

# Muscle Energy Techniques for the Lumbopelvic Spine



We are pleased to announce a clinical education course scheduled for your area!  
A course description has been attached.

- DATES:** March 3-4, 2012
- INSTRUCTORS:** David Hoyle, MA, PT, OCS, MTC
- LOCATION:** Select Physical Therapy  
11140 SW 88th St., Suite 200  
Miami, FL 33176
- TARGET AUDIENCE:** PT OT PTA COTA ATC SPT SOT
- INSTRUCTIONAL LEVEL:** Intermediate
- TUITION:** \$395 Waived for full time employees of Select Medical's Outpatient Division
- COURSE CAPACITY:** 30
- CONTACT HOURS:** 13.75
- ACCREDITING BODIES:** Approved provider with NATBOC, AOTA & pending approval with the FPTA Association
- ENROLLMENT:** <http://smportal/Departments/OutpatientDivision/OutpatientEducation/SelectLivePrograms/CourseCalendar/tabid/643/Default.aspx> or contact [Aimee Siegel](#) for an application form .

Participants will receive notification by e-mail from the Department of Outpatient Education confirming their acceptance into the program 4-6 weeks prior to the course. If you do not received confirmation of your status please call 804-290-0107 or email [apsiegel@selectmedical.com](mailto:apsiegel@selectmedical.com).

All participants are expected to attend the entire educational program. No partial continuing education credit can be extended. In the event that an individual who has been confirmed for a program fails to attend without giving prior notification, notification of their absence will be sent to their Market Manager.

Please be advised that the Department of Outpatient Education will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program.

Please distribute to all clinicians in your markets that do not have access to email or the intranet.

**Select Medical Department of Outpatient Education**  
1794 N. Parham Road, Richmond, VA 23229  
Phone: (804) 290-0107 Fax: (717) 635-3897

# Muscle Energy Techniques for the Lumbopelvic Spine



## **Course Description:**

This course is intended for the clinician who has a basic knowledge of the evaluation and treatment of the lumbar spine and pelvis and is looking to diversify their treatment tools. The course will review anatomy and biomechanics of the lumbopelvic region, review osteopathic theory as related to segmental muscle hypertonicity and treatment as well as evaluation and treatment techniques using Muscle Energy.

**Target audience:** PT OT PTA COTA ATC

**Instructional Level:** Intermediate

**Prerequisites:** None

## **Course Objectives:**

Upon completion the participant will be able to:

- Participants will participate in a review of Lumbopelvic anatomy and mechanics.
- Participants will understand the basic principles and theories surrounding Muscle Energy Techniques.
- Participants will be able to appropriately identify postural bony landmarks.
- Participants will be able to perform lumbar and sacral-iliac special tests.
- Participants will be able to employ Muscle Energy Techniques to restore normal movement.
- Participants will be able to document findings and treatments in Therapy Source.
- Participants will be able to integrate newly learned tools into current practice.

## **Saturday**

- 7:45 Registration
- 8:00-8:30am Introductions, Housekeeping
- 8:30-9:00am Review of Anatomy and Biomechanics
- 9:30-10:00am Surface Palpation
- 10:00-10:30am Introduction to Osteopathy
- 10:30-10:45am Break
- 10:45-12:00pm Special Tests of the Lumbar Spine
- 12:00-1:00pm Lunch
- 1:00-5:00pm Evaluation and Treatment of the Lumbar Spine Using MET

## **Sunday**

- 8:00-8:30am Questions and Review
- 8:30-12:00pm Evaluation and Treatment of the Pelvis Using MET
- 12:00-1:00pm Lunch
- 1:00-2:00pm Evaluation and Treatment of the Pelvis Using MET (cont)
- 2:00-3:00pm Integration of Theories and Techniques, Questions (Answers?)

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## Program Accreditation:

The Select Medical Outpatient Clinical Education Department is approved or has applied for accreditation by the following organizations or licensing bodies to provide continuing education for this program. The program offers 13.75 contact hours for full attendance and completion of all course requirements. Accreditation by the providers below does not imply endorsement of the course content, specific products, or clinical procedures. Approval or endorsement by other organization or licensing bodies is the responsibility of the participant.

Florida Physical Therapy Association



## ADA Compliance:

The Select Medical Outpatient Clinical Education Department will take all reasonable measures to guarantee equal access to learning opportunities for attendees with disabilities. Educational programming will be sensitive to any sensory or physical impairment that requires special arrangements on behalf of the participant. Please indicate on your registration form if you should be contacted regarding any physical or mental impairment that would require special accommodation to ensure a satisfactory learning experience.