

Pelvis:

Prone

- Prone A (posterior ileum)
- Prone A Modified (pisiform/thenar contact)
- Prone B (stand opposite side/ contact ribs)
- Anterior Ileum (ASIS contact, brace sacrum)

Side Posture

- Posterior Ileum
- Posterior/Inferior Ileum
- Anterior Ileum
 - ASIS & bimanual ASIS contact
 - Ischial contact (hand & leg position)
- Anterior/ Superior Ileum
- Superior Ileum (Traction Up arm/Down leg)
- Inferior Ileum

Lumbar:

Prone Rotation Single contacts

- Spinous Recoil (turn head/hand positions)
- Single Mammillary (rib or ASIS support)

Prone Bimanual Rotation

- Thumb Pisiform (L1-L4)
- Double Thumb (anywhere)
- Pisiform Thumb (L4,L5 face footward)

Side Posture Rotation

- Rotational Malposition
 - Spinous down, Mammillary contact
 - Pisiform, Hand heel, thenar, thumb

Prone Disc Moves (foot piece 3rd Notch)

- Post./Lat Disc (L4,5 & up/ OW-Mamm,Spinus)
 - L5,S1 (OW-sacral ala)
 - Double thumb
- Pisiform Leg Lift
- Posterior Bilateral disc (LOD-ant/inf)

Side Posture Disc Moves

- Accordion (OW up/contact sacral ala)
- Pull-Through (OW down/traction is sup. & inf.)

Non-Rotational/Non-Disc Moves

Side Posture

- Retrolistthesis (thumb web index)
- Laterallistthesis (contact-thumb, thenar, pisiform)

Supine

- Spondylolistthesis (pt. holds/foot piece 3rd)

Prone

- Retrolistthesis (dbl thumb. pisiform. knife edge)

Thoracics:

Prone

- Spinous Recoil (Turn head/reverse hands)
- Single Transverse
- Thumb Move (T1-T3, 3 different stances)
- Superior Transverse
- Counter Rotation (LOD-ALS)
 - DBL pollicus or DBL pisiform crossover
- Rib (DBL pollicus or single pisiform)
- Retro. (DBL pollicus only)
- Bil. Posterior Disc (DBL pollicus)
- Lateral Flexion w/ Rot.
 - Typical LOD-am/as
 - Atypical LOD-am/ms
- Pisiform Traction
 - Head turns towards open wedge
 - LOD-am

Cervicals:

Prone

- Capsular (C1/2-ant./sup., C3/4-ant., C4-C7-ant./inf.)
- Lushka (lateral most aspect of the Vert.)
- Retro (Bimanual recoil/Thumb web)
- Post./Atlas (hold the Occ.)
- C1/2 counter Rot. (can only hold above)
- Inferior Occ.
- Anterior Occ.

Seated

- Capsular (C1/2-ant./sup., C3/4-ant., C4-C7-ant./inf.)
- Lushka (lateral most aspect of the Vert.)
- Post. Atlas
- C1/2 Counter Rot. (can't hold vert. must hold Occ.)
- Posterior Occ. (stand opposite)
- Anterior Occ. (stand same side)
- Inferior Occ. (stand same side)

Supine

- Capsular (C1/2-ant./sup., C3/4-ant., C4-C7-ant./inf.)
- Lushka (lateral most aspect of the Vert.)
- Ant. Atlas DISH
- Post. Atlas
- C1/2 Counter Rot. (can hold vert. above or below)
- Post. Occ (involved side up)
- Inferior Occ. (involved side down)

Diversified Adjusting

Upper Extremities

Wrist:

- Long Axis Ext. of wrist
- Rot. of carpal and Prox. Metacarpals (fig 8)
- Trapezium/ 1st Metacarpal jt.
- Ext. of wrist (distal moves back on proximal)
- Flex. of wrist (Prox. moves forward on radius)
- AP/PA glide of carpals/ metacarpals
- Ulnomeniscotriquetrum
- Med./Lat. Tilt
- AP/PA triquetrum
- AP/PA of distal radial ulnar jt.
- Rot. of radius/ ulna (supinated/pronated—ulna away)

Lower Extremities

Foot:

- AP/PA distal metatarsals
- Rotation of Prox. MT/Tarsals (fig 8)
- AP/PA glide of Cuneiforms
 - AP-dorsiflex, evert towards DR.
 - PA-Lach's manouver
- AP/PA glide of cuboid
- AP/PA glide of tarsal/MT
 - pt. supine with knee bent
 - 4 joints (mortis, Talus/Nav, Nav/Cune, Cune/MT)
- Med./Lat. Tilt subtalar jt.
- Long Axis Ext. mortis jt.
- Inf. glide of subtalar jt.
- AP/PAGlide of distal tib/fib

Elbow:

Pt. Stands

- Long Axis Ext.
- Ext. of the Elbow
- Medial/ Lateral tilt
- Rotation of Prox. radial/ulnar jt.

Pt. Supine

- Superior glide of radius

Shoulder:

- Ant. glide of GH jt.
- Lateral glide of GH jt.
- 10 degrees Superior glide
- 90 degrees Posterior glide
- Lateral deviation w/ post. glide
- Lateral deviation w/ inf. glide
- Int./Ext. Rotation of GH jt.
- Circumduction of GH jt. (prone/supine)
- Seated adj. of GH jt.
- Scapular Adj. (prone / side posture)
- AC adjustments (2 supine/ 1 seated)
- SC adjustments

Knee:

- Patella (med./lat. Tilt, inf./sup. Glide, circumduction)
- AP/PA glide of Femoral/Tibal jt.
 - Assess w/ patient supine—fingers palpate condyles
 - AP-dbl pisiform adj.
 - PA-prone tibial adj.
- Int./Ext. Rot Assess w/ patient supine—fingers palpate condyles
- Medial/ Lateral tilt
- AP/PA glide proximal tib/fib (adj. prone with leg flexed) (fib. Adj. stand opp. with hand thrust)
- Superior glide Prox. Tib/Fib (dorsiflex foot palpate fibular head)

Hip:

- Long Axis Ext. (assess supine or side posture)
- Extension (assess and adj. Prone)
- Internal and External Rot.

1st Rib / TMJ

- Rib adj. (seated, prone, or supine w/ head off table)
 - Assess seated
- TMJ (the one that opens the least or last is the one you adj.)