

ABOUT TOM OCKLER, PT

Thomas K. Ockler P.T. received his P.T. degree from the State University of New York at Buffalo in 1978. In his 45 plus years of uninterrupted clinical practice, Tom has focused much of his attention on the correction of chronic pain and somatic dysfunctions using **Non-Manipulative Manual Therapy Techniques**. He has extensive teaching experience throughout the United States, Canada, United Kingdom and Australia. His background in bio-mechanics along with orthotic fabrication has been integrated with **cutting-edge pain science** and **non-manipulative techniques** to find cures for difficult musculo-skeletal disorders.

Tom uses a unique style that injects humor into complicated subjects and has developed teaching methods that explain very complicated subjects in easily understandable formats. Tom's training manuals, DVDs and You Tube Videos are all designed to be user-friendly educational resources for mastering these techniques.

In 1999, Tom founded Alternative HealthCare Solutions; a solo practice devoted to the identification and correction of the most stubborn and complicated somatic dysfunctions. His practice draws patients from all over the USA as well as Canada and Europe. He is the founder of **The American Academy of Non-Manipulative Manual Therapy**.

[Preview course](#)



OUR STUDENTS SAY IT BEST . . .

"Tom is able to put difficult, possibly confusing, materials in an easier to manage manner."

"Excellent course. You revitalized my career!"

"Excellent course -- I'm excited to get to apply what I have learned to some of my patients. Tom was immensely knowledgeable and very open and courteous when answering questions. Never was he intimidating. In addition to the 'PT' behind his name, I suggest he add G.E.N.I.U.S."

"Just wanted to say...thank you, thank you, thank you! Your MET course on the pelvis/low back has made such a difference in my practice as a therapist. It's amazing that something so simple can bring so much relief, often times in just one visit. I know many therapists, including myself, that have felt intimidated by treating backs. I can now say I am a much more confident therapist when it comes to treating these patients. I have even found it helpful in pt's with leg or knee pain. I really appreciate you spreading the knowledge!"



Would you like to learn more about MET?

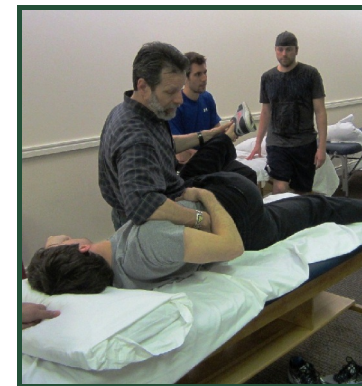
Training Materials, Exercise Protocols, Videos and more are available at
www.TomOcklerPT.com



ALTERNATIVE HEALTHCARE
SOLUTIONS

M1

Muscle Energy Techniques for Pelvis, Sacrum, Lumbar Spine, and Muscles of the Hip



Presented by Thomas K. Ockler P.T.

Continuing Education that makes a difference

August 15 - 16, 2026
Tullahoma, TN
440-918-0836

COURSE OBJECTIVES

- Understand the basic concepts of muscles as they relate to the somatic dysfunctions
- Understand the overwhelming advantages of MET vs Manipulation
- Be familiar with muscle spindle structure as well as its neuro-faciliatory functions
- Be able to palpate a "barrier" and understand the physiologic significance
- Identify gait / stance asymmetries as they relate to somatic dysfunction
- Palpate the basic landmarks of the Pelvis, Sacrum and Lumbar spine
- Evaluate the Pelvis, Sacrum, and Lumbar spine for asymmetry and hypomobility
- Decide on a proper sequence for treating a variety of somatic asymmetries
- Perform basic Muscle Energy Techniques for the Pelvis, Sacrum, and Lumbar spine
- Be able to dialog with patients about perpetuating factors and intercourse precautions
- Demonstrate basic stabilization exercises for Pelvic, Sacral and Lumbar dysfunctions

This two-day course involves a mix of theory, demonstration and hands-on practice. Actual evaluation and treatments will be performed by each participant using the methods learned. Plenty of time is allotted for hands on practice as well as questions and discussion.

Vanderbilt Tullahoma-Harton Hospital
1801 N. Jackson St.
Tullahoma, TN 37388

August 15 - 16, 2026

Registration:

<https://tinyurl.com/M1-Vanderbilt>

Cost \$500

\$450 until Jan. 3, 2026

\$475 until Mar. 3, 2026

ABOUT THE COURSE

Muscle Energy Technique is one of the most effective and valuable manual techniques for the identification and correction of somatic asymmetry and hypomobility. These techniques 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.

Unlike manipulative techniques, MET works via evidenced-based neuro-physiology using the muscle spindles to release tight muscles and decrease tone and excitability, thus restoring the bones and joints to normal mobility and returning them to symmetrical, smooth function.

Due to the hands-on nature of this course, class size is limited to assure a very high quality educational experience. Loose, baggy sweat pants or athletic shorts required for lab.

This course is approved for 16.5 CEUs by the Ohio Physical Therapy Association, Maryland pending.

Individual states may vary due to their certification boards.

REGISTRATION STARTS AT 7:30 AM
CLASS BEGINS AT 8:00 AM



COURSE OUTLINE

Day 1: 8:00 AM-5:00 PM

7:30-8:00 am registration
Introductions
Schedule overview
Definition of MET
History of MET
Goals of MET
MET vs Manipulations
Anatomy review
Muscle Spindle Physiology
Integration of the Spindle in MET
Palpation Lab, Boney Landmarks
Barrier Perception
Clearing the Long Restrictors of the Hip
Practice Lab
Lunch Break (½ hour)
Review of AM Session
Normal Biomechanics / Abnormal Biomechanics
Affect on Gait
Planes of Pelvic Dysfunction
Pathologic Vs Non-pathologic Dysfunction
Paradoxes Vs Non paradoxes
Treatment Sequencing
Four test for Hypomobility
Evaluation for Asymmetry
Clinical Decision for Treatment Sequencing
Demo of All Pelvic Techniques
Practice All Pelvic Techniques
Lab for Evaluation and Treatment
Stabilization, perpetuating factors
Intercourse Precautions
Ligament Recoils
Closing and homework

Day 2: 8:00 AM-5:00PM

7:30-8:00 am registration
Review of previous session - Q & A
Anatomy of the sacrum
Lumbo-Sacral Biomechanics in normal and abnormal gait
Naming the sacral dysfunction
Osteopathic vs. non-Osteopathic terminology
Treatment demonstrations
Practice demonstrations
Evaluation and treatment sessions
Lunch Break (½ hour)
Review of Sacrum
Overview of the lumbar spine
Anatomy
Fryetts' laws of spinal motion
Spinal biomechanics
Evaluation of spinal motion restrictions
Screening for hypomobility
Type I dysfunctions / Type II dysfunctions
Treatment of types I and II dysfunctions
Complete system review / Closing remarks