

課程大綱

Day 1 – MET, Muscle Energy Technique. 肌肉能量技術

Key areas covered in this course 學習重點

Theory	學科理論
Muscle Function vs Dysfunction	肌肉功能障礙
Case Study to identify Muscular Imbalances	個案討論：肌肉失衡
Tonic vs Phasic	張力型與相位型肌肉
Outer Core Unit	核心肌群—外核
Brief introduction to Myofascial Slings	肌筋膜動力鍊簡介
The Gait Cycle & its relationship to upper and lower extremity	步態週期及其與上肢和下肢的關係

Practical	術科實作
Upper limb, lower limb, trunk & pelvis length tests	上肢、下肢、軀幹和骨盆肌群長度測試
Treatment of hypertonic muscles using specific modalities of MET	使用特定MET技術治療高張力肌肉
MET of upper limb, lower limb, trunk & pelvis	上肢、下肢、軀幹和骨盆肌群的MET
Discussion of Muscle firing patterns	肌肉收縮模式
Gmax & Gmed and their relationship to lower/upper limb pain	臀大肌與臀中肌及其與下肢 / 上肢疼痛的關係
Muscle weakness testing	肌肉無力測試
Taping	貼紮延續放鬆效果

Day 1 Schedule 日程

Time/時間	MET, Muscle Energy Technique	肌肉能量技術
8.30 - 9.00	Registration	報到
9.00 - 9.10	Introduction	開場簡介
09.10 - 9.50	Theory – Muscle function v dysfunction. Case study to identify muscular imbalances. Tonic v Phasic. MET theory – PIR / RI	理論：正常肌肉功能v失能肌肉 案例研究：肌肉失衡。張力與相位型肌肉。 MET理論：等長收縮後放鬆 / 交替抑制
9.50 - 10.45	Theory/Practical– Discussion of Myofascial sling patterns/ outer core unit and gait cycle, Muscle firing patterns and the relationship to lower/upper limb injuries.	理論/實作：討論肌筋膜動力鍊模式/核心肌群-外核和步態週期，肌肉收縮模式以及與下肢/上肢損傷的關係。
10.45 - 11.00	Break	休息
11.00 - 12.30	Practical – Upper Limb Muscle length tests and MET treatment	實作：上肢肌肉長度測試和MET放鬆與貼紮
12.30 - 13.30	Lunch	午餐
13.30 - 13.50	Q&A	前半場課程的發問
13.50 - 14.30	Practical – Lower Limb Muscle length tests and MET treatment	實作：下肢肌肉長度測試和MET放鬆與貼紮
14.30 - 14.45	Coffee break	休息
14.45 - 16.10	Practical – Trunk / Pelvis Muscle length tests and MET treatment	實作：軀幹/骨盆肌肉長度測試和MET放鬆與貼紮
16.10 - 16.40	Summary / Certificates	總結
16.40 - 17.00	Q&A	後半場課程的發問

Day 2— The Vital Glutes & Psoas Master-Class 關鍵臀部肌肉

Key areas covered in this course 學習重點：

Theory	學科理論
Case Study to link the pelvis to the shoulder	個案討論:肩與骨盆的連接
Tonic vs Phasic muscles / Outer Core Unit / Myofascial Slings	張力肌與相位肌/外核心肌群/肌筋膜動力鍊
The Gait Cycle & its relationship to upper and lower extremity	步態週期與上下肢的關係
Functional anatomy of the Gmax, Gmed and Iliopsoas muscles	臀大肌、臀中肌和髂腰肌的功能性解剖
Spinal Mechanics of the Pelvis and Lumbar spine	骨盆和腰椎的脊椎力學
Force and Form Closure	薦髌關節的穩定
Causes of Miss-Firing Gmax and Gmed	臀大肌和臀中肌錯誤活化的原因
Disc pathology –L4, L5 and S1 nerve root pathology	病案研究-臀肌和與對側腰方肌的連接
Malalignment syndrome of the pelvic girdle	髌關節怎樣和臀肌-腰大肌和腰痛及膝痛相關
Gmax & Gmed and their relationship to lower/upper limb pain	椎間盤病變-腰椎第4、5節，薦椎第一節神經根病變
Case study –Gmed and the link to the opposite QL muscle	骨盆排列不正症候群
How the hip joint relates to the gluteal-psoas musculature and back and knee pain	臀大肌與臀中肌與上下肢疼痛

Practical	術科實作
Pelvis muscle length tests-psoas, rectus femoris, adductors, TFL	骨盆區肌肉長度測試—腰大肌，股直肌，內收肌，闊筋膜張肌
Treatment of the hypertonic muscles using specific modalities of MET	使用特定MET手法來放鬆張力過高的肌肉
Demonstration of Muscle firing patterns for Gmax and Gmed	臀大肌和臀中肌活化模式
Gmax & Gmed and their relationship to lower/upper limb pain	臀大肌和臀中肌和他們對上/下肢疼痛的關係
Muscle weakness testing	虛弱肌肉測試
Neurological screening – lower limb	神經生理篩檢-下肢
Specific Gmax and Gmed exercises	針對臀大肌和臀中肌的訓練
Anterior rotation of the innominate correction	髖骨前旋的矯正
Screening of the hip joint	髖關節的篩檢

Day 2 Schedule 日程

Time/時間	The Vital Glutes & Psoas Master-Class	關鍵臀肌及腰肌大師班
8.30 - 9.00	Registration	報到
9.00 - 9.45	Introduction – Chapter one – case study of patient presenting with shoulder pain. Discussion of fascial slings, form and force closure. Linking the gait cycle to pain and dysfunction to the shoulder complex.	介紹、個案討論：肩痛、肌筋膜動力鍊的討論、薦髌關節的穩定、步態與肩部失能的關聯
9.45 - 10.15	Functional Anatomy of the Gmax, hip extension firing pattern assessment	臀大肌的功能性解剖、髌伸直模式評估
10.15 - 10.30	break	休息
10.30 - 11.15	Functional Anatomy of the Gmed, hip abduction firing pattern assessment. Case study of Gmed and QL.	臀中肌的功能性解剖、髌外展模式評估、個案討論-臀中肌與腰方肌
11.15 - 11.30	Differential diagnosis of weakness inhibition to the Glutes – Anterior muscles, nerves and capsules.	如何區辨不同原因所造成的臀肌被抑制-前側肌群、神經、關節囊
11.30 - 12.00	Functional Anatomy & assessment of the Iliopsoas, rectus femoris, adductors and TFL	髌腰肌、股直肌、內收肌、闊筋膜張肌的功能性解剖與評估
12.00 - 13.00	Lunch	午餐
13.00 - 14.00	Treating the causes of weakness inhibition – Soft tissue techniques – soft tissue release (STR) and muscle energy techniques (METs)	調整被抑制的軟組織-軟組織放鬆、肌肉能量技術、貼紮
14.00 - 14.30	Screening the hip joint and discuss the relationship to the lower back, pelvis and knee	髌關節的篩檢、髌關節與下背、骨盆、膝蓋的關係
14.30 - 14.45	Break	休息
14.45 - 15.45	Maximising the gluteals through functional and specific exercise protocol. Chapter 12	藉由功能性與精準的運動最大化臀肌的能力
15.45 - 16.00	Recap of day, Certificates, Further training and course dispersal.	總結
16.00 - 16.30	Q&A	發問、證書、合影