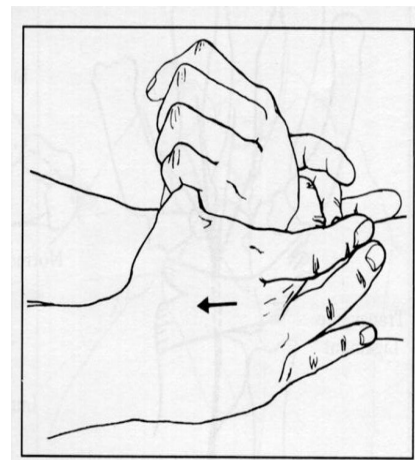
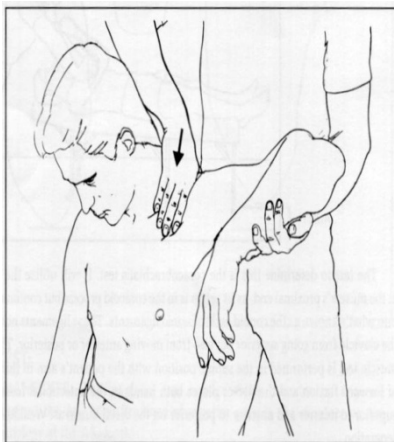


# Chiropractic Practitioners' Guide to Certification as a CCEP

*(Certified Chiropractic Extremity Practitioner)*

By Stephen Herto D.C., C.C.E.P.



## **My Journey**

When I first initiated the CCEP (Certified Chiropractic Extremity Practitioner) program through the Council of Extremity Adjusting (CEA) I felt as though I was a fairly good extremity adjuster. Many people had sought me out, driving over one hour each way, to come to my office for care for various problems of the extremities, both upper and lower. I had already been practicing 17 years and had quite a bit of experience in this arena. I had been to a number of chiropractic extremity technique seminars put on by various organizations and orthotic companies. While I had attained a number of professional certifications beyond a basic chiropractic degree over the previous 17 years I had never taken the time to fully expand my knowledge base as a CCEP. I felt very strong in the lower extremity, particularly the foot. After reading about the CEA's seven part series seminars on extremity certification, I felt that this should do the trick and I could be able to expand my clinical approaches, particularly in the shoulder region.

I soon found out how little I actually knew. Ignorance is sometimes bliss. Soon enough I found myself studying extra and practicing more extremity techniques that I had never been taught before. I came to realize that I didn't fully understand the biomechanics, particularly of the lower extremity. Dr. Hearon's explanation during the Foot, Gait, and Orthotics (FGO) seminar is second to none and provided me with insight that I will be forever grateful for. And my patient base will now be able to benefit tremendously, get better faster, and lead more productive lives through my increased knowledge.. Not only did I get what I wanted from the increased knowledge of the shoulder girdle, I expanded my knowledge of all extremities through the other seminars to better help our patients.

This manuscript is my short version of how to get your certification as a CCEP as easily and as organized as possible. While many of you may choose to take the entire 7 seminar (15 hours each) 105 total hours in one location, I chose, out of necessity, to use two locations. I completed my seven seminars in seven months, and after my final seminar took the practical examination and passed to obtain my CCEP and become one of over 900 such chiropractors designated to date as a CCEP through the CEA.

Regardless of where you start in the series of seminars, I highly recommend you commit to knocking out all seven seminars within 12 months. Seven months if at all humanly possible. While it is possible, and allowed by the CEA, to obtain your certification over a two year period, I really feel you will be losing some of your expertise without constantly being exposed to the knowledge base available through the excellent instruction. I routinely would attend the seminar and then the following week practice nearly every technique that I had learned that previous weekend. The vast majority of the skills are readily applicable to your current patient base, and you can start checking everyone on Monday morning for subluxated lunates, over-pronation of the lower extremity, posterior tibias, and posterior-medial ulnas. That and many other subluxations patterns exist in your current patient base and you are simply overlooking them. Just like buying a new red car, as soon as you get out on the highway all you see are other red cars that look just like yours. Once you start looking for them they will become apparent.

## Seminar Skills

Remember to have an open mind when attending the seminars. The biomechanics you will learn will be entirely unique, and unless you had exceptional instructors at your particular chiropractic college, many of the techniques will be new and unique. I was a cum laude graduate from my chiropractic college and felt exceptional at adjusting when I graduated. As I alluded to previously, I knew very little and my eyes were opened upon attending the first seminar.

All your notes will be provided at the seminar for the instructors' particular area and topic of discussion. Pay particular attention during the seminars as you will have a written examination covering the material from the two-day, 15-hour seminar at the end. The examinations generally take less than 30 minutes and are graded at the seminar so you will know what your scores are. You need to obtain a 70% cumulative total on all of your examinations to be eligible to sit and take the practical hands-on examination at the end of your 105 hours of seminar lectures. Please note that if you do not listen during the seminars, or are taking frequent breaks, you are missing a ton of practical information and hands-on experience, and you will definitely not pass the written examination. I personally graded two fellow candidates' papers who did not pass the examinations.


Therefore, pay attention and learn what you came there to understand. All of the instructors that I had during my certification in 2009 were exceptional. There is plenty of time to go over any particular questions you have and additional time for the adjustments, rehab, soft tissue work, and other unique insights provided through the lecture series.

Lastly do not plan on skipping out early on the seminars. Stay until the end each day and soak it all in.

## Getting Organized

I found it very easy and practical to put all of my information from the seven seminars into one large 3 inch, three-ring binder. Get all of your papers and notebooks and manuals that you buy and have them 3-hole punched to put into the binder. That way when you go to study for your final examination everything is laid out in its own separate seminar so that you can easily find any reference material you will need.

At the end of each seminar I took the most common subluxation patterns of the extremities and placed them on a 3X5 card. On the front of the card I simply listed the subluxation pattern and the adjustment to correct it, along with the specific muscle test if applicable. An example is given below:



**A/C Joint**

Muscle→Coracobrachialis Nerve→C5,6,7 Musculocutaneous

Gently adjust distal end of clavicle. Supine or seated.

Grade 1, 2 or 3.

I one-hole punched all these cards through the seminar series put them on a key ring binder and this is how I quizzed myself when preparing for the final practical examination. I highly recommend this for you as well. List all of the particular nuances of what you need to remember on how to do, for example, a posterior ulna adjustment: which muscles need tested, what the nerve supply is to that muscle, and how you can remember how make that particular correction.

Below is a picture of my three ring binder and how I kept it organized.



### CCEP Organizational Binder

## Purchasing Essential Material

I would highly advise you, in fact I would almost make it mandatory, to buy Dr. Hearon's three reference manuals before you take that particular seminar. Those particular seminars are the ones that you will need to know for the practical examination. The three manuals are:

1. What You Should Know About Extremity Adjusting
2. Advanced Principles of Upper Extremity Adjusting
3. Advanced Principles of Lower Extremity Adjusting

You will be given certain handouts from the manuals during the seminars to take notes on. I got the notes but I also took my own individual notes and put them directly in the manuals as I was learning, that way it was all concise and intact. In addition, I would really recommend that before taking your practical examination that you purchase and review the DVDs that Dr. Hearon and the Council on Extremity Adjusting have put together. Each DVD is a review of a particular seminar in about one hour. The ones you will want to definitely get are:

1. Principles of Upper Extremity
2. Principles of Lower Extremity
3. Principles of Foot Gait & Orthotics
4. Principles of TMJ & Ribs

The upper and lower extremity seminars are extremely important, as is the TMJ and Rib cage seminar. These DVD's allow you to review in just a few minutes how to adjust a particular extremity condition or how to do a muscle test you may have forgotten. The DVDs are very well put-together and professionally done and will make a good addition to your professional library.

## **Public Relations & Return-On-Investment**

Don't forget to promote to your patients that you are earning your CCEP. If you have an email mailing list, a daily handout, or power article, make sure you let them know what seminar you are going to that month. You can simply take the explanation of whatever seminar you are going to and pass it out to your patients. They will know you are attending a seminar and they can then look forward to reaping the benefits of it when you get back. You would be surprised how many patients you will get that will tell you about their elbow problem that they have had for years but never knew you could handle it. You will get back from the upper extremity seminar and now you get paid for your seminar. I easily recouped the fees that I paid for the entire certification from the knowledge I gained from just one of the seminars. I am sure you will be able to as well, as long as you promote and use public relations properly.

Don't forget to contact your local newspapers -- that way they can put out a public press release of your seminar that you just attended. Here's one of mine from the soft tissue seminar.

January 13, 2009

**FOR IMMEDIATE RELEASE**

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304-329-1000

For more information, please contact:  
Shannon 329-1000

## **DOCTOR ATTENDS CONTINUING EDUCATION**

Dr. Stephen Herto of Every Body's Chiropractic in Kingwood recently attended a Chiropractic Technique Seminar in Boise, Idaho held on January 9<sup>th</sup> and 10<sup>th</sup>. The seminar was taught by Olympic level chiropractor Dr. Greg Bruno and covered various natural treatments for bursitis, tendonitis and joint problems of the arms and legs. The seminar is part of a seven-course series leading to advanced certification in extremity care. Dr. Herto has been in practice in Kingwood for the past 17 years.

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Finally, when you do obtain your certification, make sure that you send out another PR about how you are now a Certified Chiropractic Extremity Practitioner and all the new unique functions and treatment of extremity conditions you can now offer to the local area. The CEA will provide a sample PR for you. This is just another opportunity for you to help more people, pay for the expertise that you have obtained through your education, and more opportunities to provide a better standard of living for your family.

Don't be afraid to let the public and your patients know what you are doing. If you don't toot your own horn now and then, no one else is going to toot it for you.

## **Sitting for the Final Practical examination**

The bottom line is that you need to know what you are doing when you go to sit for your CCEP. If you review all the cards that you made up for all of the adjustments and understand the mechanics involved with all of the extremities covered through the seminars, you will be fine for the examination. You will not be able to guess your way through it, so be sure to review all of your highlighted notes in your seminars over the two weeks prior to your final seminar and practical exam. Spend about an hour to an hour and a half per day for the 12 days leading up to the final examination. I also watched each of the DVD's after I went over the notes for that particular seminar. Then I went over all of my cards and handed them out to my staff and associate doctor to have them quiz me on them. They gave me a subluxation pattern and I told them which muscle test I would do, how I would make the particular corrective adjustment, how I would strengthen it with rehab, and what particular taping procedure I would use to stabilize the indicated joint. If you can do all those things, your final examination will be stress-free and you will be one squared away, highly skilled chiropractor and certified CCEP.

Thanks for your focus. I hope you find this manuscript is beneficial to you in your search for better clinical skills and patient outcomes as well as an increased revenue base for your practice.

### **Stephen Herto D.C., M.S., C.C.S.P., C.S.C.S., C.C.E.P., FICPA**

Dr. Stephen Herto has attended over one hundred hours of continuing education each year since 1991. He holds advanced certification in Pediatrics(FICPA), Strength and Conditioning(CSCS), Sports Injuries(CCSP), Accupuncture, Electrodiagnosis, Extremity Adjusting(CCEP) and Whiplash. He is a nationally trained Auto Accident Reconstructionist, and a Certified CBP Practitioner. Dr Herto's has a Masters Degree with a concentration in Biomechanical Trauma.

Dr. Herto was elected by the state's chiropractors as their representative to the International Chiropractors Association. He received the ICA's "Distinguished Service Award", received the collegiate "Clinical Achievement Award" for excellence in patient care, and was awarded the "Business Community Service Award" by the Preston County Chamber of Commerce. In 2007 he retired from the Army as a Lieutenant Colonel after 22 years of service.



**Dr's Herto & Hearon**