



## Orthopaedics and Rehabilitation Faculty CPD Event

### Muscle Energy Technique (MET) for beginners

**Date:** Saturday 12<sup>th</sup> August 2017

**Venue:** The St Johns Hotel, 651 Warwick Road, Solihull, West Midlands, B91 1AT

#### Event Outline:

This seminar combines both theoretical and practical elements to teach delegates to safely apply MET to muscles of the limbs as well as to the upper trapezius, pectorals and latissimus dorsi, using prone, supine and side-lying treatment positions. MET to the lumbar spine will be discussed but MET to this area of the body comes with more contraindications so needs to be used with caution.

#### Learning outcomes include:

- An understanding of the rationale for the use of MET
- An awareness of the use of MET following surgery/injury
- A knowledge of contraindications relating to MET
- An understanding of how to apply MET to hamstrings, quadriceps, hip flexors, ankle plantar flexors.
- An understanding of how to apply MET to wrist and finger flexors and extensors, muscles of internal shoulder rotation
- An understanding of how to apply MET to pectoralis major, latissimus dorsi and the upper fibres of trapezius.

**Please bring a portable bench for the practical sessions**

#### Speaker: Jane Johnson

Jane Johnson is a PhD researcher at Teesside University and worked as a musculoskeletal physiotherapist for many years. As part of her PhD research, she is currently developing an app for the measurement of postural change in patients with back and neck pain and is researching the relationship between posture and patient reported outcome measures. She is the author of five titles in the Hands-On Guides for Therapists series (Human Kinetics publishers). These are, Postural Assessment, Postural Correction, Therapeutic Stretching, Soft Tissue Release, and Deep Tissue Massage.

#### Programme:

9.30 - Registration  
10.00 - Seminar  
16.00 - Close

**Registration fee:** RCC members £99,  
Ortho and Rehab Faculty members  
£89, non-members £125

Online registration and payment are available at  
[www.bit.ly/RCCevents](http://www.bit.ly/RCCevents)

To register and pay via card/ bank transfer please telephone 0118-9469727 or email:  
[admin@rcc-uk.org](mailto:admin@rcc-uk.org)

Please send registration forms to our address (see below) with cheques made payable to, The Royal College of Chiropractors

**Cancellations:** Fees will be refunded, less a £10 administration charge, for all cancellations received at least 10 days before the event. No refunds can be given after this date.

#### Convenors:

**Neil Thomas MRCC (Ortho)**  
**Monica Handa FRCC, MRCC (Ortho)**

**\*\*Please do not attend this event unless you have received confirmation of a place and joining instructions from the RCC Events Officer\*\***

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#### Registration Form: MET – 12/08/17

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Postcode: \_\_\_\_\_  
Email: \_\_\_\_\_  
Phone no: \_\_\_\_\_  
Ref: ORH170812

#### Registration fees:

I enclose a cheque for £.....

**Please send your completed registration form to:**

**The Royal College of Chiropractors, Chiltern  
Chambers, St Peters Avenue, Reading RG4 7DH**