



# Institute of Holistic Healthcare

## Muscle Energy Technique For Spine and Pelvis

WITH DR. KERRY D'AMBROGIO

Course Code : I-MET-1505

### Seminar Highlights

MET is a direct technique in which the therapist utilizes the muscle barrier concept to position the patient's body at their restrictive barriers. A gentle isometric contraction is used by the patient to normalize the joint dysfunction.

**This course will teach you how to evaluate the Pelvis/ Sacrum/ spine for somatic dysfunctions. MET will help reduce protective muscle spasm, fascial tension, pain, increase joint mobility, restore proper joint biomechanics and postural alignment. You will see immediate changes in your patient's pain and functional level.**

### Course Objectives

Upon completion of these courses participants will be able to:

- ✘ Understand the neurophysiology, normal biomechanics and treatment principles of MET.
- ✘ Conduct a body screening evaluation, correlate the finding and develop a treatment plan.
- ✘ Perform MET on common joint dysfunctions, evaluated in the course.
- ✘ Understand the clinical implications of MET, the rationale for treatment, progression and its integration with other treatment modalities.



### Instructor:

Dr. Kerry D'Ambrogio  
D.O.M., A.P., P.T., D.O.- M.T.P.  
Physical Therapist  
Acupuncture Physician  
Osteopath (Canada)  
International Lecturer & Author



Date & Time:	08/05/2015 (Friday)	7:00pm-10:00pm
	09/05/2015 (Saturday)	10:00am-6:00pm
	10/05/2015 (Sunday)	10:00am-6:00pm
	11/05/2015 (Monday)	7:00pm-10:00pm
Venue:	9/F Lee May Building, 788-790 Nathan Road, Kowloon.	
Fees:	HK\$ 7,800 ❖ 5% Early Bird Discount (Registered before 25/03/2015) ❖ 5% Group Discount (2 or more students applied together)	

Read more, you can visit <http://www.iholistic.org/programs/program-information/>



[www.iholistic.org](http://www.iholistic.org)  
Institute of Holistic Healthcare

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