SPECIAL AK 100 HOUR COURSE – TECHNIQUES & PROTOCOL
Session 1

Gait Analysis

Therapy Localization

Pain Relief Techniques
- Injury Recall Technique
- *Stop Your Pain Now!* Techniques
  - NSB (IPR)
  - Set Point (Touch and Tap)
  - LQM

Muscle Spindle Cell Manipulation
Golgi Tendon Organ Manipulation

Muscle Testing
- Postural Analysis
- Origin-Insertion Technique (with IRT)
- Chapman's Reflexes

Vertebral Challenge
- Flexor Reflex Afferent (FRA) Challenge for Subluxation Priority
- Coupled Mechanics
- Respiratory Adjusting

Essential Fatty Acids Supplementation for Controlling Inflammation
- Aspirin, Acetaminophen, and Ibuprofen Oral Challenge

PROTOCOL

1. Postural Analysis – Look for signs of muscle weakness
2. Find a weak muscle by muscle testing
3. Does Autogenic Facilitation strengthen?
   a. If no: use IRT
      i. Rubbing over area(s) of injury will strengthen weak muscle
   b. If yes: and recent injury: use NSB and/or Set Point Technique
   c. If muscle or ligament injury – use origin – insertion technique
4. Test oral aspirin, acetaminophen, ibuprofen mix
   a. If strengthens:
      i. Essential Fatty Acids (BCSO, FSO, EPA, etc.)
      ii. EFA Cofactors (B-6, Mg, Zn, Niacin)
5. TL Chapman's Reflex for weak muscle(s) – if positive: treat by rubbing
6. Check spine using FRA activity
   a. Vertebral Challenge to positive spinal area(s) to determine direction of correction
   b. Add spinal position to vertebral challenge to determine optimal spinal position for adjustment
7. For chronic pain, use LQM Technique