FACULTY

Terry Bemis, PT, M.S., Cert MDT

has been teaching manual therapy courses since 1992. He graduated from Western Michigan University’s program in Occupational Therapy in 1981 and worked as an OT in the U.S. Army for 3 years before going to PT school. He graduated from the U.S. Army/Baylor University Program in Physical Therapy in 1985 followed by numerous job assignments in the military. He then earned a M.S. in Biomechanics from the College of Osteopathic Medicine at Michigan State University in 1992. It was during this time period that he had the honor of training under Philip Greenman, D.O. Additional certifications include being recognized as an Orthopedic Clinical Specialist (OCS) by the APTA in 1995 and in Mechanical Diagnosis and Therapy by the McKenzie Institute in 2002. Terry retired from the U.S. Army in 1997 after 21 years of service. He then worked in an Orthopedic Physical Therapy clinic for another 8 years in Augusta, GA before moving to Asheville, NC in 2005. He currently works full time for Carepartners Inc., a rehabilitation hospital in Asheville where he provides Physical Therapy for a wide variety of conditions. He is an experienced educator and clinician who enjoys sharing his knowledge with others in a simple and understandable way.

EDUCATIONAL CREDIT

A certificate of attendance for 15 Contact Hours (17 in FL) will be awarded to each participant. All Therapy Network Seminars are pre-approved for CEUs in the state where the course is conducted when required for PT, PTA, OT, OTA, and ATs

BOC Board of Certification, Inc. Approved Provider # P-2563
AOTA Approved Provider of Continuing Education # 3073

The assignment of AOTA CEUs does not imply endorsements of specific course content, products, or clinical procedures by AOTA

2019 DATES & LOCATIONS

June 8/9  Hartford, CT (Middletown)  Middlesex Hospital
Sept. 7/8   Charlotte, NC (Concord)  Cabarrus College
Sept. 21/22 San Francisco, CA  St Francis Memorial Hospital
Oct. 19/20  West Palm Beach, FL  St Mary’s medical Center
Nov. 2/3    Nashville, TN (Hermitage)  Summit Medical Center
Nov. 16/17  New York, NY - Garden City  Metro Physical Therapy
Dec. 7/8    Kansas City, MO  Lee’s Summit Medical

A list of area hotels will be sent with confirmation. Please utilize hotel brand websites for guaranteed best rates for specified dates.

AUDIENCE

This is an intro-intermediate level workshop for PTs, PTA, OTs, OTA and ATs.

NOTE: Nothing in this course is to enable or permit the learner to apply techniques outside of the scope of practice in their individual state and discipline.

CANCELLATION POLICY

POLICY: Registration fee less a $75 administrative charge is refundable if cancellation received 14 days prior to program date. No refunds will be given after that time. Therapy Network, Inc. reserves the right to cancel a seminar and will refund in full the registration fee only. TNS is NOT liable for registrants non-refundable airfare, accommodations or fees.
OBJECTIVES

1. Identify the principles of STM & MET.
2. Demonstrate select STM techniques for the shoulder, cervical-thoracic spine and chest regions.
3. Demonstrate select MET to address joint dysfunctions at the upper thoracic spine, the First rib, the lower and upper cervical spine and the shoulder complex.
4. Demonstrate select MET to address muscular imbalances at the neck and shoulder complexes.
5. Demonstrate select exercises for the regions.

SEMINAR DESCRIPTION

This lab intensive course presents both Muscle Energy Techniques (MET) and Soft Tissue Mobilization (STM) for the cervical and upper thoracic spines, upper ribs and shoulder regions. The participants will be instructed in the science and principles of these techniques along with an overview of the anatomy and biomechanics of the regions. The laboratory sessions will include demonstration followed by supervised practice sessions of the evaluation and treatment techniques. The course will end with a discussion and demonstration lab of appropriate exercises to support manual therapy. This course will provide the participant with the knowledge and skills necessary to immediately apply these techniques in the clinic environment.

PARTICIPANTS COMMENTS

“EXCELLENT!! …Terry was terrific and made sure everyone was comfortable with the techniques before moving onto something new”

“Loved all the lab time afforded with this course.”

“Terry was fantastic!! …extremely helpful and made everyone in the class feel comfortable asking questions.”

“Great balance between lecture and lab. Handouts were organized and will be easy to replicate for use in the clinic.”

“Just what I was looking for. Thanks !!”

COURSE SCHEDULE

SATURDAY

8:00 Registration and Continental Breakfast
8:30 Postural vs Phasic Muscles and Muscle Imbalances
9:00 Anatomy of Cervical and Thoracic Spines and Ribs
   Biomechanics and Evaluation Process
   - History - Red Flags
   - Physical Examination (Special Tests)
   - Cranio-vertebral Hypermobility
   - Signs/Symptoms and Testing
   - Vertebral Artery and Cervical Arterial Dysfunction
10:15 Break
10:30 Palpation and Cervical Testing Lab
11:30 Differential Diagnosis
   Manual Therapy Contraindications and Precautions
   Choosing a Course of Action
12:00 Lunch on Own
1:00 Soft Tissue Mobilization (STM) and Muscle Energy Techniques (MET)
   - Principles and Physiology
2:00 Cervical Mobility Testing
2:30 MET for the Cervical Spine
   - Typical Cervical Joints - AA Joint - OA Joint
   - Exercises
3:30 Break
3:45 MET for the Upper Thoracic Spine
   - Assessment of Thoracic Spine
   - Extension and Flexion Restrictions
   - Alternate Techniques for Extension
   - Exercises
5:00 Assessment and MET for Rib Torsion
5:30 Q/A and Adjourn

SUNDAY

8:00 Assessment and MET for Elevated First Rib
   - Exercises
9:00 Assessment and MET for Respiratory Dysfunctions
   - Exhalation Restrictions
   - Inhalation Restrictions
10:00 Additional Techniques for the Neck
10:45 Break
11:00 Anatomy and Biomechanics of the Shoulder Girdle
   - Glenohumeral Joint
   - Acromioclavicular Joint
   - Sternoclavicular Joint
   - Scapulothoracic “Joint”
   - Shoulder Motion-Mechanics
12:00 Lunch on Own
1:00 Demonstration and Practice Lab
   - STM and MET for the Upper Quadrant
   - Warm-up Routine for the Neck Muscles
   - Upper Quadrant Practice Lab
3:00 Break
3:15 Assessment and MET for the SC and AC Joints
4:00 Home Exercise Program Prescription
5:00 Q/A and Adjourn

REGISTRATION

Muscle Energy
Please note the course location you are attending:

Bring a Buddy Registration: $395 p/p
(No Deadline) Must be done simultaneously

Early Registration: $445
Postmarked 30 days prior to date of course

Late Registration: $495
Postmarked within 30 days of course date

4 WAYS TO ENROLL

BY MAIL
Mail registration and payment to:
Therapy Network, Inc.
217 Paragon Pkwy, #201
Clyde, NC 28721

BY PHONE
1.800.785.1855

BY FAX
928.222.0578
(credit cards only)

ON-LINE
www.TNSeminars.com

Name: ___________________________ PT OT PTA OTA AT

Home Add: ______________________

City: __________________________ State: __________

Zip __________________

Cell Ph: ________________________

Email: ________________________ To receive your confirmation

To receive your confirmation

Make check/money order payable to:
Therapy Network, Inc.

Charge my credit card: VISA MC AMEX DISC

CC # __________________________ Expiration Date: ____________ CV2 ________

Signature: ______________________ I agree to comply with the card holder agreement