

Fieldwork Time Log

Student's Name: Ethan Nirenberg

Fieldwork Project: Learn Chiropracting

Mentor's Name: Dan Bentz

Date	Fieldwork with your Mentor: Provide a description of all work completed under the direct guidance of your mentor.	Number of Hours
10/2/18	I talked to him about specifically what problems I am doing and how to set up the treatment plan, and I took a lot of pictures of his text books that have a lot of useful info	.5
10/29/18	We went over my powerpoint and talked about things in it. He gave me some treatment plan forms and taught me how to fill them out. He also showed me one of the 4 adjustments that are made to correct a minor shoulder subluxation.	1.5
11/12/18	I observed two different patients both with shoulder issues, I observed both of their shoulder adjustments. One of them was an office worker and they tend to slump forward when working on computers all day. the other was a swimmer from bishop feehan who had dislocated her shoulder and i got to observe her entire adjustment.	1.5

12/1 2/18	He did an adjustment on me and went over some of the concerns a lot of people have about chiropracting	1
12/1 8/18	We talked about common neck injuries and how people get them, he also explained how common sports injuries occur on the knees and how it affects their entire leg. He also said that instead of moving to the hips and lower back that I should move to the neck because the hips and lower back would be way too much information at one time.	2
12/2 6/18	I went over my research notes and and observed an adjustment, I updated him as to where I am in my project. We talked about the responsibilities of a chiropractor and why some of the arguments in my research weren't super reliable. We also talked about how often people go to the chiropractor and how much it legitimately helps you.	4
2/6/ 18	I Observed a couple patients all with shoulder issues. Mainly caused by sedentary work lives, causing their shoulders to hunch over and lose their	3

	mobility. So My mentor breaks up the calcium deposits in those areas to make it less painful to move.	
3/18 /19	My mentor showed me the issues I was having with my knees, and how the repeated slamming of my knees was causing them to externally rotate, and that caused liquid to leak in. He taught me how he fixes them and how to rub and chase the liquid out.	2
3/25 /19	He explained to me again the leverage and the position the knee has to be in so that he can adjust it, as well as the muscles that tighten to try and pull it back into place which cause calf and thigh tightness.	1

Total Hours _____

Fieldwork Log: Progress Report Rubric

NOTE: Completion of 20 hours of fieldwork under the guidance of a mentor is a required component of the ALP. Students cannot successfully complete ALP without having fulfilled this requirement.

The following rubric is an assessment not of your fieldwork but of your fieldwork log and its contents.

Fieldwork with Mentor

Dates	5
Each entry in the log includes the specific date that the hours were logged. All dates are current and include all fieldwork since the last fieldwork log submission.	5
Hours	5
Each entry in the log lists how much time you dedicated to your fieldwork during those individual dates. Hours are included for all fieldwork completed since the last log submission.	5
Descriptions	15

Applied Learning Project

Each entry includes a detailed description of all aspect the project that were worked on during each individual date. Descriptions are included for all fieldwork since the last fieldwork log submission.	15
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Independent Fieldwork

Dates	5
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Each entry in the log includes the specific date that the hours were logged. All dates are current and include all fieldwork since the last fieldwork log submission.	5
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Hours	5
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Each entry in the log lists how much time you dedicated to your fieldwork during those individual dates. Hours are included for all fieldwork completed since the last log submission.	5
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Descriptions	15
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Each entry includes a detailed description of all aspect the project that were worked on during each individual date. Descriptions are included for all fieldwork since the last fieldwork log submission.	15
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Overall progress toward end project	Exemplary	Acceptable	Making Progress	Limited Progress
Student is making acceptable progress toward the mid year goal of 8 hours work on their project.		X		

*Late assignments will be penalized 5% per day late).

Comments:

Points Received: _____ 50/50

Applied Learning Project

Date	Independent Fieldwork: Provide a description of all fieldwork you complete independently.	Number of Hours
9/20/18	Researching the spine (vertebrae) and looking into specific ailments to base my year research off of. Watched videos of spinal manipulations mainly cervical	1
9/28/18	researched pinched nerves particularly in the shoulder as well as how everyday posture and activities affect you, and preparing for my presentation.	1
10/4/18	Researched in depth the muscles, tendons, ligaments, and bones involved with these problems	.5
11/8/18	Researched rotator cuffs and, what muscles are associated with them, common injuries, how those injuries occur and, subluxation injuries in the shoulder	.5
12/14/18	read about how things like tiger balm can help muscle and pain throughout treatment	1
1/30/19		1

Applied Learning Project

Total Hours _____