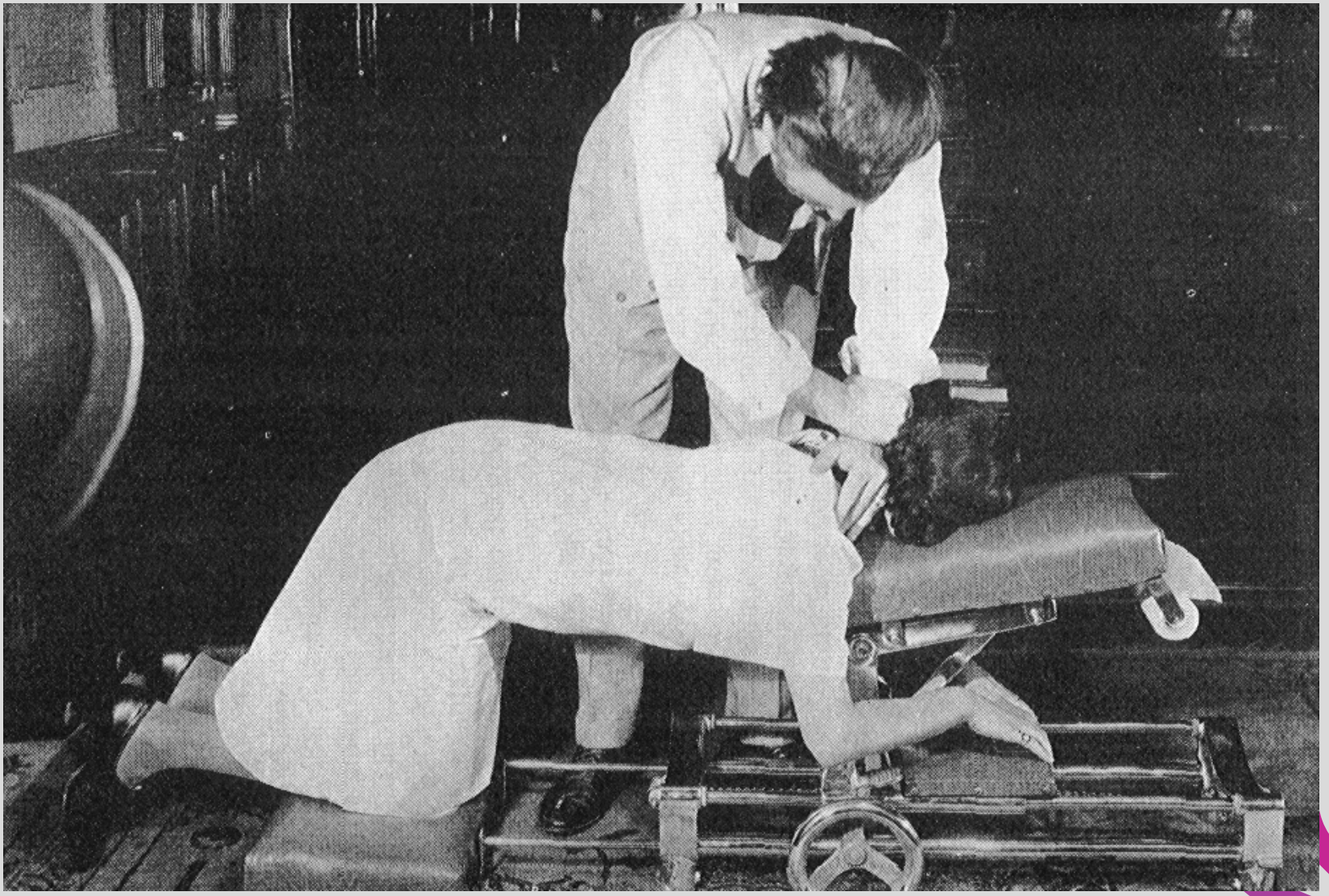
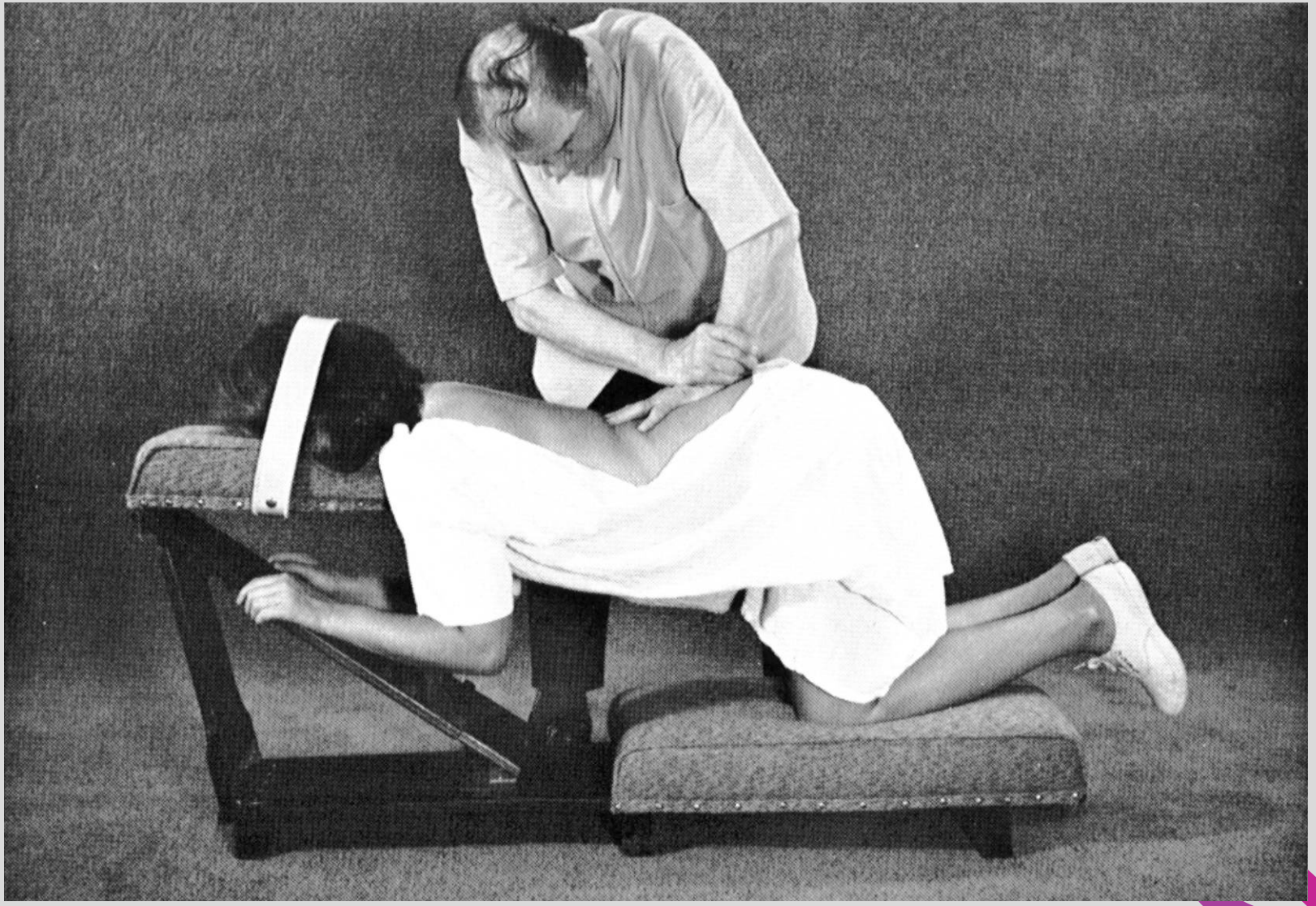
FAGLIG KONGRES
2016 KIROPRAKTIK GENNEM LIVET
VIDEN / NETVÆRK / EFTERUDDANNELSE

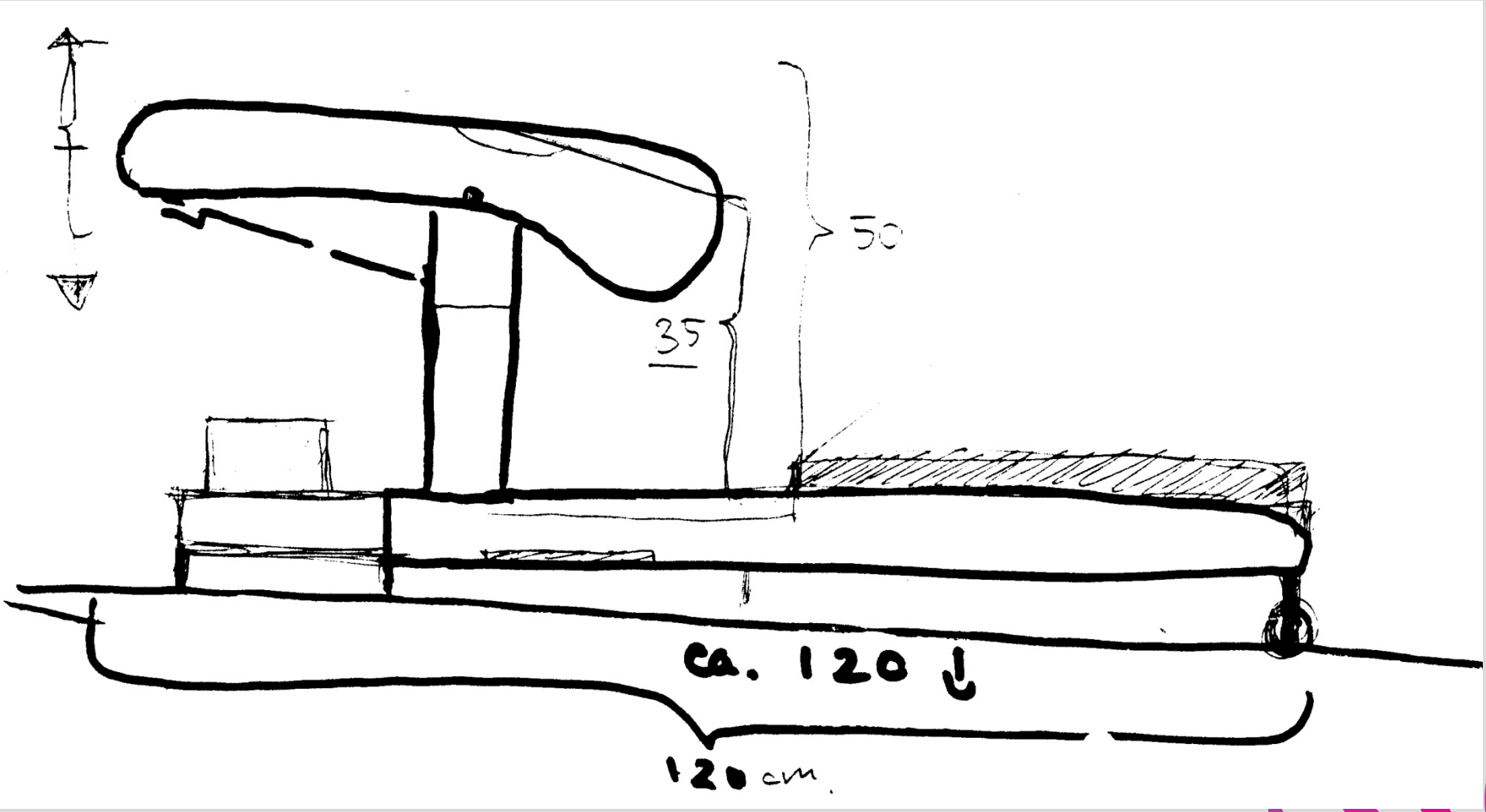
Knee Chest



Knee Chest



Knee Chest



Knee Chest

Knee Chest

Knee Chest - Basic rules on Knee Chest instrument

Patient placement.

Height for each section of spine.

Slant of headpiece.

L.O.D.

Set hold. Thrust is with stab hand.

Open vedge closed by torque. Visualize in mind

Knee Chest – Patient Placement

Knee Chest - Basic rules on Knee Chest instrument

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Slant of headpiece.

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Knee Chest

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Knee Chest - Basic rules on Knee Chest instrument

Patient placement.

Height for each section of spine.

Slant of headpiece.

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Knee Chest – slant of headpiece

Knee Chest - Basic rules on Knee Chest instrument

Patient placement.

Height for each section of spine.

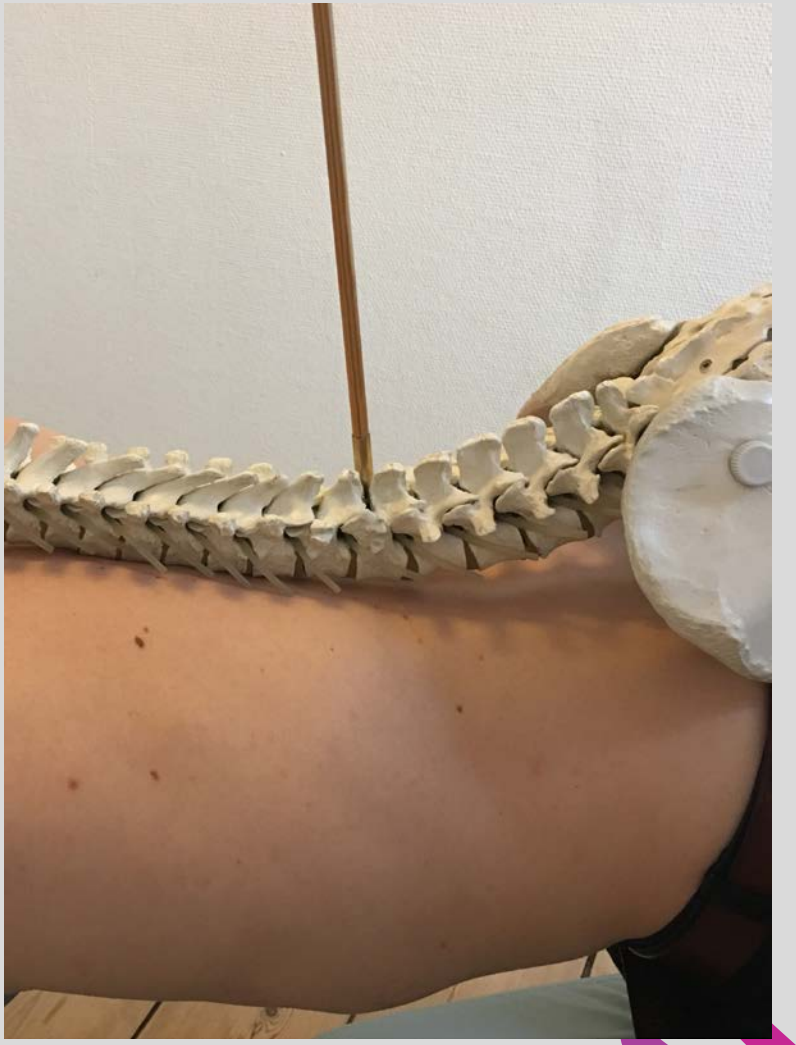
Slant of headpiece.

L.O.D.

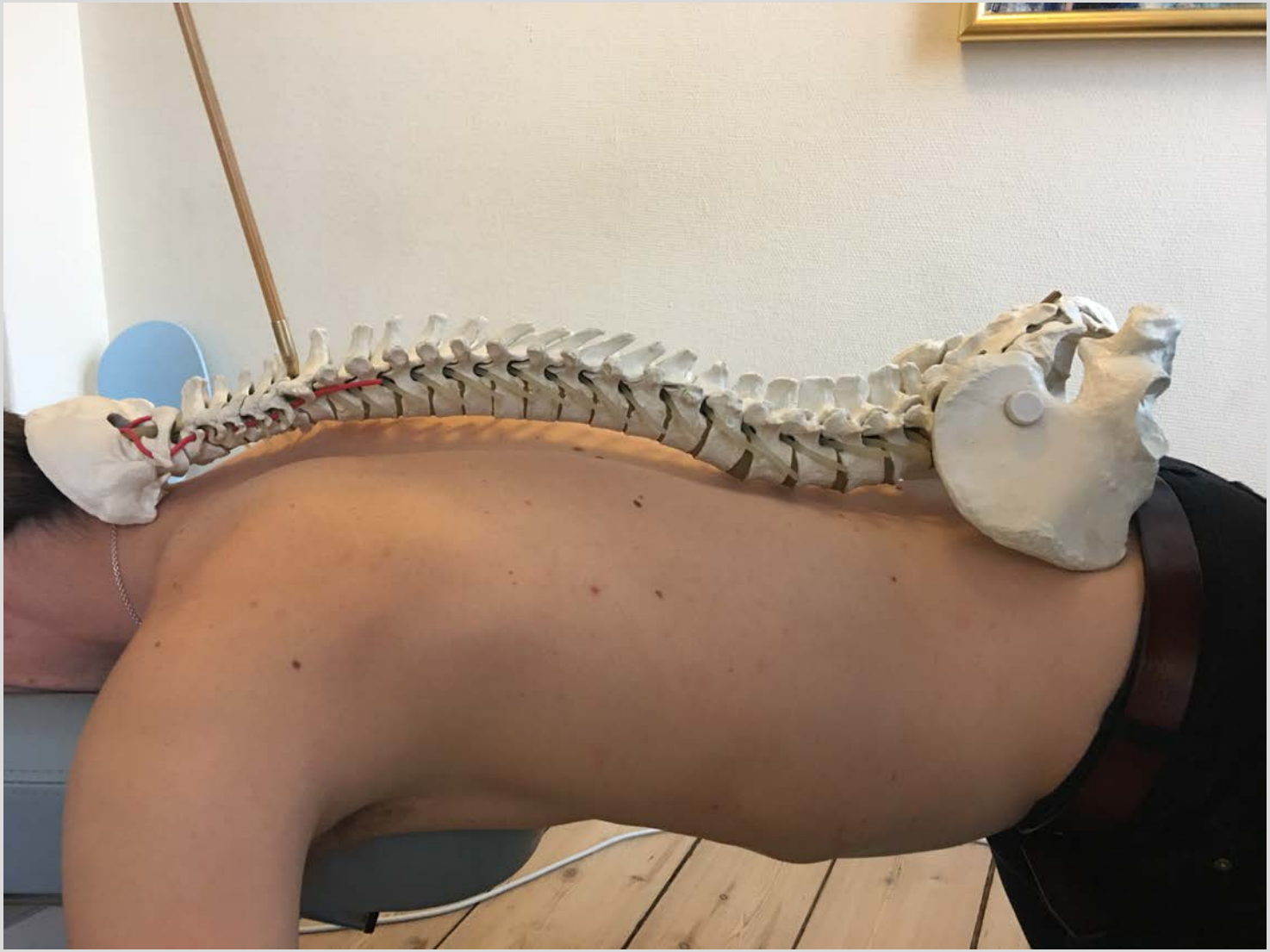
Set hold. Thrust is with stab hand.

Open vedge closed by torque. Visualize in mind

Knee Chest – L. O. D.



Knee Chest – L. O. D.



Knee Chest - Basic rules on Knee Chest instrument

Patient placement.

Height for each section of spine.

Slant of headpiece.

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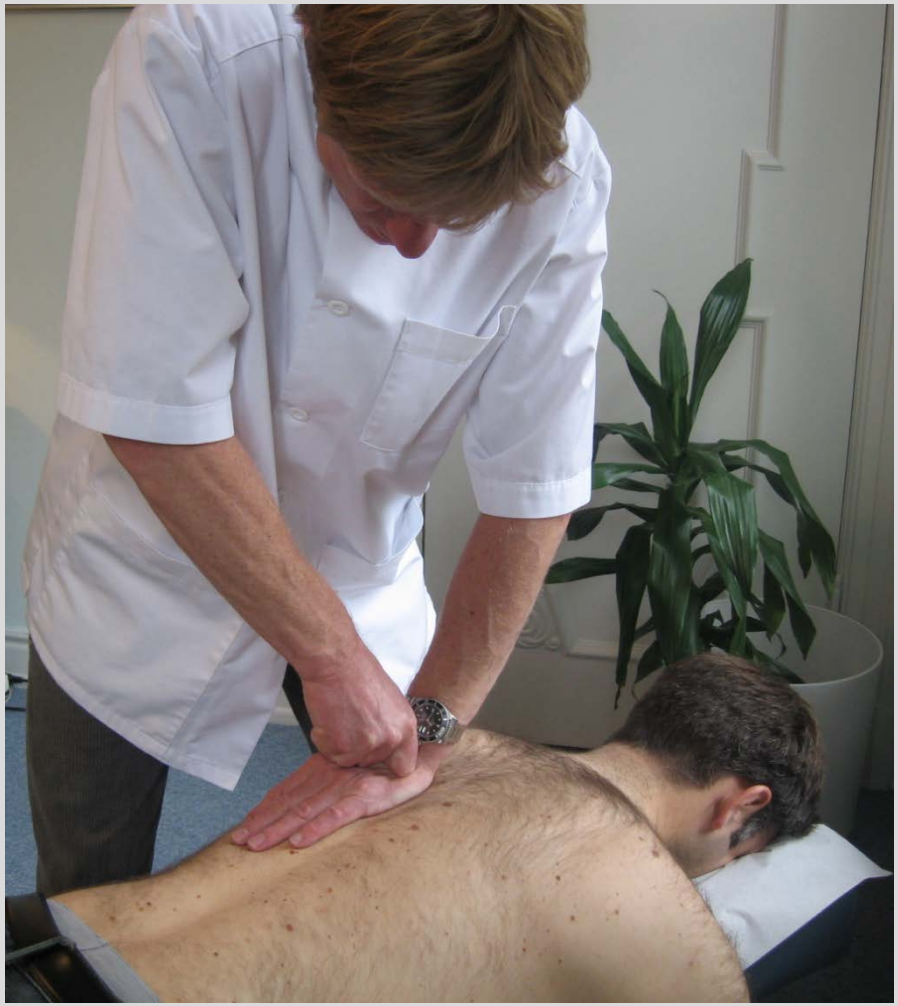
Knee Chest - Set hold. Thrust is with stab hand.



Different ways to place stab. hand.

Knee Chest

Patient placement.

Height for each section of spine.

Slant of headpiece.

L.O.D.

Set hold. Thrust is with stab hand.

Open vedge closed by torque. Visualize in mind

Knee Chest Single hand contact

T1-T3/4: Inferior hand contact.
Superior hand stabilizes.

T4-T12/L1/L2: Superior hand contact.
Inferior hand stabilizes.

L3-L5/sacrum: Inferior hand contact.
Superior hand stabilizes.

Thoracic listings: P, PR, PL, PRS, PLS.
C.P. is lateral inferior spinous process with fingers crossing spine.

PR-T, PL-T, PLI-T, PRI-T.
C.P. is transverse proces very close to spinous process. Fingers parallel to spine.

Lumbal listings: P, PR, PL, PRS, PLS.
C.P. is spinous process.

PR-M, PL-M, PLI-M, PRI-M.
C.P. is mammilary process.

Knee Chest - Single hand, pisiform contact

Spinous contact:

Listings: P, PR, PL, PRS, PLS.

P.P.: Area of adjusting should be the highest on KC.

D.P.: Side of spinous laterality.

C.P.: T1-T3/4: Inf. hand.
T4-T12/L1: Sup. hand
L1-sacrum: Inf. hand.

S.C.P.: Spinous process, fingers cross the spine.

L.O.D.: P-A and torque to close wedge, disc plane line. Thrust is mostly by supporting hand.

Knee Chest - Single hand, pisiform contact

Transverse/Mammilary contact:

Listings: PR-T/M, PL-T/M, PLI-T/M, PRI-T/M.

P.P.: Area of adjusting should be the highest on KC.

D.P.: Side of contact/open wedge. Sometimes reach over to stabilize.

C.P.: T1-T3/4: Inf. hand.
T4-T12/L1: Sup. hand
L1-sacrum: Inf. hand.

S.C.P.: Transverse/mammilary proces close to spinous. Hand parallel to spine.

L.O.D.: P-A and torque to close wedge, disc plane line. Thrust is mostly by stabilizing hand.

Basic Double Thenar on Knee-Chest.

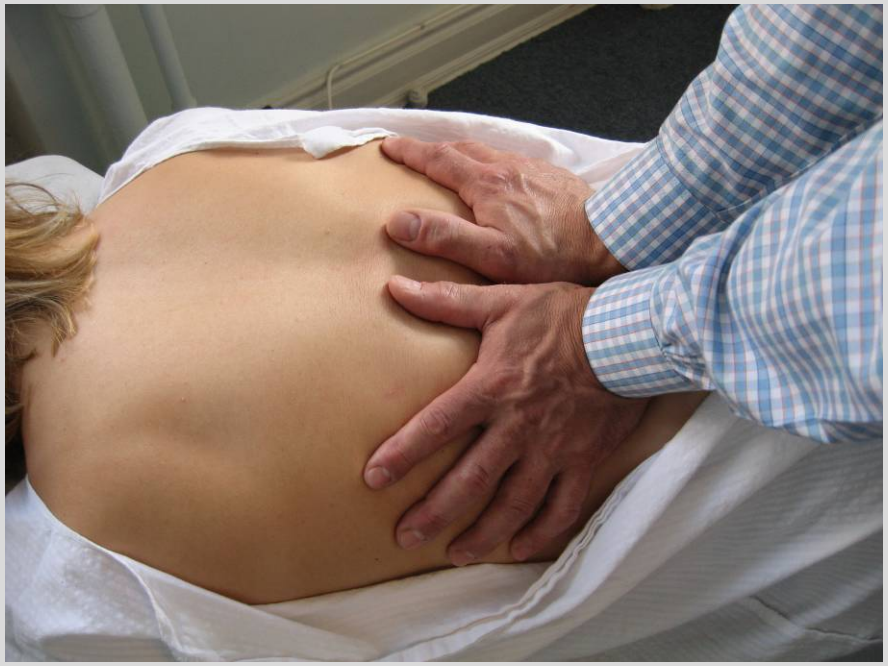
Used with transverse or mammilary listings only. Stand on side of high transverse/mammilary. In lumbar region you can stand behind patient.

Remember to hold hands/thenars as close to spinous proces as posible. Avoid ribs.

Shoulders parallel to patients.

L.O.D.: Disc plane line with a facet lift. Thrust with contact hand primarily. Visualize torque. Make it happen. Set hold.

Double Thenar - Knee-Chest



Listings: PR-T, PL-T, PRI-T, PLI-T.
Lumbar region.
Mammilary listings.

P.P.: On Knee-Chest with adjusting segment highest.

D.P.: Favoring side of high transverse or mammilary. In lumbar region sometimes behind patient.

C.P.: Thenar bilat.

S.C.P.: Transverse/mammilary process close to spinous.

L.O.D.: Primarily through contact hand on the side of open wedge. P-A, I-S, torque.
See it, feel it. Visualised intension.

Cervical - Knee-Chest

Listings: All spinous listings (especially if retrolisthesis is present.) and atlas AI listings. C2/torticollis.

P.P.: On Knee-Chest with head piece fairly flat.

D.P.: Either side or side of spinous laterality.

C.P.: Pisiform, double thumb or knifeedge.

S.C.P.: Posterior inferior aspect of spinous process or transverse process on atlas. Stabilizing

hand stabilizes head to avoid whiplash movement of neck.

L.O.D.: Disc plane. Set and hold.