

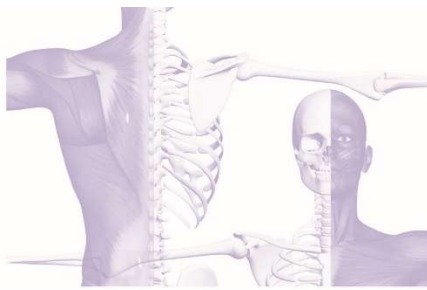


## The Musculoskeletal Manipulation Course: Approaching Musculoskeletal Problems Using Osteopathic Manipulation

**BACKGROUND:** This course is designed for physicians with little or no prior experience who wish to learn basic manipulation skills for assessing and treating common clinical problems. It will also serve as a good review for DOs who wish to refresh their skills, as well as those with expertise, but desire exposure to a method to teach osteopathic concepts. An osteopathic framework emphasizing soft tissue (ST), myofascial release (MFR), muscle energy (ME) and high velocity-low amplitude (HVLA) techniques will be used. Participants will learn focused examination tips and basic treatment techniques, working on each other as simulated patients. Techniques will cover cervical, thoracic, lumbar, and sacral areas as well as special cases. Common clinical cases will be presented for attendees to solve using newly learned skills under instructor supervision to ensure competence and confidence.

### COURSE SCHEDULE: DAY 1

Day #1: Morning Session	Introduction / Low Back Pain	Basic Musculoskeletal Manipulation: The 15 Minute Office Visit Chapter
8:00 – 8:10	Welcome / Course Overview	
8:10 - 8:50	Introductory Concepts / Evidenced Based Medicine	1, 2
8:50 – 9:10	Long Restrictor: Concepts	3
9:10 – 9:40	Long Restrictor: Lab	3
9:40 – 10:15	Pelvis/Sacroiliac I: Concepts / Lab	4
10:15 – 10:30	BREAK	
10:30 – 11:10	Pelvis/Sacroiliac II: Concepts / Lab	4
11:10 – 11:40	Lumbar Spine: Concepts / Lab	5
11:40 – 12:00	Model: “Putting it all together- the 15 Minute Low Back Pain Patient visit.”	10 Appendix 1
12:00 – 1:00	LUNCH	
Day #1: Afternoon Session	Thoracic Spine / Thoracic Cage	
1:00 – 2:00	Thoracic Spine/Concepts-Lab 1 (Introduction/Palpation/Soft Tissue)	6
2:00 – 3:00	Thoracic Spine/Concepts-Lab 2 (Muscle Energy: Upper/Lower)	6
3:00 – 3:15	BREAK	
3:15 – 4:00	Double Arm Thrust Technique: Muscle Energy & HV-LA	6
4:00 – 4:15	Thoracic Cage Diagnosis & Treatment: Inspiratory & Expiratory Dysfunction	7
4:15 – 4:30	Soft Tissue Techniques: Thoracic Cage	7
4:30 – 5:30	Muscle Energy Techniques: Thoracic Cage	7
5:30	End of Day 1	



## Course Schedule: DAY #2

Day #2: Morning Session	Cervicothoracic / Cervical Spine	Basic Musculoskeletal Manipulation: The 15 Minute Office Visit Chapter
8:00 – 8:20	Introduction / Cervicothoracic Junction – First Rib	8
8:20 – 8:40	Diagnosis of Cervicothoracic Junction Lab 1 -Determining the Side-Bending and Rotational Components - Palpation	8
8:40 – 9:00	Soft Tissue Techniques: <ul style="list-style-type: none"> <li>• Cervicothoracic Junction Lab 2</li> <li>• Cervical Flexion Stretching (X)</li> <li>• Trapezius Pinch / Inhibition</li> </ul>	8
9:00 – 9:40	Myofascial Release: Cervicothoracic Junction Lab 3 - Side-Bending & Rotational Components	
9:40 – 9:50	BREAK	
9:50 – 10:10	Cervical Spine: - Learning Objectives-Introduction / Cervical Spine - Functional Anatomy & Superficial Anatomic Landmarks	9
10:10 - 10:40	Cervical Spine Lab 1: Diagnosis of Cervical Spine Palpation Exercises	9
10:40 - 11:10	Cervical Spine Lab 2: Soft Tissue Techniques	9
11:10 – 11:40	Cervical Spine Lab 3: Muscle Energy Techniques: - Upper Cervicals (C1 - C2) - Lower Cervicals (C3 - C7)	9
11:40 - 12:10	Lecture / Lab: Model: “Putting it all together- The 15 minute Neck & Back Pain Patient visit.”	11
12:10- 1:00	WORKING LUNCH Case Review / Billing & Coding	12
Day #2: Afternoon Session	Additional Applications of OMT / Faculty Development	
1:00 – 1:45	The Application of OPP/OMM/OMT in Training Programs <ul style="list-style-type: none"> <li>• Expectations for ACGME Osteopathic Recognition training programs</li> <li>• Establishing a curriculum in Osteopathic Manipulation for your training program</li> </ul>	
1:45 – 2:30	Interactive Session: Teaching <ul style="list-style-type: none"> <li>• Effective Teaching Techniques</li> <li>• Learning effective skill stations techniques</li> </ul>	
2:30 – 2:45	BREAK	
2:45 – 3:45	Interactive Session: Evaluation <ul style="list-style-type: none"> <li>• Evaluation tools for OPP/OMM/OMT</li> <li>• Setting up an OSCE</li> <li>• Competency Based Evaluation/Milestones</li> </ul>	
3:45 – 4:15	Interactive Session: Quality assurance with Osteopathic Manipulation <ul style="list-style-type: none"> <li>• Quality assurance implementation</li> <li>• Credentialing and Supervision issues</li> </ul>	
4:15 – 4:30	Wrap Up/ Final Comments / Evaluations	
4:30	End of Day 2	