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Type Registration	Definition	Price
Group rate	Register 20 or more	\$40
Individual Rate	Single Registration	\$65

Course # Course Title

Webinar Date

Name Discipline

Facility

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Daytime Phone Fax

E-mail Address for Confirmation (will not be shared or sold)

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 **TEXAS PHYSICAL THERAPY ASSOCIATION**





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WEBINAR

#7158 Gain Mobility F.A.S.T. with Foundational Muscle Energy/PNF

Instructor:

Theresa A. Schmidt,
PT, DPT, MS, OCS, LMT, CEAS

Audience:

Physical Therapists, and Assistants and Athletic Trainers

Delivery Options:

Live Webinar or Self-Study Options

SUMMARY: Patients often present stiffness and painful muscles with guarding and resistance to stretch. How do clinicians maximize mobility without causing pain while fighting that muscle guarding? In this course, clinicians will learn application of traditional muscle energy therapy (MET)/Proprioceptive Neuromuscular Facilitation (PNF) to manage mobility impairment due to stiff muscles and facilitated reflexes using autogenic and reciprocal inhibition techniques to improve flexibility, stability and function.

Explore the rationale for using different types of muscle energy contraction types for clients in acute, subacute and chronic stages of stiffness. Discussion of specific case studies and sample video demonstrations illustrate interventions to improve mobility, strength and function for clients with mobility deficits and/or pain based on current APTA clinical practice guidelines. Bring the benefit of MET/PNF to your practice to achieve rapid measurable results. Course instruction methods include lecture, demonstration, videos, case studies and question/answers. (Intermediate Level)

PRESENTER: Theresa A. Schmidt, PT, DPT, MS, OCS, LMT, CEAS is a board-certified specialist in orthopedic physical therapy, massage therapist, fitness trainer, certified ergonomic assessment specialist and hypnotherapist in private practice at Educise in the Dartmouth-Sunapee region of NH. She serves as a PT Expert Witness and wellness coach with 30+ years' experience in clinical practice and education. She integrates best evidence-based practices of manual therapy and orthopedic rehab, with complementary medicine approaches for peak performance. She graduated Long Island University's Physical Therapy Master's program and received her Doctorate in Physical Therapy Program at University of New England/ She presented for International Fascia Research Congress, APTA, AOTA, AMTA, NASA Inomedic Health, Johns Hopkins, Cleveland Clinic and major medical centers. Dr. Schmidt is a certified professional speaker and has published in *MOJ Orthopedics and Rheumatology*, where she served as assistant editor and in the *Journal of Complementary and Alternative Medicine*. Visit her for your free course at www.educise.com. *Financial*— Received a teaching honorarium from Motivations Inc. *Nonfinancial*— No relevant nonfinancial relationship exists.

OBJECTIVES: Upon completion of this course, the participant will be able to:

1. Identify the theory and evidence-based research for muscle energy therapy (MET)/Proprioceptive Neuromuscular Facilitation (MET/PNF).
2. Understand and describe how to apply MET/PNF interventions to stretch a muscular restriction and to correct mobility deficits to improve function and relieve painful tension.
3. Incorporate muscle energy/PNF into a treatment program to improve flexibility, strength, and function in people with mobility impairments.
4. Identify evidence-based studies on the efficacy of MET/PNF for improving range of motion, strength, and function.

FORMAT: This is a 3-contact hour course equivalent to 3 CEU's or 0.3 CEUs offered as a live webinar or self-study. Instructors present the live course content via an internet website displaying real time power points. Learners will receive a course instruction link. Instructors lecture through livestreaming internet on your computer. Questions may be asked during the webinar using the chat feature or the "raise hand" feature for live discussion.

PT CEU's: Motivations Inc is an approved provider of Physical Therapy continuing education by these professional bodies: Texas Chapter of the American Physical Therapy Association, ILDPR- Illinois Department of Professional Regulation Approved PT CE Sponsor, NY- New York State Education Department, Office of the Professions. Physical Therapy Board of California. Many state boards recognize these for pre-approval purposes. Contact us if you would like verification a state.

ATC CEU's: Motivations, Inc. (BOC AP #P2549) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 3 Category A hours/CEU's.

AGENDA:

Pre-Study: 30 Minutes Plan to read the course materials, references and review the post test before the start time. Please be prepared to share patient case study and related question during the discussion time.

- 60 min: Theoretical Basis of Muscle Energy Therapy/ Proprioceptive Neuromuscular Facilitation, history of MET/PNF, styles of MET/PNF (Mitchell, Knott & Voss, Chaitow), evidence-based research review of MET/PNF efficacy and clinical applications.
- 60 min: MET/PNF: cervical, shoulder, wrist, hip, knee, ankle, lumbosacral MET/PNF demonstration, Case study examples with clinical problem-solving for selected regions, including the back, neck, shoulder and arm/hand, with question and answer session.

Post-test: 30 Minutes Research, identify, and submit your post test question answers on the online form. This is an open book test you can take multiple times if needed to obtain the 70% score. Complete the evaluation feedback survey and needs assessment. Obtain, review and save your auto-emailed certificate for your files.