



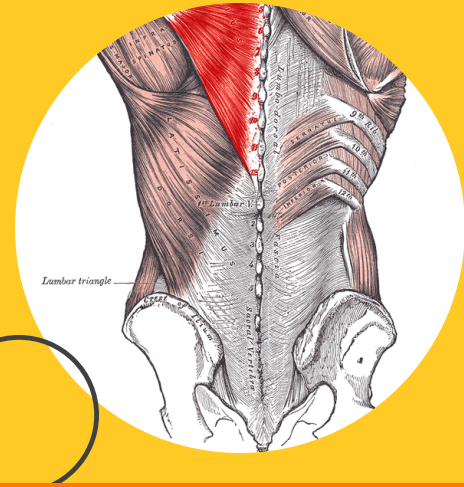
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Presents

# MITCHELL MUSCLE ENERGY TECHNIQUE



## MUSCLE ENERGY OF THE PELVIS AND LUMBAR SPINE



**Instructor(s):** Dr. Fred Mitchell Jr. DO and Kai Mitchell

**Date:** October 20th and 21st 2018

**Location:** Stong Masters Room - York University  
4700 Keele Street, Toronto.

**REGISTER NOW**

**\$475**  
(plus HST)  
**BEFORE 20 SEP**

**AFTER 20 SEP**  
**\$550**  
(plus HST)

Come join us and learn from the foremost experts in Muscle Energy Technique! The Mitchell family both developed the system and refined it for decades and are now offering this rare opportunity for other health care professionals to learn it.

This continuous development of MET within the Mitchell family has resulted in MET moving from being a collection of individual techniques for addressing muscle imbalances and arthrokinematic dysfunctions, to being a more refined, organized, and comprehensive system of evaluation and treatment.

Day 1 Theory of muscle energy, osteopathy and techniques for the Pelvis.  
Day 2. Evaluation and Techniques for the Lumbar Spine