

## 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 40 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.

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## OUR STUDENTS SAY IT BEST . . .

"Tom, you are the Steve Jobs of the MET world. You find new and innovative techniques which make learning easier and more on target. If you are not a legend yet you will be one day. Can't wait to learn the rest of the M-classes. I will definitely use this information in my clinic. Thanks so much!"

"Tom rocks! Very knowledgeable and explains the reasons behind every technique while making it easy to understand."

"Thank you Tom for the great learning experience. Last night I had the chance to try some of the shoulder techniques on my wife who has worse forward head posture than mine. She told me she has had minimal pain and had the best night sleep last night. Thanks to your expert teaching. I also have been pushing the proper breathing techniques to all my patients and to a senior citizen exercise group I lead."



### 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)

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ALTERNATIVE HEALTHCARE  
SOLUTIONS

# M2

## Muscle Energy Techniques for the Ribs, Thoracic, Cervical Spine and Shoulder Interface



Presented by  
Thomas K. Ockler P.T.

*Continuing Education that makes a difference!*

[www.TomOcklerPT.com](http://www.TomOcklerPT.com)

## 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 basic landmarks of Ribs, Shoulder, Thoracic / Cervical Spine
- The participant will differentiate between Vertebral Artery, Upper Cervical Stability Testing and BPPV
- Evaluate Ribs, Shoulder, Thoracic and Cervical Spine for asymmetry and hypo-mobility
- Decide on a proper sequence for treating a variety of somatic asymmetries
- Perform basic Muscle Energy Techniques for Ribs, Shoulder, Thoracic / Cervical Spine
- Be able to dialog with patients about perpetuating factors and Upper Cross Pattern
- Demonstrate basic stabilization exercises for Ribs, Shoulder, Thoracic / Cervical Spine

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.

## NATIONAL COURSE SCHEDULE

[Click Here](#)

[Preview course](#)

## 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.

Tank, bathing suit top or sports bra recommended for lab.

This course is approved for 16 CEUs by the Ohio Physical Therapy Association. *Individual states may vary due to their certification boards.*

**REGISTRATION STARTS AT 7:30 AM unless otherwise noted.**



## 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  
Shoulder / Neck Anatomy + Arthrokinematics  
MET for Muscles of UE / Shoulder and C Spine  
Practice Lab all UE / Shoulder MET  
Lunch Break (½ hour)  
Review of AM Session  
Overview of Thoracic Spine, Arthrokinematics / Biomechanics  
Palpation / Mobility Screening / Segmental Testing  
Naming the Dysfunction  
Cheat Rules  
Evaluation and Treat Type I and Type II Thoracic Dysfunctions  
Lab Practice All Thoracic Spine MET  
Closing and Homework

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

7:30-8:00 am registration  
Review of Previous Session - Q an A  
Overview / Anatomy of the Rib Cage Mechanism  
Breathing Disorders and Fibromyalgia  
Rib Articulation and Biomechanics of Breathing  
The diaphragm / Breathing Pattern Disorders  
Hyper-ventilations Syndrome: Respiratory Alkalosis  
Palpation / Evaluation / Differentiation of Rib Dysfunctions  
1st rib evaluation and treatment  
Respiratory vs. Structural Rib Dysfunctions  
Treatment of Respiratory Dysfunctions: Caught Inspired / Expired  
Treatment of Structural Rib Dysfunctions: Int. / Ext. Torsions  
Treatment of Caliper Rib Dysfunctions  
Lab Practice of All Rib MET  
Lunch Break (½ hour)  
Review of rib dysfunction  
Overview / Anatomy of Cervical Spine  
Palpation / Arthrokinematics  
Vertebral Artery Testing and BPPV  
Treatment Start Up  
O-A Anatomy / Biomechanics / Treatment  
A-A Anatomy/ Biomechanics / Treatment  
Mid Cervical Anatomy / Biomechanics / Treatment  
Lab Practice All Cervical Spine MET