



Institute of Holistic Healthcare
整全保健學院

Muscle Energy Technique For Spine and Pelvis with Dr. Kerry D'Ambrogio

Course Code : I-MET-1505



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



Seminar Highlights

This course introduces you to the osteopathic concept of Muscle Energy Technique (MET), developed by Dr. Fred Mitchell, Sr. D.O. 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.

The goal of MET is to correct motion restrictions and improve the client's functional range of motion. Because of the gentleness and effectiveness of MET, it is appropriate with the following patient populations; neurological, amputees, sports injuries, auto accidents, pediatrics, geriatrics, respiratory and general orthopedic conditions. The focus of these courses is to teach techniques that are unique to MET regarding evaluation, prioritizing findings and treatment of joint stiffness.

This course is ideal for those who wish to learn this technique for a specific area or those who wish to revise it.

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.

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)

Enquiry and Registration:

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查詢及報名:

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