

Management of Soft Tissue Conditions



Management of Soft Tissue Conditions is an evidence-based 8-hour instructional course that prioritizes the **diagnosis and treatment of soft tissue issues** commonly encountered in chiropractic and manual therapy practice, with an emphasis on best practices.

In everyday chiropractic practice, the predominant pain sources in spine-related disorders are typically attributed to discs, nerves, muscles, and joints. While chiropractors excel in addressing joint-related pain, **there is often a scarcity of expertise in diagnosing and treating the other three soft tissue dysfunctions.**

Additionally, **the course introduces the application of instrument-assisted soft tissue manipulation** for managing injuries to connective tissues like muscles, ligaments, and tendons. This program underscores the importance of comprehending the pathophysiology, diagnosis, and treatment of these soft tissue dysfunctions and injuries.

It covers **differential diagnosis and treatment strategies for joint dysfunction (subluxations), disc derangement, peripheral neuralgia, and myofascial trigger points**, conditions typically amenable to treatment by primary spine care

practitioners such as Doctors of Chiropractic, Doctors of Physical Therapy, or medical physicians. Furthermore, the course explores strategies for preventing recurrence and the development of chronic spine-related disorders through simple rehabilitation exercises and effective patient communication.

It also provides an introductory overview of instrument-assisted soft tissue manipulation (IASTM). Finally, the course delves into the reconciliation of evidence with clinical experience in manual therapies and discusses the incorporation of novel methods, even when they lack an established evidence base due to their newness.

8 CPD/CE Hours (*Part 1 = 4 CE Hours, Part 2 = 4 CE Hours*)

Instructor:

Stephen M. Perle, DC, MS is a 1983 graduate of Texas Chiropractic College, specializing in sports chiropractic in NYC. In 1991 he joined the inaugural faculty of the University of Bridgeport School of Chiropractic, where he retired in 2022 as a Professor of Clinical Sciences. With adjunct research positions at two universities, he continues doing academic research. He is an associate editor of the journal *Chiropractic & Manual Therapies* and is writing the 4th edition of *Chiropractic Technique: Principles and Procedures*.



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