



OKANAGAN VALLEY COLLEGE OF  
**MASSAGE THERAPY** EST 1994  
VERNON, BRITISH COLUMBIA

# Muscle Energy Technique for the Neck and Upper Thoracic Spine

with Ann Sleeper

*A continuing education seminar*

**June 9-11, 2012**

**Vernon, BC**

Sat & Sun 9 am to 5 pm, Mon 9 am to noon

**17 CEUs**

## *Registration*

\$470 (Early Bird—\$440)

Early Bird Deadline: April 27, 2011

Contact OVCMT

Toll-Free Phone: 1-800-701-8863

Fax: 250-558-3748

Email: [info@ovcmt.com](mailto:info@ovcmt.com)

## *Location*

Okanagan Valley College of Massage Therapy

#200-3400 30th Avenue

Vernon, BC V1T 2E2

Treatment of lost range of motion of the cervical and upper thoracic vertebrae caused by tight paraspinal muscles can be essential for reducing symptoms from car accidents, falls and postural strain.

This course includes testing of the vertebral joints from occiput to T4 and treatment with gentle contract/relax techniques.

MET for this area is used to treat headaches, neck pain and stiffness, shoulder problems and more.



Ann Sleeper, RMT has been practicing in Vancouver since 1981. She taught Muscle Energy Technique (MET) at West Coast College of Massage Therapy for six years, and has instructed continuing education courses since 1991. Ann has studied techniques from the osteopathic tradition in the U.S. and Canada, including Muscle Energy Technique, Cranial Therapy, Myofascial Release, Postional Release Technique. The techniques Ann teaches are based on osteopathic concepts, which use an understanding of anatomy and body structure to treat pain and dysfunction. Find Ann on her website at [www.annsleeper.com](http://www.annsleeper.com).