Exercise Prescription: Greenman’s Method
June 8-10, 2012, at South Pointe Hospital in Warrensville Heights, OH

Course Description
This course will demonstrate how to access muscle balance of the musculoskeletal system, particularly in reference to somatic dysfunction. The primary goal is to prescribe an exercise program and self-mobilization techniques to fit patients’ somatic dysfunction in order for them to manage themselves.

Objectives
1. To understand the functional anatomical connections of upper and lower quarter musculature to the proximal trunk and pelvis.
2. To introduce the concept of neuromuscular imbalance as a contribution to musculoskeletal dysfunction.
3. To learn exercises to address specific somatic dysfunctions found in the vertebral column and pelvis.
4. To be able to design and sequence a home exercise program for patients to complement manual medicine.
5. To be able to instruct patients on an exercise program based on their functional goals and lifestyle.

Prerequisites
A basic understanding of functional anatomy and one Level I course or its equivalent.

CME
20 hours of AOA Category 1-A credit is anticipated

Program Chair
Brad Sandler, DO, is a 1992 graduate of Des Moines University College of Osteopathic Medicine. He completed his rotating internship at Oakland General Hospital in Madison Heights, MI, and his residency training in osteopathic manipulation and biomechanics at Michigan State University College of Osteopathic Medicine. He joined Corrective Care in Mishawaka, IN, in 1995, and became its vice president in 1999. Dr. Sandler is board certified in NMM/OMM, and specializes in the treatment of difficult muscle, tendon, ligament and joint pain syndromes. Dr. Sandler not only teaches exercise prescription, but takes his own medicine by incorporating exercise into his lifestyle for the past 30 years.

Course Times
Friday and Saturday: 8:00 am - 5:00 pm (lunch provided)
Sunday: 8:00 am - 12:00 pm (lunch on your own)

Course Location
South Pointe Hospital
20000 Harvard Rd.
Warrensville Heights, OH 44122
(216) 491-6000

Travel Arrangements
Call Tina Callahan of Globally Yours Travel at (800) 274-5975

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Registration Form
Exercise Prescription: Greenman’s Method
June 8-10, 2012

Name: ___________________________   AOA#: _____________
Nickname for Badge: _________________________________________________
Street Address: _______________________________________________________
_________________________________________________________________________
City: __________________________________   State: ________   Zip: ___________
Phone: _______________________________   Fax: ___________________________
E-mail: ________________________________________________________________
By releasing your fax/e-mail, you have given the AAO permission to send marketing information regarding courses to your fax or e-mail.
Billing Address (if different than above): __________________________
_________________________________________________________________________

Registration Rates
On or before 5/10/2012: After 5/10/2012
AAO Member             $ 680.00             $ 780.00
AAO Non-Member             $ 780.00          $ 880.00
Student/Intern/Resident            $ 580.00          $ 680.00

The AAO accepts check, Visa, Mastercard or Discover payments in U.S. dollars
Credit Card #: ________________________________________________________
Cardholder’s Name: ___________________________________________________
Expiration Date: _____________   3-digit CVV#________________
I hereby authorize the American Academy of Osteopathy to charge the above credit card for the full course registration amount.
Signature: ________________________________
Click here to view the AAO’s Cancellation and Refund Policy

Please submit registration form and payment via mail to the American Academy of Osteopathy, 3500 DePauw Blvd., Suite 1080, Indianapolis, IN 46268 or by fax to (317) 879-0563. Or register online at www.academyofosteopathy.org