

Fiche programme

Date de création de la fiche : 20 juin 2024

Version : V2

SEMINAR :

Title : **MOTION PALPATION FULL-SPINE ANALYSIS & ADJUSTIVE TECHNIQUE
(WOMEN'S ONLY CLASS)**

Speaker : Lindsay MUMMA

Duration (in hours) 12 hours

PUBLIC :

- CHIROPRACTORS

OBJECTIVES :

- Understand the fundamentals of joint complex dysfunction
- Perform static and dynamic joint assessments including palpation of the surrounding soft tissues of the cervical, thoracic, lumbar and pelvic regions
- Understand how posture impacts joint complex dysfunction
- Understand the indications and contraindications of when to utilize various adjustive procedures of the cervical, thoracic, lumbar and pelvic regions

PRE-REQUISITES :

- Being a female professional chiropractor

SPEAKER :

Lindsay MUMMA
Chiropractor

Lindsay Mumma, DC, DNSP, is the owner of Triangle Chiropractic and Rehabilitation Center in Raleigh, NC, a multidisciplinary practice focused on holistic and rehabilitative care across the lifespan, which she opened in 2012 after graduating from Palmer College of Chiropractic with the Clinical Excellence Award. She teaches for the Motion Palpation Institute and moveMentors. She is a wife, mother to two boys, speaker, life enthusiast, and author of The Trimester Series, the best-selling book Your Pelvic Floor Sucks, and the Top 50 in Health Substack publication Dr. Lindsay Mumma's Newsletter.

PROGRAM :

DAY 1

9h - 10h : Introduction to the Joint Complex Dysfunction

- Scientific Evidence
- The Chiropractic Lesion
- The Neurologic Model
- Effects of Joint Manipulation
- Indications and Contraindications of Joint Manipulation
- Updated concepts concerning Chiropractic

10h - 11h: Examination & Palpation of the Occiput - Atlas Articulation and Atlas - Axis Articulation

- Movements of the Occiput - Atlas
- Joint Play of the Occiput - Atlas
- Movements of the Atlas - Axis Articulation
- Joint Play of the Atlas - Axis Articulation

11h - 12h: Adjustive Procedures for the Occiput - Atlas Articulation and Atlas - Axis Articulation

- Seated Manipulation Procedures
 1. Anterior Sagittal Glide (ASG) / Lateral Flexion (LF) / Rotation (C0-C1 and C1-C2)
 2. Flexion (C0-C1)
 3. Flexion/LF/Ipsilateral Rotation (C1-C2)
- Supine Manipulation Procedures
 4. ASG/LF/Rotations (C0-C1)
 5. Flexion (C0-C1)
 6. ASG/LF/Contralateral Rotation (C1 through C6)
 7. Flexion/LF/Ipsilateral Rotation (C1 through C6)

12h - 13h : Lunch

13h - 14h : Examination & Palpation of the Mid-to-Lower Thoracic Spine

- Normal Planar Motion of the Thoracic Spine
- Coupled Motion of the Thoracic Spine
- Hyperextension Screen
- Seated Palpation of the Mid-to-Lower Thoracic Spine

14h - 15h - Adjustive Procedures of the Mid-to-Lower Thoracic Spine

- Supine Procedures
 1. Thoracic Extension
 2. Thoracic Flexion
 3. Thoracic Rotation & Lateral Flexion
- Standing LAE Procedures

15h - 16h : Examination & Palpation of the Lower Cervical & Upper Thoracic Spine (C7-T4 or CT)

- Normal Planar Motion of the CT Spine
- Coupled Motion of the CT Spine
- Seated Palpation of the CT Spine

PROGRAM :

DAY 2

9h - 10h: Adjustive Procedures for the CT Articulation

- Seated Manipulation Procedures
 1. ASG/LF
 2. Flexion/LF/Ipsilateral Rotation
- Supine Manipulation Procedures (Atlas through C6)
 3. ASG/Extension Unilateral
 4. Upper Rib Manipulation

10h - 11h: Examination & Palpation of the SI Joint & Pelvis

- The Motion Palpation Exam
- Movements of the Pelvis
- Postural Evaluation
- Joint Play of the Pelvis
- Decision Making for Pelvic Manipulation

11h - 12h30 : Sacroiliac Adjustive Procedures

- Side Posture Manipulation
 1. Upper SI Flexion
 2. Lower SI Flexion
 3. Nutation
 4. Counternutation
- Mobilization procedures
 5. Upper SI Flexion
 6. Lower SI Flexion
 7. Nutation
 8. Counternutation

12h30 - 13h - Examination & Palpation of the Thoracic Spine & Lumbar Spine

- Normal Motion of the Thoracic & Lumbar Spine
- Coupled Motion of the Thoracic & Lumbar Spine
- Hyperextension Screen
- Seated Palpation of the Thoracic & Lumbar Spine

13h - 14h : Adjustive Procedures of the Lower Thoracic & Thoracolumbar Spine

- Supine Procedures
 1. Thoracic Extension
 2. Thoracic Flexion
 3. Thoracic Rotation & Lateral Flexion
- Side Posture Procedures
 4. T/L Extension & Rotation
 5. T/L Lateral Flexion

14h - 15h : Adjustive Procedures for the Lumbar Spine

- Side Posture Procedures
 1. Coupled Extension, LF, & Rotation
 2. Flexion of The Lumbar Spine
 3. Hyperextension of the Lumbar Spine
 4. "Pure" Lateral Flexion

Conclusion

Question & Answer

Closing remarks

PEDAGOGY & ASSESSMENT :

Pedagogic tools :

- Adjusting tables
- toggle/"speeder" boards
- spine model
- projector screen
- slides

ASSESSMENT :

- Evaluation of knowledge and practical application via written exercises
- Initial and final multiple-choice tests

PRACTICAL INFORMATION :

Seminar location :

IFEC, 24 bd Paul Vaillant Couturier 94200 IVRY sur SEINE

Dates :

Saturday, March 7 and Sunday, March 8th, 2026

Prices :

Regular price: 620 €

Early bird price of 10% **until February 2nd, 2026**

How to registrate :

Registration by email to formation-continue@ifec.net

Please contact the Continuing Education Service :

01 45 15 89 10 / 07 45 01 88 01

