

# Jay Sandweiss



Jay Sandweiss, DO, has been teaching health related courses since 1979. His audiences have included medical doctors, osteopathic physicians, chiropractors, physical therapists, acupuncturists, massage therapists, registered nurses, and other health professionals. He has taught nationally and internationally for the American Back Society and the American Academy of Medical Acupuncture. Dr. Sandweiss is board certified by the American Osteopathic Association in neuro-musculoskeletal medicine and osteopathic manipulative medicine. He is also board certified in medical acupuncture by the American Board of Medical Acupuncture. Dr. Sandweiss is extensively trained in the fields of Osteopathy, Applied Kinesiology, Applied Nutrition and Chinese Medicine. He has been practicing and teaching Japanese and Chinese martial arts for over thirty years, holding high black belt ranks in both Karate-do and Aikido. In teaching his seminars, Dr. Sandweiss has the ability to integrate a wealth of information into a focused, practical model. Participants of Dr. Sandweiss' courses enjoy the relaxed and playful atmosphere that he brings to the learning experience. His reputation as a truly gifted teacher is well deserved. Dr. Sandweiss currently maintains a wellness-oriented osteopathic medical practice in Ann Arbor, Michigan.

**Jay Sandweiss, DO**  
417 South Fourth Avenue  
Ann Arbor, MI 48104

## Integrative Manual Approach to Lower Extremity Pain and Dysfunction

Presented by Jay Sandweiss, DO



### Probility Physical Therapy

2058 South State Street

Ann Arbor, MI 48104

Saturday, January 29, 2011 (9:00 am - 5:30 pm)

Sunday, January 30, 2011 (9:00 am - 4:30 pm)

[DoctorJaySandweiss.com](http://DoctorJaySandweiss.com)



# seminar



## Integrative Manual Approach to Lower Extremity Pain and Dysfunction

Lower extremity pain and dysfunction is a frequent complaint in primary care medicine. Lower extremity conditions result in enormous costs to our society in terms of lost work hours, lost productivity, and billions of health care dollars. This is all in addition to the devastating effects on the quality of life for patients and their families. The majority of cases are not surgical in nature. Often the etiology of lower extremity pain and dysfunction is biomechanical and related to disturbances in the musculoskeletal system. Common examples are disorders of the muscles, tendons, fascia, ligaments, joints, cartilage, proprioceptors, posture and gait.

The field of manual medicine has evolved across time and is capable of offering many clinically relevant and useful procedures for evaluating and treating those disorders of the neuro-musculoskeletal system. Among these clinically effective modalities are: Strain/Counterstrain, Myofascial Release, Muscle Energy Technique, and Applied Kinesiology. In this weekend course participants will learn to utilize diagnosis and treatment modalities from these systems. Upon completion of the course attendees will have acquired numerous specific techniques for treating patients with lower extremity pain and dysfunction. Pes anserinus pain, chondromalacia, knee sprain/strains, shin splints/Achilles syndromes, ankle sprains, plantar fasciitis, and other common conditions of the lower extremity will be addressed in this class.

An algorithm of treatment will be presented which includes manual muscle testing, tender point analysis, trigger point analysis, motion testing, anatomical positional analysis and much more. Direct and indirect methods for treating dysfunctions will be demonstrated and practiced by all class participants. This class will be "hands-on" with considerable emphasis placed on practicing techniques with partners. Dr. Sandweiss will monitor the practice sessions and offer appropriate corrections and insights.

### Course content summary: Lower Extremity

- Principles and applications of Strain and Counterstrain
- Principles and applications of Myofascial Release
- Principles and applications of Muscle Energy Technique
- Principles and applications of Applied Kinesiology
- Artful muscle testing of muscles: Lower Extremity
- Review of the functional anatomy: Lower Extremity
- Postural and motion analysis
- Clinical Pearls for treating patients with knee, shin, calf, ankle, foot and toe problems
- Hours of "hands-on" practice with a partner

### Course details:

#### When:

Saturday, January 29, 2011 (9:00 am - 5:30 pm)  
Sunday, January 30, 2011 (9:00 am - 4:30 pm)  
\*Registration Saturday, January 29 at 8:30 am.

**Where:** **Probility Physical Therapy**  
2058 South State Street  
Ann Arbor, MI 48104

Map and directions on website or can be sent to individuals who pre-register for the course. For questions regarding hotel, parking, and directions to facility contact: Brandon Lorenz (734) 913-0300.

**Cost:** \$550.00 includes 2-day course, extensive handout, snacks, and certificate of completion.

**Pre-requisite:** A health care professional or student.

#### Intended Audience:

Physical Therapists, Osteopathic Physicians, Medical Doctors, Physical Therapy Assistants, Occupational Therapists, Athletic Trainers and Chiropractors.

#### Contacts and information:

Jay Sandweiss, DO  
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Email: acuomtdr@aol.com  
Website: www.doctorjaysandweiss.com

# registration

Name \_\_\_\_\_ Degree \_\_\_\_\_

Billing Address \_\_\_\_\_

City, State, Zip code \_\_\_\_\_

Home phone: \_\_\_\_\_

Work & Cell phone: \_\_\_\_\_

Email: \_\_\_\_\_

To register, please complete registration form. Payment of \$550.00 can be made by Credit Card or Check. Please make checks payable to: • Jay Sandweiss, DO • 417 S. Fourth Ave • Ann Arbor, MI • 48104

If paying by credit card, please submit the following:

Visa                      MasterCard                      Discover

# \_\_\_\_\_

Last 3 digits on Security Panel \_\_\_\_\_ Exp. \_\_\_\_\_

Sig.: \_\_\_\_\_

Billing address: Same as above, or ...

*Payment in full is due with registration. Tuitions fees, less 20% administrative charge, is refundable if written notice is received by January 19, 2011. No refunds will be made after this date. We reserve the right to cancel or change a program for due cause. Cancellation will result in a full refund of tuition. We are not responsible for the refund or travel or hotel expenses.*