

## ABOUT TOM OCKLER, PT

Thomas K. Ockler P.T. received his P.T. degree from the State University of New York at Buffalo in 1978. In his 40 plus years of uninterrupted clinical practice, Tom has focused much of his attention on the correction of chronic pain and somatic dysfunctions using **Non-Manipulative Manual Therapy Techniques**. He has extensive teaching experience throughout the United States, Canada, United Kingdom and Australia. His background in bio-mechanics along with orthotic fabrication has been integrated with **cutting-edge pain science** and **non-manipulative techniques** to find cures for difficult musculo-skeletal disorders.

Tom uses a unique style that injects humor into complicated subjects and has developed teaching methods that explain very complicated subjects in easily understandable formats. Tom's training manuals, DVDs and You Tube Videos are all designed to be user-friendly educational resources for mastering these techniques.

In 1999, Tom founded Alternative HealthCare Solutions; a solo practice devoted to the identification and correction of the most stubborn and complicated somatic dysfunctions. His practice draws patients from all over the USA as well as Canada and Europe.

[Preview Course](#)



## OUR STUDENTS SAY IT BEST . . .

"Very useful course. This will be helpful in general PT practice, as well as women's health specialty."

"As a male therapist I believe the course presented information that is very appropriate and will be helpful to any future patients. I am satisfied with the knowledge received and I think going over the sacrum torsion with several examples was a good move."

"I could not even begin to describe how thankful and pleased I am that I attended this class. Tom is such a highly skilled, competent and proficient teacher at conveying his craft even to beginners. For the last 6 - 7 years, I have struggled with understanding and appreciating MET/CS and after this class, I totally get it. Thank you!"

"Tom is an excellent teacher and I always look forward to attending his courses. He is very knowledgeable and able to make the information easier to understand. I definitely feel like I can use this info on Monday morning."



**Would you like to learn more about MET?**

Training Materials, Exercise Protocols, Videos and more are available at [www.TomOcklerPT.com](http://www.TomOcklerPT.com)

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ALTERNATIVE HEALTHCARE SOLUTIONS

# M3

## "No Man's Land" ALL EXTERNAL EVALUATION AND TREATMENT OF C.P.P.S. CHRONIC PELVIC PAIN SYNDROME

For both male and female therapists



Presented by  
Thomas K. Ockler P.T.

*Continuing Education that makes a difference!*

Sponsored by



## COURSE OBJECTIVES

- Understand the basic concepts of muscles and spindles as they relate to somatic dysfunctions
- Understand the overwhelming advantages of MET / Counterstrain vs Manipulation
- Be able to palpate a "barrier" and understand the physiologic significance
- Externally palpate the basic boney and tissue landmarks of the Pelvis, Sacrum, and Pelvic Floor
- Evaluate the Pelvis, Sacrum, and Pelvic floor for asymmetry, hypomobility and trigger points
- Decide on a proper sequence for treating disorders of the Pelvis and Pelvic Floor
- Perform Muscle Energy Counterstrain, Ischemic Release Techniques for the Pelvis / Pelvic Floor
- Be able to dialog with patients about physical and emotional perpetuating factors / precautions
- Demonstrate basic stabilization exercises for the Pelvis, Sacrum and Pelvic Floor
- Demonstrate the basic use of EFT for issues of the Pelvic Floor and related diseases
- Demonstrate basic tissue mobilization for the surrounding connective tissues of the Pelvis and Pelvic Floor

This two-day course involves a mix of theory, demonstration and hands-on practice. Actual **all external** evaluation and treatments will be performed by each participant using the methods learned. Plenty of time is allotted for hands on practice as well as questions and discussion.

### Sunshine Therapeutics

277 Miami St.

Waynesville, OH 45068

**November 9 - 10, 2019**

Cost \$600

\$550 until Sept. 28, 2019

Contact: Jocelyn Metzger

(937) 307-4174

[jocelyn@sunshinetherapeutics.com](mailto:jocelyn@sunshinetherapeutics.com)

## ABOUT THE COURSE

If you are a male or female therapist who is not comfortable with intervaginal and / or interrectal evaluation and treatment, this course is for you.

Introduced in 2008, this groundbreaking course was the first of its kind to combine 5 separate approaches: Muscle Energy Technique, Strain Counterstrain, Ischemic Trigger Point Releases, EFT, and Tissue Mobilization to treat CPPS - Chronic Pelvic Pain Syndrome.

By utilizing a combination of these techniques inter-rectal and intervaginal is rarely necessary. These **all-external techniques** open the door for many more therapists to effectively treat CPPS then ever before, and in much less time than previously thought possible.

Instead of trying to stretch the painfully short, tight, tender, and over reactive pelvic floor tissues into submission, these techniques reset the muscle spindles, thus allowing normal tone, increased oxygenated blood flow, improved fluid dynamics and reduced pressure on the nerves that pass through those pelvic floor muscles. **All done from the outside of the body.**

In addition, the chronicity of the problem which leads to self-perpetuating central sensitization is specifically addressed by down-regulation of the specific limbic system structures that are signaling danger and keeping the unrelenting pain at the forefront of the patient's thoughts.

Due to the hands-on nature of this course, class size is limited to assure a very high quality educational experience. Loose, baggy sweat pants or athletic shorts required for lab.

This course is approved for 21 CEUs by the Ohio Physical Therapy Association.

*Individual states may vary due to their certification boards.*

**REGISTRATION STARTS AT 6:30 AM unless otherwise noted.**

## COURSE OUTLINE

### Day 1: 7:00 AM-6:00 PM

6:30-7:00 am registration  
Introductions  
Schedule overview  
Issues with intervaginal and inter-rectal tissue work  
Definition of MET  
History of MET  
Goals of MET  
MET vs Manipulations  
Anatomy review  
Muscle Spindle Physiology  
Integration of the Spindle in MET  
Palpation Lab, Boney Landmarks  
Barrier Perception  
Clearing the Long Restrictors of the Hip  
Practice Lab

### Lunch Break (½ hour)

Review of AM Session  
Normal Biomechanics / Abnormal Biomechanics  
Effect on Gait  
Planes of Pelvic Dysfunction  
Pathologic Vs Non-pathologic Dysfunction  
Paradoxes Vs Non paradoxes  
Treatment Sequencing  
Four test for Hypomobility  
Evaluation for Asymmetry  
Clinical Decision for Treatment Sequencing  
Demo of All Pelvic Techniques  
Practice All Pelvic Techniques  
Lab for Evaluation and Treatment  
Stabilization, perpetuating factors  
Intercourse Precautions  
Ligament Recoils  
Closing and Homework

### Day 2: 7:00 AM-6:00PM

6:30-7:00 am registration  
Review of previous session - Q & A  
Anatomy of the Sacrum  
Lumbo-Sacral Biomechanics in normal and abnormal gait  
Naming the Sacral dysfunction  
Osteopathic vs. Non-Osteopathic terminology  
Treatment demonstrations  
Practice demonstrations  
Evaluation and treatment sessions  
Tissue mobilization for Pelvis and Pelvic floor

### Lunch Break (½ hour)

Review of Sacrum  
Counterstrain for Triggers of the Pelvis and Pelvic Floor  
Ischemic Trigger Point Releases for Pelvis and Pelvic Floor  
EFT for disorders of the Pelvis and Pelvic Floor  
Summary and Closing Remarks