

Functional Muscle Therapy

An Evidence-Based Corrective Manual Therapy Approach For:
Neck Pain
Back Pain
Shoulder Pain
Wrist Pain
Sciatica
Ankle Pain
TMJ Dysfunction
and more

- Simplify Your Treatments
- Increase Your Outcomes

April 30, 2016

**Lumina Wellness and Physical Therapy
1241- A Military Cutoff Rd. # 101
Wilmington, NC 28405**

Presented by:

Brian McKeever, M.P.T., A.T.C., C.E.A.S.
Recently recognized by the North Carolina Physical Therapy Association as a featured speaker at the 2013 NCPTA Spring Conference in Greensboro, NC.

Brian was chosen to provide his services at one of golf's most prestigious events; The 2014 US OPEN in Pinehurst, NC.

Lumina Wellness and Physical Therapy

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Wilmington, NC 28405

«Name»«Name»«Company»

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Course Content:

Home Study

Functional Muscle Therapy

Theory and Principles

Functional Muscle Therapy exercises

An Integrative Approach for Greater Success

8:00am—9am

Review of Home Study

Bowen Therapy

Basic Concepts of Bowen Therapy

9:00 am — 10:00 am

Prone Layer 1 Releases

Lumbar ,Gluteus, Thoracic, Cervical,
and Hamstrings I

10:00am — 10:15am Break

10:15am — 12:00pm

Prone Layer 2 Releases

Scapular , Hamstrings II, Hip Adductors, Spinal
Column, and Scapula

Prone Addendum

Coccyx Release

12:00pm — 1pm Lunch

1:00pm — 2:00pm

Prone Layer 3 Releases

Gluteus , Kidneys, Diaphragm

Supine Layer 1 Releases

Diaphragm , Thigh I, Hip Flexor, Neck I

2:00pm—3:00pm

Supine layer 2 Releases

Thigh II, Hip Adductor, Pelvis, Neck II

Supine layer 3

Knee, Hamstrings , Calf, Foot

3:00—3:15pm Break

3:15—5:00

Supine Addendum Releases

Neck III, TMJ, Head/Sinus, Shoulder, Ankle

Questions and Review.

We realize that your time away from work and family is valuable but at the same time believe that home study courses and internet based courses lack the invaluable hands learning experience. We have created this combined home study and hands on course to maximize you learning experience and minimize your expense.

This class is approved for 15 Continuing Education hours for Physical Therapists, Occupational Therapists and Massage therapists for North Carolina, South Carolina, Tennessee, Maryland and Virginia. A post test must be satisfactorily completed for the home study portion of the course prior to receiving your certificate of completion. Time will be allotted during the hands on class to finish the home study post test.

Don't Miss This Course!

This functional approach will immediately increase your confidence to effectively treat common specific sites of pain and dysfunction as well as recognize and integrate the function of all processes and systems affecting musculoskeletal health and healing



Satisfaction Guaranteed:

We have been teaching this course for many years and feel confident that the content of this course will provide you with advanced knowledge and manual skills that you can immediately implement with increased clinical outcomes. If you feel this course does not meet the clinical objectives we will gladly refund your registration fee.

Learn A Treatment Approach That Will Give You Unbelievable Results!!

Functional Muscle Therapy is a corrective approach to the treatment of musculoskeletal dysfunction based on the principles of “**Release, Activate & Integrate.**”

Release — You will learn Bowen Therapy, an anatomical and structural re-balancing technique that’s based on the body’s ability to adjust and address its own problems through relaxation of involved muscle groups. The combination of minimal handling of the patient’s body, the use of unique “cross fiber” manipulation, and strategically placed waiting periods, allows the body to relax and adjust, often rectifying problems that have been in place for years. This technique effectively addresses the underlying muscle and fascial dysfunctions, while calming the Central Nervous System (CNS) to, in essence, re-boot or “release”, normalizing muscle tone and allowing the body to return to its normal state of optimal function.

Activate — Your will learn exercise strategies developed to activate inhibited muscles and mobilize restricted fascia, which not only restores muscle balance but ensures that muscles continue to contract in proper sequence and degree, so that biomechanics are corrected, restored, and maintained.

Integrate — Learn evidence-based techniques to balance the ANS, and evidence-based nutritional support for musculoskeletal health and healing.

Testimonials:

“Excellent course and instructor. Gained priceless knowledge for my career as well as my personal life.”

MPT, Fairfax, VA

“Very well presented. Very good information. Gained knowledge that I can go back to work and use right away. One of the best courses I have taken. Very practical.”

OT, Baltimore MD

“Thoroughly enjoyed the seminar! Helped me refine and re-educate my own treatment strategies. Have a freshness to take back to my patients. Also enjoyed the integrative approach in conjunction with manual therapy treatments.”

DPT, Shreveport, LA

“Incorporating the techniques I learned into my practice for more than 6 months has resulted in exceptional outcomes which is endlessly rewarding for both my patients and my personal career satisfaction”

DPT, Porters Neck, NC

Brian McKeever, M.P.T., A.T.C., C.E.A.S

Physical Therapist, Exercise Physiologist, Certified Athletic Trainer, Certified Ergonomic Assessment Specialist

Brian has been practicing in the field of exercise physiology, athletic training and physical therapy for over 25 years. While running his successful private practice in California, he began an ergonomic consulting business. He has worked with many large companies including Campbell's Soup, Pepsi Cola, Blue Diamond Almonds, The Intel Corporation, and many more. In an effort to understand more about the injuries he was treating the speaker spent several years performing movement studies using surface electromyography (sEMG). These studies showed underlying hidden protective muscle patterns which correlated with the patient's movement patterns, postures, and pain. Although these studies were originally done to determine the cause of work related injuries and dysfunctions, Brian found a strong correlation between his findings and the general postures and movements associated with living in our modern environment. These studies also suggest that the CNS (Central Nervous System) can sometimes maintain these protective patterns long after the initial trauma or movement pattern is gone. Don't miss this opportunity to immediately enhance your clinical knowledge and skills as he shares with you his findings along with the effective treatment approach he developed to correct these underlying dysfunctions. Brian along with many of his previous class attendees can also testify that this treatment strategy can easily be integrated into your current treatment approach to improve outcomes. Brian continues to practice as a physical therapist, provides corporate ergonomic consulting, and along with his wife, Sheen, own and operate Lumina Wellness and Physical Therapy where they utilize Functional Muscle Therapy with great success and travel the country teaching Ergonomics, Functional Muscle Therapy, and the Bowen Method.

Bowen Manual Therapy

Brian's research and study is extensive in manual therapy techniques that address the CNS, as these techniques have the greatest effect on *releasing* the underlying muscle imbalances. He has training in Strain Counter-Strain, Muscle Energy, Craniosacral, Motor Point Manipulation, and was one of the first 75 practitioners with advanced training in PRRT™. Although these techniques provided some success, he has found Bowen Therapy to be one of the most effective manual therapy techniques and for the past 15 years he has continued to advance his study of the Bowen Technique. Brian was fortunate to have mentored directly under Albert LaShell, one of the first instructors of the Bowen Technique in America, as well as study the teachings of Albert's cousin, Milton Albright, who was the first Bowen therapist certified outside of Australia. Brian is one of a handful of therapists certified to teach Albert's Bowen Technique.

A study of Bowen Therapy's effectiveness by Amy Norman under the advisement of the University of North Carolina at Chapel Hill, demonstrated:

- 85% effectiveness with back pain
- 80% effectiveness for stress and tension
- 80% effectiveness with Fibromyalgia
- 95% effectiveness with TMJ

What you will Learn

- You will learn a sequential Bowen Manual Therapy treatment approach and understand how to incorporate these techniques into your practice.
- Learn how our modern environment including our furniture, shoes, nutrition, stress levels, and inactivity drive and maintain the muscle imbalances that cause many of the common dysfunctions you treat everyday.
- Describe how the Central Nervous System controls these underlying muscle imbalances and how the fiber composition of the muscle can influence tone.
- Understand why standard strength assessments are not always a true indicator of optimal muscle function.
- Implement exercise strategies to restore muscle balance and normalize fascial mobility.
- Learn to integrate evidence-based protocols for health and wellness into your practice.

Registration

Fee for Seminar: \$350.00

Students: \$225.00

Participants encouraged to register 14 days prior to hands on class in order to complete the home study portion of the class. Once registration and payment is received the home study portion of the course can be downloaded at our website: www.luminaWellnessAndPT.com

Name _____

PT OT PTA OTA ATC DC LMT

Address _____

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Payment Options:

- Register Online:
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Expiration date: ____/____/____ CV2# _____

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Cancellation Policy

All cancellations must be submitted in writing 14 days prior to the course date for refunds to be provided. We will offer a credit for future classes for cancellations with less than 14 days notice. Lumina Wellness reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. Lumina Wellness will issue a full credit or refund if any course is cancelled.