

The Musculoskeletal Manipulation Course: Approaching Musculoskeletal Problems Using Osteopathic Manipulation

THIS PROGRAM IS CO-SPONSORED BY:



A Special Course offered during the 60th Annual CAOM January Seminar
DATES: Friday and Saturday, January 24th – 25th, 2025
[Optional CAOM January Seminar OMT Workshop on Sunday, January 26th]

COURSE FACULTY

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 a Past-President of the American Academy of Osteopathy and Cleveland Academy of Osteopathic Medicine. He has also served on the Accreditation Council of Graduate Medical Education [ACGME] Osteopathic Principles Committee.

ROBERT TRUAX, DO, CAQSM

Dr. Truax is currently Assoc Clinical Professor of OMM at Ohio University Heritage College of Osteopathic Medicine (CLE) and owns Chagrin Osteopathic Medicine & Massage with his wife, a Licensed Massage Therapist. Dr. Truax graduated from Kirksville College of Osteopathic Medicine in 1999 after completing a pre-doctoral fellowship in OMM. He completed his Family Medicine residency in the US Army and served for 4 years doing full-service Family Medicine. He also started the first OMM clinic at Fort Polk, LA. Upon finishing a Primary Care Sports Medicine Fellowship, he joined University Hospitals where he worked for 14 years prior to starting his clinic.

COURSE DESCRIPTION:

Dr. Rowane, is a co-author along with Paul Evans, DO, LLD (Hon.), FCOFP 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 as part of the COAM January OMT Seminar on Sunday. 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
- 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.

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- **Sponsor:** Cleveland Academy of Osteopathic Medicine, the Ohio Osteopathic Foundation; the Lake Erie College of Osteopathic Medicine; and the Lake Erie College of Osteopathic Medicine Consortium for Academic Excellence (LCAE)
- **Location:** Ritz-Carlton Downtown Cleveland
- **Dates:** Friday and Saturday, January 24th – 25th, 2025

COURSE BACKGROUND

The course given by Dr. Rowane 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, Sports Medicine and sub-specialty 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 24th – 25th, 2025**. 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, the Lake Erie College of Osteopathic Medicine (LECOM), and the LECOM Consortium for Academic Excellence (LCAE) 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 26th, 2025 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

The Ohio Osteopathic Foundation (OOF) is accredited by the American Osteopathic Association (AOA) to provide osteopathic continuing medical education (CME) for physicians. The OOF designated this program for a maximum of 24 hours of AOA Category 1-A credits and will report CME and specialty credits in accordance with the extent of the physicians' participation in this activity.

Physicians: "This program anticipates being approved for sixteen (16) 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 AND PARKING:

For parking and hotel information, see the Accommodations tab on our website <http://www.caomed.com/course>. Discounted rates of \$249 is available at the Ritz Carlton if reserved **before January 6, 2025**, or for \$209 at the Hotel Cleveland if reserved before **December 20, 2024**.

REGISTRATION:

To register for CME, please complete register online <http://www.caomed.com/course>. Registration includes continental breakfast, lunch and 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 14 days prior to program date. Registration deadline expires

The Musculoskeletal Manipulation Course including textbook:

- Physicians: \$495.00 **AFTER JANUARY 3, 2025** \$595.00 (Non-CAOM Members) (16.0 CME credits)
- Physicians: \$425.00 **AFTER JANUARY 3, 2025** \$525.00 (CAOM / LECOM-LCAE Members) (16.0 CME credits)
- Resident/Fellow: \$275.00 **AFTER JANUARY 3, 2025** \$375.00
- CAOM Membership and Discount to all CAOM CME Programs \$150.00

CAOM January Seminar OMT Workshop: Sunday

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

- Physicians: \$125.00 **AFTER JANUARY 3, 2025** \$225.00 (Non-CAOM Members) (8.0 CME credits)
- Physicians: \$75.00 **AFTER JANUARY 3, 2025** \$175.00 (CAOM / LECOM-LCAE Members) (8.0 CME credits)
- Student/Intern/Resident/Fellow: **FREE, AFTER JANUARY 3, 2025 \$50.00**

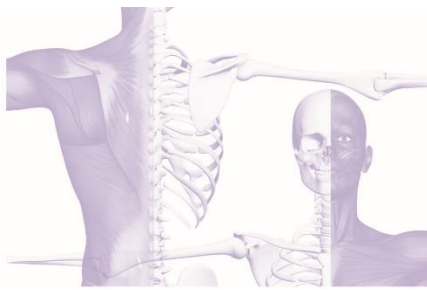


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BACKGROUND: This course is designed for physicians with little or no prior experience who wish to learn basic manipulation skills for assessing and treating common clinical problems. It will also serve as a good review for DOs who wish to refresh their 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 – 8:10	Welcome / Course Overview	
8:10 - 8:50	Introductory Concepts / Evidenced Based Medicine	1, 2
8:50 – 9:10	Long Restrictor: Concepts	3
9:10 – 9:40	Long Restrictor: Lab	3
9:40 – 10:15	Pelvis/Sacroiliac I: Concepts / Lab	4
10:15 – 10:30	BREAK	
10:30 – 11:10	Pelvis/Sacroiliac II: Concepts / Lab	4
11:10 – 11:40	Lumbar Spine: Concepts / Lab	5
11:40 – 12:00	Model: “Putting it all together- the 15 Minute Low Back Pain Patient visit.”	10 Appendix 1
12:00 – 1:00	LUNCH	
Day #1: Afternoon Session	Thoracic Spine / Thoracic Cage	
1:00 – 2:00	Thoracic Spine/Concepts-Lab 1 (Introduction/Palpation/Soft Tissue)	6
2:00 – 3:00	Thoracic Spine/Concepts-Lab 2 (Muscle Energy: Upper/Lower)	6
3:00 – 3:15	BREAK	
3:15 – 4:00	Double Arm Thrust Technique: Muscle Energy & HV-LA	6
4:00 – 4:15	Thoracic Cage Diagnosis & Treatment: Inspiratory & Expiratory Dysfunction	7
4:15 – 4:30	Soft Tissue Techniques: Thoracic Cage	7
4:30 – 5:30	Muscle Energy Techniques: Thoracic Cage	7
5:30	End of Day 1	



Course Schedule: DAY #2

Day #2: Morning Session	Cervicothoracic / Cervical Spine	Basic Musculoskeletal Manipulation: The 15 Minute Office Visit Chapter
8:00 – 8:20	Introduction / Cervicothoracic Junction – First Rib	8
8:20 – 8:40	Diagnosis of Cervicothoracic Junction Lab 1 -Determining the Side-Bending and Rotational Components - Palpation	8
8:40 – 9:00	Soft Tissue Techniques: <ul style="list-style-type: none"> • Cervicothoracic Junction Lab 2 • Cervical Flexion Stretching (X) • Trapezius Pinch / Inhibition 	8
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: - Learning Objectives-Introduction / Cervical Spine - Functional Anatomy & Superficial Anatomic Landmarks	9
10:10 - 10:40	Cervical Spine Lab 1: Diagnosis of Cervical Spine Palpation Exercises	9
10:40 - 11:10	Cervical Spine Lab 2: Soft Tissue Techniques	9
11:10 – 11:40	Cervical Spine Lab 3: Muscle Energy Techniques: - Upper Cervicals (C1 - C2) - Lower Cervicals (C3 - C7)	9
11:40 - 12:10	Lecture / Lab: Model: “Putting it all together- The 15 minute Neck & Back Pain Patient visit.”	11
12:10- 1:00	WORKING LUNCH Case Review / Billing & Coding	12
Day #2: Afternoon Session	Additional Applications of OMT / Faculty Development	
1:00 – 1:45	The Application of OPP/OMM/OMT in Training Programs <ul style="list-style-type: none"> • Expectations for ACGME Osteopathic Recognition training programs • Establishing a curriculum in Osteopathic Manipulation for your training program 	
1:45 – 2:30	Interactive Session: Teaching <ul style="list-style-type: none"> • Effective Teaching Techniques • Learning effective skill stations techniques 	
2:30 – 2:45	BREAK	
2:45 – 3:45	Interactive Session: Evaluation <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Quality assurance implementation • Credentialing and Supervision issues 	
4:15 – 4:30	Wrap Up/ Final Comments / Evaluations	
4:30	End of Day 2	