

# Total Relief Method FOR CHIROPRACTORS

February 19, 9:00 – 6:00 PM • February 20, 8:00 – 1:00 PM

## ORIENTATION

- Introduction to the Rubenstein Method
- Chiropractic Specific Protocols for Lumbar and Cervical
- Time: 1.5 Days
- Dates: February 19, 2022 (Saturday) 9:00 – 6:00 PM  
February 20, (Sunday) 8:00 – 1:00 PM
- Who: Doctors of Chiropractic (and Staff)
- Price: \$1499 per person. \$1199 if registered by Jan 31st
- Clinical Use Certification
- How: Lecture/Lab Emersion & Hands-on, Manual
- Power Partnerships
- 94% of the Population does not use the Diaphragm

## CURRICULUM

### 10 BREATHING TECHNIQUES & PROTOCOLS

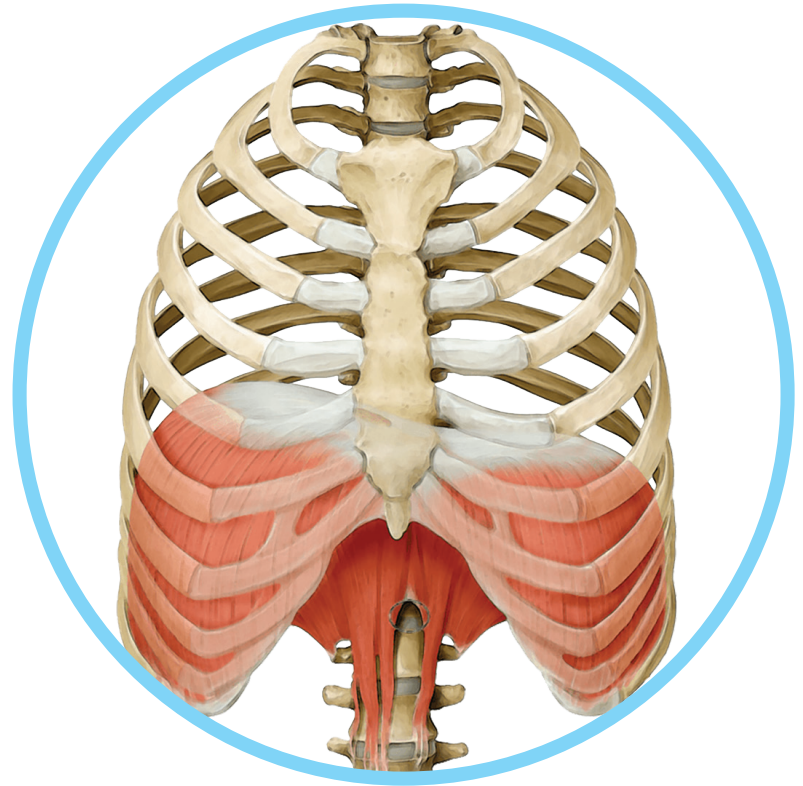
- Diaphragm Function Protocol
- Diaphragm Trigger Protocol
- Diaphragm Activation Protocols
  - ✓ Seated Diaphragm
  - ✓ Supine Diaphragm
- Prone Spinal Respiration
- Pause and Pinch Breathing
- Trumpet Breathing
- Bugle Breathing

### QUICK RESPIRATORY EVALUATION PROTOCOLS:

- 14 Point Visual Respiratory Evaluation
  - ✓ Plus CO2 Measurement
  - ✓ Plus Breathing Errors
  - ✓ 60 Accessory Breather Pathologies
- Symptomatic Respiratory Evaluation
- Pharyngeal Airway Evaluation
- TMJ and Oral Evaluation

### SPECIFIC FUNCTION PROTOCOLS

- Rib Cage Decompression
- C1, C2 Calibration
- Lumbar Calibration Protocols
- Lateral Spine Calibration
- Piriformis Calibration



### LECTURE MATERIAL PART 1

- Anatomy Review of Respiration
- Primary Breathers, Accessory Breathers and Pathologies
- The Main Diaphragm (and the other 4)
- Mechanics of Respiration
- Global Biomechanics of Respiration
- Respiratory Rate Correlations to 12 Stress Measures

### LECTURE MATERIAL PART 2

- Keys to Stress Reduction
- Chemistry of Stress & Relaxation
- Neurology & Chemistry of Respiration
- Physiological Reflexes involved in Respiration
- The Role of Sleep

### LAB PRACTICE AND EXECUTION PART 3

- Diaphragm Evaluation & Performance
- TMD Lecture (Dr. Viet)
- Pharyngeal Airway Issues Review
- How Stress Drives Pharyngeal Collapse
- Integration Walk Protocol and biomechanical Analysis During Walk

# PATIENT SYMPTOMS

## ADDRESSED PROTOCOLS & RESULTS:

### ■ SYMPTOMS OF PATIENT

- Chronic Low Back Pain
- Chronic Neck/Shoulder Pain
- Chronic Headache
  - ✓ Tension Headache
  - ✓ Migraine Headache
  - ✓ Trigger Point Referred Pain Headache
- Jaw Issues Review
  - ✓ Bruxism
  - ✓ Grinding
  - ✓ Crepitus
  - ✓ Muscle Malfunctions

### ■ PATIENT RESULTS

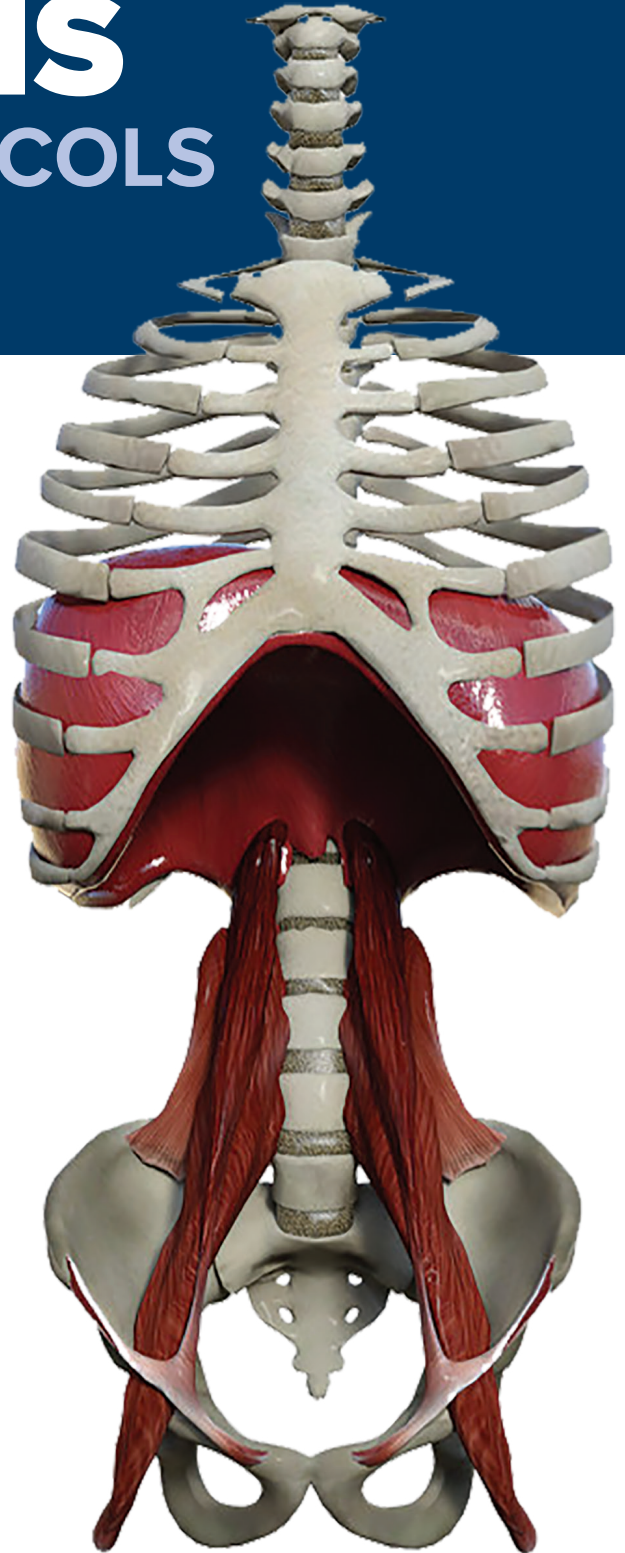
- Improved Pain Relief and Stabilization of Cervical and Lumbar Regions
- Improved Sleep
- Improved Energy
- Improved Mood
- Improved Patient Retention and Referral

### ■ MATERIALS

- Manual for Class
- E-Manual, Reading Material, and References

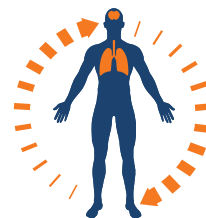
### ■ ADMINISTRATIVE

- Non-Compete
- Terms of Use



For more information:  
714-392-2458  
[rubensteinmethod.com](http://rubensteinmethod.com)

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**Total  
Relief**  
METHOD

Breathe Better. Sleep Better. Perform Better.