

Fiche programme

Date de création de la fiche : 20 juin 2024

Version : V2

SEMINAR :

Title : **MOTION PALPATION FULL-SPINE ANALYSIS & ADJUSTIVE TECHNIQUE**  
Speaker : Brett WINCHESTER  
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 professional chiropractor

SPEAKER :

Brett WINCHESTER  
Chiropractor

Dr. Brett Winchester is a chiropractor, educator, and international lecturer specializing in manual medicine and active self-care. Based near St. Louis, Missouri, he runs Winchester Spine and Sport, known for evidence-based care across all ages and athletic levels. Dr. Winchester teaches at Logan College of Chiropractic, serves on the Motion Palpation Institute board, and is recognized for his expertise in chiropractic rehabilitation and Dynamic Neuromuscular Stabilization.

## 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/Rotation (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, October 4th and Sunday, October 5th, 2025

**Prices :**

Regular price: 620 €

Early bird price of 10% **until September 1st, 2025**

**How to registrate :**

Registration by email to [formation-continue@ifec.net](mailto:formation-continue@ifec.net)

Please contact the Continuing Education Service :

01 45 15 89 10 / 07 45 01 88 01

