ATTENTION
PTs, PTAs, LMTs, ATCs,

SIGN UP NOW!
Register before: 8/05/14 $499.00
Register after: 8/05/14 $549.00
WJU CIs receive a $50 discount per registration.
Groups of 2 or more from the same company receive a $50 discount per registration.

Payment and registration must be received before August 22, 2014.

See page three for Registration Form.

16 CEUs will be awarded for WV, OH, KY, and PA*

Sweat pants or athletic shorts required for lab.

REGISTRATION: 7:30 AM
CLASS BEGINS AT: 8:00 AM

This course is one quarter lecture and three quarters demonstration and practicum. Therefore, due to the hands on nature of this course, we are limiting the class size to 24 to insure a high quality educational experience.

Contact:
Allen Marangoni, PT, EdD, MMSc
amaran@wju.edu
304-243-7201 ext. 106
304-243-7208 (fax)

Day 1: 8:00 AM-12:00 PM
Definition of MET
History of MET
Goals of MET
MET vs Manipulations
Anatomy Review
Muscle Spindle Physiology
Integration of the Spindle in MET
Palpation Lab, Bony Landmarks
Barrier Perception
Shoulder / Neck Anatomy + Arthrokinematics
MET for Muscles of UE / Shoulder and C Spine
Practice Lab all UE / Shoulder MET
LUNCH 12:00–12:30 PM
12:30 PM- 5:00 PM
Review of AM Session
Overview of Thoracic Spine, Arthrokinematics / Biomechanics
Palpation / Mobility Screening / Segmental Testing
Naming the Dysfunction
Cheat Rules
Evaluation and Treat Type I and Type II Thoracic Dysfunctions
Lab Practice All Thoracic Spine MET
1st Days Closing and Homework

Day 2: 8:00 AM-12:00PM
8-9 AM Review of Previous Session. Q an A
Overview / Anatomy of the Rib Cage Mechanism
Breathing Disorders and Fibromyalgia
Rib Articulation and Biomechanics of Breathing
The diaphragm / Breathing Pattern Disorders
Hyper-ventilations Syndrome: Respiratory Alkylosis
Palpation / Evaluation / Differentiation of Rib Dysfunctions
1st rib evaluation and treatment
Respiratory vs. Structural Rib Dysfunctions
Treatment of Respiratory Dysfunctions: Caught Inspired / Expired
Treatment of Structural Rib Dysfunctions: Int. / Ext. Torsions
Treatment of Caliper Rib Dysfunctions
Lab Practice of All Rib MET
LUNCH 12:00–12:30 PM
12:30–5:00 PM
Review of Rib Dysfunction
Overview / Anatomy of Cervical Spine
Palpation / Arthrokinematics
Vertebral Artery Testing and BPPV
Treatment Start Up
O-A Anatomy / Biomechanics / Treatment
A-A Anatomy/ Biomechanics / Treatment
Mid Cervical Anatomy / Biomechanics / Treatment
Lab Practice All Cervical Spine MET
ABOUT TOM OCKLER P.T.

Thomas K. Ockler P.T. received his B.S. P.T from the State University of New York at Buffalo in 1978. In his 36 plus years of uninterrupted clinical practice, Tom has focused much of his attention on the correction of somatic dysfunctions using Non-Manipulative Manual Therapy Techniques. He has extensive teaching experience including a month in Australia, throughout the United States and Canada. His background in bio-mechanics along with orthotic fabrication has been integrated with NON-MANIPULATIVE TECHNIQUES to find cures for difficult musculo-skeletal disorders.

In 1999, Tom founded Alternative HealthCare Solutions, a solo practice devoted to the identification and correction of the most stubborn and complicated somatic dysfunctions. His practice draws patients from all over the USA as well as Canada and Europe. As a teacher, Tom has earned the nick-name “The Patch Adams of Physical Therapy” due to his unique style of, injecting humor into complicated subjects. He has developed teaching methods that explain very complicated subjects in easily understandable formats.

Tom’s four books and two DVDs.....

- MET I for Pelvis, Sacrum, Lumbar Spine and Lower Extremities,
- MET II for Ribs, Upper Extremity, Cervical and Thoracic Spine
- MET III: The All External Evaluation and Treatment of Chronic Pelvic Pain Syndrome;
- MET IV: Rotten to the Core
- TIPI: for the Reversal of Chronic Pain and Central Sensitization

...have been hailed as the most user friendly, useful instructional manuals ever.

Visit www.tomocklerpt.com click on Seminars Or call 440-918-0836 for detailed information.

For those of you who have taken Muscle Energy courses before and are still struggling. Or

If you have never taken a Muscle Energy course because you heard it was too hard,

THIS COURSE IS FOR YOU!

Muscle Energy Technique is one of the most effective and valuable manual techniques for the identification and correction of somatic asymmetry and hypomobility. Fred Mitchell Sr. D.O. who is considered one of the patriarchs of Muscle Energy Technique, was a pioneer in forward thinking as he searched to develop an alternative to manipulative therapies. These techniques have been refined over the years and are even more accurate, efficient and effective than in their original form. These techniques can be used immediately to find and correct the causes of all types of pain. These are not cover up procedures, but rather, techniques that cure the problem with dramatic results.

Unlike manipulative therapies, which presume joints are stuck out of place by some physio-logic glue, Muscle Energy is based on evidence based neuro-physiology that the joints are held out of place by muscles which have too much tone. The technique positions the joint in the direction of restriction of motion and recalibrates the precise muscle spindles which are holding the bone in a less than optimal position. The muscle returns to normal resting length, tone and excitability thus allowing the joint to return to the normal position. By recalibrating the spindle and correcting the cause of the dysfunction, the techniques will correct all types of biomechanical / orthopedic problems.

This two-day course involves a mix of theory, demonstration and hands on practice. Actual evaluation and treatments will be performed by each participant using the methods learned. Plenty of time is allotted for hands on practice as well as questions and discussion.

COURSE OBJECTIVES:
- Understand the basic concepts of muscles as they relate to the somatic dysfunctions.
- Understand the overwhelming advantages of M.E.T. vs Manipulation.
- Be familiar with muscle spindle structure as well as its neuro-facilitatory functions.
- Be able to palpate a “barrier” and understand the physiologic significance.
- Identify gait / stance asymmetries as they relate to somatic dysfunction.
- Palpate the basic bony landmarks of Ribs, Shoulder, Thoracic / Cervical Spine.
- Differentiate between Vertebral Artery, Upper Cervical Stability Testing and BPPV.
- Evaluate Ribs, Shoulder, Thoracic and Cervical Spine for asymmetry and hypomobility.
- Decide on a proper sequence for treating a variety of somatic asymmetries.
- Perform basic Muscle Energy Techniques for Ribs, Shoulder, Thoracic / Cervical Spine.
- Be able to dialog with patients about perpetuating factors and Upper Cross Pattern.
- Demonstrate basic stabilization exercises for Ribs, Shoulder, Thoracic / Cervical Spine.
WHAT ARE STUDENTS SAYING ABOUT MET 2?
“I have taken other MET courses and this one has by far been the best. It really helped to simplify a complex subject without losing any of the info that is necessary for good treatment.”

“This was the first course I’ve attended for MET that actually made sense!”

“…the information was presented so well it was very easy to absorb.”

“We laughed as we learned…what a concept.”

“Kept things moving, so was easy to follow, enjoyed the humor! I appreciate a somewhat simplistic approach to a complex subject, very informative, yet laid back.”

“This course was very inspiring for me. I can’t wait to get started.”

“I have been in practice since 1996 & I have been to several courses and have been disappointed. This course is by far the best course I have ever attended…”

“Great presentation skills. Great sense of Humor [with] presentation.”

“Liked his upbeat attitude and kept you interested, liked the "hands on."

“Very good at simplifying material to make it more understandable.”

“Very easy going, always willing to answer questions.”

“Course instructor was very personable approachable, very well organized, flowed well in sequence.”

“I appreciated not only the well organized course & the humor of the instructor, but I especially appreciated the recognition of how challenging the material can be...a lot of help & support to learn.”

“Excellently present[ed] course all around…”

“Very Thorough! Kept the information geared towards Rx intervention & assessment vs. theory.”