<table>
<thead>
<tr>
<th>Apparatus</th>
<th>Patient Position</th>
<th>Segmental Contact Point</th>
<th>Contact Point</th>
<th>Drive Hand position</th>
<th>Stabilization hand position</th>
<th>Drive Arm Position</th>
<th>Stabilization Arm Position</th>
<th>LOC</th>
</tr>
</thead>
<tbody>
<tr>
<td>PS-LS-LP</td>
<td>Chair</td>
<td>Head over shoulders, chin up head tilt left, nose away from contact</td>
<td>Left supra-mastoid notch</td>
<td>medial metacarpophalangeal joint of left hand</td>
<td>cupped behind skull</td>
<td>tenar at right ramus of mandible, fingers behind skull</td>
<td>angled toward a point anterior to opposite shoulder</td>
<td>Caddywampus</td>
</tr>
<tr>
<td>AS-RS-RA</td>
<td>Chair</td>
<td>Head over shoulders, chin down head tilt right, nose toward contact</td>
<td>Right supra-orbital ridge</td>
<td>Right platform/hypothenar</td>
<td>flat broad contact over forehead</td>
<td>overlapping drive head, almost platform over platform</td>
<td>elbows back</td>
<td>A-P, A-I, R-L, Nose toward</td>
</tr>
<tr>
<td>ASRP</td>
<td>Chair</td>
<td>Head right tilt, Chin can be raised</td>
<td>Right TVP Atlas</td>
<td>Pad of Right thumb</td>
<td>almost flat, slightly cupped extended</td>
<td>holding cookies - fingers along lateral neck, tenar at ramus of mandible</td>
<td>straight across shoulders</td>
<td>Caddywampus</td>
</tr>
<tr>
<td>AILA</td>
<td>KC</td>
<td>Left, Left, Left, Left</td>
<td>Left TVP Atlas</td>
<td>soft platform</td>
<td>relaxed</td>
<td>two finger curl on back of hand</td>
<td>slight bend</td>
<td>slight bend</td>
</tr>
<tr>
<td>C6 PLiTa</td>
<td>Chair</td>
<td>Seated, Feet forward hands in lap head over shoulders, chin level with or slightly below horizontal (don’t extend the head)</td>
<td>Left spinous of C6</td>
<td>Distal, lateral PAD of finger (NOT lateral phalanx)</td>
<td>Gonstead hand, R: thumb, R: to or on ear.</td>
<td>holding cookies - fingers along lateral neck, tenar at ramus of mandible</td>
<td>angled toward opposite eye</td>
<td>angled toward same side eye</td>
</tr>
<tr>
<td>T2 PRS</td>
<td>KC/Hi-lo</td>
<td>Prone, Thyroid-Thoracics-Thighs, Shoulders level or slightly higher than pelvis</td>
<td>Right Spinous of segment</td>
<td>Soft Platform</td>
<td>45º across Dr.’s Midline</td>
<td>two finger curl on back of hand</td>
<td>minimal and fairly equal elbow bend, body leaning to make your drive perpendicular to spine (this makes it along the disk plane).</td>
<td>P-A, R-L, CW torque, I-S for the facets and then along disk plane</td>
</tr>
<tr>
<td>T3 PRH</td>
<td>KC/Hi-lo</td>
<td>Prone, Thyroid-Thoracics-Thighs, Shoulders level or slightly higher than pelvis</td>
<td>LEFT TVP of segment</td>
<td>Soft Platform</td>
<td>45º across Dr.’s Midline</td>
<td>two finger curl on back of hand</td>
<td>minimal and fairly equal elbow bend, body leaning to make your drive perpendicular to spine (this makes it along the disk plane).</td>
<td>P-A, CCW torque, I-S for the facets and then along disk plane</td>
</tr>
<tr>
<td>T8 PLiTa</td>
<td>KC/Hi-lo</td>
<td>Prone, Thyroid-Thoracics-Thighs, Shoulders level or slightly higher than pelvis</td>
<td>Left Spinous of segment</td>
<td>Soft Platform</td>
<td>45º across Dr.’s Midline</td>
<td>two finger curl on back of hand</td>
<td>minimal and fairly equal elbow bend, body leaning to make your drive perpendicular to spine (this makes it along the disk plane).</td>
<td>P-A, CW torque, I-S for the facets and then along disk plane</td>
</tr>
<tr>
<td>L4 PRS</td>
<td>Push</td>
<td>Side posture, Right side up</td>
<td>Right Spinal L4</td>
<td>Soft Platform</td>
<td>45º across spine</td>
<td>Heel of hand to delto-pec groove, traction shoulder UP not back.</td>
<td>Aligned P-A and up the facets</td>
<td>Traction shoulder headward</td>
</tr>
<tr>
<td>KC (knee chest)</td>
<td>KC/Hi-lo</td>
<td>Prone, Thyroid-Thoracics-Thighs, Shoulders level or slightly higher than pelvis</td>
<td>Right Spinal L4</td>
<td>Soft Platform</td>
<td>45º across spine</td>
<td>Heel of hand to delto-pec groove, traction shoulder UP not back.</td>
<td>Aligned P-A and up the facets</td>
<td>Traction shoulder headward</td>
</tr>
<tr>
<td>L2 PLiTa</td>
<td>Push</td>
<td>Side posture, Right side up</td>
<td>Right Mammillary L2</td>
<td>Soft Platform</td>
<td>45º across spine</td>
<td>Heel of hand to delto-pec groove, traction shoulder UP not back.</td>
<td>Aligned P-A and up the facets</td>
<td>Traction shoulder headward</td>
</tr>
<tr>
<td>Right Pl1In1</td>
<td>Bench</td>
<td>Side posture, Right side up</td>
<td>Right posterior/inferior/lateral PSIS</td>
<td>Soft Platform</td>
<td>45º toward Dr.</td>
<td>Heel of hand to delto-pec groove, traction shoulder UP not back.</td>
<td>Along joint plane</td>
<td>Traction shoulder headward</td>
</tr>
<tr>
<td>Right Pl1Ex1</td>
<td>Bench</td>
<td>Side posture, Right side up</td>
<td>Right posterior/inferior/lateral PSIS</td>
<td>Soft Platform</td>
<td>45º toward spine</td>
<td>Heel of hand to delto-pec groove, traction shoulder UP not back.</td>
<td>Along joint plane</td>
<td>Traction shoulder headward</td>
</tr>
<tr>
<td>Right AS1In1</td>
<td>Bench</td>
<td>Right Gonstead fossa (2 over, 3 down)</td>
<td>Right posterior/inferior/lateral PSIS</td>
<td>Soft Platform</td>
<td>45º toward spine</td>
<td>Heel of hand to delto-pec groove, traction shoulder UP not back.</td>
<td>Along joint plane</td>
<td>Traction shoulder headward</td>
</tr>
<tr>
<td>Right AS3In2</td>
<td>Bench</td>
<td>Right Gonstead fossa (2 over, 3 down)</td>
<td>Right Gonstead fossa (2 over, 3 down)</td>
<td>Soft Platform</td>
<td>45º toward spine</td>
<td>Heel of hand to delto-pec groove, traction shoulder UP not back.</td>
<td>Along joint plane</td>
<td>Traction shoulder headward</td>
</tr>
<tr>
<td>Left AS3Ex1</td>
<td>Bench</td>
<td>Left Gonstead fossa (2 over, 3 down)</td>
<td>Left Gonstead fossa (2 over, 3 down)</td>
<td>Soft Platform</td>
<td>45º toward spine</td>
<td>Heel of hand to delto-pec groove, traction shoulder UP not back.</td>
<td>Along joint plane</td>
<td>Traction shoulder headward</td>
</tr>
<tr>
<td>IsD</td>
<td>Bench</td>
<td>Side posture, Right side up</td>
<td>Right Sacral ala, between S2 and PSIS</td>
<td>Platform</td>
<td>45º - 45º - 45º</td>
<td>Heel of hand to delto-pec groove, traction shoulder UP not back.</td>
<td>Along joint plane</td>
<td>Traction shoulder headward</td>
</tr>
<tr>
<td>Pull</td>
<td>Bench</td>
<td>Left Sacral ala, between S2 and PSIS</td>
<td>Left Sacral ala, between S2 and PSIS</td>
<td>Platform</td>
<td>45º - 45º - 45º</td>
<td>Heel of hand to delto-pec groove, traction shoulder UP not back.</td>
<td>Along joint plane</td>
<td>Traction shoulder headward</td>
</tr>
<tr>
<td>BP or Spindo</td>
<td>Bench</td>
<td>Left posterior/inferior/lateral PSIS</td>
<td>Left posterior/inferior/lateral PSIS</td>
<td>Soft Platform</td>
<td>45º - 45º - 45º</td>
<td>Heel of hand to delto-pec groove, traction shoulder UP not back.</td>
<td>Along joint plane</td>
<td>Traction shoulder headward</td>
</tr>
<tr>
<td>A-L</td>
<td>Hi-lo</td>
<td>Prone, pelvic pad up 3 turns</td>
<td>Pull tissue from tip of coccyx to sacro-coccygeal junction</td>
<td>Soft Platform</td>
<td>90º across spine</td>
<td>thumb of headward hand</td>
<td>producing an I to S thrust along sacrum</td>
<td>comfortable, with hand flat and fingers pointing laterally</td>
</tr>
</tbody>
</table>
Side Posture

1. Appropriate side up
2. Patient **straight**
   - line from EAM through shoulder, trochanter and malleolus straight
3. Patient on **front** 1/3 to 1/2 of table
4. "Beachfront"
   - approx 2 - 3 inch in front of patient for pushes
   - push the patient back
   - or pull the patient forward for pulls
5. Patient’s foot off the table
   - edge of table just above the lateral malleolus
6. "outrigger"
   - upper arm is back with top hand over bottom hand
7. Patient’s lower shoulder is pulled downward toward their hip
8. "Smile to smile"
   - heel of doctor's headward hand fits into delto-pectoral groove of patient and doctor tractions HEADWARD on the patient
9. Front Crease (of doctor) to Side Seam of patient
10. Doctor's headward knee is near the patient's abdomen or chest to add stability to the patient as you roll them forward.

**Push Adjustments**

Dr. upright - LOD is along SI joint
- patient rolled forward
- PI - hand up spine - SCP is PSIS
- AS - hand up spine - SCP is Gonstead Point (2" lat to PSIS, 3" below)
- In - hand 90 deg toward doc
- Ex - hand 90 deg away from doc
- PIIN - hand 45 deg toward doc
- PIEX - hand 45 deg away from doc
- ASIn - same as PIIn but SCP is Gonstead Point
- ASEx - same as PIEx but SCP is Gonstead Point

**Pull Adjustments**

Patient pulled closer to edge of table ("Pull the patient forward for pulls")
  - i.e. decrease your "beachfront"
Patient pelvis is more vertical
All pulls have a kick
  - dr. knee is just behind the patient's trochanter and the dr.'s ankle is proximal to the patient's knee.
For all pulls, the EX side is down (**pull your "Ex" down**)

**IN Pulls**
- C shaped hand (rathole with thumb on glute med)
- 3 fingers medial to PSIS
- LOC = M-L with torque if you can get it

**P-R or P-L Sacral Pull**
- As above but SCP is on Ala of sacrum, LOC is P-A

**PIIN pull**
- as above but SCP is lower on PSIS and LOC included I-S
- Lean toward the patient's head to get the I-S

**ASIN Pull**
- It's "A Sin" - "Push sin away…"

**EX pulls**
- pisiform on lateral PSIS, fingers under the patient

**PIEx Pull**
- Lean toward the patient's head to get the I-S

**ASEx Pull**
- Lean toward the patient's legs to get the S-I
- Move pisiform to Gonstead Point
- Forearm under patient's buttocks
  - "Most comfortable position in Chiropractic" (yeah… right)
Sacrum

**BP/Spondylo**
- Patient either side up
- Pisiform on Sacral tubercle (S1 or S2)
- Fingers 90 deg to spine (pointed across patient toward table top)
- Elbow aligned so you have a P-A LOC
- Spondy will have an S-I component added to the LOC

**ISU - "Involved Side Up"**
- **Push**
  - Same position as BP/Spondy above but with SCP just medial to PSIS
- **Pull**
  - Same position as In Pull above, but with SCP must medial to PSIS
  - LOC is P-A

**ISD - "Involved Side Down"**
- **45/45/45 (or "Put the knife down")**
  - Patient's pelvis is 45 deg to bench top
  - Dr.'s Pisiform is just medial to involved PSIS with the hand turned 45 deg to isolate the SCP
  - Dr.'s Thenar is lifted 45 dg off the patient's back
  - Dr's shoulder is over or a bit superior to the contact

Coccyx
- Doctor stands on either side
- Superior thumb finds the tip of the coccyx
- Tissue pull headward until you just pass the sacro-coccygeal junction
- Inferior hand pisiform placed on superior hand thumbnail
- Elbow parallel to the ground
- LOC - I-S for all listings
- A - Contact center of coccyx
- A-R - Contact slightly to the left side of the coccyx
- A-L contact slightly to the right side of the coccyx
- OR
  - Torque the coccyx into place while contacting the center

Lumbar
- Standard Side Posture
- **Push**
  - Contact side of listing is UP
  - **Spinous contact**: soft pisiform with hand a 45 deg
  - **Mamillary contact**: pisiform on appropriate mamillary with hand parallel to spine
- **Pull**
  - Spinous side is always down
  - Fingertip contact with other fingers backing it up
  - "C" shaped hand with rathole
- **Knee-Chest (KC)**
  - Patient appropriately placed on knee chest
  - Doctor stands on spinous side
  - **Spinous contact**: soft pisiform with hand a 45 deg
  - **Mamillary contact**: Doctor reaches ACROSS SPINE and places pisiform on appropriate mamillary with hand perpendicular to spine while pulling patient into doctor's knees