

**The Cleveland Academy of Osteopathic Medicine &
The University Hospitals Richmond Medical Center
Presents
The Musculoskeletal Manipulation Course:
Approaching Musculoskeletal Problems Using Osteopathic
Manipulation February, 5-6, 2011**

COURSE FACULTY

Michael P. Rowane, D.O., M.S., 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, D.O., FAAFP, FACOFP

Professor of Family Medicine and Dean
Marian University College of Osteopathic Medicine
Indianapolis, Indiana

Robert B. Truax, DO

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

Course Description:

This course will teach basic assessment and treatment for low back pain, thoracic and neck pain with Osteopathic Manipulative Treatment [OMT]. The course, sometimes referred to as "Osteopathic Manipulation 101," is designed for both novice and experienced physicians who may feel a bit rusty. The course is broken up into two parts. The first part is the basic OMT curriculum taught to DO and MD residents and attending physicians. The second part is an optional faculty development session to review teaching concepts and specific tips on supervising DO residents and students by DO and MD faculty.

OBJECTIVE

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

- Perform basic assessment and treatment techniques for common somatic dysfunction
- Treat musculoskeletal conditions involving low back pain, thoracic and neck pain using basic manipulation techniques to the following regions:
 - long restrictors (piriformis and psoas),
 - lumbar spine,
 - sacroiliac joint,
 - thoracic region,
 - cervical spine, and
 - special cases.
- Discuss how to appropriately bill and code when using Osteopathic Manipulative Treatment.
- Develop a curricular model to teach basic manipulation at each attendee's individual training program.

The Musculoskeletal Manipulation Course: Approaching Musculoskeletal Problems Using Osteopathic Manipulation

- **Sponsor:** Cleveland Academy of Osteopathic Medicine, University Hospitals Richmond Medical Center and the Ohio Osteopathic Foundation
- **Site:** University Hospitals Richmond Medical Center; 27100 Chardon Road; Richmond Heights, OH 44143
- **Dates:** February 5 & 6, 2011

Course Background

This course is an integration of formal curriculum in Osteopathic Manipulative Medicine / Musculoskeletal Medicine refined over the past 15 years by Paul Evans, DO, FAAFP, FACOFP and Michael P. Rowane, DO, MS, FAAFP, FAAO. Dr. Evans is currently the Vice President and Dean of Marian University College of Osteopathic Medicine in Indianapolis, Indiana. He has had numerous academic positions including serving as a FM Program Director, Chairman of Family Medicine while at Madigan Army Medical Center and Dean at Georgia Campus Philadelphia College of Osteopathic Medicine. Dr. Rowane previously served as a Family Medicine Program Director at University Hospitals Case Medical Center where we worked together to refine the curriculum to be integrated throughout each year of residency training.

This unique course is scheduled for Saturday and Sunday, February 5 & 6, 2011. The Musculoskeletal Manipulation Course will take place in the Cleveland area at University Hospitals Richmond Medical Center. The Cleveland Academy of Osteopathic Medicine, University Hospitals and the Ohio Osteopathic Foundation are sponsoring the course together.

The course (Some refer to as "Osteopathic Manipulation 101") is broken up into two parts. The first part, lasting a day and a half, is the basic OMT curriculum taught to DO and MD residents and attending physicians. The last half/day, the second part, is an optional faculty development session to prepare the teachers to understand curricular techniques and for DO and MD faculty who supervise DO students and residents.

Drs. Evans and Rowane will 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 is an additional faculty member who has taught the course over the last several years. Dr. Truax has earned a pre-doctoral fellowship in Osteopathic Manipulative Medicine / Musculoskeletal Medicine and a Sports Medicine Fellowship.

CONTINUING EDUCATION CREDIT

Physicians: "This program anticipates being approved for sixteen and a half of AOA Category 1-A CME credits pending approval by the AOA CCME"

"This program anticipates being approved for sixteen and a half AAFP Category 1 CME credits pending approval by the AAFP CME"

Sign-in and full day attendance of program is 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 February 4-6, 2011 at the Ramada Inn Cleveland East located off I-90 at Bishop Rd. **Special Rate: \$55.00 plus tax.** Reservation can be made by calling the hotel directly at (440) 585-0600. To receive the special rate mention **UH Richmond Medical Center.** 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, please complete the attached [registration form](#) and return with your payment to:

Stacy C. Pot

Executive Director

Cleveland Academy of Osteopathic Medicine

10611 Washington St Ste B

Chagrin Falls OH 44023

Phone: 216/595-0655

Fax: 216/595-1925

Email: caomed1@yahoo.com

Web: www.caomed.com

"Treating Our Family and Yours"

Tuition Fee of \$395.00 for physicians, \$325 for Cleveland Academy of Osteopathic Medicine Members and \$200.00 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 7 days prior to program date. Registration inquiries the **Cleveland Academy of Osteopathic Medicine.**

Course Schedule

Day #1

Morning Session

Introduction / Low Back Pain

8:00 – 8:10	Welcome / Survey
8:10 - 8:50	Pain Models / Research / 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 [Provided]

Afternoon Session

Thoracic Spine / Thoracic Cage

1:00 – 2:00	Thoracic Spine/Concepts-Lab 1 (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 – 4:15	Thoracic Cage Diagnosis & Treatment: Inspiratory & Expiratory Dysfunction
4:15 – 4:30	Soft Tissue Techniques: Thoracic Cage
4:30 – 5:30	Muscle Energy Techniques: Thoracic Cage

Instructors will stay after session for questions as needed until 6:00

Course Schedule

Day #2

Morning Session

8:00 – 8:20

8:20 – 8:40

8:40 – 9:00

9:00 – 9:40

9:40 – 10:00

10:00 – 10:15

10:15 - 10:45

10:45 - 11:15

11:15 – 11:45

11:45 - 12:30

12:30- 1:00

Day #2

Afternoon Session

1:00 – 2:00

2:00 – 2:30

2:30 – 3:30

3:30 – 4:00

4:00 – 4:30

Cervicothoracic / Cervical Spine

**Introduction / Cervicothoracic Junction – First Rib
Diagnosis of Cervicothoracic Junction Lab 1**

- Side-Bending Component
- Rotational Component
- Palpation

**Soft Tissue Techniques:
Cervicothoracic Junction Lab 2**

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

Muscle Energy: Cervicothoracic Junction Lab 3

- Side-Bending Component
- Rotational Component

Cervical Spine:

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

BREAK

Cervical Spine Lab 1:

- Diagnosis of Cervical Spine
- Palpation Exercises

Cervical Spine Lab 2: Soft Tissue Techniques

Cervical Spine Lab 3: Muscle Energy Techniques:

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

Lecture / Lab:

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

Case Review

Billing & Coding

Wrap Up/ Final Comments

Faculty Development (Optional Session)

Working Lunch[Provided]:

- Establishing a curriculum in Osteopathic Manipulation
your training program

Interactive Session: Teaching

- Effective Teaching Techniques
- Learning effective skill stations techniques

Interactive Session: Evaluation

- Setting up an OSCE
- Competency Based Evaluation

**Interactive Session: Quality assurance with Osteopathic
Manipulation**

- Quality assurance implementation
- Credentialing and Supervision issues

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:

- Feb. 5-6 2011: Physicians \$395.00 [Non-CAOM Members] 16.5 CME credits
 Feb. 5-6 2011: Physicians \$325.00 [CAOM Members] 16.5 CME credits
 Feb. 5-6 2011: 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: _____

Card Number: _____

Name as it appears on the card: _____

Billing

Address: _____

Billing City/State/Zip: _____

3 digit security verification code on the back of card: ___ ___ ___

Registration may be mailed, faxed or emailed

Cleveland Academy of Osteopathic Medicine

10611 Washington St Ste B

Chagrin Falls OH 44023

(216) 595-0655, fax (216) 595-1925

Email: caomed1@yahoo.com

Objective

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. An osteopathic framework emphasizing soft tissue (ST), 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.

UPON COMPLETION OF THIS PROGRAM, PARTICIPANTS WILL BE ABLE TO:

Perform assessment and treatment of somatic dysfunction of musculoskeletal conditions amenable to basic manipulation techniques to include: long restrictors (piriformis and psoas), lumbar spine, sacroiliac joint, thoracic spine, cervical spine, and special cases.

Course Faculty

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

Course Director,
Associate Clinical 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

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Registration

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Emergency Contact Number During Workshop: 216-789-8585 (Stacy Pot)

This program is being supported by:

**The Cleveland Academy of Osteopathic Medicine,
University Hospitals Richmond Medical Center and
The Ohio Osteopathic Foundation**