



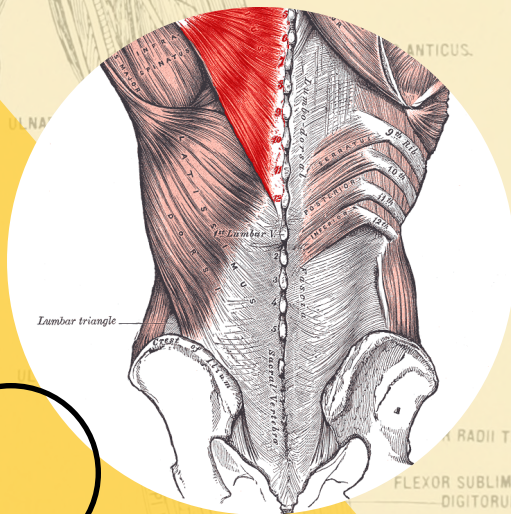
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Presents

MITCHELL MUSCLE ENERGY TECHNIQUE

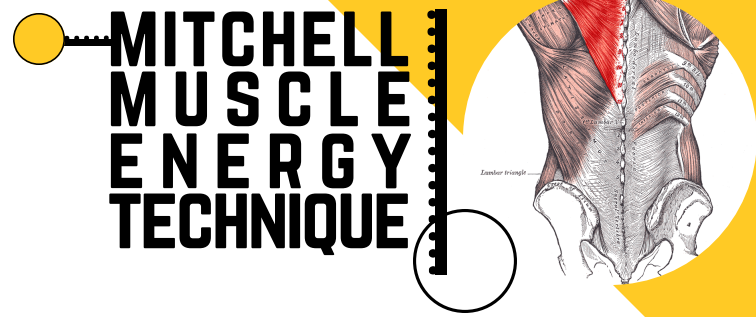


MUSCLE ENERGY OF THE PELVIS AND LUMBAR SPINE

CATA CEUS
6.4

October 20-21
2018

York University
Stong College



Learning Objectives

Regardless of the profession, studying with Dr. Mitchell and Kai Mitchell will dramatically enhance your ability to address many of the following symptoms and conditions on a regular basis:

- Sports related injuries
- Post-Surgical Rehabilitation
- Back pain
- Entrapment syndromes resulting in peripheral neuropathy
- Post-stroke rehabilitation

Through the use of PowerPoint lectures, clinical demonstrations and hands-on individually supervised practice, at the conclusion of this 2 day course, participants should be able to:

- Distinguish between treatable articular dysfunction and adaptive soft tissue responses such as spasm or guarding.
- Distinguish somatic dysfunction in the context of alternative systems of Manual Therapy.
- Understand the mechanisms of symptoms related to somatic dysfunction, and the appropriate sequence for examination and treatment of the patient.
- Plan and perform effective Muscle Energy procedures for the correction of any somatic dysfunction in the body.

What is Muscle Energy Technique (MET)?

Muscle Energy Technique or MET is a manual osteopathic technique originally founded by Fred Mitchell Sr. over 50 years ago. This course will focus on the Pelvic and Lumbar Regions with emphasis on manually correcting somatic dysfunction in these regions.

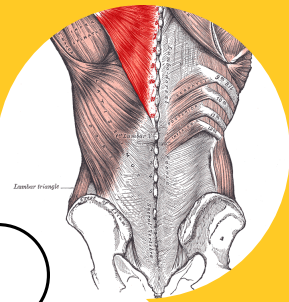
The important details of the anatomy and physiology of these regions are addressed, including the mechanical, neurologic, and circulatory inter-connections between these and other parts of the body.

Who is This Course For?

Healthcare practitioners wanting to learn additional skills and new tools: Certified Athletic Therapists, Physiotherapists, Registered Kinesiologists, and Registered Massage Therapists.

Osteopathic Manual Practitioners: Revisit concepts and methods from one of the worlds most renowned and experienced Osteopath Lecturers and Instructors.

MITCHELL MUSCLE ENERGY TECHNIQUE



Course Instruction Will Include Specifics On :

Introduction to Muscle Energy, course summary.

WHAT to Treat

- Learn some of the general principles of Osteopathic manual therapy and the place of MET within it.

HOW to Treat

- Learn the necessary principles to apply MET successfully.
- Evaluate segmental joint dysfunction by active and passive motion tests.
- Develop the palpation and body mechanics to effectively target a restricted segment.
- Apply the neurological and mechanical rules of the body to restore an area of dysfunction back to normal function.

WHERE to Treat

- Learn tips on effective, time-saving evaluation, usable for all types of treatment.
- Identify with newly refined palpation skills both the area of greatest restriction in the body and the key dysfunctional segment within it.

DAY 1. SATURDAY. 20 OCTOBER

THEORY OF MUSCLE ENERGY, OSTEOPATHY
AND TECHNIQUES FOR THE PELVIS.

DAY 2. SUNDAY. 21 OCTOBER.

EVALUATION AND TECHNIQUES FOR THE LUMBAR SPINE.

About the Mitchells

Fred L. Mitchell, Jr, DO, FAAO, FCA is a Fellow of the American Academy of Osteopathy, a Fellow of the Cranial Academy, certified in Neuromuscular Medicine, an internationally recognized authority on Cranial Osteopathy and the world's foremost authority on Muscle Energy Technique.

He is past president of the Cranial Academy and currently serves on the Board of Directors of the Cranial Academy Foundation and as an editor for the Cranial Academy Newsletter.

For over 50 years, he has been active developing, teaching, researching and publishing in the fields of Muscle Energy and Cranial. He has taught more than 175 workshops in Muscle Energy or Cranial Osteopathy in the United States, Canada and Europe since he began working with his father, Fred L. Mitchell, Sr. (circa 1958) and Cranial Osteopathy with the Sutherland Teaching Foundation in 1963.

Now, more than 50 years after teaching that first course, Dr. Mitchell will share with you a lifetime of clinical pearls and experiences. Dr. Mitchell was awarded the A.T. Still Medallion of Honor by the American Academy of Osteopathy.

Cancellation Policy

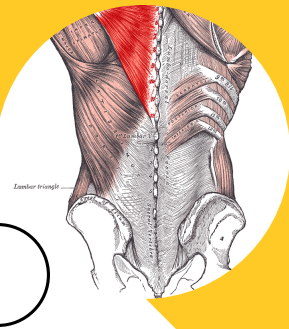
Full refunds available until Sep 19.

75% refund until Oct 14.

NO REFUNDS FROM OCT 15.

email- info@ontarioathletictherapist.com for refunds.

MITCHELL MUSCLE ENERGY TECHNIQUE



Kai Mitchell, CMT, CMMOPP is the co-author of the three-volume series "The Muscle Energy Manual," the definitive work on Mitchell Muscle Energy Technique. For over 25 years, Kai has worked intensively with Fred L. Mitchell, Jr., DO, FAAO, FCA at the Mitchell Institute as a clinician, author, lecturing internationally on osteopathic manual therapy modalities, and contributing to the further evolution of Mitchell Muscle Energy Technique (MMET). This unique experience and access has allowed him to reap the benefit of three generations of cumulative clinical experience and understanding.



REGISTER NOW !

\$475
(plus HST)

BEFORE 20 SEP

\$550
(plus HST)

AFTER 20 SEP

October 20 and 21

Stong Masters Dining Room
- York University - 4700
Keele Street, Toronto