biomechanical evaluation of single impulse and repetitive mechanical shockwave devices utilized for spinal manipulative therapy.

[Liebschner MA¹](#), [Chun K](#), [Kim N](#), [Ehni B](#).

[J Manipulative Physiol Ther.](#) 2006 Jan;29(1):5-13.

Spinal manipulation reduces pain and hyperalgesia after lumbar intervertebral foramen inflammation in the rat.

[Song XJ¹](#), [Gan Q](#), [Cao JL](#), [Wang ZB](#), [Rupert RL](#).

[J Manipulative Physiol Ther.](#) 2005 Sep;28(7):493-501.

A randomized clinical trial of manual versus mechanical force manipulation in the treatment of sacroiliac joint syndrome.

[Shearar KA¹](#), [Colloca CJ](#), [White HL](#).

[Spine \(Phila Pa 1976\).](#) 2015 Feb 15;40(4):209-17. doi: 10.1097/BRS.0000000000000724.

Comparison of spinal manipulation methods and usual medical care for acute and subacute low back pain: a randomized clinical trial.

[Schneider M¹](#), [Haas M](#), [Glick R](#), [Stevens J](#), [Landsittel D](#).

UWS Bookstore Website:

Visit the UWS Bookstore online at <http://uwsbookstore.com/>

Library resources:

UWS-W.A. Budden Library <https://www.uws.edu/library/>

Course Delivery

This course will be delivered online through the Activator Methods web interface, which will be provided, as well as a 1-day, 6-hour workshop to be held on December 5, 2015. You will be provided a, access code and will have access to your course for 90 days past the completion of the quarter in which you are enrolled.

You will access online lessons, course materials, and resources. Activities will consist of viewing recorded presentations, readings, and exams.

Technical Requirements

- Broadband Internet connection (Cable, DSL, or LAN)
- Access to the Internet - Firefox (Windows) and Safari (Mac) are currently the preferred browsers to use for accessing webCampus.
- Common web tools for viewing PDF documents and video.

The Online Learning Community

Facilitated online courses are a “learning community.” Studies indicate that frequent and meaningful planned interactivity in an online course is the primary factor in keeping students motivated and helping them feel like part of this community. Communicating and learning together allows students to share with each other their questions, frustrations, and ideas. It allows them to receive help and feedback from a supportive peer group. Research also shows that this sense of community enhances critical thinking, learning outcomes, and student satisfaction by improving information flow, learning support, group commitment, and collaboration. The primary tool for achieving online course interactivity is the discussion forum.

University Contacts

Besides your instructor and the UWS Help Desk, other contacts for online education students at UWS are:

Michael Haneline, Dean of Undergraduate, Graduate & Professional Studies

mhaneline@uws.edu

Tiffany Reiss, MESS Program Director

treiss@uws.edu

Activator Methods contact

info@Activator.com

W.A. Budden Library, University Librarians

librarian@uws.edu

Part 2: Course Learning Objectives

The primary learning objectives for this course are as follows:

1. By the completion of this course, the student will know the theory, research and development of the Activator Methods Chiropractic Technique (AMCT).
2. By the completion of this course, the student will be able to perform the AMCT analysis.
3. By the completion of this course, the student will be able to apply AMCT.

Part 3: Topic Outline/Schedule

Important Note: Activity and assignment details will be explained fully within each corresponding learning module. If you have any questions, please contact your instructor.

- History of The Activator Method, Development of the Activator Instruments, The Activator Method Protocol, and published research in refereed journals to support the instrument, methodology, and patient outcome studies.
- Update to the latest Activator Methods research and development, and related to recent published research supporting the Activator Method of analysis and instrumentation. Introduction to the AMCT Basic Scan Protocol starting with defining the starting points of the Protocol with the Three Possibilities, the three types of testing, and the Short/Long Rule.
- Introduction to the AMCT Basic Scan Protocol and the hands on training workshop of: patient placement, leg length inequality and postural evaluation.
- Basic evaluation and hands-on training workshop evaluations of specific adjusting procedures for the lower extremities and pelvis including pelvic obliquity and anterior-superior and posterior-inferior ilium subluxations and pubic subluxation.
- Basic evaluation and hands-on training workshop evaluations of specific adjusting procedures for the lumbar spine.
- Basic evaluation and hands-on training workshop evaluations of specific adjusting procedures for the thoracic spine.
- Basic evaluation and hands-on training workshop evaluations of specific adjusting procedures for adjusting of the upper extremities using AMCT protocols including Medial and Lateral scapulae patterns.
- Basic evaluation and hands-on training workshop evaluations of specific adjusting procedures for the cervical spine and occiput.
- Hands-on training workshop review of the Activator Method Basic Scan Protocol including demonstration of Possibility One with the evaluation and adjustment of the lower extremities, lumbar and thoracic spine.

- Hands-on training workshop review of the Activator Method Basic Scan Protocol continued for Possibility One with the evaluation and adjustment of the upper extremities included in the medial and lateral scapulae patterns evaluation and chiropractic adjusting of the cervical spine and occiput, and the Protocol for Possibility Two and Three.
- Review of all AMCT Protocols of the Basic Scan and implementation procedures of patient treatments including typical and atypical cases.
- Bi weekly written assignments from textbook or journal articles. The written assignment will consist of two written discussions, one being how you would relate the information to a patient in regularly scheduled adjustment visit in one minute's time. The other being how you would relate the information to a colleague (DC, MD, DO, PT, ND, LAc, etc) who was asking you about the article, answer to be written in a one page response. You will also have three questions relating to the online course with each written assignment.
 1. Explain how Activator uses leg length inequality to determine when and when not to adjust. Resource chapter 5 of Activator textbook. Due July 18
 2. Discuss research on Activator adjustment reducing disc inflammation. Resource [J Manipulative Physiol Ther.](#) 2006 Jan;29(1):5-13. Due Aug 1
 3. Discuss mechanical vs. manual manipulation. Resource [J Manipulative Physiol Ther.](#) 2005 Sep;28(7):493-501. Due Aug 15
 4. Discuss spinal manipulation vs medical treatment. Resource [Spine \(Phila Pa 1976\).](#) 2015 Feb 15;40(4):209-17. Due Aug 29 (at hands on class)
 5. Discuss single impulse vs repeated mechanical shockwave. Resource [Ann Biomed Eng.](#) 2014 Dec;42(12):2524-36. Due Sep 12
- Hands-on training workshop time for individual attendee clinical cases with demonstration of the clinical application of all AMCT Protocols of the entire Basic Scan.

Hands-on training workshop to be held on June 4, 2016 from 9:00 am to 4:00 pm on the UWS campus in East Hall 1.

Part 4: Grading Policy

Graded Course Activities

Points/Percentage	Description
# 33/33%	Online course material with $\geq 80\%$ on test at end
# 6/6%	Written assignment Chapter 5 of textbook
# 28/28%	Written assignments on journal articles 7 pts each
# 33/33%	Hands-on training workshop
Total	100/100%

Late Work

Be sure to pay close attention to deadlines—there will be no make-up assignments or quizzes, or late work accepted without instructor approval.

All assignments must be completed on time. Late assignments will have 10% deducted from the grade for each day late up to a maximum of one week. Assignments will **NOT** be accepted later than one week after the due date. **All assignments for the week are due at the end of the week, Sunday 11:59pm PST.**

Letter Grade Assignment

Final grades assigned for this course will be based on the percentage of total points earned and are assigned as follows:

Letter Grade	Percentage	Performance
P	70-100%	Pass
F	0-69%	Failure

Important note: For more information about grading at UWS, visit the Academic Policies section of the [UWS Catalog](#).

Part 5: Course Policies

Attendance Policy

In order to receive a passing grade for this course, all students must attend at least 90% of the course hours unless special arrangements are made with the instructor ahead of time.

Live Session Participation

Students are expected to participate in all online activities as listed in the course. Attendance at the live workshop is mandatory.

Assignments

Assignments must be submitted by the given deadline or special permission must be requested from instructor before the due date. Late or missing discussion assignments will affect the student's grade.

Proactive Communication

If you find that you have any trouble keeping up with assignments or other aspects of the course, make sure you let your instructor know as early as possible. Make sure that you are proactive in informing your instructor when difficulties arise during the term so that we can help you find a solution.

Dropping This Course

It is the student's responsibility to understand when they need to consider un-enrolling from a course. Refer to the [UWS Catalog](#) or [Policy 3021 - Tuition and Fee Refunds](#) for more information about dropping courses and tuition refunds.

Incomplete Policy

An incomplete or "I" grade is reserved exclusively for students who have progressed satisfactorily in a course, but are unable to complete the required coursework due to unusual circumstances beyond the student's control.

The instructor will determine when an incomplete grade is appropriate. See [Policy 1207 - Grading System](#).

Inform Your Instructor of Any Accommodations Needed

The University of Western States complies with the requirements and spirit of Section 504 of the Rehabilitation Act and with the Americans with Disabilities Act Amendments of 2008. Students seeking academic adjustments or accommodations must self-identify with the director of student services and meet the standards and expectations for documentation of disabilities requiring accommodation by the university. The university seeks to reasonably accommodate students with disabilities on an individual basis if supported by specific information and assessment data documented by appropriate licensed professionals.

Commit to Integrity

As a student in this course (and at UWS) you are expected to maintain high degrees of professionalism, commitment to active learning and participation in this class and also integrity in your behavior in and out of the classroom.

UWS's Academic Honesty Policy & Procedures

The demonstration of personal and professional ethics and integrity are considered an integral part of the academic programs of the institution. Students are required to conduct themselves in a professional manner throughout their enrollment.

The following represents behaviors that are considered inappropriate and will not be tolerated: All forms of academic cheating, fraud and dishonesty, including but not limited to plagiarism, buying and selling course assignments and research papers, performing academic assignments (including tests and examinations) for other persons, unauthorized disclosure and receipt of academic information; inappropriate use of technology and other practices commonly understood to be dishonest.

Cheating is the attempted or unauthorized receipt, use or provision of information, notes, learning aids, devices or communication during an examination, quiz or other assessment of student learning, or the misrepresentation of identity on tests, assignments, or learning activities. This includes, but is not limited to, copying of other students' work (or allowing students to copy one's own work), unauthorized collaboration during a test or on an assignment, falsification of identity on a test or assignment (including online work), unauthorized use of electronic devices during a test, changing answers on an examination that has already been scored, unattributed submission of papers produced by other persons or commercial entities, use of unauthorized reference materials (including online resources) during online assessments, and unauthorized attempts to remove examination materials from the test area or to reproduce test materials for the purpose of allowing other persons to use those materials. Cheating by students at UWS is grounds for dismissal or other sanctions (see [Code of Student Conduct](#)).

Plagiarism is the use of distinctive ideas or works belonging to another person without providing adequate acknowledgement of that person's contribution. Plagiarism is a form of academic dishonesty consisting of the presentation of someone else's ideas, writings, or other original works as her/his own without appropriately attributing credit to the original source. It may include portions or the entirety of the original work. These original works include, but are not limited to, published works (books, journals, newspapers, magazines, theses, etc.), speeches, other student's papers or reports, proposals, graphics, images, multimedia, web pages, computer programs, research data, and presentations. Plagiarism by students at UWS is grounds for dismissal or other sanctions.