

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.

36200 Euclid Ave. Ste. 5
Willoughby, OH 44094
440-918-0836



OUR STUDENTS SAY IT BEST . . .

"Absolutely look forward to your courses. By far most applicable info yet to find."

"Awesome class -- extremely helpful. Thank you for making this as dummy proof as possible!"

"I was looking for that missing piece and some inspiration! You definitely filled that for me and inspired me to know more."

"Tom is an excellent instructor. He facilitates an intense learning process while also facilitating conversation and good dialogue. He is clearly passionate about the material / techniques and very learned---instilling great confidence in the learning process."

"I truly appreciate Tom's support and encouragement. I often feel like I learn slower than other people and I process so much internally before able to verbalize and apply. Thank you for helping me learn in a safe environment."



Would you like to learn more about MET?

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

Join our mailing list - FREE monthly tips conveniently delivered to your in-box



ALTERNATIVE HEALTHCARE
SOLUTIONS

M4

Rotten to the Core: Muscle Energy Techniques for the Ribs, Thoracic Spine and the Abdominal-Thoracic Functional Core Unit



Presented by
Thomas K. Ockler P.T.

Continuing Education that makes a difference!

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-facilitatory 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 Ribs, Thoracic Spine and Abdominal-Thoracic core unit
- Evaluate Ribs, Thoracic Spine for asymmetry hypomobility
- Perform basic Muscle Energy Techniques for Ribs, Thoracic Spine
- Utilize facilitation methods to restore normal breath wave and establish core function
- Decide on a proper sequence for treating somatic asymmetries and dysfunction of the functional core unit
- Follow basic step by step progression of restoring core function
- Demonstrate basic exercises and facilitation of normal Rib, Thoracic spine and core function

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
Anatomy and theory of the Functional Core Unit
Beginning phases of core dynamic rehabilitation

Lunch Break (½ hour)

Review of AM Session
Advanced phases of core dynamic rehabilitation
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-5:00PM

7:30-8:00 am registration
Review of previous session - Q & 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 Alkylosis
Palpation / Evaluation / Differentiation of Rib Dysfunctions
1st rib evaluation and treatment
Respiratory vs. Structural Rib Dysfunctions
Treatment of Respiratory dysfunction
Treatment of Structural Rib Dysfunctions
Treatment of Caliper Rib Dysfunctions
Lab Practice of All Rib MET

Lunch Break (½ hour)

Review of Rib Dysfunction
Overview / Anatomy of the functional Core Unit
Palpation / Arthrokinematics
Road blocks to proper deep diaphragmatic core breathing technique
Sequencing for breath-wave restoration techniques
Facilitation of breath-wave restoration techniques
Practice all techniques
Final Thoughts and Closing Remarks