

# Muscle Energy: The Way Mitchell, Sr. Taught and Utilized It (Intermediate Course)

**Tuesday, March 25th, 2025**

**Location: Pre-Convocation 2025 at Rosen Shingle Creek**

**Course Director: Edward G. Stiles, DO, FAAODist**

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



## Course Description

Participants in this course will be taught how to fine tune their muscle energy approach and deepen their understanding of the technique.

Presented as a continuation and expansion of the approach defined in Foundations of Osteopathic Medicine, this course will help you to become more precise with your muscle energy and to get results more quickly and more consistently. We will how Fred Mitchell, Sr. understood and applied the principles of muscle energy to the pelvis, rib cage, extremities, and spine. Participants will be given material in the form of PowerPoints, videos, and handouts to assist in curricular integration.

## Course Goals & Objectives

- Understand how Fred Mitchell, Sr. approached muscle energy different than what is currently taught.
- Understand how subtle differences in how you fine tune the patient during a muscle energy treatment can make a huge impact on outcomes.
- Understand where and how these differences can be incorporated into osteopathic curricula to reinforce the students learning.

- Understand why and where the Fred Mitchell, Sr. approach to the pelvis is so vital to understanding muscle energy.
- Attendees will leave with all of the slide handouts and materials to be able to incorporate this approach.

## Continuing Medical Education

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

## Course Location

Rosen Shingle Creek  
9939 Universal Blvd.  
Orlando, FL 32819

## Course Dates & Times

Tuesday, March 25, 2025 1pm-5pm

## Course Director

**Edward G. Stiles, DO, FAAODist** is a 1965 graduate of the ATSU-Kirksville, 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 Northrup Memorial Lecture Award, the Harold A. Blood, DO, FAO, Memorial Lecture Award and the A.T. Still Medallion of Honor and FAO 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 January 22, 2025		January 23–February 28, 2025		March 1–March 25, 2025	
	With Convo	Without Convo	With Convo	Without Convo	With Convo	Without Convo
Healthcare practitioner AAO member*	\$200	\$220	\$288	\$320	\$388	\$420
Resident or intern AAO member	\$150	\$165	\$276	\$307	\$376	\$407
Student member (SAAO)	\$125	\$135	\$204	\$227	\$304	\$327
Healthcare practitioner nonmember	\$600	\$660	\$702	\$780	\$802	\$880
Resident or intern nonmember	\$550	\$605	\$657	\$730	\$757	\$830

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