



Strain & Counterstrain

W O R K S H O P

➤ **FACULTY**

Harmon L. Myers, D.O. Board Certified in Family Practice; Advanced Counterstrain Instructor; Board Certified Special Proficiency in Manipulative Medicine • Assisted by: F.P. Wedel, D.O., FACMQ; William H. Devine, D.O., C-NMM-OMM

➤ **CONTINUING MEDICAL EDUCATION**

Eight hours of AOA Category 1A Credit has been approved for this program. .8 CEU's for Physical Therapists has been applied for in Arizona, Nevada and New Mexico.

➤ **RECOMMENDATION**

Each participant should have Dr. Myers' **Clinical Application of Counterstrain Book**. Copies will be available at a discounted rate of \$87.96 for purchase at the workshop.

➤ **REGISTRATION**

\$185 Early Registration Fee • \$200 Registration Fee

Early registration deadline is March 26, 2010. Registration will close for all participants on April 9, 2010 or before that date if maximum enrollment has been reached. Make tuition checks payable to Tucson Osteopathic Medical Foundation or Register on-line at www.tomf.org

➤ **REFUNDS**

Pre-paid registration fees will be refunded upon written notice of cancellation before April 10, 2010 minus \$50 for processing fees.

➤ **LOCATION/CONFERENCE INFORMATION**

Tucson Osteopathic Medical Foundation • 3182 N. Swan Road • Tucson, AZ 85712 • (520) 299-4545 • (800) 201-8663 • Fax (520) 299-4609 • Contact: Cece Pappas, Medical Education Manager

➤ **HOUSING**

For your convenience, a block of rooms has been reserved for workshop participants at the Sheraton Tucson Hotel & Suites. A special weekend rate of \$119.00 plus tax for a standard room or \$129.00 for a suite is available until March 20, 2010. After that date, room reservations will be on a first-come, first-serve basis. Make all personal room reservations directly with the Sheraton. Call Ana Piveral at (520) 784-7507. Indicate that you are with the Tucson Osteopathic Medical Foundation group.

➤ **FOOD**

Complimentary afternoon refreshments on Saturday and breakfast on Sunday will be served.

➤ **EMERGENCY PHONE MESSAGES**

During workshop hours participants may be reached by phone at (520) 299-4545 or (520) 975-0357.

➤ **COURSE OBJECTIVES**

Strain and Counterstrain is an atraumatic way of treating somatic dysfunction that puts the patient in a position of comfort to relieve inappropriate neuro-muscular reflexes. Diagnosis and treatment will be correlated with the myofascial trigger point and referred pain pattern of the muscles being treated and clinical conditions will be addressed. It can be used with safety in almost any condition and with patients of any age. The focus of this tutorial will be on the Lower Extremities (hip, knee, ankle, foot); the Lumbar Spine, the Sacrum and the Pelvis. A major portion of the training time will be devoted to "hands-on" techniques so that the participants will have the opportunity to learn and perform practical Counterstrain applications. Each participant will be able to practice the learned techniques on another person. Comfortable attire should be worn to facilitate the learning process.

April 10-11, 2010

DATES & TIMES

Saturday, April 10, 2010

1:15 p.m. - 1:30 p.m.	Registration
1:30 p.m. - 3:00 p.m.	Workshop
3:00 p.m. - 3:30 p.m.	Break
3:30 p.m. - 5:30 p.m.	Workshop

Sunday, April 11, 2010

7:30 a.m. - 8:00 a.m.	Breakfast/Registration
8:00 a.m. - 10:30 a.m.	Workshop
10:30 a.m. - 11:00 a.m.	Break
11:00 a.m. - 1:00 p.m.	Workshop
1:00 p.m.	Adjourn

Mail Registration and Payment to TOMF (address above), or register on-line at www.tomf.org

Name (print name): _____

Address (billing address): _____

City/State/Zip: _____

Business Phone: () _____ E-Mail: _____ AOA #: _____

Please check: D.O. M.D. Physical Therapist Other _____

Payment: Check Enclosed (Make payable to: Tucson Osteopathic Medical Foundation)

Visa MasterCard American Express Card#: _____ Exp. Date: _____

Name (as it appears on card): _____

Signature: _____

REGISTRATION FORM

PLEASE PRINT



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W O R K S H O P

April 10-11, 2010

- > Lower Extremities (hip, knee, ankle, foot)
- > Lumbar Spine
- > Sacrum
- > Pelvis

Sponsored by:  **TUCSON
OSTEOPATHIC
MEDICAL
FOUNDATION**



H A N D S - O N T R A I N I N G B Y H A R M O N L . M Y E R S , D . O .

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For more information on this and other
CME events, please visit our website
www.tomf.org

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3182 N. Swan Road
Tucson, AZ 85712

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