

**The Cleveland Academy of Osteopathic Medicine &
The University Hospitals Regional Hospitals-Richmond campus
Presents
The Musculoskeletal Manipulation Course:
Approaching Musculoskeletal Problems Using Osteopathic Manipulation
September, 14-15, 2013**

COURSE FACULTY

Paul Evans, DO, FAAFP, FACOFP

Dr. Evans is VP and Dean, and Professor of Family Medicine at Marian University College of Osteopathic Medicine in Indianapolis, Indiana. He has had extensive experience in academic and military medicine, including serving as Family Medicine residency program director, chair of a family practice department, and director of a multi-specialty primary care group, with over 26 years in military medicine. Dr Evans is also the founding dean of Georgia Campus Philadelphia College of Osteopathic Medicine (GA-PCOM).

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

Dr. Rowane is the Director of Medical Education of University Hospitals Regional Hospitals and Director of Osteopathic Medical Education at University Hospitals Case Medical Center in Cleveland, Ohio, where he previously served as a Family Medicine Program Director. He is an Associate Clinical Professor of Family Medicine and Psychiatry at Case Western Reserve University.

Robert B. Truax, DO

Dr. Truax is an Assistant Professor of Family Medicine at Case Western Reserve University. He is a faculty member in the Department of Family Medicine at CWRU/ University Hospitals Case Medical Center. Dr. Truax is an additional faculty member who has taught the course over the last several years. He has an extensive background including a pre-doctoral fellowship Osteopathic Manipulative Medicine/Musculoskeletal Medicine and a Sports Medicine Fellowship.

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 MD and experienced DO 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 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 pain and neck pain using basic manipulation techniques to the following areas:
 - long restrictors (piriformis and psoas),
 - sacroiliac joint,
 - lumbar spine,
 - thoracic region,
 - cervical spine, and
 - special cases.
- Demonstrate how to use of all diagnostic and treatment skills in a simulated 15 minute office visit
- 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.
- Review chart and supervision strategies for MD physicians who supervise DO residents doing manipulation.

The Musculoskeletal Manipulation Course: Approaching Musculoskeletal Problems Using Osteopathic Manipulation

- **Sponsor:** Cleveland Academy of Osteopathic Medicine, University Hospitals Regional Hospitals Richmond campus and the Ohio Osteopathic Foundation
- **Site:** UH Regional Hospitals University Hospitals Richmond Medical Center campus; 27100 Chardon Road; Richmond Heights, OH 44143
- **Dates:** September 14 & 15, 2013

Course Background

This course is an integration of formal curriculum in Osteopathic Manipulative Medicine / Musculoskeletal Medicine refined over the past 15 years by Dr Evans and Dr. Rowane. This course has been successfully given in Family Medicine and Sports Medicine residencies and fellowships as well as state and national conferences.

The unique course is scheduled for **Saturday and Sunday, September 14 & 15, 2013**. The Manipulation in Primary Care Course will take place in the Cleveland area at the UH Regional Hospitals UH Richmond Medical Center campus. 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.

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 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 Sept. 14-15 at the Courtyard by Marriott in Willoughby. **Special Rate: \$129.00 plus tax.** Reservation can be made by calling the hotel directly at (440) 530-1100. To receive the special rate mention **UH Regional Hospitals.** Participants must secure their own hotel accommodations. Charges for room and tax are on individual basis. Cut off for hotel reservations is August 30, 2013.

The Hotel address is: 35103 Maplegrove Road, Willoughby, Ohio 44094

PARKING

Free on-campus parking is available.

REGISTRATION

To register for CME, please complete the attached registration form and return with your payment to:

Jessica Strauss

Executive Director

Cleveland Academy of Osteopathic Medicine

PO Box 356

Avon, OH 44011

Phone: (216) 595-0655; Fax: (216) 282-3780

Email: caomed1@yahoo.com

Web: www.caomed.com

"Treating Our Family and Yours"

Tuition Fee of \$495.00 for physicians, \$425 for Cleveland Academy of Osteopathic Medicine Members and \$275.00 for residents/interns, includes continental breakfasts, lunch, and A COPY OF THE COURSE TEXTBOOK "**Basic Musculoskeletal Manipulation: The 15 Minute Office Visit.**" The faculty development portion of the course is open to all course attendees. 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 go to the **Cleveland Academy of Osteopathic Medicine.**

Course Schedule

Day #1

Morning Session

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

Afternoon Session

	<u>Thoracic Spine / Thoracic Cage</u>
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:

- Establishing a curriculum in Osteopathic Manipulation for 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:

- Sept. 14-15 2013: Physicians \$495.00 [Non-CAOM Members] 16.5 CME credits
- Sept. 14-15 2013: Physicians \$425.00 [CAOM Members] 16.5 CME credits
- Sept. 14-15 2013: Resident/Fellow \$275.00
- In the event that a participant does not wish to have the course textbook then they may have \$75.00 discount off the course. [Textbook is discounted from its \$99.95 price for course participants] No handouts will be provided for the course, as the coursework is from the textbook, "**Basic Musculoskeletal Manipulation: the 15 Minute Office Visit.**"

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

PO Box 356

Avon, OH 44011

Phone: (216) 595-0655; Fax: (216) 282-3780

Email: caomed1@yahoo.com

Web: www.caomed.com

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 Regional Hospitals,
Director of Osteopathic Medical Education, University Hospitals Case Medical Center

Paul Evans, DO, FAAFP, FACOFP

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

Robert Truax, DO

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

Continuing Education Credit

Physicians: "This program is anticipated to offer sixteen and a half of AOA Category 1-A CME credits pending approval of the AOA Council on Continuing Medical Education." "This program is anticipated to offer sixteen and a half AAFP Category 1 CME credits, pending the approval of the AAFP."

Sign-in and full day attendance of program is required for credit. All faculty participating in continuing medical education programs sponsored by CAOM and OOF 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 September 14-15, 2013 at the **Ramada Inn** located off I-90 at Bishop Rd. **Special Rate: \$XX plus tax. Reservation can be made by calling the hotel directly at (440) 585-0600. To receive the special rate mention University Hospitals Regional Hospitals UH Richmond Medical Center campus.** Participants must secure their own hotel accommodations. Charges for room and tax are on individual basis.

Parking

Free on-site parking is available.

Registration

To register for CME, please complete the [attached registration form](#) and return with your payment. Tuition Fee of \$495.00 for physicians, \$425.00 for Cleveland Academy of Osteopathic Medicine Members and \$295.00 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 in writing 7 days prior to program date.

Registration inquiries: Contact Jessica Strauss, Executive Director, at the Cleveland Academy of Osteopathic Medicine, 216-595-0655 or caomed1@yahoo.com.

Emergency Contact Number During Workshop: XXX-XXX-XXXX ()

This program is being supported by:

**The Cleveland Academy of Osteopathic Medicine,
University Hospitals Regional Hospitals and
The Ohio Osteopathic Foundation**