

## Muscle Energy 204

### A) Notice of requirements for successful completion

- The purpose of this program is to present the evidence from the scientific literature that supports the concepts and utilization of MET. Muscle Energy Therapy 204 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:
  - Recognize the need for research in the efficacy of muscle energy technique
  - Outline the existing evidence supporting the stretch - relax techniques
  - Summarize the studies in the duration, force and number of contractions appropriate in the different applications of muscle energy technique
  - Describe the current investigations in muscle energy techniques as they apply to the spine
  - Correlate principles of biomechanics to the clinical effects of muscle energy technique
- 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: 881**

**Approved Through May 8, 2014**