



Fred L. Mitchell, Jr, DO, FAAO, FCA, is a Professor Emeritus of Osteopathic Manipulative Medicine (MSU), a Fellow of the American Academy of Osteopathy, a Fellow of the Cranial Academy, certified in Neuro-musculoskeletal Medicine by the

American Osteopathic Association.

For over 45 years, he has been active in developing, teaching, researching, and publishing extensively in the fields of research, Muscle Energy and Cranial Osteopathy. He has taught many workshops in these subjects in North America and Europe since he began studying with his father, Fred L. Mitchell, Sr. (circa 1958), and studying Cranial Osteopathy (starting 1963).

Dr. Mitchell, in the footsteps of his father, was awarded the Andrew Taylor Still Medalion of Honor in 2005. His most recent publications include the definitive texts, The Muscle Energy Manual, Volume 1 (1995), Volume 2 (1998), and Volume 3 (1999).

Jay Sandweiss, DO, C-NMM/OMM, FAAMA

has been teaching health related courses since 1979 to a wide variety of audiences, including osteopathic physicians, physical therapists, and other health professionals. He is a Fellow of the American Back Society, for whom he has taught nationally and internationally. Dr. Sandweiss has extensive training in Osteopathic Medicine, Applied Kinesiology, Applied Nutrition and Chinese Medicine.

Kai Mitchell, CMT, CMMOPP was trained in OMT (e.g., Muscle Energy, Cranial, etc.) by his father, Fred Mitchell. Since 1994, Kai has served as assistant faculty for Dr. Mitchell's courses, is co-author of The Muscle Energy Manual (3 volume set), and is currently a therapist in Dr. Mitchell's practice.

**MITCHELL INSTITUTE FOR ADVANCED
MANUAL THERAPY STUDIES**
c/o Jay Sandweiss, DO, C-NMM/OMM, FAAMA
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**MITCHELL INSTITUTE
for Advanced Manual Therapy**

Learn Muscle Energy Techniques from the primary living source, Fred L. Mitchell, Jr., DO. as he presents his four-part series of weekend courses on Muscle Energy Technique.

**Muscle Energy
Techniques –
2011 Series**

Presented by

- Fred L. Mitchell, Jr., DO, FAAO, FCA

Assistant Faculty

- Jay Sandweiss, DO, C-NMM/OMM, FAAMA,
- Kai Mitchell, CMT, CMMOPP

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Muscle Energy Techniques – 2011 Series

Course Description:

Muscle Energy for the Cervical Region focuses on manipulable dysfunctions of the cervical spine, the craniocervical articulations, and the cervicothoracic interface. Manually correcting somatic dysfunction in the neck can be, at times, the most essential part of clinical management in many fields of practice: orthopedics, neurology and ophthalmology, physical medicine and rehabilitation, and internal medicine, for just a few examples.

Basic concepts and principles of precision physical diagnosis and safe, precise, and effective Muscle Energy manual treatment are learned in the context of this body region.

The important details of the anatomy and physiology of this region are addressed, including the mechanical, neurologic, and circulatory inter-connections between it and other parts of the body.

Objectives for the 4-Part series:

Through the use of PowerPoint lectures, clinical demonstrations and hands-on individually supervised practice, at the conclusion of these courses, participants should be able to:

- ▲ Distinguish between manipulable articular dysfunction and adaptive soft tissue responses such as spasm or guarding.
- ▲ Define somatic dysfunction in the context of alternative systems of manual therapy.
- ▲ Understand the mechanisms of symptoms related to somatic dysfunction, and the appropriate sequence for examination and treatment of the patient.
- ▲ Quantitatively and qualitatively assess relevant ranges of motion of any joint from the occiput to the toes and detect manipulable abnormalities.
- ▲ Plan and perform effective Muscle Energy procedures for the correction of any somatic dysfunction in the body.

Part 1 Schedule

Day One:

- ▲ Introduction to Muscle Energy, course summary.
 - When should you examine and treat the neck?
 - What is the relevance to the practice of medicine?
 - Should you start with it?
 - Screening procedures: global and regional
- ▲ Occipitoatlantal joints: anatomy and physiology, types and degrees of dysfunctions.
 - Precise and specific tests for somatic dysfunction, seated and supine
 - Concepts and principles related to Muscle Energy treatment of the O-A joints
 - Precise and specific treatment techniques for the O-A
- ▲ Atlantoaxial joints: anatomy and physiology
 - Precise and specific tests for somatic dysfunction
 - Concepts and principles related to Muscle Energy
 - Precise and specific treatment techniques for the A-A
- ▲ Self-diagnosis and self-treatment techniques.

Day Two: Typical cervical joints, C2-C3 through C7-T1. ERS and FRS dysfunctions. Are there “neutral” cervical dysfunctions?

- ▲ Anatomy and physiology, counting cervical vertebrae, mechanisms of manipulable dysfunctions
 - Precise and specific tests for somatic dysfunction, seated and supine
- ▲ Supine and seated Muscle Energy treatment techniques for segmental dysfunction of C2-C3 through C7-T1
- ▲ Self-diagnosis and self-treatment techniques.
- ▲ Landmark oscillations and intraosseous strain; other causes of landmark oscillation.
- ▲ Remolding bent bones

Class size is limited.

Register as early as possible.

Tuition for each course is \$595.00 for the two days. A Course Syllabus will be provided for scheduled content and activities, with copies of the PowerPoint presentations. The required text for each course is The Muscle Energy Manual, Vols. 1,2,&3. If you do not have one you may purchase the set for the special price for this course, \$180.00 (+S&H). Please tell us if you plan to purchase a set at this price, preferably by pre-paying with your tuition, so that we will know how many books to bring. In class please dress appropriately to serve as a practice model for your partner.

Course Registration Form

Name _____ Degree _____

Billing Address _____

City, State, Zip code _____

Home phone: _____

Work & Cell phone: _____

email: _____

Payment in full is due with registration. Tuition fee, less 20% administrative charge, is refundable if written notice is received 14 days before the course begins. 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 partial refund of tuition. We are not responsible for the refund of travel or hotel expenses.

To register, please print out and mail in the completed registration form. Payments can be made by Credit Card or Check. Please make checks payable to: • Jay Sandweiss, DO •• 417 S. Fourth Ave • Ann Arbor, MI • 48104

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