



# ChiropracticMentor.com

*Join the paradigm shift to functional chiropractic*

## WORKBOOK FOR SUCCESS

[www.chiropracticmentor.com](http://www.chiropracticmentor.com) is gaining recognition as a primary source for chiropractors and chiropractic students to learn the clinical skills necessary to treat patients successfully, in a busy practice.

This workbook is the result of members reporting that they enjoy watching the video- tapes; however, they needed a structure to follow, in order to tackle the task of learning all the adjustments/manipulations demonstrated.

When you watch the video demonstration, locate the same palpation and manipulations in this workbook. Write in the date that you viewed the video, then place a self assessment value from zero to ten in the box labeled **Score**. If you are just seeing the procedure for the first time score zero in the first box.

Your goal over the coming years, will be to eventually score a seven in the several hundred techniques demonstrated. Seven is the least of the professional levels of being able to consciously perform the maneuver on a person in pain.

A ten (10) is to be able to **unconsciously** perform the adjustment without thinking, just feeling the resistance and impulsing. They all produce an audible release when a manipulation with cavitations has occurred. I classify a manipulation with no “click” a mobilization. Mobilization is still somewhat therapeutic, but not as effective as the adjustment that audibly releases, if my experience of forty-five years in practice is any indication.

Completing this book to a level of “seven” will assure you are a “master” of the chiropractic method of spinal and extremity joint manipulation.

Watch the UPPER CERVICAL video first, as the three methods of delivering a thrust are demonstrated. Developing an extremely fast, low amplitude “IMPULSE” is the key to painless, effective, audible adjustments. Ligaments don’t get strained and patients don’t need to recover from the trauma of a sloppy adjustment.

This video also introduces the fact that you are dealing with closed kinematic mechanisms of the Locomotor System which I consider the key to rational, functional, modern chiropractic. Learning to discern the major dysfunctions from the compensatory muscular dysfunctions is the art of Chiropractic that you will develop, when you learn to feel the difference. It feels as different as squeezing a brick or a block of soft cheese.

The example on the following page is *just an example* on how to keep your palpation and adjusting practice lessons up to date and mastered. There is no way that one can achieve a master level after only 7 viewings – the dates, date intervals and scoring are simply examples of how to use the workbook. Use the last sheet of the workbook as a blank template for any section of the video lessons that you need additional workbook space to note dates and scores.

Example:

Section Title:

**ATLAS-OCCIPUT JOINT PALPATION**

Date: 1/23/10	Score: 0	Date: 2/10/10	Score: 1	Date: 2/15/10	Score: 2
Date: 2/20/10	Score: 2	Date: 2/25/10	Score: 3	Date: 2/28/10	Score: 3
Date: 3/5/10	Score: 4	Date: 3/10/10	Score: 5	Date: 3/15/10	Score: 5
Date: 3/20/10	Score: 5	Date: 3/25/10	Score: 5	Date: 3/27/10	Score: 5

**ATLAS-OCCIPUT JOINT ADJUSTMENT**

***SUPINE***

Date: 1/23/10	Score: 0	Date: 2/10/10	Score: 1	Date: 2/15/10	Score: 2
Date: 2/20/10	Score: 2	Date: 2/25/10	Score: 3	Date: 2/28/10	Score: 3
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Date: 3/20/10	Score: 5	Date: 3/25/10	Score: 5	Date: 3/27/10	Score: 5

***PRONE***

Date: 1/23/10	Score: 0	Date: 2/10/10	Score: 1	Date: 2/15/10	Score: 2
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Date: 3/5/10	Score: 4	Date: 3/10/10	Score: 5	Date: 3/15/10	Score: 5
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***SITTING***

Date: 1/23/10	Score: 0	Date: 2/10/10	Score: 1	Date: 2/15/10	Score: 2
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**CHIROPRACTICMENTOR.COM  
WORKBOOK FOR SUCCESS**

Name: \_\_\_\_\_

Subscription Start Date: \_\_\_\_\_

Email questions to: [drfaye@chiropracticmentor.com](mailto:drfaye@chiropracticmentor.com)

**UPPER CERVICAL REGION**

**A) INTRODUCTION**

Date:	Score:	Date:	Score:	Date:	Score:
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**B) TYPES OF THRUST**

***Impulse***

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***Recoil***

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***Body-drop***

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**C) MOTION PALPATION QUICK SCAN (To run a large practice, this skill is essential)**

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**D) OCCIPUT ON ATLAS JOINT, MOTION PALPATION**

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***Anterior to Posterior rotation***

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***Posterior to Anterior rotation***

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***Anterior glide of Occiput***

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***Lateral flexion***

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**D-a) OCCIPUT ON ATLAS JOINT MANIPULATION - Always occipital contacts**

***Supine - MANIPULATION - Always occipital contacts***

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***Sitting - MANIPULATION - Always occipital contacts***

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***Prone - MANIPULATION - Always occipital contacts***

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**E) ATLANTO-AXIAL JOINT, MOTION PALPATION**

***Rotation, Posterior to Anterior***

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***Rotation, Anterior to Posterior***

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***Lateral flexion joint play***

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***Extension***

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***Flexion***

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**E-a) ATLANTO-AXIAL JOINT MANIPULATION**

***Rotation, Posterior to Anterior - SUPINE***

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***Rotation, Posterior to Anterior - SITTING***

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**E-a) ATLANTO-AXIAL JOINT MANIPULATION (continued)**

***Rotation, Posterior to Anterior - PRONE***

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**E-b) ATLANTO-AXIAL JOINT MANIPULATION**

***Rotation, Anterior to Posterior - SUPINE***

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***Rotation, Anterior to Posterior - SITTING***

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***Rotation, Anterior to Posterior - PRONE***

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**E-c) ATLANTO-AXIAL JOINT MANIPULATION**

***Lateral Flexion Joint Play - SUPINE***

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**E-c) ATLANTO-AXIAL JOINT MANIPULATION (continued)**

***Lateral Flexion Joint Play - SITTING***

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***Lateral Flexion Joint Play - PRONE***

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**E-d) ATLANTO-AXIAL JOINT MANIPULATION**

***Flexion - SUPINE***

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***Flexion - SITTING***

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***Flexion - PRONE***

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**E-e) ATLANTO-AXIAL JOINT MANIPULATION**

***Extension - SUPINE***

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***Extension - SITTING***

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***Extension - PRONE***

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**E-f) ATLANTO-AXIAL JOINT MANIPULATION**

***Y Axis Translation Traction***

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**UPPER CERVICAL REGION NOTES / QUESTIONS:**

## MID- LOWER CERVICAL REGION

### A) MID AND LOWER CERVICAL - MOTION PALPATION

#### *Introduction*

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#### *Rotation, Posterior to Anterior*

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#### *Rotation, Anterior to Posterior*

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#### *Lateral Flexion*

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#### *Extension*

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#### *Flexion*

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**A) MID AND LOWER CERVICAL - MOTION PALPATION (continued...)**

***Long Y-Axis Extension Translation***

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**B) MID & LOWER CERVICAL - MANIPULATION**

***Introduction***

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**B-a) MID & LOWER CERVICAL - MANIPULATION**

***Rotation, Posterior to Anterior - SUPINE***

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***Rotation, Posterior to Anterior - SITTING***

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***Rotation, Posterior to Anterior - PRONE***

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**B-b) MID & LOWER CERVICAL - MANIPULATION**

***Rotation, Anterior to Posterior - SUPINE***

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***Rotation, Anterior to Posterior - SITTING***

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***Rotation, Anterior to Posterior - PRONE***

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**B-c) MID & LOWER CERVICAL - MANIPULATION**

***Lateral Flexion Joint Play - SUPINE***

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***Lateral Flexion Joint Play - SITTING***

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***Lateral Flexion Joint Play - PRONE***

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**B-d) MID & LOWER CERVICAL - MANIPULATION**

***Flexion - SUPINE***

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***Flexion - SITTING***

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***Flexion - PRONE***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**B-e) MID & LOWER CERVICAL - MANIPULATION**

***Extension - SUPINE***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

***Extension - SITTING***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**Extension - PRONE**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**B-f) MID & LOWER CERVICAL - MANIPULATION**

***Long Y-Axis Translation***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**MID & LOWER CERVICAL REGION NOTES / QUESTIONS:**

## THORACIC SPINE REGION

### A) THORACIC SPINE REGION

#### *Introduction*

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### B) THORACIC SPINE REGION – QUICK SCAN

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## C) POSTERIOR INTERVERTEBRAL JOINTS

### C-a) POSTERIOR INTERVERTEBRAL JOINTS – MOTION PALPATION

#### *Rotation, Posterior to Anterior*

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### C-b) POSTERIOR INTERVERTEBRAL JOINTS – MOTION PALPATION

#### *Extension*

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### C-c) POSTERIOR INTERVERTEBRAL JOINTS – MOTION PALPATION

#### *Lateral Flexion*

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**C-d) POSTERIOR INTERVERTEBRAL JOINTS – MOTION PALPATION**

***Flexion***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**C-e) POSTERIOR INTERVERTEBRAL JOINTS – MOTION PALPATION**

***Interspinous Ligament***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**C-f) POSTERIOR INTERVERTEBRAL JOINTS – MOTION PALPATION**

***Anterior Longitudinal Ligament***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D) COSTO-TRANSVERSE JOINTS:**

**D-a) COSTO-TRANSVERSE JOINTS – MOTION PALPATION**

***Rotation, Posterior to Anterior***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-b) COSTO-TRANSVERSE JOINTS – MOTION PALPATION**

***Flexion***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:



**D-c) COSTO-TRANSVERSE JOINTS – MOTION PALPATION**

***Extension***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-d) COSTO-TRANSVERSE JOINTS – MOTION PALPATION**

***Lateral Flexion***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

E) M/P Costo-Vertebral (not yet known)

**F) POSTERIOR INTERVERTEBRAL JOINTS**

**F-a) POSTERIOR INTERVERTEBRAL JOINTS – MANIPULATION**

***Rotation, Posterior to Anterior***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**F-b) POSTERIOR INTERVERTEBRAL JOINTS – MANIPULATION**

***Extension***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**F-c) POSTERIOR INTERVERTEBRAL JOINTS – MANIPULATION**

***Lateral Flexion***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**F-d) POSTERIOR INTERVERTEBRAL JOINTS – MANIPULATION**

***Flexion***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**F-e) POSTERIOR INTERVERTEBRAL JOINTS – MANIPULATION**

***Interspinous Ligament***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**F-f) POSTERIOR INTERVERTEBRAL JOINTS – MANIPULATION**

***Anterior Longitudinal Ligament***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**G) COSTO-TRANSVERSE JOINTS**

**G-a) COSTO-TRANSVERSE JOINTS – MANIPULATION**

***Rotation, Posterior to Anterior***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**G-b) COSTO-TRANSVERSE JOINTS – MANIPULATION**

***Flexion***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**G-c) COSTO-TRANSVERSE JOINTS – MANIPULATION**

***Extension***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**G-d) COSTO-TRANSVERSE JOINTS – MANIPULATION**

***Lateral Flexion***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**THORACIC SPINE REGION NOTES / QUESTIONS:**

# LUMBAR SPINE REGION

## A) INTRODUCTION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## B) QUICK SCAN

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## C) LUMBAR SPINE

### C-a) LUMBAR SPINE – MOTION PALPATION

#### *Flexion*

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### C-b) LUMBAR SPINE – MOTION PALPATION

#### *Extension*

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### C-c) LUMBAR SPINE – MOTION PALPATION

#### *Rotation*

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### C-d) LUMBAR SPINE – MOTION PALPATION

#### *Lateral Flexion*

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:

Date:	Score:	Date:	Score:	Date:	Score:
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## D) LUMBAR POSTERIOR JOINT

### D-a) LUMBAR POSTERIOR JOINT MANIPULATION

#### *Flexion - SUPINE*

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### D-b) LUMBAR POSTERIOR JOINT MANIPULATION

#### *Flexion – SIDE POSTURE*

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### D-c) LUMBAR POSTERIOR JOINT MANIPULATION

#### *Extension – SIDE POSTURE*

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### D-d) LUMBAR POSTERIOR JOINT MANIPULATION

#### *Extension – PRONE, DROP CENTER PIECE*

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### D-e) LUMBAR POSTERIOR JOINT MANIPULATION

#### *Rotation – COUNTER ROTATION SIDE POSTURE*

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-f) LUMBAR POSTERIOR JOINT MANIPULATION**

***Rotation - SITTING***

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-g) LUMBAR POSTERIOR JOINT MANIPULATION**

***Lateral Flexion – SIDE POSTURE***

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-h) LUMBAR POSTERIOR JOINT MANIPULATION**

***Long Axis Translation - STANDING, extension occurs***

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**LUMBAR SPINE REGION NOTES / QUESTIONS:**

# THE PELVIC REGION

## A) INTRODUCTION - Function Pelvic Model of Dr. Fred Illi, D.C.

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## B) BIOMECHANICS

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## C) S/I JOINTS – MOTION PALPATION

### C-a) S/I JOINTS – MOTION PALPATION

#### *Flexion - Upper Right Side*

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### C-b) S/I JOINTS – MOTION PALPATION

#### *Flexion - Lower Right Side*

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### C-c) S/I JOINTS – MOTION PALPATION

#### *Flexion - Upper Right Side*

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### C-d) S/I JOINTS – MOTION PALPATION

#### *Flexion - Upper Left Side*

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### C-e) S/I JOINTS – MOTION PALPATION

#### *Extension - Upper Right Side*

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**C-f) S/I JOINTS – MOTION PALPATION**

***Extension - Lower Right Side***

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**C-g) S/I JOINTS – MOTION PALPATION**

***Extension - Upper Right Side***

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**C-h) S/I JOINTS – MOTION PALPATION**

***Extension - Upper Left Side***

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D) PELVIC AND S/I REGION MANIPULATION**

**D-a) PELVIC AND S/I REGION MANIPULATION**

***Extension – SIDE POSTURE – UPPER***

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-b) PELVIC AND S/I REGION MANIPULATION**

***Flexion - SIDE POSTURE - UPPER***

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-c) PELVIC AND S/I REGION MANIPULATION**

***Extension - SIDE POSTURE – LOWER***

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:



**D-d) PELVIC AND S/I REGION MANIPULATION**

***Flexion – SIDE POSTURE - LOWER***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-e) PELVIC AND S/I REGION MANIPULATION**

***Flexion – SUPINE***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-f) PELVIC AND S/I REGION MANIPULATION**

***Extension – SUPINE***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-g) PELVIC AND S/I REGION MANIPULATION**

***Extension – PRONE***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-h) PELVIC AND S/I REGION MANIPULATION**

***Extension – with STRAIGHTENING OF LEG***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-i) PELVIC AND S/I REGION MANIPULATION**

***House Call Method - SITTING***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**PELVIC – S/I REGION NOTES / QUESTIONS:**

# THE HAND, WRIST and ELBOW JOINTS

## A) INTRODUCTION - JOINT PLAY MOVEMENT

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## B) INTRODUCTION – DETERMINING DIRECTION OF THRUST

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## C) PALPATION & ADJUSTING OF INTER-PHALANGEAL JOINTS

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## C-a) PHALANGEAL JOINTS - IMPULSE ADJUSTING LONG AXIS TRANSLATION JOINT PLAY

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## C-b) PHALANGEAL JOINTS – ROTATION JOINT PLAY

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## C-c) PHALANGEAL JOINTS – MEDIAL & LATERAL GLIDE JOINT PLAY

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**C-d) PHALANGEAL JOINTS – ANTERIOR TO POSTERIOR GLIDE JOINT PLAY**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**C-e) PHALANGEAL JOINTS – POSTERIOR TO ANTERIOR GLIDE JOINT PLAY**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D) PHALANGEAL METACARPAL JOINT PLAY - PALPATION**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-a) PHALANGEAL METACARPAL IMPULSE ADJUSTING LONG AXIS TRANSLATION**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-b) PHALANGEAL METACARPAL IMPULSE ADJUSTING LONG AXIS TRANSLATION  
*Rotation Joint Play***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-c) PHALANGEAL METACARPAL IMPULSE ADJUSTING LONG AXIS TRANSLATION  
*Medial and Lateral Glide Joint Play***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-e) PHALANGEAL METACARPAL IMPULSE ADJUSTING LONG AXIS TRANSLATION**  
***Anterior to Posterior***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-f) PHALANGEAL METACARPAL IMPULSE ADJUSTING LONG AXIS TRANSLATION**  
***Posterior to Anterior***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**E) Metacarpals and Metacarpal / Carpal Palpation**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**F) THE WRIST FUNCTIONS AS FOUR (4) DIFFERENT JOINTS**

**F-a) THE WRIST – RADIO ULNA CARPAL JOINT**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**F-b) THE WRIST – RADIO ULNA CARPAL JOINT**

***Long Axis Extension***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**F-c) THE WRIST – RADIO ULNA CARPAL JOINT**

***Anterior to Posterior Glide***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**F-d) THE WRIST – RADIO ULNA CARPAL JOINT**

***Backward Tilt of Scaphoid and Lunate***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**F-e) THE WRIST – RADIO ULNA CARPAL JOINT**

***Side Tilt of Scaphoid on Lunate***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**F-f) THE WRIST - MID CARPAL JOINT**

***Backward Tilt of Distal Carpals***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**F-g) THE WRIST – INFERIOR RADIO ULNAR JOINT**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**F-h) THE WRIST – INFERIOR RADIO ULNAR JOINT**

***Anterior to Posterior Glide***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:

Date:	Score:	Date:	Score:	Date:	Score:
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**F-i) THE WRIST – INFERIOR RADIO ULNAR JOINT**

***Pronation Forearm***

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**F-j) THE WRIST – INFERIOR RADIO ULNAR JOINT**

***Supination Forearm***

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**F-k) THE WRIST – ULNAR MENISCOTRIQUETRAL JOINT**

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**F-l) THE WRIST – ULNAR MENISCOTRIQUETRAL JOINT**

***Long Axis Extension***

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**F-m) THE WRIST – ULNAR MENISCOTRIQUETRAL JOINT**

***Anterior to Posterior Glide***

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**F-n) THE WRIST – ULNAR MENISCOTRIQUETRAL JOINT**

***Medial Deviation Triquetral***

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**G) SUPERIOR RADIOULNAR JOINT**

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**G-a) SUPERIOR RADIOULNAR JOINT - MANIPULATION**

***Upward Glide of Head of Radius on Ulna***

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**G-b) SUPERIOR RADIOULNAR JOINT - MANIPULATION**

***Downward Glide of Head of Radius on Ulna***

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**G-c) SUPERIOR RADIOULNAR JOINT - MANIPULATION**

***Rotation of Head of Radius on Ulna***

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**H) RADIOHUMERAL JOINT**

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:



**H-a) RADIOHUMERAL JOINT - MANIPULATION**

***Medial and Lateral Tilt***

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**I) TENNIS ELBOW - EPICONDYLITIS**

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**I-a) TENNIS ELBOW (EPICONDYLITIS) - MANIPULATION**

***Mills' Manipulation***

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**HAND, WRIST & ELBOW JOINTS – NOTES / QUESTIONS:**

# THE SHOULDER REGION

## A) INTRODUCTION

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## B) GLENO-HUMERAL JOINT 2<sup>nd</sup> INTRODUCTION

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### B-a) GLENO-HUMERAL JOINT

#### *Palpation Lateral Joint Play PLUS "Impulse"*

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### B-b) GLENO-HUMERAL JOINT

#### *Anterior Joint Play PLUS "Impulse"*

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### B-c) GLENO-HUMERAL JOINT

#### *10 Degree posterior Joint Play PLUS "Impulse"*

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### B-d) GLENO-HUMERAL JOINT

#### *90 Degree posterior Joint Play PLUS "Impulse"*

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**B-e) GLENO-HUMERAL JOINT**

***Lateral and Posterior Joint Play PLUS "Impulse"***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**B-f) GLENO-HUMERAL JOINT**

***Lateral and Inferior Joint Play PLUS "Impulse"***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**B-g) GLENO-HUMERAL JOINT**

***External Rotation Joint Play PLUS "Impulse"***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**B-h) GLENO-HUMERAL JOINT**

***Circumduction***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**B-i) GLENO-HUMERAL JOINT**

***Inferior/Internal Rotation Sitting***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**B-j) GLENO-HUMERAL JOINT**

***Transverse Massage***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**C) SCAPULA**

**C-a) SCAPULA - *Circumduction Side Posture***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**C-b) SCAPULA - *Circumduction Prone***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**C-c) SCAPULA - *Prone knife edge plus "Impulse"***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D) STERNO-CLAVICULAR JOINT**

**D-a) STERNO-CLAVICULAR JOINT - *PALPATION***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-b) STERNO-CLAVICULAR JOINT - *MANIPULATION SITTING***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-c) STERNO-CLAVICULAR JOINT – MANIPULATION SUPINE**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-d) STERNO-CLAVICULAR JOINT – MANIPULATION SITTING OR STANDING “CLASSIC”**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**E) ACROMIO-CLAVICULAR JOINT**

**E-a) ACROMIO-CLAVICULAR JOINT - PALPATION**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**E-b) ACROMIO-CLAVICULAR JOINT - MANIPULATION - SUPINE WITH BODY DROP**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**E-c) ACROMIO-CLAVICULAR JOINT- MANIPULATION - SUPINE WITH ARM AT 180 DEGREES**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## F) Shoulder Summary

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### THE SHOULDER REGION NOTES / QUESTIONS:

# THE KNEE JOINT AND HIP JOINT REGIONS

## A) INTRODUCTION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## A-a) INFERIOR TIBULAR-FIBULAR JOINT - PALPATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## A-b) INFERIOR TIBULAR-FIBULAR JOINT - MANIPULATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## B-a) SUPERIOR TIBULAR-FIBULAR JOINT – PALPATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## B-b) SUPERIOR TIBULAR-FIBULAR – MANIPULATION

### *Anterior to Posterior Glide – SUPINE*

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## B-c) SUPERIOR TIBULAR-FIBULAR – MANIPULATION

### *Posterior to Anterior Glide – PRONE*

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**B-d) SUPERIOR TIBULAR-FIBULAR – MANIPULATION**

***Superior Glide***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**C) KNEE JOINT**

**C-a) KNEE - ANTERIOR TO POSTERIOR GLIDE JOINT PLAY PLUS “IMPULSE”**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**C-b) KNEE - POSTERIOR TO ANTERIOR GLIDE, JOINT PLAY PLUS “IMPULSE”**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**C-d) KNEE - MEDIAL ROTATION JOINT PLAY, PLUS CIRCUMDUCTION - MANIPULATION**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**C-e) KNEE - LATERAL ROTATION JOINT PLAY PLUS CIRCUMDUCTION - MANIPULATION**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**C-f) KNEE - MEDIAL & LATERAL ROTATION “ARM LOCK METHOD - MANIPULATION**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:



**C-g) KNEE - MEDIAL & LATERAL ROTATION – “LONG AXIS PULL” - MANIPULATION**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**C-h) KNEE – MEDIAL GLIDE JOINT PLAY PLUS “IMPULSE”**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**C-i) KNEE - LATERAL GLIDE JOINT PLAY PLUS “IMPULSE”**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D) PATELLAR JOINT PALPATION PLUS “IMPULSE”**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**E) HIP JOINT – PALPATION**

***Figure Four Fabere Plus Joint Play***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

***Long Axis Distraction***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**Internal and External Rotation plus Joint Play**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**Flexion plus Joint Play**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**Extension plus Joint Play**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**Psoas Test Supine**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**E-a) HIP JOINT MANIPULATION**

**Side Posture**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**Extension Supine**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**Extension Prone**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**Extension plus External Rotation**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**Medial Rotation Supine**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**Long Axis Distraction Supine**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**F) PNF THREE "S" STRETCHING**

**Hamstrings**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**Quadriceps**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**G) HOME HIP STRETCH**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**KNEE & HIP JOINT REGION NOTES / QUESTIONS:**

# THE RIBS

## A) FIRST RIB, COSTO TRANSVERSE JOINT

### A-a) FIRST RIB, COSTO TRANSVERSE JOINT - MOTION PALPATION SITTING

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### A-b) FIRST RIB, COSTO TRANSVERSE JOINT - MANIPULATION SITTING

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### A-c) FIRST RIB, COSTO TRANSVERSE JOINT - MANIPULATION PRONE

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### A-d) FIRST RIB, COSTO TRANSVERSE JOINT - MANIPULATION - SUPINE

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## B) UPPER RIBS 2, 3, 4 COSTO TRANSVERSE JOINT

### B-a) UPPER RIBS 2, 3, 4 - COSTO TRANSVERSE JOINT - MOTION PALPATION SITTING

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### B-b) UPPER RIBS 2, 3, 4 - COSTO TRANSVERSE JOINT – MANIPULATION - PRONE

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**B-c) UPPER RIBS 2, 3, 4 - COSTO TRANSVERSE JOINT – MANIPULATION - SUPINE**

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**C) MID AND LOWER RIBS COSTO TRANSVERSE JOINT**

**C-a) MID & LOWER RIBS COSTO TRANSVERSE JOINT – MOTION PALPATION SITTING**

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**C-b) MID & LOWER RIBS COSTO TRANSVERSE JOINT –  
Prone Superior restraint - MANIPULATION**

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**C-c) MID & LOWER RIBS COSTO TRANSVERSE JOINT –  
Prone Inferior restraint - MANIPULATION**

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D) INTER COSTAL FIXATION**

**D-a) INTER COSTAL FIXATION - MOTION PALPATION - BETWEEN THE RIBS**

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-b) INTER COSTAL FIXATION – MANIPULATION – INTER COSTAL SPACE - PRONE**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-c) INTER COSTAL FIXATION – MANIPULATION – INTER COSTAL SPACE - SITTING**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**E) ANTERIOR COSTAL CARTILAGE/ JOINTS**

**E-a) ANTERIOR COSTAL CARTILAGE/ JOINTS – MOTION PALPATION - SITTING**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**E-b) ANTERIOR COSTAL CARTILAGE/ JOINTS – MANIPULATION**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**THE RIB REGION NOTES / QUESTIONS:**

## THE TEMPOROMANDIBULAR JOINT (TMJ)

### A) INTRODUCTION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### B) TMJ - MOTION PALPATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### C) TMJ - OBSERVE DEVIATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### D) TMJ - MANIPULATION SUPINE - "IMPULSE"

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### TEMPOROMANDIBULAR JOINT NOTES / QUESTIONS:



# THE FOOT & ANKLE REGIONS

## A) MOTION PALPATION & OBSERVATION

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## B) INTER-PHALANGEAL MOBILIZATION

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## C) PHALANGEAL METATARSAL JOINT

### C-a) PHALANGEAL METATARSAL JOINT - PALPATION

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### C-b) PHALANGEAL METATARSAL JOINT - MANIPULATION

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## D) METATARSAL CUNEIFORM/CUBOID

### D-a) METATARSAL CUNEIFORM/CUBOID – MOTION PALPATION

#### *Plantar to Dorsal*

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-b) METATARSAL CUNEIFORM/CUBOID – MOTION PALPATION**

***Dorsal to Plantar***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-c) METATARSAL CUNEIFORM/CUBOID – MOTION PALPATION**

***Rotation***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-d) METATARSAL CUNEIFORM/CUBOID – MANIPULATION**

***Plantar to Dorsal***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-e) METATARSAL CUNEIFORM/CUBOID – MANIPULATION**

***Dorsal to Plantar***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**D-f) METATARSAL CUNEIFORM/CUBOID – MANIPULATION**

***Rotation***

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## E) TARSALS

### E-a) MORTISE JOINT LONG AXIS – MOTION PALPATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### E-b) MORTISE JOINT ANTERIOR TO POSTERIOR GLIDE - MOTION PALPATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### E-c) SUBTALAR JOINT TALAR ROCK – MOTION PALPATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### E-d) SUBTALAR JOINT LONG AXIS EXTENSION – MOTION PALPATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### E-e) SUBTALAR JOINT MEDIAL & LATERAL TILT – MOTION PALPATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

### E-f) NAVICULO & TALO CUBOID JOINTS A/P GLIDE – MOTION PALPATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**E-g) NAVICULO & CUNEIFORM JOINTS, A/P GLIDE – MOTION PALPATION**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**E-h) TALO-NAVICULAR ANTERIOR TO POSTERIOR GLIDE – MOTION PALPATION**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**E-i) TRANSVERSE TARSAL JOINT DORSIFLEXION/INVERSION – MOTION PALPATION**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**E-j) MORTISE JOINT LONG AXIS – MANIPULATION**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**E-k) MORTISE JOINT ANTERIOR TO POSTERIOR GLIDE - MANIPULATION**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**E-l) SUBTALAR JOINT TALAR ROCK – MANIPULATION**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**E-m) SUBTALAR JOINT LONG AXIS EXTENSION – MANIPULATION**

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**E-n) SUBTALAR JOINT MEDIAL & LATERAL TILT – MANIPULATION**

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**E-o) NAVICULO & TALO CUBOID JOINTS A/P GLIDE – MANIPULATION**

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**E-p) NAVICULO & CUNEIFORM JOINTS, A/P GLIDE – MANIPULATION**

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**E-q) TALO-NAVICULAR ANTERIOR TO POSTERIOR GLIDE – MANIPULATION**

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**E-r) TRANSVERSE TARSAL JOINT DORSIFLEXION/INVERSION – MANIPULATION**

Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

**THE FOOT & ANKLE REGION NOTES / QUESTIONS:**

# THE INFANT

## A) PELVIS – MOTION PALPATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## B) SPINE – MOTION PALPATION

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## C) MANIPULATION – MOTHER STANDING

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

## D) MANIPULATION – MOTHER SUPINE

Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:
Date:	Score:	Date	Score:	Date:	Score:
Date:	Score:	Date:	Score:	Date:	Score:

# THE YOUNG CHILD

## A) MOTION PALPATION - SITTING

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## B) MANIPULATIONS

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**INFANTS & YOUNG CHILDREN NOTES / QUESTIONS:**

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