

Muscle Energy (M.E.T.): The Way Fred Mitchell, Sr., DO, FAAO Taught and Utilized It



Date: November 7-9, 2025
Location: OU-HCOM Dublin Campus, Dublin, OH
Course Director: Edward G. Stiles, DO, FAADist
Register online at www.academyofosteopathy.org



Course Description

The course will stress the basic principles Fred Sr. utilized when he developed both his MET tutorial's curriculum and the techniques he utilized in his practice.

During the course, we will discuss the principles for each area, demonstrate the MET technique options and practice the techniques involving the following areas: Lumbar, Sacrum, Innominates and Lower Extremities. Mitchell Sr. "fine-tuned" his techniques to each patient's uniqueness but unfortunately, he never published that material.

We will also discuss Mitchell's unique OPP clinical problem-solving strategies.

Continuing Medical Education

20 credits of AOA Category 1-A CME are anticipated.

Course Location

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

Course Dates & Times

- Friday, November 7, 2025, 8:00 am–5:00 pm
- Saturday, November 8, 2025, 8:00 am–5:00 pm
- Sunday, November 9, 2025, 8:00 am–12:00 pm

Meal Information

Morning coffee/tea provided each day. Lunch provided Friday and Saturday (gluten-free and vegan options available).

Course Director

Edward G. Stiles, DO, FAADist is a 1965 graduate of ATSU-Kirksville and completed an internship at Waterville Hospital in Waterville, Maine. From 1968 to 1973, he took over and ran the practice of internationally recognized osteopathic physician Perrin T. Wilson, DO, in Cambridge, Massachusetts, and in 1973, he established the first hospital-based osteopathic manipulative treatment service in the country at Waterville Osteopathic Hospital, where he served as director until 1978.

Dr. Stiles then established an OMT practice in Norman, Oklahoma, and he served as professor

and chair of the Osteopathic Principles and Practice (OPP) Department at the Oklahoma State University College of Osteopathic Medicine. He has also served as a clinical professor of biomechanics at the Michigan State University College of Osteopathic Medicine in East Lansing, as professor and chair of the OPP Department at the University of Pikeville–Kentucky College Osteopathic Medicine and as director of musculoskeletal medicine at Pikeville Medical Center.

Dr. Stiles has been the recipient of the American Osteopathic Association's A.T. Still Memorial Lecture Award and the Great Pioneers of Osteopathic Medicine Award. He has also received the Scott Memorial Lecture Award, the Northup Memorial Lecture Award, the Harold A. Blood, DO, FAAO, Memorial Lecture Award and the A.T. Still Medallion of Honor and FAAO Distinguished Service Award from the American Academy of Osteopathy. Dr. Stiles was also interviewed by The DO in June 2024 as one of several trailblazing osteopathic physicians in celebration of osteopathic medicine's 150th anniversary.

Registration Fees	On or Before October 1, 2025	October 2– November 2, 2025	On or After November 3, 2025
Academy members in practice*	\$1,000	\$1,050	\$1,150
Resident/Postgraduate	\$800	\$850	\$950
SAAO Member	\$500	\$550	\$650
Non-member practicing DO or other health care professional	\$1,500	\$1,550	\$1,650
Non-member Resident/Postgraduate	\$1,300	\$1,350	\$1,450
Non-member Student	\$750	\$800	\$900

* AAO Associate Members, International Affiliates and Supporter Members are entitled to register at the same fees as Academy Members in practice.

Questions or need additional information? Contact event planner Dreonna Howard at eventplanner@academyofosteopathy.org