

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 AM – 10:00 AM	SESSION ONE	
	Welcome / Course Overview	
	Introductory Concepts / Evidenced Based Medicine	1, 2
	Long Restrictor: Concepts	3
	Long Restrictor: Lab	3
10:00 AM – 10:15 AM	BREAK	
10:15 AM – 11:45 AM	SESSION TWO	
	Pelvis/Sacroiliac I: Concepts / Lab	4
	Pelvis/Sacroiliac II: Concepts / Lab	4
11:45 AM – 12:45 PM	LUNCH	
Day #1: Afternoon Session	Low Back Pain / Thoracic Spine	
12:45 PM – 2:45 PM	SESSION THREE	
	Lumbar Spine: Concepts / Lab	5
	Model: "Putting it all together- the 15 Minute Low Back Pain Patient visit."	10 Appendix 1
2:45 PM– 3:00 PM	BREAK	
3:00 PM – 5:30 PM	SESSION FOUR	
	Thoracic Spine/Concepts-Lab 1 (Introduction/Palpation/Soft Tissue)	6
	Thoracic Spine/Concepts-Lab 2 (Muscle Energy: Upper/Lower)	6
	Double Arm Thrust Technique: Muscle Energy & HV-LA	6
5:30 PM	End of Day 1	



COURSE SCHEDULE: DAY 2

Day #2: Morning Session	Thoracic Cage / Cervicothoracic Spine	Basic Musculoskeletal Manipulation: The 15 Minute Office Visit Chapter
8:00 AM – 10:00 AM	SESSION FIVE	
	Low Back Pain & Thoracic Spine Review	3-5, 6, 10
	Thoracic Cage Diagnosis & Treatment: Inspiratory & Expiratory Dysfunction	7
	Soft Tissue Techniques: Thoracic Cage	7
	Muscle Energy Techniques: Thoracic Cage	7
10:00 AM – 10:15 AM	BREAK	
10:15 AM – 12:15 PM	SESSION SIX	
	Introduction / Cervicothoracic Junction – First Rib	8
	Diagnosis of Cervicothoracic Junction Lab 1 -Determining the Side-Bending and Rotational Components - Palpation	8
	Soft Tissue Techniques: Cervicothoracic Junction Lab 2 • Cervical Flexion Stretching (X) • Trapezius Pinch / Inhibition Myofascial Release: Cervicothoracic Junction Lab 3 - Side-Bending & Rotational Components	8
12:15 PM- 1:15 PM	WORKING LUNCH: Case Review / Billing & Coding (30 Minute Lunch – 30 Minute Lunch Presentation)	12
Day #2: Afternoon Session	Cervical Spine / Additional Applications of OMT / Faculty Development	
1:15 PM – 3:15 PM	SESSION SEVEN	
	Cervical Spine: - Learning Objectives-Introduction / Cervical Spine - Functional Anatomy & Superficial Anatomic - Landmarks	9
	Cervical Spine Lab 1: Diagnosis of Cervical Spine & Palpation Exercises	9
	Cervical Spine Lab 2: Soft Tissue Techniques	9
	Cervical Spine Lab 3: Muscle Energy Techniques: - Upper Cervicals (C1 - C2) - Lower Cervicals (C3 - C7)	9
	Lecture / Lab: Model: "Putting it all together- The 15 minute Neck & Back Pain Patient visit."	11 Appendix 2
3:15 PM – 3:30 PM	BREAK	
3:30 PM – 4:30 PM	SESSION EIGHT	
	Additional Applications of OMT	13
	The Application of OPP/OMM/OMT in Training Programs • Expectations for ACGME Osteopathic Recognition training programs • Establishing a curriculum in Osteopathic Manipulation for your training program	
	Interactive Session: Effective Teaching Techniques & Learning effective skill stations techniques	
	Interactive Session: Evaluation tools for OPP/OMM/OMT • Setting up an OSCE/Self-Directed Practical Examination • Competency Based Evaluation/Milestones	
	Interactive Session: Quality assurance with Osteopathic Manipulation • Quality assurance implementation • Credentialing and Supervision issues	
	Wrap Up/ Final Comments / Evaluations	
4:30 PM	End of Day 2	