



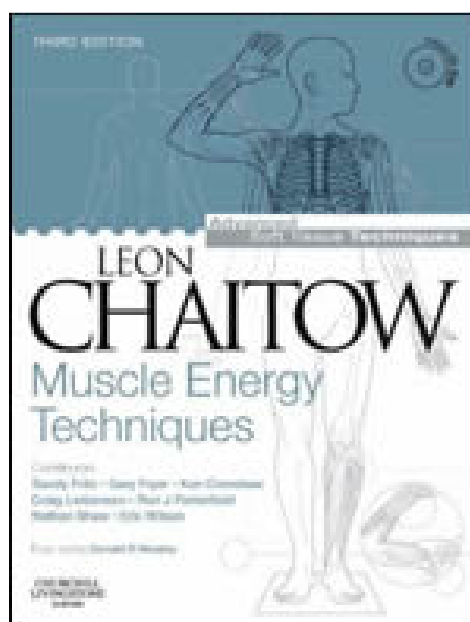
## **2 Day Master Class**

### **Muscle Energy Techniques**

### **Management of Cervical, Thoracic & Pelvic Pain & Dysfunction**

**Leon Chaitow DO**

### **PRE-COURSE INFORMATION**



This course requires **ALL** students to receive and Muscle Energy Techniques

Students should **NOT** attend this course if there is any reason that prevents **FULL** participation.

A health screening form is attached. This form **MUST** be completed and brought with you on the course, and this form will be kept confidential.

## Course Outline

Muscle Energy Techniques (MET) have emerged from a background of osteopathic soft tissue manipulation methodology. They represent a variety of techniques that have, in common, active participation of the patient in the process of inducing either post isometric relaxation or reciprocal inhibition, as a preparation for subsequent mobilization of soft tissues or joints, in both acute and chronic conditions. While superficially similar to PNF methods, MET is considered more effective by osteopaths.

The **2 day master class** workshop will involve approximately 30% theory/lecture and 70% hands-on practice of the methods and **focuses on developing your skills under the training of one of the leading experts in the field.**

**By the end of the course the student should have:**

- **An evidence informed understanding of the rationale and methodology of use of a variety of osteopathic MET approaches, and the ability to apply these in clinical settings to neck, thoracic & Pelvic pain.**
- **Evidence informed understanding, and the ability to apply a range of functional assessment methods for identification of specific soft tissue and articular dysfunctions, prior to application of MET**
- **An awareness of a variety of clinically useful MET approaches applicable to dysfunctional soft tissues**
- **An increased ability to justify the choice of MET in the management of soft tissue and joint dysfunction in the thoracic and pelvic regions**

## Course Overview

### DAY 1: First Morning

Theoretical overview regarding the evolution of soft issue dysfunction from an evidence informed osteopathic perspective, including

- Local adaptation syndromes
- Musculoskeletal stress response sequences
- Causes of soft tissue hypertonicity & dysfunction (pain/tone connection)
- Chain reactions & crossed syndromes (including muscle classification discussion)
- Summary of main causes soft tissue and articular dysfunction – with special reference to the neck, thorax and pelvis.
- Discussion of the relationship between breathing dysfunction and the neck, thorax and pelvis
- Functional assessment for altered movement patterns in the spine and pelvis – including basic respiratory assessment and form & force closure influences on the SI joint.
- Introduction to Muscle Energy Technique variations for treatment of joint restrictions, and soft tissue shortening/dysfunction (particularly related to the neck, thorax & pelvis), including:
  - MET: acute + chronic variations
  - Pulsed MET (rapid resistive duction) – encouraging proprioceptive rehabilitation
  - Slow Eccentric Isotonic Stretching (SEIS)

Lecture/hands-on demonstration/PowerPoint +/-or Video

## **DAY 1: First Afternoon**

Hands on:

Identification and MET treatment of soft tissue restrictions, using (among others)

Janda's functional assessment methods – including :

- Upper trapezius
- Levator Scapula
- Scalene
- SCM
- Pectoralis Major & Minor
- Serratus Anterior
- Intercostals
- Psoas
- QL
- Piriformis
- Hip Adductors
- TFL
- Quadriceps
- Hamstrings
- muscles associated with Cervical, Thoracic & Pelvic function

## **DAY 2: Second Morning**

Hands on:

- Continuation of MET applied to muscles, if not completed on 1<sup>st</sup> afternoon
- MET treatment of restricted cervical, thoracic & pelvic joints using standard MET and Pulsed MET
  - thoracic spine
  - sternoclavicular, pelvic and rib restrictions - identified in partners – working in groups of 3
- Remainder of morning : Use of MET as part of treatment of myofascial trigger points (lecture/demo and hands-on)

## **DAY 2: Second Afternoon**

- Pelvic floor and diaphragm considerations.
- Research evidence as to their mutual roles in cervical, spinal and pelvic function and dysfunction.
- Hands-on: Review and practice of all methods covered in previous sessions.

## Health Screen Form

Student Name	
Course Dates	
Students Contact Address	
Students Contact E-mail	
Students Contact Telephone Number	
Do you know of any reason that you should not receive Muscle Energy Techniques	
Are you pregnant?	
Have you had any adverse effects to Muscle Energy Techniques	
I give my consent to receive Muscle Energy Techniques from the course tutor / tutors and from my fellow students under tutor supervision.	Signed:

P.T.O

All forms will remain confidential; this short health screen is intended to do the following.

- Safeguard you during acupuncture and electro acupuncture needling
- Inform us of and health issues that may prevent needling
- Prevent adverse effects from needling
- Allow for a safe learning environment for tutors and students

N.B Please bring this completed form with you on the day of your course.



## Course Location

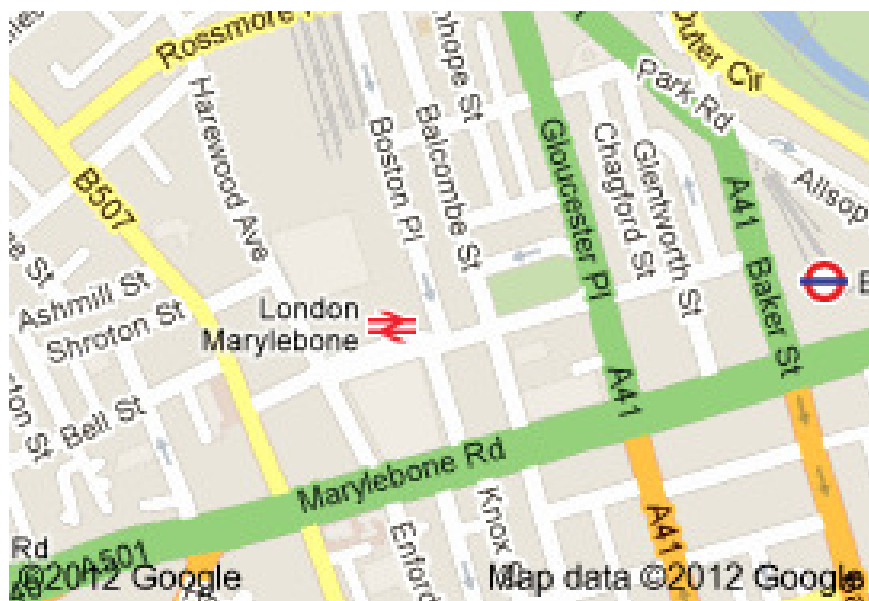
### Location:

The London College of Osteopathic Medicine

8 - 10 Boston Place

London

NW1 6QH



### Transport

Nearest Station and Tube: Marylebone Station and Underground – 1 minute walk

Baker Street Station – 5 minute walk