



# Muscle Meridian Technique (MMT)



## Registration Form

### I WISH TO ENROL IN:

MELBOURNE: 27th - 28th October 2018

Student No.: .....

Prof. Association No.: .....

### PERSONAL DETAILS

SURNAME:.....

FIRSTNAME:.....

ADDRESS:.....

.....

PHONE:.....

EMAIL:.....

### PAYMENT METHOD

Credit Card:  VISA or  MASTERCARD

Expiry:   /

Amount payable: \$ .....

Name on card: .....

Signature: .....

or  Cheque (made payable to **CHINA BOOKS**

**P/L**)

## Venue:

CHINA BOOKS  
Level 2, 234 Swanston Street  
Melbourne VIC 3000

Times: 9:30am - 5:30pm

CPD: 13 Points

## Prices:

### \*EARLY BIRD SPECIAL

Professional Assoc. Member Rate: \$445

Full Rate: \$495

Student (Full time - undergraduate): \$395

### REGULAR PRICE

Professional Assoc. Member Rate: \$495

Full Rate: \$545

Student (Full time - undergraduate): \$445

\* Early Bird: Full payment is required 4 weeks prior

\* Registrations cancelled up to one week prior to the seminar will be refunded less 20%. We regret that refunds are not otherwise possible

## Contact Us

### CHINA BOOKS

Level 2, 234 Swanston Street, Melbourne VIC 3000

Phone: (03) 9663 8822

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## Presented by Peter Ferrigno

2 DAY WORKSHOP  
27<sup>TH</sup> - 28<sup>TH</sup> OCTOBER 2018  
MELBOURNE ONLY

## Introduction

This two day workshop explores the dynamic interrelationship between muscle energy and the channels. Muscle Meridian Techniques (MMT) is an adaption of Muscle Energy Technique (MET) into a TCM framework.

MET is a popular soft tissue manipulation technique used by manual therapists for the treatment of musculo-skeletal dysfunction. It is a form of facilitated stretching in which the practitioner gently stretches an identified poorly functioning muscle whilst the patient offers resistance during the stretch. As the patient is an active participant during the process, this technique encourages the body's own subtle energies to correct muscle dysfunction.

These techniques are easy to learn, quick to perform and yet can yield powerful and instant improvement in muscle tone. In TCM terms, these techniques will rapidly move qi stagnation, invigorate qi, improve muscle tone, flexibility and strength.

This course will enhance practitioner's knowledge and confidence in diagnosing and treating musculo-skeletal dysfunctions by adding a powerful adjunct to acupuncture treatments.

It is particularly useful for those with an understanding of TAN and distal needling acupuncture (DNA). MMT will inform and enhance these types of treatments.

## What You Will Learn

This workshop will cover the following:

- The benefits of Muscle Meridian Techniques
- How to use MMT in acute and chronic conditions such as neck pain, shoulder pain, lower back pain, hip discomfort, rotator cuff injuries, stiffness, sports injuries etc...
- Learn to refine your palpatory skills
- How to identify hypo-functioning muscles
- How to apply therapeutic stretches to address musculo-skeletal issues
- Alternative ways of applying MMT to address hypo-tonicity in muscles
- How to combine MMT with acupuncture points for greater success

By understanding the relationship between muscles, channel theory, and point selection, this approach becomes a powerful and effective therapeutic tool.

## About Peter Ferrigno

PhD, MA, BA, BSW, DipEd.

Peter was in the vanguard of Victoria's TCM industry, and is a highly respected practitioner and teacher who has been in private practice for over 30 years.



He has been instrumental in the education of practitioners, training acupuncturists since mid-1980's. Peter was one of the pioneering teachers involved in the first undergraduate program in acupuncture at Victoria University (VU). He has completed his Masters and doctoral dissertation in Chinese medicine.

His interest in muscle energy work began whilst lecturing at VU and he included aspects of this approach into the undergraduate program. He has taught several workshops in MET and MMT over the last decade.

Now part of the Three Lanterns group, Peter is devoting more of his time to clinical practice and continues his interest in lecturing and consulting.

Peter is currently a member of the editorial board of the Australian Journal of Acupuncture and Chinese Medicine, Australia's first peer reviewed Chinese medicine journal.