

## FACULTY

**William J. Hanney, PT, PhD, ATC/L, CSCS, MTC** is a clinician, researcher and educator who currently serves as an instructor at the University of Central Florida School of Physical Therapy where he teaches and conducts clinical research. Additionally, he maintains a clinical practice at Brooks Rehabilitation. Dr. Hanney earned his undergraduate degree from the University of West Florida for studies in Sports Medicine/Athletic Training and his Master and Doctor of Physical Therapy degrees at the University of St. Augustine for Health Sciences. He recently earned his Ph.D. at Nova Southeastern University with research interests in the treatment of cervicogenic pain. His clinical practice focuses on the treatment of orthopedic conditions with a special interest in core stabilization and muscular control. He is an experienced educator, clinician and author having presented/published nationally in the areas of biomechanics, rehabilitation and sports medicine. Dr Hanney maintains involvement in the APTA, the National Strength and Conditioning Association, The American Academy of Orthopedic Manual Physical Therapists and the National Athletic Trainers Association.

## EDUCATIONAL CREDIT

A certificate of attendance for **15 Contact Hours** 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, OT, AT and Assistants**.

Therapy Network, Inc. (BOC AP#: P2563) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 15 Category A Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.

**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

## 2021 DATES & LOCATIONS

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, PTAs, OTs, OTAs 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.

# MUSCLE ENERGY & SOFT TISSUE TECHNIQUES for the UPPER QUADRANT

## FACULTY

**William J. Hanney**  
*PT, PhD, ATC/L, MTC, CSCS*



THE THERAPY NETWORK SEMINARS

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



## 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!! ...instructor 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."

"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  
Fascia and Joints  
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 Adjournment

## REGISTRATION

### Muscle Energy

Please note the course location you are attending:

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**Bring a Buddy Registration: \$445 p/p**

(No Deadline) Must be done simultaneously

**Early Registration: \$495**

Postmarked **30 days** prior to date of course

**Late Registration: \$545**

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**

**SECURE DIGITAL**  
**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**  
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