

Title of Seminar	Extremity Adjusting Workshop
<p data-bbox="203 268 430 294"><b>Presenter biography</b></p> 	<p data-bbox="649 268 1291 321"><b>Mohsen Kazemi RN, DC, FRCCSS(C), DACRB, FCCPOR(C), MSc., PhD</b></p> <p data-bbox="649 363 1291 793">Dr. Kazemi graduated from CMCC (Canadian Memorial Chiropractic College) in 1996 and is a Professor of Clinical Education and coordinator for the Sports Sciences Residency program. He is a Fellow of Royal College of Chiropractic Sports Sciences (Canada), Fellow of College of Chiropractic and Physical and Occupational Rehabilitation (Canada) and has practiced acupuncture for 20 years. He has successfully defended his PhD thesis, "What makes Sparring Taekwondo athlete successful" through South Wales University. He has published several articles in peer-reviewed journals and presented research in Taekwondo and chiropractic worldwide. He is assistant editor of the Journal of Canadian Chiropractic Association and associate editor for Acta Taekwondo et Martialis Artium (ATMA). He has authored the first complete book on vibration plate exercise programs, ("Vibration Plate Exercise").</p> <p data-bbox="649 835 1291 972">He is the inventor of the VMTX Vibromax Therapeutics® soft tissue technique, the Kazemizer, a portable exercise device that assists in the prevention of lactic acid build-up, and the Kazemizer Shark®, an instrument assisted soft tissue therapy mobilization tool.</p> <p data-bbox="649 1014 1291 1591">He has been the appointed Alternate Chiropractor for Core Canadian Health Care Team for the Salt Lake City 2002 Winter Olympics, Manchester 2002 Commonwealth Games, Rio 2007 Pan American Games and Beijing 2008 Olympic Games; served as the Core Canadian Medical Team Chiropractor at Santa Domingo 2003 Pan American Games and Canadian Taekwondo team Chiropractor at Beijing 2008, and Rio 2016 Olympics. He was appointed Chiropractor to Mount Cypress at 2010 Winter Olympic Games, the only Canadian Chiropractor at the first Youth Olympic Games, Singapore, 2010, and Chiropractor at 2011 and 2015 Pan am Games. He holds a 7<sup>th</sup> degree black belt in Taekwondo. He has been the medical Chair for Ontario Taekwondo Association since 2003, Taekwondo Canada Medical Chair 2009-10 and High-Performance IST (Integrated Support Team) coordinator 2015-2016. He has been Canadian Poomsae Taekwondo Champion for several years, World Taekwondo Hanmadang champion in 2008, Silver medalist at Commonwealth Taekwondo Championships 2008, bronze medalist Pan Am Taekwondo Championships 2012, 2014 and 2016. He has served as travelling team doctor and team chiropractor with Canadian Taekwondo National team since 1998.</p>
<p data-bbox="203 1707 435 1732"><b>Seminar information</b></p>	
<p data-bbox="203 1743 467 1768"><b><u>Short seminar overview</u></b></p>	<p data-bbox="649 1743 1291 1879">During this hands on workshop you will learn how to adjust the extremity joints using a variety of techniques - High velocity low amplitude (HVLA) manipulation and manipulation using the Thuli board and table drop piece. Dr. Kazemi will provide a brief introduction on the state of research in extremity manipulation</p>

### Seminar Goals

### Monday Morning you will be able to



and effectiveness as well as the principles of adjusting using a drop piece and manual HVLA. He will demonstrate and guide you through adjusting of extremity joints. You will have ample opportunity to practice with a partner and receive personalized feedback. Review of the material learned as well as a question and answer period will end the workshop.

- To recognize extremity joint restriction
- To understand indications and contraindications to extremity joint adjustments
- To be informed of the evidence on extremity adjusting
- To learn how to use a Thulie board and the principles of drop piece adjusting
- To learn various adjustments for extremity joints

On Monday You will be able:

- To assess extremities for restrictions
- To communicate indications and or contraindications to extremity adjusting to your patients
- To effectively provide extremity adjusting to your patients

### JOINTS COVERED IN THIS SEMINAR

#### UPPER LIMB

- HAND & WRIST
  - MCP
  - 1<sup>st</sup> MCP
  - Scaphoid
  - Lunate
  - Carpal tunnel
  - Ulnoradial-carpal
  - Ulnoradial
- ELBOW
  - Radial head
  - Ulnohumeral
- SHOULDER
  - AC
    - Inferior
    - AP (AnteroPosterior)
  - GH
    - LAD (Long Axis distraction) whip
    - Posterolateral
    - Posteroinferior
    - AP
  - Scapula
    - Rotation
    - Scapulothoracic lift

#### LOWER LIMB

- Hip



### Detailed hour by hour schedule



- LAD whip
- Posterolateral, Internal/external rotations
- PA
- Knee
  - Patella
  - Tibiofemoral
  - Proximal Tib-Fib
    - AP/rotation
    - Inferior
- Ankle and foot
  - Mortis
  - Navicular
  - Subtalar
  - Cuboid
  - 1<sup>st</sup> ray
  - MTP

### Schedule for the day

9:00- 10:45am	Introduction to extremity adjustment evidence and technique
10:45- 11:00	Upper limb- Hand and wrist Nutritional break
11:00-12:30 (AC &GH)	Upper limb-Elbow and Shoulder
12:30-1:30pm	Lunch
1:30-3:00	Scapula, Hip & Knee
3:00-3:15	Nutritional break
3:15-4:30	Ankle & Foot
4:30-5:00	Review & questions