

The Jensen Method Live "PowerPoint-Free Seminar. Fully Interactive"

From Diagnosis to Mastery – A Complete System for Function-Based Treatment and Rehabilitation

I. Introduction to The Jensen Method

Background

The Jensen Method is a comprehensive approach to musculoskeletal rehabilitation and treatment developed by Dr. Marius A. Jensen. Drawing from over a decade of experience as a chiropractor, combined with a background in high-level athletics, the method emphasises the importance of integrating early-stage supervised rehabilitation with chiropractic techniques. This approach aims to address the underlying dysfunctions in the body's kinetic chain, offering a structured and evidence-based treatment plan that enhances recovery outcomes.

Core Philosophy

The Jensen Method is built on the belief that:

- **True rehabilitation starts with proper alignment and stability** Before engaging in rehabilitation exercises, it is crucial to address structural misalignments through hands-on techniques like chiropractic adjustments. This ensures that the body is positioned correctly, allowing targeted exercises to be more effective. *Evidence:* Panjabi MM, "The Stabilizing System of the Spine," *Journal of Spinal Disorders*, 1992.
- **Supervised exercises lead to better results** Patients often struggle with maintaining correct form during home exercises. The Jensen Method focuses on supervised sessions where practitioners can guide and correct patients. *Evidence:* Ferreira PH et al., "Supervised Exercise Programs for Chronic Low Back Pain," *Spine*, 2007.
- **Holistic assessment is key** By assessing the entire kinetic chain—from feet to cervical spine—practitioners can build personalised, root-cause-driven treatment plans. *Evidence:* Lephart SM et al., "Proprioception and Neuromuscular Control in Joint Stability," *Human Kinetics*, 2000.

Benefits of The Jensen Method

- **Accelerated Recovery:** Combining manual therapy and early-stage rehab produces faster outcomes. *Evidence:* Gross AR et al., "Manipulation or Mobilization for Neck Pain," *Cochrane Database of Systematic Reviews*, 2015.
- **Injury Prevention:** The method corrects muscle imbalances and improves proprioceptive control. *Evidence:* Myers JB et al., "Proprioception and Neuromuscular Control," *Journal of Athletic Training*, 2004.
- **Empowered Patients:** Patients become active participants in their own care, improving adherence and long-term success.

II. Seminar Objectives

Main Goals

1. Enhance clinical skills in hands-on treatment and supervised rehabilitation.
2. Bridge the gap between chiropractic adjustments and functional exercise.
3. Offer structured, repeatable frameworks for assessment and rehab.
4. Build trust and compliance through patient education and involvement.

Learning Outcomes

Participants will be able to:

- Conduct full-body passive assessments
- Apply manipulative therapy to correct dysfunction
- Use rehabilitation assessment exercises to guide treatment
- Develop long-term plans with measurable functional outcomes
- Improve communication and education with patients

III. Seminar Structure Overview

The Jensen Method Live consists of **three weekend modules**. Each offers standalone value but is part of a progressive learning path.

Module 1: Foundations and Philosophy

Understand the Body. Rethink the Cause. Start at the Root.

- Jensen Method philosophy and systems thinking
- Global passive biomechanical assessment (feet to head)
- Chiropractic and extremity adjustments
- Functional diagnosis and case-based reasoning
- Jensen Method Rehabilitation Assessment Exercises (intro only)

Module 2: Function and Rehabilitation

Build Stability. Reduce Risk. Strengthen with Precision.

- Jensen Method exercise methodology
- Supervision, correction, resistance principles
- Early loading and proprioception
- Case-based clinical progression and program design

Module 3: Mastery and Integration

See the Whole. Treat with Confidence. Deliver Longterm Results.

- Advanced neuromechanical insights and inhibition theory
- Complex integration: kinetic chain and reciprocal systems
- Mastering long-term rehabilitation strategies
- Practice implementation and professional confidence