

**The Cleveland Academy of Osteopathic Medicine &
The University Hospitals Richmond Medical Center**

Co sponsored by the Ohio Osteopathic Foundation

Presents

**"The Musculoskeletal Manipulation Course: Approaching Musculoskeletal
Problems Using Osteopathic Manipulation"**

December 5-6, 2009

COURSE FACULTY

Michael P. Rowane, DO, MS, FAAFP, FAAO

Course Director

Associate Professor of Family Medicine and Psychiatry, Case Western Reserve University;
Director of Medical Education, University Hospitals Richmond Medical Center,
Director of Osteopathic Medical Education, University Hospitals Case Medical Center

Paul Evans, DO, FAAFP, FACOFP

Dean and Professor of Family Medicine,
Georgia Campus - Philadelphia College of Osteopathic Medicine

Robert B. Truax, DO

Assistant Professor of Family Medicine, Case Western Reserve University
Department of Family Medicine, University Hospitals Case Medical Center

Course Description:

The Manipulation in Primary Care Course is a model teaching course in the application of Osteopathic Manipulative Treatment [OMT] to treat common conditions of the axial skeleton, including low back pain, as well as neck and back pain. The course, sometimes referred to as "Osteopathic Manipulation 101," is designed for both the novice and experienced physician. The course allows novices to feel comfortable performing manipulative medicine, as well as refresh physicians who are a bit rusty. It also allows physicians experienced with manipulation to first hand get a feel for a model in teaching OMT. The course is broke up into two parts. The first day and a half is a model of the basic OMT curriculum taught to DO and MD residents. The last half day is an optional faculty development session to provide assistance in implementing the best curricular model for each attendee's individual training program.

OBJECTIVE

Upon completion of this program, participants will be able to:

Perform assessment and treatment of somatic dysfunction of musculoskeletal conditions

Treat musculoskeletal conditions involving low back pain, as well as neck and back pain using basic manipulation techniques to the following regions:

long restrictors (piriformis and psoas),

lumbar spine,

sacroiliac joint,

thoracic spine,

cervical spine, and

special cases.

Course Background

This course is an integration of formal curriculum in Osteopathic manipulation/musculoskeletal medicine refined over the past 15 years by Paul Evans, DO and myself. Dr. Evans is a previous FM Program Director, former Chairman of Family Medicine while at Madigan Army Medical Center and the present Dean at Georgia Campus of the Philadelphia College of Osteopathic Medicine. I previously served as a Family Medicine Program Director at University Hospitals Case Medical Center, where Dr. Evans I worked together over this time to really refine the curriculum to be integrated throughout each year of residency training.

We have been asked for awhile by colleagues to share this curriculum and assistance with how to implement this in a primary care residency program. The course is set to be given the weekend of **Saturday and Sunday December 5th & 6th, 2009**. The Manipulation in Primary Care Course will take place in the Cleveland area at University Hospitals Richmond Medical Center. The course is sponsored by the Cleveland Academy of Osteopathic Medicine & University Hospitals.

The course (Some refer to as "Osteopathic Manipulation 101") is broke up into two parts. The first day and a half we model the basic curriculum that we teach. The course is focused on allowing novices to feel comfortable performing manipulative medicine, as well as refresh physicians who are a bit rusty. It also allows physicians experienced with manipulation to first

hand get a feel for how we teach the course. The last half day in an optional faculty development session to prepare the teachers for this and review curricular models to put it in your program.

Dr. Evans and I serve as primary faculty in the course. Robert B. Truax, DO, a faculty member in the Department of Family Medicine at CWRU/ University Hospitals Case Medical Center has joined us as faculty for the course. Dr. Truax has an extensive background including a pre-doctoral fellowship Osteopathic Manipulation/Musculoskeletal Medicine and a Sports Medicine Fellowship.

A number of post-graduate training programs are becoming, or are AOA-ACGME residencies with a training requirement in osteopathic principles and practices. Other training programs just want to broaden their curricular offerings. A number of individuals who attended the course were MD Family Physician faculty who just wanted to add another skill set, which they did. Above this, a number of individuals could not make last year and we promised to put on the course again.

We are looking forward to having you join us in Cleveland for "The Musculoskeletal Manipulation Course: Approaching Musculoskeletal Problems Using Osteopathic Manipulation."

CONTINUING EDUCATION CREDIT

Physicians: This program anticipates being approved for 16.5 AOA Category 1-A CME credits pending approval by the AOA CCME and AAFP Category 1 CME credits pending approval by the AAFP CME

Sign-in and full day attendance of program required for credit. All faculty participating in continuing medical education programs sponsored by the CAOM are expected to disclose to the audience whether they do or do not have any real or apparent conflict(s) of interest or other relationships related to the content of their presentation(s). CME documentation is also available to participants from other disciplines upon request.

HOTEL ACCOMMODATIONS:

A block of rooms has been reserved for registrants from 12/4-12/6/2009 at the Holiday Inn - Cleveland East located off I-90 at Bishop Rd. **Special Rate: \$69.99 plus tax.** Reservation can be made by calling the hotel directly at (440) 585-0600. To receive the special rate mention **confirmation number RXX.** Participants must secure their own hotel accommodations. Charges for room and tax are on individual basis.

PARKING

Free on-campus parking is available.

REGISTRATION

To register for CME, register at www.caomed.com, or complete the attached registration form and return with your payment to:

Stacy C. Pot
Executive Director
Cleveland Academy of Osteopathic Medicine
4000 Warrensville Center Rd
Cleveland OH 44122
Phone: 216/595-0655 Fax: 216/595-1925
Registration online at: www.caomed.com.
Email: caomed1@yahoo.com

Tuition Fee of \$375.00 for physicians, \$300 for Cleveland Academy of Osteopathic Medicine Members and \$200 for residents/interns includes continental breakfasts, lunch, and syllabus. Registration for individual days and fees are on the registration form. **Pre-registration is required and cannot be confirmed without tuition fees.** Registration fees are non-refundable unless cancellations are made in writing 7 days prior to program date. Registration inquiries to the **Cleveland Academy of Osteopathic Medicine at (216) 595-0655 or email: caomedjk@yahoo.com.**

Course Schedule

Day #1

Introduction / Low Back Pain

8:00 – 8:10	Introduction / Survey
8:10 - 8:30	Pain Models / Research
8:30 – 8:50	Introductory Concepts
8:50 – 9:10	Long Restrictor: Concepts
9:10 – 9:40	Long Restrictor: Lab
9:40 – 10:15	Pelvis/Sacroiliac I: Concepts / Lab
10:15 – 10:30	BREAK
10:30 – 11:10	Pelvis/Sacroiliac II: Concepts / Lab
11:10 – 11:40	Lumbar Spine: Concepts / Lab
11:40 – 12:00	Model: "Putting it all together- the 15 minute Low Back Pain Patient visit."
12:00 – 1:00	LUNCH

Afternoon Session

Thoracic Spine / Thoracic Cage

1:00 – 2:00	Thoracic Spine/Concepts: Lab1-Introduction/Palpation/Soft Tissue
2:00 – 3:00	Thoracic Spine/Concepts: Lab 2-Muscle Energy: Upper/Lower
3:00 – 3:15	BREAK
3:15 – 4:00	Double Arm Thrust Technique: Muscle Energy & HV-LA
4:00 – 5:00	Thoracic Cage Diagnosis & Treatment: Inspiratory & Expiratory Dysfunction

Instructors will stay after session for questions as needed until 5:30

Day #2

Cervicothoracic / Cervical Spine

8:00 – 8:20

Introduction / Cervicothoracic Junction – First Rib

8:20 – 8:40

Diagnosis of Cervicothoracic Junction Lab 1

- Side-Bending Component
- Rotational Component
- Palpation

8:40 – 9:00

Soft Tissue Techniques:

Cervicothoracic Junction Lab 2

- Cervical Flexion Stretching (X)
- Trapezius Pinch / Inhibition

9:00 – 9:40

Muscle Energy: Cervicothoracic Junction Lab 3

- Side-Bending Component
- Rotational Component

9:40 – 10:00

Cervical Spine:

- Introduction / Cervical Spine
- Learning Objectives
- Functional Anatomy
- Superficial Anatomic Landmarks

10:00 – 10:15

BREAK

10:15 - 10:45

Cervical Spine Lab 1:

- Diagnosis of Cervical Spine
- Palpation Exercises

10:45 - 11:15

Cervical Spine Lab 2: Soft Tissue Techniques

11:15 – 11:45

Cervical Spine Lab 3: Muscle Energy Techniques:

- Upper Cervicals (C1 - C2)
- Lower Cervicals (C3 - C7)

11:45 - 12:30

Lecture / Lab:

Model: "Putting it all together- The 15 minute Neck & Back Pain Patient visit."

Case Review

12:30- 1:00

Wrap Up/ Final Comments

Faculty Development Course

1:00 – 2:00

Working Lunch:

- Establishing a curriculum in Osteopathic Manipulation your training program

2:00 – 2:30

Interactive Session: Teaching

- Effective Teaching Techniques
- Learning effective skill stations techniques

2:30 – 3:30

Interactive Session: Evaluation

- Setting up an OSCE
- Competency Based Evaluation

3:30 – 4:00

Interactive Session: Quality assurance with Osteopathic Manipulation

- Quality assurance implementation
- Credentialing and Supervision issues

4:00 – 4:30

Summary and Conclusion

WORKSHOP REGISTRATION FORM

Please print all information

NAME _____

ADDRESS _____

CITY/STATE /ZIP _____

CONTACT PHONE NUMBER _____

COLLEGE/YR OF GRADUATION _____

AOA NUMBER _____

EMAIL ADDRESS _____

FIELD OF PRACTICE _____

Please check the appropriate box:

- | | | | |
|--------------------------|---|----------|------------------|
| <input type="checkbox"/> | Dec. 5-6: Physicians [Non-CAOM Members] | \$375.00 | 16.5 CME credits |
| <input type="checkbox"/> | Dec. 5-6: Physicians [CAOM Members] | \$300.00 | 16.5 CME credits |
| <input type="checkbox"/> | Dec. 5-6: Resident/Fellow | \$200.00 | |

Registration fee enclosed: \$_____

Please make checks out to CAOM (Cleveland Academy of Osteopathic Medicine)

Visa Mastercard Discover Amer. Exp.

Exp. Date: _____

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Registration may be mailed, faxed or emailed

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