### Integrated Neuromuscular Re-Education

**Muscle Energy Therapy and Positional Release**

Relieve painful trigger points and improve mobility

**Focus:**
- Discuss the theoretical basis and evidence-based research for positional release/counterstrain (PR) and muscle energy therapy (MET/PNF) to position and joint to effectively stretch a muscular restriction or strengthen an inhibited muscle.

**Objectives:**
- Identify positions that reduce the pain and sensitivity of TPs to allow spontaneous release of abnormal neuromuscular tone
- Assess the musculoskeletal system using palpation to identify trigger points
- Implement a treatment program using positional release and muscle energy therapy to improve range of motion, flexibility, strength and to reduce spasm and pain for a variety of clinical conditions

**Registration Fee:**
- Early* Single Registrant: $189 ea.
- 2 to 4** Single Registrant: $179 ea.
- 5 or more** Single Registrant: $169 ea.

*Registrations received 10 days prior to seminar date.
**Price per person when registering at the same time.

**Audio Products:**

**Payment:**
- # of registrants
- Total $ __________

**Method of Payment:**
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- Payable to: Cross Country Education
- Credit Card: Visa / MC  Discover  AmEx

**Contact Information:**
- PHONE (800) 397-0180
- (615) 331-4422
- FAX (615) 346-5350
- P.O. Box 200
- Brentwood, TN 37024

**Online Resources:**
- www.CrossCountryEducation.com
- express.CrossCountryEducation.com
- use express number: 149154

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**Schaumburg - February 3**

**Appleton - February 1**

**Milwaukee - February 2**

**Bloomington - February 22**

**Naperville - February 23**

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**Please select a date and location:**
- Madison - January 31
- Appleton - February 1
- Milwaukee - February 2
- Schaumburg - February 3
- Davenport - February 21
- Bloomington - February 22
- Naperville - February 23

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**Total Registration Fee:**
- Early* Regular
- Single Registrant $189 $209
- 2 to 4** $179 ea. $199 ea.
- 5 or more** $169 ea. $189 ea.

*Registrations received 10 days prior to seminar date.
**Price per person when registering at the same time.

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**Integrated Neuromuscular Re-Education #3772**
- CD, DVD, custom program: $189 plus S&H $8US/$30CAN

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**Myofascial Release: State of the Art Tissue Mobilization #3823**
- CD, DVD, custom program: $189 plus S&H $8US/$30CAN

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**Periodic Tax Reminder:**
- TN residents add 9.25% state sales tax on audio products only.

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Silence the Pain! Restore Mobility and Strength!

Integrated Neuromuscular Re-Education is an introductory hands-on approach to correction of somatic dysfunction using muscle energy/PNF and counterstrain/positional release. The goals of INMR are to restore normal soft tissue tone and elasticity, relieve pain, improve strength and optimize performance. Identification and treatment of abnormal neuromuscular tension, painful trigger points, motion restriction and strength deficit is the focus of this course. INMR approach is a synthesis of active and passive approaches to facilitate positive changes in the structure and function of the myofascial and neuromuscular systems. Techniques may be immediately applied in a variety of clinical situations. A review of the current evidence-based literature will illustrate the efficacy of these interventions. This course includes lecture, discussion and emphasis on hands-on lab practice. A must-take course for manual therapists!

What You Will Learn

- Discuss the theoretical basis and evidence-based research for positional release/counterstrain (PRT) and muscle energy therapy (MET/PNF)
- Describe basic neuromuscular reflexes, the function of the muscle spindle, Golgi tendon organs and proprioceptors and their effect on muscle tone and function
- Assess the musculoskeletal system using palpation to identify indicator trigger points (TPs)
- Identify positions that reduce the pain and sensitivity of TPs to allow spontaneous release of abnormal neuromuscular tone
- Apply principles of MET/PNF to position a joint to effectively stretch a muscular restriction or strengthen an inhibited muscle (to correct a somatic dysfunction)
- Implement a treatment program using positional release and muscle energy therapy to improve range of motion, flexibility, strength, and to reduce spasm and pain for a variety of clinical conditions

Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Occupational Therapy Assistants
- Massage Therapists
- Athletic Trainers
- Chiropractors
- Physicians
- Rehab Nurses
- Certified Strength and Conditioning Specialists
- Personal Trainers

Theresa presented the information in a very understandable and interesting manner. I learned a lot and had fun learning the info.

Thank you!

Katherine Power, OT, New London, NH
Our Guarantee
Cross Country Education is a national leader in high-quality educational products and services for the health care industry. We have trained over one million health care providers, managers, professionals, and key personnel through our seminars, conferences, and study programs. Our programs are guaranteed to improve the effectiveness and efficiency of participants. If you attend one of our live seminars or webinars, or purchase an audio, video, or online product, and do not receive the professional or business benefits described in our literature, or have some other professional complaint, please let us know in writing within seven days and we will issue a credit voucher that you or anyone in your facility may use toward another live seminar, webinar, audio, video, or online product. All returned audio and video products and materials must be received in original condition before a voucher or replacement is issued. You may contact us at Cross Country Education, P.O. Box 200, Brentwood, TN, 37024.

COURSE CONTENT

NEUROPHYSIOLOGICAL BASIS OF MUSCLE TONE, TENSION AND SPASM
◆ Muscle spindle
◆ GTO reflexes
◆ Normal/abnormal tension patterns

JONES’ THEORY OF STRAIN/COUNTERSTRAIN AND POSITIONAL RELEASE
◆ Definition
◆ Rules

SCANNING ASSESSMENT FOR TENDER TRIGGER POINTS
◆ Palpable nodules, taut bands, referred pain
◆ Diagnostic indicators of biomechanical dysfunction

POSITIONAL RELEASE TECHNIQUE DEMONSTRATION AND LAB
◆ Position of comfort, pain scale and palpation
◆ Indications/contraindications
◆ Outcomes

THEORETICAL BASIS OF MUSCLE ENERGY THERAPY/PROPRIORECEPTIVE NEUROMUSCULAR FACILITATION
◆ Definition
◆ Principles
◆ Applications

MUSCLE ENERGY THERAPY FOR THE EXTREMITIES: DEMONSTRATION AND LAB
◆ Extremities demonstration
◆ Correction of somatic dysfunction

MUSCLE ENERGY THERAPY FOR THE SPINE AND PELVIS: DEMONSTRATION AND LAB
◆ Contraction types, multi-angle stretches
◆ Facilitation techniques
◆ Spine and pelvis demonstration

INTEGRATION OF TECHNIQUES INTO A TREATMENT PROGRAM
◆ Clinical problem solving with discussion

Dates & Locations

MADISON - January 31, 2012
Sheraton Madison Hotel
706 John Nolen Dr, Madison, WI 53713  608-251-2300

APPLETON - February 1, 2012
Holiday Inn Neenah Riverwalk
123 E Wisconsin Ave, Neenah, WI 54956  920-725-8441

MILWAUKEE - February 2, 2012
Brookfield Suites Hotel and Convention Center
1200 S Moorland Rd, Brookfield, WI 53005  262-782-2900

SCHAUMBURG - February 3, 2012
Holiday Inn Rolling Meadows
3405 Algonquin Rd, Rolling Meadows, IL 60008  847-259-5000

DAVENPORT - February 21, 2012
Radisson Quad City Plaza Hotel
111 E 2nd St, Davenport, IA 52801  563-322-2200

BLOOMINGTON - February 22, 2012
Holiday Inn Hotel and Suites
3202 E Empire St, Bloomington, IL 61704  309-662-4700

NAPERVILLE - February 23, 2012
Hilton Lisle/Naperville
3003 Corporate W Dr, Lisle, IL 60532  630-505-0900

Course Hours
Registration begins at 7:30 a.m. The seminar begins at 8:00 a.m. and concludes at 3:30 p.m. Coffee/hot tea provided in a.m. One-hour break for lunch on your own. For late arrivals or early departures, please see amended certificate information under Continuing Education Credit.

What You Should Bring
Participants are strongly encouraged to bring a portable massage table if they have one or a mat to lay upon for comfort and safety. Please wear loose comfortable clothing such as t-shirts and loose gym shorts or sweats to have access to the muscles; absolutely no jeans!

Course Director

THERESA A. SCHMIDT, DPT, MS, OCS, LMT, CEAS, CHy., DD, is the founder of Educise Resources, Inc., a professional continuing education and health enhancement company. Dr. Schmidt is the president of Flex Physical Therapy in Long Island, New York. She is Board-certified in Orthopedic Physical Therapy by ABPTS since 1994. Dr. Schmidt graduated from Long Island University’s Masters Program in Physical Therapy with Highest Honors. She served as Chair of the Physical Therapist Assistant Program and faculty of the Masters Program at Touro College Physical Therapy Programs in New York, New York, at Nassau Community College and CUNY Queens College, New York. She completed extensive studies in orthopedic manual therapies including Myofascial Release, Craniosacral Therapy, Muscle Energy, Counterstrain, Joint Mobilization, high velocity thrust, visceral manipulation, Functional Technique, acupressure Amma therapy and therapeutic touch. Dr. Schmidt is a Certified Hypnotherapist and a certified personal trainer. She has presented internationally for APTA, AOTA/IA AMTA/NY, IDEA, ACE, New York College for Wholistic Health Education and Research, Council of Licensed Physiotherapists, Cross Country Education, MotivationsCEU, HomeCEUconnection, and private hospitals and clinics. Dr. Schmidt is a graduate of the Doctorate of Physical Therapy Program at University of New England.

Great class! Theresa is very engaging and though the class moves along rapidly, she is very thorough answering all questions and giving many clinical examples of where and how techniques work.

Margaret O’Neil, PT
Portsmouth, NH
Confirms of registration are sent via email within three days of receipt in our office. Add customerservice@crosscountryeducation.com to your email address book to ensure delivery. If you have not received a confirmation, you may call our office at 800-397-0180 or 615-331-4422 to verify registration. Cancellations received at least five working days before the event are refundable less a $20 administrative charge per registrant. There is no refund for cancellations received later; however, a credit will be issued toward a future event or product order. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made at any time. The expense of continuing education, when taken to maintain and improve professional skills, may be tax deductible. Please contact your accountant for complete details.

Disclaimer: Any opinions, findings, recommendations or conclusions expressed by the author(s) or speaker(s) do not necessarily reflect the views of Cross Country Education. Cross Country Education reserves the right to substitute a qualified instructor due to unforeseen circumstances.

Registrants will not receive a certificate until payment has been received and course has been successfully completed. If payment is not received ten (10) days prior to the seminar, the certificate may not be present at the seminar. If your payment is returned marked NSF it will be represented electronically and a processing fee will be charged as allowed by law.

Can’t Go?

Don’t let your education suffer just because you can’t make it the day of the seminar. Order a complete learning package for this course containing a CD set, manual and special DVD of the presentation for only $189 plus S&H $8US/$30CAN. Those attending the live seminar can order an audio-only set containing CDs of the presentation for $59 plus S&H $8US/$30CAN.

Integrated Neuromuscular Re-Education #3772

Can’t Stop?

Want to learn more from this speaker? If you like Integrated Neuromuscular Re-education, you should check out Myofascial Release: State of the Art Tissue Mobilization to learn how to:

- Discover the intricate anatomy and function of our complex myofascial system
- Identify specific myofascial restrictions
- Recognize how to interact therapeutically with the fascial structures to assess and treat motion restrictions using myofascial release
- Perform myofascial release techniques to the spine and extremities, to improve movement, posture, comfort and function

Order a complete learning package for this course containing a CD set, manual and special DVD of the presentation for only $189 plus S&H $8US/$30CAN.

Myofascial Release: State of the Art Tissue Mobilization #3823

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Continuing Education Credit

Nurses:
Cross Country Education, LLC is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. This course is offered for 6 contact hours.

Cross Country Education is an approved provider with the Iowa Board Of Nursing, approved provider #328. This course is offered for 7.2 contact hours. Cross Country Education is approved by the California Board of Registered Nursing, Provider #CEP 13345, for 7.2 contact hours. Cross Country Education is an approved provider by the Florida Board of Nursing, provider #50-466. This course is offered for 6.0 contact hours.

Athletic Trainers: Cross Country Education is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. BOC Approved Provider # P3097 6 CEUs will be awarded.

Massage Therapists: Cross Country Education, LLC. is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. Provider #450123-06. This course is offered for 6 CE hours. 100% attendance is required for a Certificate of Completion to be issued, no variable credit is given.

Certified Strength and Conditioning Specialists/ Personal Trainers: NSCA Certification Executive Council approved 0.6 CEUs for CSCS and NSCA-CPT certificants attending this event. Aprv# D1035.

Occupational Therapists, Occupational Therapy Assistants: Cross Country Education is an AOTA Approved Provider of continuing education. This course is offered for .6 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational Level Introductory, Category 1: Domain of OT, 2: Occupational Therapy Process.

Physical Therapists: This program has been submitted to the Illinois Physical Therapy Association for approval of 6 credit hours.

Other professions: This educational offering qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, contact your own board or organization for specific filing requirements.

All professionals: In order to process continuing education, please bring the appropriate license/certification number to the seminar.

Amended certificates: Please note that the credit hours listed above are offered by Cross Country Education and/or boards/associations for a full day’s attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Cross Country Education.

ADA: If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date or prior to purchasing any online or distance learning products so that arrangements can be made.