

# Activator Seminar Schedule

**Location:** NWUHS - Northwestern Health Sciences University (Bloomington, MN)

**Seminar Dates:** Saturday October 31<sup>st</sup> and Sunday November 1<sup>st</sup>, 2026

**The Activator Legacy: Research. Reliability. Results.**

## Description

Whether you are new to the technique or looking to refine your approach, you will gain hands-on experience with instrument-assisted adjusting protocols, explore the evidence supporting the technique, and discuss clinical applications for diverse patient populations.

We will celebrate 58 years of innovation born in Minnesota and continue the tradition of training and workshopping precise, reliable, patient-centered care. Reconnect with the roots of the technique while discovering how Activator Methods continues to evolve and meet the needs of the modern chiropractic practice.

## Saturday – October 31, 2026

7:00 AM – 7:45 AM - Seminar registration and check-in for all attendees.

7:45 AM Welcome - Dr. Arlan Fuhr and Judi Fuhr

## All Attendees - Session 1 - 8:00 AM – 8:50 AM

**Title:** Stroke Recognition and Risk Assessment in Chiropractic Practice

**Speaker:** Dr. Arlan Fuhr

## Description

This comprehensive course will assist attendees with essential knowledge and clinical skills related to recognizing signs and symptoms of stroke and improving patient safety. Participants will gain an understanding, based on current stroke literature, of ischemic and hemorrhagic stroke mechanisms, vertebrobasilar artery insufficiency (VBAI), and cervical artery dissection. Emphasis will be placed on examination procedures, documentation, and patient safety.

## Learning Outcomes

- Identify signs and symptoms of stroke and VBAI
- Discuss patient safety protocols and informed consent procedures
- Recognize contraindications to care
- Discuss appropriate emergency response and referral procedures

## Advanced Class - Session 2 - 9:00 AM – 12:00 PM

**Title:** Cranial Sutures and Head Injury / 9:00 AM – 10:00 AM

**Speaker:** Dr. Arlan Fuhr

### **Description**

During this session Dr. Fuhr will discuss the use of Activator Methods in treating cranial sutures. Discussion will include clinical considerations for when and where to adjust these structures. Case studies will also be presented to illustrate clinical applications.

### **Learning Objectives**

- Discuss clinical applications for adjusting cranial sutures
- Explore treatment protocols for cranial adjusting
- Determine when and where adjustments are appropriate

## Advanced Class - 10:00 AM – 12:00 PM

**Title:** Sports Injuries and Treatment: Head Injuries

**Speaker:** Dr. Jamal DeVita

### **Description**

During this session Dr. DeVita will cover sports injuries, specifically those related to the head and neck. Discussion will focus on identifying clinical signs and symptoms associated with concussion and head trauma. Treatment methods will also be discussed.

### **Learning Objectives**

- Discuss types of head injuries and associated symptoms
- Review Activator Methods treatment protocols
- Practice protocols associated with sports and head injuries

## Basic / Intermediate Class – Session 2 – 9:00 AM – 12:00 PM

**Title:** Basic Activator Methods Protocol

**Speaker:** Dr. Joe Steinhouser

### **Description**

During this class session Dr. Steinhouser will cover all aspects related to the Basic Scan Protocol and treatment procedures and will teach the basics of how to treat the majority of musculoskeletal conditions. Participants will learn about the history of Activator Methods Technique and the Activator Adjusting Instruments. The session will also introduce the basis of the Activator Methods Technique, the Leg Length Analysis, which helps determine where to adjust, when to adjust, and when not to adjust. This course will teach participants to adjust from the feet to the cervical vertebrae and occiput.

### **Learning Objectives**

- Discuss upper extremity conditions and symptoms
- Demonstrate upper extremity techniques related to Activator Methods
- Practice Activator Methods upper extremity techniques

## All Attendees – Lunch Break - 12:00 PM – 1:00 PM

NWUHS Cafeteria

## Advanced Class - Session 3 – 1:00 PM – 3:00 PM

**Title:** Sports Injuries and Treatment: Head Injuries (Continued)

**Speaker:** Dr. Jamal DeVita

### **Description:**

Continuation of Sports Injury and treatment. During this session Dr. DeVita will cover sports injuries and specifically those related to the head and neck. Discussions will occur surrounding identifying clinical signs and symptoms related to concussion and head trauma. In addition, treatment methods will be discussed.

## Basic / Intermediate Class – (Continued)

**Title:** Upper Extremity in Activator Methods

**Speaker:** Dr. Joe Steinhouser

**Description**

Dr. Steinhouser will cover diagnosis and treatment protocols related to upper extremity conditions. Participants will review the Activator Methods protocol as it relates to upper extremities and practice the technique.

## Advanced Class - Session 4 – 3:00 PM – 5:00 PM

**Title:** Sports Injuries and Treatment: Midback and Lumbar Spine

**Speaker:** Dr. Jamal DeVita

**Description:**

This session continues the sports injury series and focuses on the thoracic and lumbar spine. Discussion will include identifying clinical signs and symptoms of injuries in these regions as well as treatment methods.

## Basic / Intermediate Class – (Continued)

**Title:** Upper Extremities

**Speaker:** Dr. Joe Steinhouser

**Description:**

Further instruction on upper extremity diagnosis and treatment protocols using Activator Methods.

Sunday – November 1, 2026

Advanced Class - Session 5 – 8:00 AM – 10:00 AM

**Title:** Advanced Tests: Beyond Just Basic

**Speaker:** Dr. Arlan Fuhr

**Description**

This course features demonstration and interactive practice of the Advanced Tests assessment and adjustment procedures of the Activator Chiropractic Adjusting Technique. The course emphasizes familiarity and the ability to recall and proficiently perform the most commonly used Activator tests and adjustments and bolsters this familiarity through instruction in secondary tests and treating less common conditions.

**Learning Objectives**

- Review Activator Basic Scan core principles and leg tests
- Depict and instruct on anterior and lateral pubic bone corrections
- Depict and instruct on anterior and posterior sacral base corrections
- Depict and instruct on coccyx, internal and external ilium, and tuberosities

Basic / Intermediate Class – Session 5 - (Continued)

**Title:** Upper Extremities (Continued)

**Speaker:** Dr. Joe Steinhouser

**Description**

Review and continued instruction on upper extremity diagnosis and treatment protocols.

Advanced Class - Session 6 - 10:00 AM – 12:00 PM

**Title:** Advanced Tests: Beyond Just Basic

**Speaker:** Dr. Arlan Fuhr

**Description**

This course features demonstration and interactive practice of the Advanced Tests assessment and adjustment procedures of the Activator Chiropractic Adjusting Technique. The course emphasizes familiarity and the ability to recall and proficiently perform the most commonly used Activator tests and adjustments, and bolsters this familiarity through instruction in secondary tests and treating less common conditions.

**Learning Objectives**

- Discuss pelvic conditions commonly seen in practice
- Demonstrate treatment options utilizing Activator Method
- Demonstration and discussion of adjusting techniques
- Handling and safety considerations

Basic / Intermediate Class – (Continued)

**Title:** Upper Extremities (Continued)

**Speaker:** Dr. Joe Steinhouser

**Description**

Continuation of upper extremity protocols including review and case studies.

