



P-DTR®

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Foundations Module 1

- What is P-DTR
- Concept of Neurological Health
- Learn P-DTR® Manual Muscle Testing assessment process
- Learn P-DTR® approach to treat Dysfunctions
- Understand the "Algorithmic" Rules of P-DTR®
- Know actionable steps for treating patients with P-DTR®
- What does P-DTR® treat
- Principles of P-DTR®
- Aspects of the Sensory System
- Sensitivity and Sensitization
- Anatomy of a Dysfunction
- Receptor Identification
- Manual Muscle Testing Concepts
- Autogenic Inhibition
- Hypertonicity
- Neurological Switching
- Muscle Spindle Cells
- Therapy Localization
- Deep Tendon Reflex
- Wide Dynamic Ranged Neurons
- Assessment and Treatment
- Introduction to Nociception
- Nociceptive Dysfunctions
- Paleo Spinothalamic
- Neo Spinothalamic
- Reactor/Reactive Dysfunctions
- The Event
- Golgi Tendon Organs Dysfunctions

Foundations Module 2

- Pressure and Vibration Dysfunctions
 - Pacinian corpuscles
 - Vibratory receptors
 - Ruffini endings
 - Frequency
 - Location
 - Meissner's corpuscles
 - Frequency
 - Location
 - Krause's corpuscles
 - Frequency
 - Location
 - Use of tuning forks
 - Universal vibratory challenge
 - Locations
 - Rules of universal vibratory points
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- NeuroGait II
 - Localization of nerve endings
 - Rules of Muscles
 - Rules of Joint capsules and non-Joint capsules
 - Rules of Joint hyaline cartilage
 - Rules of Joint fibro cartilage
 - Rules of spinal ligaments
 - Rules of Talus
 - Rules of Hyoid
 - Rules of Earlobes
 - Rules of Nose
 - Rules of Lips
 - Ligament Palpation and Muscle/Ligament Relationships
 - Pelvic ligaments
 - Hip ligaments
 - Knee ligaments
 - Ankle/foot ligaments
 - Sternal and clavicular ligaments
 - Shoulder ligaments
 - Elbow/wrist ligaments
 - Organ suspension ligaments
 - Rules of Bones

- NeuroGait I
- Gait: Types of Sensory Input
- Effect of stepping rate in stance and swing phases
- Automatic gait
- Cerebellum and gait
- Gait phases

Phase 1: Initial contact

- Phase 2: Loading response
- Phase 3: Mid stance
- Phase 4: Terminal stance
- Phase 5: Pre-swing
- Phase 6: Initial swing
- Phase 7: Mid swing
- Phase 8: Terminal swing
- Mechanical breakdown of stance phase
 - Chopart joint
 - Lisfrank joint
 - Foot divisions
 - Talar foot
 - Calcaneal foot
- Joint ligaments and involved muscles
 - Talonavicular joint ligaments
 - Cuneonavicular joint ligaments
 - Calcaneocuboid joint ligaments
 - Talocalcaneal/subtalar joint ligaments
 - Interphalangeal joint of the 1st toe ligaments
 - Tibiotalar joint ligaments
 - Metatarsophalangeal joint of the 1st toe ligaments
 - Metatarsophalangeal joint of the 2nd toe ligaments
 - Metatarsophalangeal joint of the 3rd toe ligaments
 - Metatarsophalangeal joint of the 4th toe ligaments
 - Metatarsophalangeal joint of the 5th toe ligaments
 - Anterior tibiotalar deltoid ligament
 - Tibionavicular deltoid ligament
 - Posterior tibio calcaneal deltoid ligament
 - Posterior tibiotalar deltoid ligament
 - Anterior talofibular ligament
 - Calcaneofibular ligament
 - Posterior talofibular ligament
- Gait Inhibition
 - Background
 - Symptoms
 - Testing procedure
 - Inhibition patterns

- Treatment
 - Forward gait
 - Backward gait
- Iliolumbar ligament

- PALO ALTO
- Background
- Testing procedure
 - Posterior
 - Anterior
 - Lateral
 - Oblique
 - Adductor
 - K1

- PILUS
- Background
 - Hypothesis of Illi
 - Hypothesis of Kapandji
 - Location of receptors
- Symptoms
- Testing procedure
- Treatment

- PELVIC CATEGORIES
- Pelvic category I
 - Location of receptors
 - Symptoms and presentation
 - Related muscles
 - Treatment
- Pelvic category II posterior ilium
 - Location of receptors
 - Symptoms and presentation
 - Related muscles
 - Treatment
- Pelvic category II posterior ischium
 - Location of receptors
 - Symptoms and presentation
 - Related muscles
 - Treatment
- Pelvic category II symphysis pubis
 - Location of receptors
 - Symptoms and presentation
 - Related muscles
 - Treatment
- Pelvic category III

- Location of receptors
 - Symptoms and presentation
 - Related muscles
 - Treatment
- Sacral distortion
 - Location of receptors
 - Symptoms and presentation
 - Related muscles
 - Treatment
- Joint Position Proprioceptors
- Joint position sense
 - Conscious joint position
 - Pathway
 - Symptoms
 - Treatment
 - Unconscious joint position
 - Pathway
 - Symptoms
 - Treatment

Foundations Module 3

- Long Kinematic Chains
- The Science of Mechanics
 - Statics
 - Dynamics
 - Kinematics
 - Kinetics
- Mechanisms vs. Structures
- Long Kinematic Chains
 - Open Kinematic Chain
 - Closed Kinematic Chain
- Dynamic Kinematic Chain Testing
- Rules of Long Kinematic Chains
- Common locations

- SpinoThalamic Dysfunctions
- Ascending sensory systems
 - Anterolateral system
 - Spinotectal
 - Spinomesencephalic
 - Spinohypothalamic
 - Spinoreticular (Paleo)
 - Spinothalamic (Neo)
 - Dorsal column medial lemniscal pathway
 - Fasciculus gracilis
 - Fasciculus cuneatus
 - Medial lemniscus
 - Somatosensory pathways to the cerebellum
 - Spinocerebellar tracts
 - Cuneocerebellar tracts
- 1st, 2nd, and 3rd order neurons
- Spinothalamic dysfunctions
 - Spinotectal
 - Course
 - Function
 - Stimulus
 - Spinomesencephalic
 - Course
 - Function
 - Stimulus
 - Spinohypothalamic
 - Course
 - Function

- Stimulus
- Spinoreticular (Paleo)
 - Course
 - Function
 - Stimulus
- Spinothalamic (Neo)
 - Course
 - Function
 - Stimulus
- Thermal Nociception
- Three types of thermal receptors
 - Cold receptors
 - Warm receptors
 - Nocioceptive stimuli
- Cold receptors
 - Fiber type
 - Pathway
 - Stimulation
 - Symptoms
 - Inhibition pattern
 - Treatment
- Warm receptors
 - Fiber type
 - Pathway
 - Stimulation
 - Symptoms
 - Inhibition pattern
 - Treatment
- Tickle and Itch
- Tickle
 - Fiber type
 - Pathway
 - Stimulation
 - Symptoms
 - Inhibition pattern
 - Treatment
- Itch
 - Fiber type
 - Pathway
 - Stimulation
 - Symptoms
 - Inhibition pattern
 - Treatment
- Cloacal Synchronization

- Equilibrium reflex synchronization
 - Labrynthine reflex
 - Symptoms
 - Location
 - Head-on-neck reflex
 - Symptoms
 - Location
 - Visual righting reflex
 - Symptoms
 - Location
 - Anterior pelvic reflexes
 - Symptoms
 - Location
 - Posterior pelvic reflexes
 - Symptoms
 - Location
- Appositional testing
 - Flexion tests for anterior reflexes
 - Extension tests for posterior reflexes
- Treatment

- Vertebral and Limbic Fixation

- What is a spinal fixation?
- Occipital fixation
 - Use of therapy localization
 - Testing
 - Treatment
- Sacral fixation
 - Use of therapy localization
 - Testing
 - Treatment
- Vertebral fixation
 - Use of therapy localization
 - Testing
 - Treatment
- Limbic fixation
 - Location
 - Use of therapy localization
 - Testing
 - Treatment

- Adrenals

- Histology
 - Location
 - Structure
 - Medulla
 - Chromaffin cells

- Catecholamines (adrenaline and noradrenaline)
- Cortex
 - Glomerulose zone
 - Mineralcorticoids (aldosterone)
 - Fasciculata zone
 - Glucocorticoids (cortisol)
 - Reticularis zone
 - Androgens (DHEA and DHEA-S)
 - Estrogens
- Blood supply
- Function
 - Maintaining metabolic processes
 - Regulate balance of salt and water
 - Control “flight or fight” response to stress
 - Maintaining pregnancy
 - Initiating and controlling sexual maturation during childhood and puberty
 - Synthesis of corticosteroid hormones in cortex
 - Cortisol
 - Corticosterone
 - Androgens
 - Aldosterone
- Metabolism
 - Role of cholesterol
 - Hormones of the adrenal cortex
 - Glucocorticoids
 - Mineralocorticoids
 - Androgens
- Adrenal pathology
 - Cushing’s syndrome
 - Addison’s disease
- General Adaptation Syndrome
 - Categories of stress
 - Physical stress
 - Chemical stress
 - Emotional stress
 - Thermal stress
 - Stages of GAS model
 - Alarm reaction
 - Resistance stage
 - Exhaustion stage
 - Triad of chronic stress
 - Adrenal cortex enlargement
 - Atrophy of the thymus gland and lymphatic tissues
 - Stomach and duodenal ulcers
 - Symptoms of adrenal stress
 - Signs of adrenal stress

- Relationship of DHEA to cortisol
 - Pregnenolone steal/cortisol escape
- Treatment
- Cranial Faults
- Stomatognathic Dysfunctions
 - Cranial Faults
 - Symptoms
 - Location
 - Cranial Sutures
 - Location
 - Sacral Dysfunctions
 - Symptoms
 - Location
 - TMJ Dysfunctions
 - Symptoms
 - Location
 - Hyoid
 - Symptoms
 - Location
- Neurological Tooth
- Treatment
- Frontal Lobe Emotions
- Meridians