

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 . . .

"Very useful course. This will be helpful in general PT practice, as well as women's health specialty."

"As a male therapist I believe the course presented information that is very appropriate and will be helpful to any future patients. I am satisfied with the knowledge received and I think going over the sacrum torsion with several examples was a good move."

"I could not even begin to describe how thankful and pleased I am that I attended this class. Tom is such a highly skilled, competent and proficient teacher at conveying his craft even to beginners. For the last 6 - 7 years, I have struggled with understanding and appreciating MET/CS and after this class, I totally get it. Thank you!"

"Tom is an excellent teacher and I always look forward to attending his courses. He is very knowledgeable and able to make the information easier to understand. I definitely feel like I can use this info on Monday morning."



Would you like to learn more about MET?

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

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ALTERNATIVE HEALTHCARE
SOLUTIONS

M3

"No Man's Land" ALL EXTERNAL EVALUATION AND TREATMENT OF C.P.P.S. CHRONIC PELVIC PAIN SYNDROME

For both male and female therapists



Presented by
Thomas K. Ockler P.T.

Continuing Education that makes a difference!

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COURSE OBJECTIVES

- Understand the basic concepts of muscles and spindles as they relate to somatic dysfunctions
- Understand the overwhelming advantages of MET / Counterstrain vs Manipulation
- Be able to palpate a "barrier" and understand the physiologic significance
- Externally palpate the basic boney and tissue landmarks of the Pelvis, Sacrum, and Pelvic Floor
- Evaluate the Pelvis, Sacrum, and Pelvic floor for asymmetry, hypomobility and trigger points
- Decide on a proper sequence for treating disorders of the Pelvis and Pelvic Floor
- Perform Muscle Energy Counterstrain, Ischemic Release Techniques for the Pelvis / Pelvic Floor
- Be able to dialog with patients about physical and emotional perpetuating factors / precautions
- Demonstrate basic stabilization exercises for the Pelvis, Sacrum and Pelvic Floor
- Demonstrate the basic use of EFT for issues of the Pelvic Floor and related diseases
- Demonstrate basic tissue mobilization for the surrounding connective tissues of the Pelvis and Pelvic Floor

This two-day course involves a mix of theory, demonstration and hands-on practice. Actual **all external** 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

If you are a male or female therapist who is not comfortable with intervaginal and / or interrectal evaluation and treatment, this course is for you.

Introduced in 2008, this groundbreaking course was the first of its kind to combine 5 separate approaches: Muscle Energy Technique, Strain Counterstrain, Ischemic Trigger Point Releases, EFT, and Tissue Mobilization to treat CPPS - Chronic Pelvic Pain Syndrome.

By utilizing a combination of these techniques inter-rectal and intervaginal is rarely necessary. These **all-external techniques** open the door for many more therapists to effectively treat CPPS then ever before, and in much less time then previously thought possible.

Instead of trying to stretch the painfully short, tight, tender, and over reactive pelvic floor tissues into submission, these techniques reset the muscle spindles, thus allowing normal tone, increased oxygenated blood flow, improved fluid dynamics and reduced pressure on the nerves that pass through those pelvic floor muscles. **All done from the outside of the body.**

In addition, the chronicity of the problem which leads to self-perpetuating central sensitization is specifically addressed by down-regulation of the specific limbic system structures that are signaling danger and keeping the unrelenting pain at the forefront of the patient's thoughts.

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 21 CEUs by the Ohio Physical Therapy Association.
Individual states may vary due to their certification boards.

REGISTRATION STARTS AT 6:30 AM
unless otherwise noted.

COURSE OUTLINE

Day 1: 7:00 AM-6:00 PM

6:30-7:00 am registration
Introductions
Schedule overview
Issues with intervaginal and inter-rectal tissue work
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
Effect 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: 7:00 AM-6:00PM

6:30-7:00 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
Tissue mobilization for Pelvis and Pelvic floor

Lunch Break (½ hour)

Review of Sacrum
Counterstrain for Triggers of the Pelvis and Pelvic Floor
Ischemic Trigger Point Releases for Pelvis and Pelvic Floor
EFT for disorders of the Pelvis and Pelvic Floor
Summary and Closing Remarks