

FACULTY

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

has been trained in and utilizes a variety of manual therapies. He has been teaching manual therapy courses relating to the spine, pelvis, hip and upper extremities since 1992. Terry 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 assignments in the military. He also completed 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 currently works in Asheville, NC 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** 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. AOTA Classification Category 1 Domain of OT. The assignment of AOTA CEUs does not imply endorsements of specific course content, products, or clinical procedures by AOTA



2019 DATES & LOCATIONS

June 1/2	Atlanta, GA (Decatur) Emory Decatur Hospital
Oct. 12/13	Raleigh, NC WakeMed Health & Hospitals

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 ATCs**.

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 responsible for registrants non-refundable airfare, accommodations or fees.

MUSCLE ENERGY & SOFT TISSUE TECHNIQUES for the LOWER QUADRANT

FACULTY

TERRY BEMIS

PT, M.S., CERT. MDT



THE THERAPY NETWORK SEMINARS

www.TNSeminars.com

OBJECTIVES

1. Compare and contrast differing methods and philosophies of evaluation and treatment for the lower quadrant.
2. The participant will be able to identify and palpate anatomical landmarks and muscles in the lumbar, pelvis and hip regions.
3. To perform an examination sequence to identify joint dysfunctions and muscle imbalances of the lower quadrant.
4. To state precautions and contraindications related to use of manual techniques in the lower quadrant.
5. Demonstrate the ability to correctly perform the presented manual therapy techniques.
6. Identify appropriate exercises for the home exercise program to support the learned techniques.
7. Implement critical thinking during case presentations.

SEMINAR DESCRIPTION

This lab intensive manual therapy course presents the use of mechanical movements as part of the evaluative process to lead to proper selection of techniques to address joint dysfunctions and muscular imbalances of the lumbar spine, pelvis and hip. The emphasis of this course will be on performance of Muscle Energy and Soft Tissue Mobilization Techniques. We will compare and contrast the traditional osteopathic methods of physical examination of the lumbar spine and pelvis with the mechanical diagnosis method of McKenzie and then blend them together into an efficient progression of care. Muscular imbalances will be identified based upon the principles of Janda and addressed with both Soft Tissue Mobilization and Muscle Energy Techniques. Appropriate functional exercises for a home exercise program will be discussed or demonstrated. The laboratory sessions will consist of hands on demonstration followed by an opportunity to perform the techniques and select exercises under the supervision of the instructor. Cases will be presented and discussed to allow for critical thinking in the evaluation and functional treatment process. This course will provide the participant with the understanding and necessary skills to enhance clinical reasoning and manual skills to apply these techniques in the clinical environment.

COURSE SCHEDULE

8:00	Registration and Continental Breakfast
8:30	Evidenced-Based vs Evidenced-Informed Practice
9:00	Anatomy Overview of Lumbar Spine, Pelvis and Hip
9:30	Biomechanics and Coupled Movement of Lumbar the Spine Sacral, Pelvic and Hip Motions Janda's Lower Crossed Syndrome
10:00	BREAK
10:15	Management of Lower Back Pain Clinical Prediction Rules Classification Systems: Lumbar, Pelvis, Hip Mechanical Diagnosis and Therapy (McKenzie) Osteopathic Approach
12:00	LUNCH - on your own
1:00	Evaluation Process History- Questions and Red Flags Physical Examination and Special Tests
1:30	Examination Lab - Lumbar Spine and Hip
2:00	Physical Examination of Pelvis SI Provocation and Pelvic Motion Tests
2:30	Examination Lab - Pelvis
3:00	BREAK
3:15	Principles of Muscle Energy Techniques and Soft Tissue Mobilization
3:45	Proposed Order of Treatment Contraindications and Precautions Documentation Exercise Considerations
4:00	Treatment Lab: Lumbar Spine Techniques Lateral Shift and Acute Kyphosis Corrections Extension Techniques
5:30	Questions and Adjourn
	Day 2
8:00	Treatment Lab: MET for Lumbar Spine Flexion Techniques Group/Neutral Technique
9:00	Treatment Lab: MET for Pelvis Sacro-Iliac Dysfunctions Pubic Symphysis Dysfunctions Superior Pube and Inferior Pube
10:15	BREAK
1030	Treatment Lab: MET for Pelvis Ilio-Sacral Dysfunctions Superior Shear Anterior/Posterior Innominates Adjuncts to Treatment
12:00	LUNCH - on your own
1:00	Treatment Lab: STM and MET for Select Muscles Erector Spinae - Quadratus Lumborum Iliopsoas - Piriformis Tensor Fascia Latte/ITB
3:00	BREAK
3:15	Treatment Lab: MET for Hip, Quadriceps and Hamstrings
3:45	Home Exercise Program
4:15	Case Study discussions
5:00	Questions, Course Critique and Adjournment

REGISTRATION

Muscle Energy LQ

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

SECURE DIGITAL
928.222.0578
(Credit Cards Only)

ON-LINE

www.TNSeminars.com

Name: _____

PT OT PTA OTA ATC

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

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Expiration Date: ____/____/____ CV2_____

Signature: _____

I agree to comply with the card holder agreement