

## **Activator Wellness Objectives and Goals**

**Activator is a Chiropractic Technique with the entire focus of the course and technique on Wellness. Adjusting the patient with Activator Technique will free the body from subluxation or facilitation that would interfere with health and wellness. The doctor/intern must demonstrate accuracy in analysis and delivering the adjustment to the patient in order to achieve the goal of wellness in the patient. Wellness education to the patient is also addressed in the course.**

**Not only is the course focused on wellness of the patient, it is also focused on wellness of the doctor/intern. The health and wellness of the doctor/intern is key in order for the doctor/intern to care for the patient. Focus is placed on the proper biomechanics for the doctor/intern when doing the analysis and adjustment to maintain personal wellness when adjusting patients. Activator is a safer chiropractic technique with fewer risks of personal injuries to the doctor/intern resulting in longevity in their Chiropractic practice.**

### **Intern must be able to:**

- Demonstrate knowledge and operation of Activator tables
- Demonstrate clear communication to the patient  
(while standing at their feet, not walking back and forth)
- Practice placing the Activator Instrument on the table by the patient's PD leg  
(not in your pocket or two tables away)
- Demonstrate ALL leg checks properly (shoes/surgical boots on the pt.)
- Analyze the Initial Leg Check and apply "Possibilities One, Two or Three" to begin the protocol
- Define Pressure Test
- Define Stress Test
- Analyze Knees and Feet, Pelvis and Pubes
- Demonstrate the correct segmental contact point for Knees and Feet, Pelvis and Pubes
- Demonstrate the setup with the correct LOD ( Line Of Drive ) for Knees and Feet, Pelvis and Pubes
- Analyze and interpret the short/long rule throughout protocol and Position #1 and #2
- Demonstrate the correct Isolation Test for each Vertebral segment in Basic and Advanced Protocols
- Demonstrate the correct segmental contact point for each vertebral segment in Basic and Advanced Protocols
- Demonstrate the setup with the correct LOD for each vertebral segment in Basic and Advanced Protocols

- Demonstrate and analyze the Isolation Test for the Scapulae Complex
- Demonstrate the correct segmental contact point for Scapulae Complex
- Demonstrate the setup with the correct LOD for Scapulae Complex
- Demonstrate the T1 rib isolation test
- Apply rib adjustment at proper levels
- Demonstrate the correct segmental contact point for each rib
- Demonstrate the setup with the correct LOD for each rib
- Apply correct instrument settings to segment adjusted
- Demonstrate and analyze the Isolation Test for the Occiput
- Demonstrate the correct segmental contact point for Occiput
- Demonstrate the setup with the correct LOD for Occiput
- Demonstrate and analyze Position #3 and #4 and facets
- Demonstrate the correct segmental contact point for Position #3 and #4 and facets
- Demonstrate the setup with the correct LOD for Position #3 and #4 and facets
- Demonstrate testing and analysis for the Advanced pelvis protocol
- Demonstrate the correct segmental contact point for each Advanced pelvis protocol
- Demonstrate the setup with the correct LOD for each Advanced pelvis protocol
- Demonstrate Stress Tests for the Lower Extremity joints
- Demonstrate the correct segmental contact point for each Lower Extremity joint
- Demonstrate the setup with the correct LOD for each Lower Extremity joint
- Demonstrate Stress Tests for the Upper Extremity joints
- Demonstrate the correct segmental contact point for each Upper Extremity joint
- Demonstrate the setup with the correct LOD for each Upper Extremity joint