

Muscle Energy 206

A) Notice of requirements for successful completion

- The purpose of this course is to present specific assessment techniques and treatment procedures utilizing muscle energy therapy for dysfunctions of the joints of the spine and extremities. It furthers the practitioner's knowledge and ability in the conservative management of musculoskeletal conditions. The program 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:
 - Associate end feel with specific types of joint dysfunction
 - Explain the relationship between muscle tightness and joint restriction
 - Describe how muscle energy therapy can prepare a joint for manipulation and mobilization
 - Outline the basic procedure for utilizing muscle energy therapy on a restricted joint
 - Explain the integration of muscle energy therapy in the treatment of low back pain and restriction
 - Discuss the evaluation for joint restriction of the neck, mid-back, low back and sacroiliac articulations and the corrective muscle energy techniques
 - Describe the evaluation for joint restriction of the upper extremity, the rib cage and the temporomandibular joint and the corrective muscle energy techniques
 - Extrapolate the procedures for mobilization of joint restriction to all the articulations of the body and in all the possible planes of motion
- 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: 883

Approved Through May 8, 2014