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# SKPPG PROGRAM

This document will be a running document of our program, program links, and any homework (fundamental training) that is assigned for the week.

These materials will be given to our SKPPG members only for now. This is your repository of materials. I will be recording the weekly programs and they will be available for your viewing.

Please remember that we have a growing resource center at [www.spinal-kinetics.com](http://www.spinal-kinetics.com). Just hit the blog button at the top. For you fast starters--- review all of the videos and it will make everything go a lot faster!

Week One 7/14/2011.

<http://www.screencast.com/t/ee953xHxzs3>

This is meeting one and it sets the stage for the commitment that is required for participation.

Assignments Given for Week One

We are going to be teaching and practicing fundamentals and they may not seem to have a rhyme or reason at first---THEY MATTER! This is the best explanation that I can give: It is the "Wax On, Wax Off" from the Karate Kid----Initial Assignments may not make sense---just do them--- they will as we go!

<http://www.youtube.com/watch?v=2ynryUjGFt8>

1. Make the decision that you are going to be in the top 10% in the US/World for any expert/anyone that understands both spinal ligaments and the spine itself! Make the decision that you are going to be the pro and that you will do whatever it takes to be that pro---make that decision in your mind and it will begin for you!
2. Make the SKPPG Group Participation a priority! It will not be perfect, the instructor is not perfect. IT WILL however seriously hyper-escalate your learning curve on your way to being a pro.
3. Start testing with every trauma patient that you have PI and W/C. Acute trauma is what creates chronic pain, when you fully understand acute you will be an expert in chronic as well---START with Acute! The only way to experience just how much is there is; is to see it for yourself! The more you test the more it will become apparent!
4. I need you to read and own this article as this is the contemporary model of a spinal subluxation. I need you to own the cause of a spinal subluxation/misalignment---it is very real but it has been abused a lot---mostly by those who do not understand it! "Let's review past models, but focus primarily on the latest evidence concerning the subluxation published in the recent scientific literature in order to improve our understanding, insight, and application of clinical interventions to improve patient outcomes with chiropractic care."  
<http://www.dynamicchiropractic.com/mpacms/dc/article.php?id=54535>
5. Look at these Forty One Documented studies and determine in your mind for real---what is causing that? Hint---Please make the jump between the cause of a subluxation and the cause of chronic pain (Spinal Ligament Damage) You cannot have one without the other-- -NO ONE CAN! Make the jump that and expert in spinal ligaments then is also an expert in spinal subluxation---spinal subluxation may not make it to the big screen, to the main event, Spinal Instability is already there! This is where you are going as well!  
[http://www.spinalkinetics.info/SKPPG\\_GROUP\\_41\\_Studies.pdf](http://www.spinalkinetics.info/SKPPG_GROUP_41_Studies.pdf)
6. Take my personal phone call this week so you can receive my personal cell phone number.
7. Have a great week!