

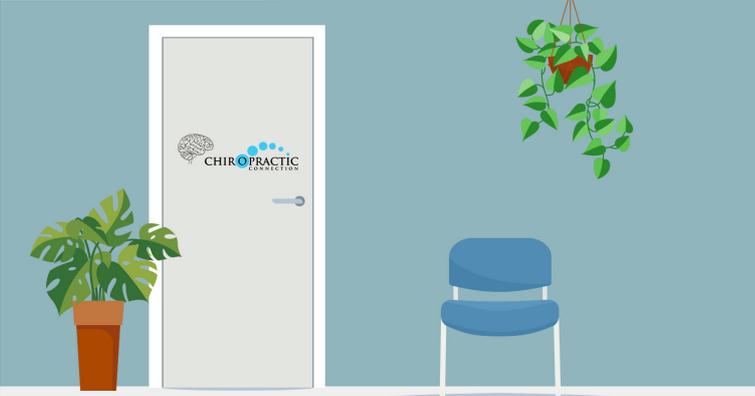


Your First Adjustment

This class will give you an in-depth understanding of a chiropractic adjustment. You will learn about how the brain perceives the world and what can occur when this perception of the world is inaccurate. This class will discuss the mechanisms of the chiropractic adjustments and how it affects the brain so that you can easily explain how an adjustment works.

We will go through why a chiropractor may modify techniques, and the importance of evidence-based chiropractic will also be discussed along with what the current evidence tells us about chiropractic care. Overall this class will allow you to communicate easily to others about what an adjustment is, how it works and what to expect.

BASIC SCIENCE LEVEL 1
CLASS 4



LEARNING OUTCOMES

After taking this class the student will be able to:

1. Explain the importance of the brain and accurate communication between the brain and body
2. Explain what a chiropractic adjustment is, how it works and what to expect for the first adjustment.

LESSON CONTENT

Every lesson has a practice quiz. At the end of the lessons there is a final quiz and if you pass the final quiz, you will receive a certificate of completion.

ANIMATIONS (from ChiroHub.com)

1. [How the Brain Perceives the World](#)
2. [Evidence Based Practice](#)
3. [Chiropractic Affects your Brain](#)

1. How the brain perceives the world

- In this lesson I will discuss how our brain perceives the world.
- I will cover how the brain learns and adapts through the experiences we have in our life and the information it receives from our body and environment.
- This lesson will provide important information to adequately understand the importance of the accuracy of information to the brain.

2. Perception of reality - accurate or inaccurate?

- This lesson will expand further on how the brain perceives the world.
- It will cover how the brain creates a 3D map of our body and a perceived reality.
- I will discuss what can happen when the brain receives inaccurate information from the body and how this can affect how our body functions.

3. How an adjustment works

- In this lesson I will go into more depth about how the spine can change the accuracy of the information being sent to the brain.
- Using this knowledge I will also cover the mechanisms of how an adjustment works, including information about the sensory receptors in the small muscles attached to the spine.

4. Chiropractic affects the brain

- In this lesson we will go into the more depth about how chiropractic affects the brain.
- I will cover how chiropractic care can change the information being sent between the brain and the body.
- How this affects the nervous system and function of the body will also be discussed.

5. The first adjustment

- In this lesson I will cover what happens with the first adjustment.
- I will cover the basics of the different technique types and how a chiropractor can modify the adjustment to suit the individual needs of the person.
- I will also discuss what to expect at the first adjustment and how it changes the brain.

6. Evidence based chiropractic

- This lesson will discuss evidence based chiropractic.
- I will cover what this is, what it entails and the importance of this in modern healthcare.
- The latest evidence for chiropractic will also be briefly covered.

7. Take home messages

- In this lesson I will discuss the major take home messages from the entire class.
- This will give you the tools needed to be able to effectively communicate with people about how an adjustment works, how it affects the brain, what to expect from the first adjustment and evidence based chiropractic.

SUBJECT TAGS

chiropractic adjustment, brain-body communication, evidence-based chiropractic, techniques

CREATED BY:



Dr. Jenna Duehr
BHSc, BChiro, MHSc