

# Muscle Energy

**Date: June 23-25, 2023**

**Location: Dublin, OH**

**Course Director: Richard G. Schuster, DO**

**Register online at [www.academyofosteopathy.org](http://www.academyofosteopathy.org)**



## Course Description

Muscle energy technique consists of at least six different subtypes of technique all connected by patient cooperation contracting and relaxing muscles when instructed to do so.

It is extremely gentle and versatile and can be used for acute, subacute and chronic musculoskeletal conditions. It can be used by physicians of all sizes, shapes, and strengths, utilizing balance and leverage to control the techniques.

Physicians attending this course will learn how to perform muscle energy technique and learn how to apply these technique to the management of headache, neck pain, acute torticollis, shortness of breath, respiratory pain, low back pain, osteoarthritis of the spine, and a number of other conditions.

## Continuing Medical Education

20 credits of AOA Category 1-A CME anticipated

## Course Location

Ohio University Heritage College of Osteopathic Medicine, Dublin  
6775 Bobcat Way  
Dublin, Ohio 43016

## Meal Information

Morning coffee/tea provided each day.  
Lunch provided Friday and Saturday.

## Course Dates & Times

- July 23, 2023, 8 am-5:30 pm
- July 24, 2023, 8 am-5:30 pm
- July 25, 2023, 8 am-12:30 pm

## Course Director

Richard G. Schuster, DO is in solo private practice in Indianapolis, doing direct primary care and osteopathic manual medicine.

Dr. Schuster graduated from the Ohio University Heritage College of Osteopathic Medicine in 1994 after completing an undergraduate fellowship in osteopathic principles and practice. He completed a family medicine residency at the Firelands Regional Medical Center in Sandusky, Ohio, and a postdoctoral fellowship in sports medicine at the Toledo Hospital in Ohio.

The chair of the AAO's 2015 Convocation, Dr. Schuster is the 2022-2023 AAO President.

Dr. Schuster has a strong interest in medical education, and his academic interests include musculoskeletal medicine, biomechanics, and functional anatomy, with an emphasis on how the body transmits and organizes information to coordinate movement.

Registration Fees	On or before May 25, 2023	May 26-June 22, 2023	After June 23, 2023
Academy member in practice*	\$750	\$800	\$1,000
Resident or intern member	\$550	\$600	\$800
Student member	\$350	\$400	\$600
Nonmember practicing DO or other health care professional	\$1,050	\$1,100	\$1,300
Nonmember resident or intern	\$850	\$900	\$1,100
Nonmember student	\$650	\$700	\$900

\* The AAO's associate members, international affiliates and supporter members are entitled to register at the same fees as full members.

Questions or need additional information? Contact event planner Jasmine Eisinger at [eventplanner@academyofosteopathy.org](mailto:eventplanner@academyofosteopathy.org)

