

Soft Tissue: The Missing Link in Chiropractic
(outline is always subject to change based on new information)
Warren Hammer, DC, MS, DABCO

Hours 1 - II:

- I. Necessity of Soft Tissue in a Chiropractic Practice**
- II Tensegrity: “The Architecture of Life”.**
- III. The Ubiquitous Fascial System:**
 - A. Anatomy of the fascial system: spinal & extremities.**
 - B. Physiology & pathology of the fascial system.**
 - C. The Relationship of the Spine to the Fascial System**
- IV. Effects of mechanical load on soft tissue.**
- Theories of soft tissue release (mechanoreceptor)**
- Barnes Myofascial Stretch: Shoulder**

Hours III - IV

- I. Voyer’s Longitudinal Osteo-Articular De-coaptation Stretching**
 - A. C5-C6, C6-C7, L4-L5, L5-S1**
 - B. General fascial stretch**
- II. Fascial Release Technique, cervical spine, pectoral, trochanteric bursa.**
- III. Mattes’ Active Isolated Stretch**
 - A. Cervical spine**
 - B. Forward shoulders: sitting, standing, prone.**
- IV. Combining fascial release with Mattes stretch.**

Hours V – VI.

- I. Tendinitis/tendinosis**
- II. Friction Massage**
- III. Graston Technique® (GT)**
- Treating cervical spine combining GT with Active Isolated Stretch**
- IV. Introduction to Luigi Stecco’s Fascial Manipulation**

Hours VII - VIII:

- I. Basics of a Functional Examination**
 - A. Shoulder Evaluation**
 - B. Impingement Syndrome**
 - C. Scapular dyskinesis**
- II. Shoulder Soft Tissue Treatment Methods for:**
 - A. Adhesive Capsulitis**
 - B. Rotator Cuff Tendinopathy**
 - C. Chronic Bursitis**
 - D. A-C Joint**
 - E. Shoulder girdle instability**

Hour IX:

- I. Functional Examination of Elbow**

- A. Soft tissue treatment of elbow epicondylopathy, loose bodies, carpal tunnel.**
- B. Treatment by friction massage, Graston Technique, eccentric exercise, manipulation.**

Hours X-XI

- A. Evaluation of Spinal Fascia**
- B. Lumbar Tendinosis & fibrosis: treatment using GT**
- C. Mattes Active Isolated Stretch for spine & lower extremity**
- D. Functional examination of hip.**
- E. Test to differentiate lumbar lateral encroachment from hip pain.**
- F. Soft tissue treatment methods for hip conditions: fascial restrictions, osteoarthritis, lateral hip bursitis, gluteal tendons, ITBand syndrome, loose bodies, hamstrings & calf, plantar fasciitis.**
- G. Mulligan technique for restricted hips.**

Hour XII

- I. Painless mobilization for acute cervical injury or elderly.**
- II. Mulligan treatment for improving decreased lumbar discogenic straight leg raise.**
- III. Pre-stress test for spinal adjustment.**
- IV. General review of treatment using patients from audience.**