



Name \_\_\_\_\_



# ART OF ADJUSTING (AA)

## ART OF ADJUSTING ARTICULATIONS REQUIREMENTS

To qualify for "AA" certification complete the following three (3) steps:

### Part 1 - Learn the material

Attend two (2) live AA (Art of Adjusting) seminar. Online equivalents may be substituted ([AA0](#), [Foundations - Intensive](#) - OR - [the complete Foundations certification bundle](#)).

All AA-related Online Training Courses	All AA-related Events

### Part 2 - Demonstrate proficiency

Make a video, maximum 30 minutes. Include the following:

- The setup of every adjustment taught in Module A (AA), the [Comprehensive Structural Exam\(CSE\)](#), in the order listed below. You may reference this form for the order, but the setup must be completed by memory.
 

<ol style="list-style-type: none"> <li>Category IV-XV</li> <li>Condyle Lift</li> <li>Basic Plane</li> <li>Condyle Life</li> <li>Level One</li> <li>Basic Bio-Energetic Synchronization</li> <li>Buccinator Technique</li> <li>Jaw Lateralization</li> <li>Posterior Occiput</li> <li>Anterior Atlas</li> <li>Intervertebral Disc Lesion</li> <li>Shoulder Torque</li> <li>Bicipital Tendon Subluxation</li> <li>Rib Torque</li> <li>Anterior Thoracics</li> <li>Diaphragmatic Reset</li> <li>Sacral Spin</li> <li>Side Posture Ilium</li> <li>Anterior Femur Head</li> <li>Cardiac Low Back</li> </ol>	<ol style="list-style-type: none"> <li>Superior Patella</li> <li>Lateral Tibia Head</li> <li>Posterior Fibula</li> <li>Dancer’s Foot</li> <li>Inhalation Allergy</li> <li>Cervical Pattern</li> <li>Pelvic Pattern</li> <li>Posterior Fibula Pattern</li> <li>Superman Shoulders</li> <li>Sacral Base Posterior</li> <li>Chronic Nagging Low Back Pain</li> <li>Sciatica</li> <li>Lumbar from the Rear</li> <li>Facetal Syndrome</li> <li>Spinal Torque</li> <li>Superior Ribs</li> <li>Subclinical Shoulder Separation</li> <li>Inferior Occiput</li> <li>Thoracic Lift</li> <li>Inferior Humoral Head</li> </ol>
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- Then complete adjustments, or soft-tissue manipulation if not licensed to adjust, for 15 adjustments on the list above. Include the Condyle Lift as one of the 15 adjustments. List the 15 adjustments in the order performed on the video. Again, referencing this form for the adjustments you have chosen is acceptable, but the adjustments must be performed by memory.

Adjustments (or Soft-Tissue Corrections)	All AA-related Events

- A cell phone video is sufficient, and it may be taken from a tripod as long as the video view is such that both tests and corrections are reasonably visible to the camera.
- While not required, it is highly recommended that the provider describe what they are doing as they do it (i.e. "I'm wrapping my fingers under the chin, my forearm under the occiput, and my bicep and pectoralis further stabilize the patient's head. Then the base of my palm contacts the condyle of the occiput and I provide a straight superior thrust using a body movement that is initiated with my back foot."). This will increase the likelihood that certification will be awarded as there is both the visual and audio that may be evaluated. NOTE: A helpful reference is the form used to track the [Comprehensive Structural Exam\(CSE\)](#).

**Part 3 - Submit your documentation**

Purchase [Art of Adjusting Articulations Practitioner Certification \(Module A\)](#) on [livetbm.com](#).

Upon successful completion of these requirements, you will receive the certification below as an emailed document which you may print and display. You will also be listed as a certified practitioner on TBM's practitioner directory, and you will be eligible for participation in "certified practitioner only" features on our website.

Email the following items to [principal@tbmseminars.com](mailto:principal@tbmseminars.com):  CSE video link  Facsimile of this document (once signed)

I certify that all above items have been completed as described.

Signature \_\_\_\_\_

Date \_\_\_\_\_