



H Institute of *Holistic Healthcare*
整全保健學院

Joint Balancing: The Pelvis and Sacrum (Muscle Energy Technique)

Course Code : I-MET-1902



Instructor:
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Director of D'Ambrogio Institute
Physical Therapist
Acupuncture Physician
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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 and Sacrum 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

This is an intensive program to develop clinical skills to deal with Pelvic and Sacral dysfunctions.

Upon completion of these courses participants will be able to:

- ✘ Understand the neurophysiology, normal biomechanics and treatment principles of MET.
- ✘ Perform MET on Pelvic and Sacral dysfunctions, evaluated in the course.

Date and Time:

Wed 13/2/2019 07:00 PM - 10:00 PM

Thu 14/2/2019 07:00 PM - 10:00 PM

Venue: 9/F Lee May Building, 788-790 Nathan Road, Kowloon.

Fees: HK\$2,590

❖ 5% Early Bird Discount (before 2 January 2019)

❖ 5% Group Discount (2 or more students applied together)

Enquiry and Registration:

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