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 the **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, these 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 the Pelvis, Sacrum and Lumbar spine.
- Evaluate the Pelvis, Sacrum, and Lumbar spine for asymmetry and hypo-mobility.
- Decide on a proper sequence for treating a variety of somatic asymmetries.
- Perform basic Muscle Energy Techniques for the Pelvis, Sacrum, and Lumbar spine.
- Be able to dialog with patients about perpetuating factors and intercourse precautions.
- Demonstrate basic stabilization exercises for pelvic, sacral and lumbar dysfunctions.

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 28 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**, as well as **England**. Tom was a past Associate Instructor of 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 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.

His two books;  
**MET I for Pelvis, Sacrum, Lumbar Spine and Lower Extremities**  
and  
**MET II for Ribs, Upper Extremity, Cervical and Thoracic Spine** have been hailed by students as the most user friendly, useful instructional manuals ever.

Visit [www.tomocklerpt.com](http://www.tomocklerpt.com) click on Seminars or call 440-918-0836 for information.
WHAT ARE STUDENTS SAYING ABOUT MET I?

“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 for the lumbar spine 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.”

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

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!!!

Register by calling: 440-918-0836
(Sorry, we cannot accept credit cards.)

CANCELLATION POLICY
❖ All cancellations made within two weeks from the course will receive a full refund.
❖ Cancellations between two weeks and three days prior to the course will require a $50 administrative fee.
❖ No refunds will be issued within three days of the course.
Make Checks payable to:
ALTERNATIVE HEALTHCARE SOLUTIONS
Alternative HealthCare Solutions
36200 Euclid Avenue #5
Willoughby Ohio 44094

This 16 hr course has been approved for 16 CEUs by the Ohio PTA

For map and directions to Alternative HealthCare Solutions
log on and visit: www.tomocklerpt.com

or call 1-440-918-0836 for information.

LAB ATTIRE: WOMEN WILL NEED TO WEAR SPORTS BRAS, HALTERS OR BATHING SUIT TOPS.

REGISTRATION STARTS AT 7:30 AM