

The Musculoskeletal Manipulation Course: Approaching Musculoskeletal Problems Using Osteopathic Manipulation

THIS PROGRAM IS CO-SPONSORED BY:



A Special Course offered during the 54th Annual CAOM January Seminar

DATES: Friday and Saturday, January 18th and 19th, 2019
[Optional CAOM January Seminar OMT Workshop on Sunday, January 20th]

COURSE FACULTY

Paul Evans DO, LL.D (hon), FACOFFP

Dr. Evans served as the founding Dean of both Marian University College of Osteopathic Medicine in Indianapolis, Indiana and prior to that at the Georgia Campus Philadelphia College of Osteopathic Medicine (GA-PCOM). Prior to his retirement, Dr. Evans was the Vice Dean and Director of Bryan Leadership and Education Institute at the Western University of Health Sciences College of Osteopathic Medicine of the Pacific NW. Dr. Evans has had extensive experience in academic and military medicine, including serving as Family Medicine residency program director, chairperson, and director of a multi-specialty primary care group, with over 26 years in military medicine.

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

Dr. Rowane is the Associate Dean of Clinical Education at the Lake Erie College of Osteopathic Medicine where he is also a Professor of Osteopathic Manipulative Medicine and Family Medicine. Prior to this he was Director of Medical Education of University Hospitals Regional Hospitals and Family Medicine Program Director at University Hospitals Cleveland Medical Center, both in the Cleveland, Ohio. He is currently the Immediate Past-President of the American Academy of Osteopathy. He has also served on the Accreditation Council of Graduate Medical Education [ACGME] Osteopathic Principles Committee.

COURSE DESCRIPTION:

Drs. Evans and Rowane, the primary faculty of the course are the authors of "**Basic Musculoskeletal Manipulation: the 15 Minute Office Visit**," the accompanying textbook for the course. 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 as well as osteopathic physicians with expertise, but desire exposure to a method to teach osteopathic concepts will benefit from this course as well. 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 a faculty development session to review teaching concepts and specific tips on supervising residents and students by DO and MD faculty. There is an optional 3rd day for added OMT training with a regional faculty. In addition, this course is an ideal introduction for non-osteopathic students and attending physicians who are considering entering ACGME Osteopathic Recognition training programs.

LEARNING OBJECTIVES:

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
 - the application of OMT in evaluating and treating the hospitalized patient.
- 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 [OMT].
- 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 OMT.

The Musculoskeletal Manipulation Course: Approaching Musculoskeletal Problems Using Osteopathic Manipulation

- **Sponsor:** Cleveland Academy of Osteopathic Medicine, the Ohio Osteopathic Foundation and the Lake Erie Consortium for Osteopathic Medical Training (LECOMT)
- **LOCATION:** The Ritz-Carlton Downtown Cleveland
- **Dates:** Friday and Saturday, January 18th and 19th, 2019

Course Background

This course is an integration of formal curriculum in Osteopathic Manipulative Medicine / Musculoskeletal Medicine refined over the past 20 years by Drs. Evans and Rowane. This course has been successfully given in Family Medicine and Sports Medicine residencies and fellowships as well as state and national conferences. The curriculum by Drs. Evans and Rowane for this course was developed to train primary care MD's and tested as prospective randomized trial through the Sheps Center of the University of North Carolina at Chapel Hill and published in *Spine*. [*Spine* 2000;25:22: 2954-2961.] This is an evidenced-based method to utilizing Osteopathic Manipulative Treatment in a clinical setting presented in an understandable manner to engage all participants to obtain practical skills.

The unique course is scheduled for **Friday and Saturday, January 18th and 19th, 2019**. The Manipulation in Primary Care Course will take place in the Cleveland, Ohio at the **Ritz-Carlton Downtown Cleveland**. The Cleveland Academy of Osteopathic Medicine, the Ohio Osteopathic Foundation and the Lake Erie Consortium for Osteopathic Medical Training (LECOMT) are sponsoring the course together.

NOTE: The CAOM January Seminar will have an additional eight [8] hour all day program incorporating Osteopathic Principles and Practices [OPP] / Osteopathic Manipulative Treatment [OMT] on Sunday, January 20, 2019 for any participants wishing to attend. This will allow any participant to complete an anticipated twenty-four [24] hours of CME credits on the application of OPP/OMT by attending both programs.

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 for 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 Thursday, January 17th through Saturday, January 19th, 2019 at The Ritz-Carlton Downtown Cleveland 1515 West Third Street, Cleveland OH 44113. The discounted room block rate of \$189 for a deluxe room will be held until Thursday, December 27th after which you will be offered the best rate. Room reservations can be made simply by calling Touched by Travel 1-800-874-7208 and indicate you are making a reservation for the event with the "Cleveland Academy of Osteopathic Medicine".

PARKING AND FACILITY INFO: Hotel valet parking is available at the front entrance of the hotel at 1515 West Third Street. The overnight parking rate is \$36 per car per night and the daily event rate is \$28 per car per day. Self-parking is available in the Tower City Center adjacent to the hotel.

REGISTRATION: To register for CME, please complete register online www.caomed.com or the attached [registration form](#) and return with your payment to:

Executive Director

Cleveland Academy of Osteopathic Medicine
377 Lear Rd. #161
Avon Lake, OH 44012

Tuition Fee of \$495.00 for physicians, \$425 for Cleveland Academy of Osteopathic Medicine Members, \$425 for faculty of training programs affiliated with the Lake Erie College of Osteopathic Medicine / Lake Erie Consortium for Osteopathic Medical Training 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 the **Cleveland Academy of Osteopathic Medicine.**

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

<u>Day #1: Morning Session</u>	<u>Introduction / Low Back Pain</u>
8:00 – 8:10	Welcome / Course Overview
8:10 - 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
<u>Day #1: Afternoon Session</u>	<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

<u>Day #2: Morning Session</u>	<u>Cervicothoracic / Cervical Spine</u>
8:00 – 8:20	Introduction / Cervicothoracic Junction – First Rib
8:20 – 8:40	Diagnosis of Cervicothoracic Junction Lab 1 -Determining the Side-Bending and Rotational Components - Palpation
8:40 – 9:00	Soft Tissue Techniques: Cervicothoracic Junction Lab 2 - Cervical Flexion Stretching (X) - Trapezius Pinch / Inhibition
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: - Introduction / Cervical Spine - Learning Objectives - Functional Anatomy - Superficial Anatomic Landmarks
10:10 - 10:40	Cervical Spine Lab 1: - Diagnosis of Cervical Spine - Palpation Exercises
10:40 - 11:10	Cervical Spine Lab 2: Soft Tissue Techniques
11:10 – 11:40	Cervical Spine Lab 3: Muscle Energy Techniques: - Upper Cervicals (C1 - C2) - Lower Cervicals (C3 - C7)
11:40 - 12:10	Lecture / Lab: Model: “Putting it all together- The 15 minute Neck & Back Pain Patient visit.”
12:10- 1:00	WORKING LUNCH Case Review / Billing & Coding
<u>Day #2: Afternoon Session</u>	<u>Additional Applications of OMT / Faculty Development</u>
1:00 – 1:20	The Application of OMT in Evaluating and Managing the Hospitalized Patient: • Introduction • Respiratory-Circulatory Model
1:20 – 1:40	Rib Raising OMT technique
1:40 – 2:30	Utilizing an integrated Evaluation-Treatment 4 Step Method
2:30 – 2:45	BREAK
2:45 – 3:15	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
3:15 – 3:45	Interactive Session: Teaching & Evaluation • Effective Teaching Techniques • Learning effective skill stations techniques • Evaluation tools for OPP/OMM/OMT • Setting up an OSCE • Competency Based Evaluation/Milestones
3:45 – 4:15	Interactive Session: Quality assurance with Osteopathic Manipulation • Quality assurance implementation • Credentialing and Supervision issues
4:15 – 4:30	Wrap Up/ Final Comments / Evaluations

This program is being supported by:
The Cleveland Academy of Osteopathic Medicine,
The Ohio Osteopathic Foundation, and The Lake Erie
College of Osteopathic Medicine / Lake Erie
Consortium for Osteopathic Medical Training

OPTIONAL 3RD DAY PROGRAM
54TH ANNUAL JANUARY SEMINAR SCHEDULE

THIS PROGRAM IS CO-SPONSORED BY:



CAOM JANUARY OMT SEMINAR ON SUNDAY, JANUARY 20, 2019

Program Chairpersons: Susan M. Ratay, DO, MS & Michael P. Rowane, DO, MS, FAAFP, FAAO

- 7:30 Welcome & Overview of the Day:**
Continuing to Promote the Osteopathic Profession at a Local and National Level [Presentation]
Primary Presenters: Susan M. Ratay, DO, MS
Michael P. Rowane, DO, MS, FAAFP, FAAO
- 7:40 Knee Evaluation and the Kinetic Chain. [Presentation & Lab]**
Primary Presenters: Robert B. Truax, DO
- 8:50 Integration of the Autonomic NS in the Osteopathic Management of Your Patients [Presentation & Lab]**
Primary Presenter: Susan M. Ratay, DO, MS
- 10:00 BREAK**
- 10:10 Enhancing Palpatory Skills: Integration for Approaching the Whole Body and Cranium [Presentation & Lab]**
Primary Presenters: Kelli S. Buckner, DO
- 11:20 Overview of Muscle Energy for Neck Pain [Presentation & Lab]**
Primary Presenter: Gabrielle Koczab, DO
- 12:30 LUNCH**
- 1:10 Management Considerations of Chronic SI Pain: From OMT to Possible Fusion [Presentation & Lab]**
Primary Presenters: Fredrick P. Wilson, DO
- 2:20 Osteopathic Insights in Allergy-Immunology: Upper Respiratory / Rhinitis [Presentation & Lab]**
Primary Presenters: Robert Hostoffer, DO, FAAP, FACOP, FACP, FACOI
- 3:30 BREAK**
- 3:40 Efficiently Integrate OMT in the Office with Pearls in Billing and Enhancing RVU's [Presentation & Lab]**
Primary Presenter: Edward Craft, DO
- 4:25 Program Wrap Up & Evaluation**
Primary Presenters: Susan M. Ratay, DO, MS
Michael P. Rowane, DO, MS, FAAFP, FAAO
- 4:30 Program Conclusion**

Course Faculty and Table Trainers:

- Kelli S. Buckner, DO
- Peter Gotsis, DO
- Mark Harrington, DO, ACT –Table Trainer
- Daniel Harrington, DO –Table Trainer
- Robert W. Hostoffer, DO, LhD, FAAP, FACOP, FACP, FACOI
- Devi Jhaveri, DO
- Gabrielle Koczab, DO
- Lili A. Lustig, DO
- Christopher Parnell, DO
- Susan M. Ratay, DO, MS
- Michael P. Rowane, DO, MS, FAAFP, FAAO
- Christopher L. Tangen, DO
- Robert B. Truax, DO
- Lauren Walter, DO
- Fredrick P. Wilson, DO

WORKSHOP REGISTRATION FORM

Please print all information if submitting via email or mail. Go green and register online at www.caomed.com
Need hotel reservations? Call 1-800-241-3333 to reserve your spot.

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

CONTACT PHONE NUMBER _____

COLLEGE/YR OF GRADUATION _____

AOA NUMBER _____

EMAIL ADDRESS _____

FIELD OF PRACTICE _____

Please check the appropriate box:

The Musculoskeletal Manipulation Course including textbook: Friday and Saturday, January 18-19, 2019

- | | | |
|--------------------------|---|------------------|
| <input type="checkbox"/> | Physicians: \$495.00 [Non-CAOM Members] | 16.0 CME credits |
| <input type="checkbox"/> | Physicians: \$425.00 [CAOM Members] | 16.0 CME credits |
| <input type="checkbox"/> | Physicians: \$425.00 [LECOM/LECOMT Members] | 16.0 CME credits |
| <input type="checkbox"/> | Resident/Fellow: \$275.00 | |

The Musculoskeletal Manipulation Course without textbook: Friday and Saturday, January 18-19, 2019

In the event that a participant does not wish to have the course textbook then they may have a \$50.00 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."

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|--------------------------|---|------------------|
| <input type="checkbox"/> | Physicians: \$445.00 [Non-CAOM Members] | 16.0 CME credits |
| <input type="checkbox"/> | Physicians: \$375.00 [CAOM Members] | 16.0 CME credits |
| <input type="checkbox"/> | Physicians: \$375.00 [LECOM/LECOMT Members] | 16.0 CME credits |
| <input type="checkbox"/> | Resident/Fellow: \$225.00 | |

CAOM January Seminar OMT Workshop: Sunday, January 20, 2019

[NOTE: These rates are for participants in the Musculoskeletal Manipulation Course]

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|--------------------------|---|-----------------|
| <input type="checkbox"/> | Physicians: \$125.00 [Non-CAOM Members] | 8.0 CME credits |
| <input type="checkbox"/> | Physicians: \$75.00 [CAOM/LECOM/LECOMT Members] | 8.0 CME credits |
| <input type="checkbox"/> | Student/Intern/Resident/Fellow: FREE | |

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: _____

Security verification code on the back of card: ____ _

Registration may be submitted electronically at www.caomed.com, mailed or emailed to info@caomed.com

Cleveland Academy of Osteopathic Medicine 377 Lear Rd. #161, Avon Lake, OH 44012
Phone: (440) 653-5110; Email: info@caomed.com Web: www.caomed.com