

2 - Days Hands on Workshop on “MUSCLE ENERGY TECHNIQUES”

Dhow Palace Hotel, Dubai , UAE

December 6th and 7th, 2013 (Friday & Saturday)

COURSE OVERVIEW:

Muscle Energy Technique is one of the most effective and valuable manual techniques for the identification and correction of somatic asymmetry and hypomobility. MET 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. MET is based on Evidence Based Neurophysiology that the joints are held out of place by hypertonic muscles.

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 orthopaedic problem. This two day course involves a mix of theory, demonstration and hands on practice. Adequate time is allotted for hands on practice .

COURSE CONTENTS

Day 1

9am-10.45am	Introduction to Muscle Energy Technique, Definitions of MET, Mechanism. Patterns of function and dysfunction (Vladimir Janda concept of postural and Phasic muscles). Methods of using MET. Sequence of assessment and treatment of Muscular dysfunctions.
10.45-11am	Tea Break
11.00-12.00	Muscle Energy Techniques(Application for the treatment of Muscles): 08Hrs MET for Gastrocnemius,Soleus and Rectus femoris. Demonstrations with practical lab.
12pm-1.30pm	Tightness Assessment and MET for Hamstrings,Ilio-psoas, Quadratus Lumborum and Piriformis muscle.
1.30pm-2pm	Lunch
2pm-3.30pm	Tightness assessment and MET for Tensor fascia lata,Latissimus Dorsi,Pectoralis Minor and Pectoralis Major.
3.30pm-5pm	Tightness assessment and MET for Supraspinatus, Infraspinatus and Sternocleidomastoid Muscle, Tightness assessment and MET for Levator Scapulae and Sub-occipitals.

Day 2

9am-10.45am	Anatomy of Cervical Spine Palpation , Vertebral Artery Testing, C0-C3 joint anatomy, palpation, biomechanics and MET treatment , C3-C7 Cervical Anatomy, Biomechanics and MET Treatment.
10.45-11am	Tea Break
11.00-12.00	Overview of Thoracic Spine, Arthrokinematics , Biomechanics , Palpation, Mobility Screening, Segmental Testing and Naming the Dysfunction , Evaluation and Treat

	Type I and Type II Thoracic Dysfunctions with MET.
12pm-1.30pm	Anatomy of the Rib Cage Mechanism Breathing Disorders , Rib Articulation and Biomechanics of Breathing , Palpation / Evaluation / Differentiation of Rib Dysfunctions, 1 st rib evaluation and treatment, Assessment and MET treatment of Structural Rib Dysfunctions: Int. / Ext. Torsions.
1.30pm-2pm	Lunch
2pm-3.30pm	Overview of Lumbar region, Arthrokinematics , Biomechanics , Palpation, Mobility Screening, Segmental Testing and Naming the Dysfunction for Lumbar region, MET for Lumbo region. Anatomy of the Pelvic complex, Mechanical dysfunctions and muscular asymmetry of the pelvic complex. MET for Pelvic Complex (Up-slip, Down slip, Anterior rotation, Posterior rotation, Out flare and Inflare corrections)
3.30pm-5pm	MET for the Shoulder complex, Elbow, Hip and Knee Joint dysfunctions.

Resource Person:

Prof. Umasankar Mohanty

B.P.T(Hons), M.P.T(Manual Therapy), S.R.P(London),MISEP(U.S.A), M.I.A.P, F.A.G.E , PhD

[Trained under faculties of Loma Linda University(USA), Orthopedic Medicine International(Belgium), University of Queensland (Australia), McConnell Institute (Australia), Chartered Society of Physiotherapy (U.K) and BCOM (London)]

President,Manual Therapy Foundation of India (R.) Member, International Society of Educators in Physiotherapy (Under WCPT).International Partner, Americal Physical Therapy Association (A.P.T.A,U.S.A). Author of the book "Manual Therapy of The Pelvic Complex".

Programmes conducted successfully by resource person nationally and internationally.

Target Audience: Physiotherapists and Physiotherapy Students. There is no prerequisite in terms of Manual Therapy Experience.

Fees: 1200 AED for 2 days. (Includes study materials, CD, Refreshments and lunch)

Registration & Payment:

Register Online: at www.physioseminar.net

Cash Deposits: to any branch /CDM of DUBAI ISLAMIC BANK Account No: 30580344339601, of Mujeeb Noorudeen. OR

Cheque in favor of Edutrack Events, Dubai payable at any bank in UAE. OR

Bank Transfer : Call or email us for details

Once proof of payment is received, we will send you the confirmation. If you didn't hear from us within 2 working days after registration and payment, please contact us.

Contact Details:

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