

## Muscle Energy 202

### A) Notice of requirements for successful completion

- The purpose of this program is to present the theories that underlie all of muscle energy therapy. The program builds upon the basic knowledge gained from previous courses on the topic. Methods of assessment are presented to establish the correct diagnosis and better target treatment. Muscle Energy Therapy 202 is designed for nurses and all health care practitioners interested in incorporating conservative, directed active care in the treatment of musculoskeletal patients.
- Learning Objectives: Upon completion of this course the participant will be able to:
  - Recognize how cells generate, transmit and sense mechanical tension, and to use these forces to control their shape and behavior and genetic expression.
  - Describe the processes that lead to structural decompensation and dysfunction
  - Explain the mechanisms whereby psychological stressors induce chronic musculoskeletal dysfunction
  - Compare the various theories on the origin of reactive muscle tightness
  - Outline how local muscular tightness and altered proprioception can influence static and dynamic posture
  - Integrate a functional knowledge of the body's fascia into an overall concept of muscle energy technique
  - Organize the functional evaluation of common compensatory (fascial) patterns
  - Describe the different ways muscles respond to the stressful demands
  - Outline patterns of dysfunction including the upper crossed and lower crossed syndromes
  - Identify patterns of dysfunction and methods to restore normal function
- Criteria for earned credit:
  - To earn the approved contact hours of credit the participant must complete the reading of all materials and correctly answer all quiz questions.
  - The participant must complete the course evaluation questionnaire.
  - Courses have a timer that does not allow a participant to proceed through the program in less than the allotted time. Utilizing the Mastery approach to learning, there are quiz questions throughout the course that reinforce the key concepts of the course. Questions must be answered correctly to proceed through the course.

### B) Disclosure of Conflicts of interest

- **Rhoda Stephanie Powers, ND, MSN, APRN-BC, FNP, CPAN (presenter)** receives a salary for her presenter activities from OnlineContinuingED, LLC and agrees to present this course in a fair and unbiased manner.
- **Paul Powers, DC, DACBN (planner)** holds principle, owner interest in OnlineContinuing ED, LLC.
- **Richard P. Saporito, DC, DABCO (planner)** receives a salary for his planner activities from OnlineContinuingED, LLC.

### C) Any sponsorship or commercial support

- This program has not received financial support from any commercial interest.

### D) Non-endorsement

- ***“Approval for contact hours through the AHNA is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific product or modality in the care of clients.”***

### F) Expiration Date for awarding Contact Hours

*This continuing nursing education activity was approved by the American Holistic Nurses Association's Education Approver Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.*

**AHNA Approval code: 879**

**Approved Through May 8, 2014**