

**Southern Ontario College of Osteopathy**  
**Muscle Energy Technique, Myofascial Release, Techniques of Still, Chapman Reflexes**  
**(Course outline)**  
**23 hours**

1. Classification of osteopathic treatment techniques
2. Muscle Energy Technique
  - Principles of neurophysiology
  - Muscle spindle reflex
  - Golgi tendon reflex
  - Reciprocal Inhibition
  - Crossed extensor reflex
  - Principles of Muscle Energy Technique
  - Respiratory Assistance
  - Oculocephalogyric Reflex
  - MET for individual muscles
3. Fascia and Myofascial Release
  - Cellular physiology
  - Classification of connective tissues
  - Structure of connective tissues
  - Types and functions of fascial systems
  - Fascial patterns according to Zink
  - Myofascial Release Technique
  - Regional and local stretch
  - Longitudinal, transverse and combined stretch
  - Diaphragm release
4. Techniques of Still
5. Chapman reflexes
  - Distinguishing characteristics
  - Clinical applications