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ROTTEN TO THE CORE

MUSCLE ENERGY EVALUATION AND TREATMENT OF THE RIBS, THORACIC SPINE AND THE “ABDOMINAL-THORACIC FUNCTIONAL CORE UNIT”



Presented by
Thomas K. Ockler P.T.

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 physiologic 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 re-calibrating 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-faciliatory 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, Thoracic Spine and abdominal-thoracic core unit.
- Evaluate Ribs, Thoracic Spine for asymmetry hypo-mobility.
- Perform basic Muscle Energy Techniques for Ribs, Thoracic Spine.
- Utilize facilitation methods to restore normal breath wave and establish core function
- Decide on a proper sequence for treating somatic asymmetries and dysfunction of the functional core unit.
- Follow basic step by step progression of restoring core function
- Demonstrate basic exercises and facilitation of normal rib, Thoracic spine and core function

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 **30 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**. Tom was a past Associate Instructor with the Upledger Foundation teaching in their Muscle Energy and Strain Counter-Strain programs. 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 identifying and correcting 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 nickname **“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.

His three books;

***M1 for Pelvis, Sacrum, Lumbar Spine and Lower Extremities**

***M2 for Ribs, Upper Extremity, Cervical and Thoracic Spine**

***M3 for Chronic Pelvic Pain Syndrome**

***M4 Rotten to the Core**

have been hailed by students as the most user friendly and useful instructional manuals ever.

M1 DVD NOW ON SALE! log on to:
www.tomocklerpt.com training material link

Look for Tom’s new book:
“The Case for Alternative Health Care”
Understanding, Surviving, and Thriving in the
Midst of our Collapsing Health Care System
Available NOW!!

Day 1: 8:00 AM-12:00 PM

7:30-8:00 am registration

- Introductions
- Schedule / Overview
- 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
- Anatomy and theory of the Functional Core Unit
- Beginning phases of core dynamic rehabilitation

LUNCH 12:00–12:30 PM

12:30 PM- 5:00 PM

- Review of AM Session
- Advanced phases of core dynamic rehabilitation
- 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

7:30-8:00 am registration

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 : Caught Inspired / Expired dysf
- 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 the functional Core Unit
Palpation / Arthrokinematics
Road blocks to proper deep diaphragmatic core breathing technique
Sequencing for breath-wave restoration techniques
Facilitation of breath-wave restoration techniques
Practice all techniques

Final Thought and Closing Remarks.

WHAT ARE STUDENTS SAYING ABOUT TOM OCKLER’S SEMINARS

“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.”

“Excellent present[ed] course all around...”

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

“I really felt the whole course was well done.”

Who should attend?

Physical Therapist
Licensed Massage Therapist,
or
Athletic Trainer

DUE TO THE HANDS-ON
NATURE OF THIS COURSE, WE
ARE LIMITING CLASS SIZE TO
INSURE A VERY HIGH QUALITY
EDUCATIONAL EXPERIENCE.

SIGN UP NOW!

Tank Tops or bathing suit tops
are suggested for lab.

REGISTRATION STARTS
AT 7:30 AM