

FACULTY

Terry Bemis, MPT, OT, Cert MDT, M.S.

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 for FL & WA)** 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, ATC, and Assistants** 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



2011 DATES & LOCATIONS

March 19/20	Richmond, VA (Chester) Colonial Orthopaedics
April 30/31	Charlotte, NC (Shelby) Cleveland Regional Medical Center
June 4/5	Hartford, CT Connecticut Children's Medical Center
June 11/12	Las Vegas, NV Jackson Physical Therapy
July 16/17	Somerset, NJ Sports Physical Therapy Institute
July 30/31	Providence, RI Foundry Sports Medicine and Fitness
Aug. 20/21	Houston, TX (Pasadena) Bayshore Medical Center
Sept. 24/25	Washington, DC George Washington University Hospital
Oct. 15/16	Indianapolis, IN TBD
Oct. 29/30	Portland, OR St Vincents Hospital
Nov. 19/20	Tampa, FL TBD
Dec. 3/4	Seattle, WA Pacific Medical Center

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, OTs, ATCs and Assistants**. 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. TNI is NOT responsible for registrants non-refundable airfare, accommodations or fees.

MUSCLE ENERGY (MET) & SOFT TISSUE (STM) TECHNIQUES for the UPPER QUADRANT

FACULTY

TERRY BEMIS

MPT, OT, MS, CERT. MDT



THERAPY NETWORK SEMINARS

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!! ...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 Muscles, Fascia and Joints
Principles, Effects and Physiology of Soft Tissue Mobilization (STM) and Muscle Energy Techniques (MET)
9:30 Anatomy of Cervical/Thoracic Spines and Ribs
10:00 BREAK
10:15 Biomechanics of the Cervical/Thoracic Spines and Ribs
10:45 Evaluation logarithm
11:30 **Palpation: Demonstration and Practice Lab**
12:00 LUNCH (on your own)
1:00 Cervical Mobility Testing
1:30 **MET for the Cervical Spine Lab**
-Typical Cervical Joints
-AA Joint -OA Joint
2:45 **MET for the Upper Thoracic Spine Lab**
-Assessment of Thoracic Spine
-Flexion Restrictions
3:15 BREAK
3:30 **MET for the Upper Thoracic Spine Lab**
-Extension Restrictions
-Alternate Techniques
4:30 **MET for Upper Ribs Lab**
-Elevated First Rib
-Rib Torsion
5:30 Questions and Adjourn

SUNDAY

- 8:00 **MET for Rib Respiratory Dysfunctions Lab**
-Exhalation Restrictions
-Inhalation Restrictions
8:45 **Soft Tissue Techniques for the Neck Lab**
10:30 BREAK
10:45 Anatomy/Biomechanics of the Shoulder
-Glenohumeral Joint
-Acromioclavicular Joint
-Sternoclavicular Joint
-Scapulothoracic "Joint"
Videos of Shoulder Motion
Prevention of Acute Shoulder Dysfunction in the Immobile Patient
12:00 LUNCH (on your own)
1:00 **Demonstration and Practice Lab**
- STM for Shoulder,
-STM for Chest, Upper Back
3:00 BREAK
3:15 **MET for Shoulder Girdle Lab**
4:00 Developing the Home Exercise Program
5:00 Questions, Course Critique and Adjournment

REGISTRATION

Muscle Energy

Please note the course location you are attending:

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Bring a Buddy Registration: \$375 p/p
Mailed/Faxed **TOGETHER!! (No Deadline)**

Early Registration: \$425

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

Late Registration: \$475

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

CC # _____/_____/_____/_____

Expiration Date: ____/____/____ CV2_____

Signature: _____

I agree to comply with the card holder agreement