

## 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 47 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?**

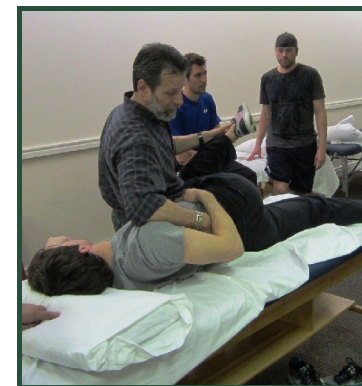
Training Materials, Exercise Protocols, Videos and more are available at  
[www.TomOcklerPT.com](http://www.TomOcklerPT.com)



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*

March 14 - 15, 2026  
Chicago, IL  
Sponsored by



## 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.

Sports and Ortho Physical Therapy  
2747 Pfingsten - Glenview, IL 60026  
March 14 - 15, 2026  
Dahlia Fahmy, PT  
312-375-5354

[Sportsandortho1@gmail.com](mailto:Sportsandortho1@gmail.com)

\$500 until Feb. 15, 2026

\$550 after Feb. 15, 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, Illinois 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