

The One Week Plan

Day 1

Sacrum

- Intro to Sacrum
 - Video
 - Worksheet
- Sacral Shears
 - Video
 - Worksheet
- Sacral Torsions
 - Video
 - Worksheet
- Bilateral Pathologies & L5
 - Video
 - Worksheet
- Begin Sacrum Anki Deck

The One Week Plan

Day 2

Pelvis

- Anterior & Posteriorly Rotated Innominates
 - Video
 - Worksheet
- Uplips, Downslips & Flares
 - Video
 - Worksheet
- Begin Pelvis Anki Deck

Counterstrain

- Cervical Counterstrain
 - Video
 - Worksheet
- Lumbar Counterstrain
 - Video
 - Worksheet
- Begin Counterstrain Anki Deck

The One Week Plan

Day 3

Spine

- Intro to Spine
 - Video
 - Worksheet
- Cervical Spine
 - Video
 - Worksheet
- Thoracic & Lumbar Spine
 - Video
 - Worksheet
- Special Tests of the Vertebral Column
 - Video
 - Worksheet
- Scoliosis
 - Video
 - Worksheet
- Begin Spine Anki Deck

The One Week Plan

Day 4

Fibular & Radial Head

- Fibular Head
 - Video
 - Worksheet
- Radial Head
 - Video
 - Worksheet
- Begin Fibular & Radial Head Anki Decks

Ribs

- Rib Dysfunctions
 - Video
 - Worksheet
- Begin Ribs Anki Deck

General Principles

- Treatment Techniques
 - Video
 - Worksheet
- Begin General Principles Anki Deck

The One Week Plan

Day 5

Viscerosomatics & Chapman's Points

- Segmental Innervation
 - Video
 - Worksheet
- Chapman's Points
 - Video
 - Worksheet
- Treatment of ANS Dysfunctions
 - Video
 - Worksheet
- Begin Viscerosomatics & Chapman's Points Anki Decks

The One Week Plan

Day 6

Cranial

Cranial Holds & Palpatory Techniques

Video

Worksheet

Physiologic Cranial Conditions

Video

Worksheet

Pathologic Cranial Conditions

Video

Worksheet

Begin Cranial Anki Decks

The One Week Plan

Day 7

- Re-watch videos on challenging topics
- Relax & Prepare for Test Day