

# The Musculoskeletal Manipulation Course: Approaching Musculoskeletal Problems Using Osteopathic Manipulation

THIS PROGRAM IS CO-SPONSORED BY:



A Special Course offered during the 55<sup>th</sup> Annual CAOM January Seminar

**DATES: Friday and Saturday, January 24<sup>th</sup> and 25<sup>th</sup>, 2020**

**[Optional CAOM January Seminar OMT Workshop on Sunday, January 26<sup>th</sup>]**

## COURSE FACULTY

### **Paul Evans DO, LL.D (hon), FACOFP**

Dr. Evans served as the founding Dean of both the Georgia Campus Philadelphia College of Osteopathic Medicine (GA-PCOM) and subsequently at Marian University College of Osteopathic Medicine in Indianapolis, Indiana. 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 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.

## 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 3<sup>rd</sup> day for added OMT training with a regional faculty as part of the COAM January OMT Seminar on Sunday, January 26, 2020. 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.

## 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 24<sup>th</sup> and 25<sup>th</sup>, 2020

#### 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, Sports Medicine and subspecialty 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 24<sup>th</sup> and 25<sup>th</sup>, 2020**. 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 26, 2020 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 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 23<sup>rd</sup> through Saturday, January 25<sup>th</sup>, 2020 at The Ritz-Carlton Downtown Cleveland 1515 West Third Street, Cleveland OH 44113. The discounted room block rate of \$194 for a deluxe room will be held until Monday, December 30<sup>th</sup> after which you will be offered the best rate. Room reservations can be made simply by calling 440-327-5556 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](http://www.caomed.com) or the attached registration form and return with your payment to:

#### Kristin Scott, PMP

*Executive Director*, Cleveland Academy of Osteopathic Medicine  
PO Box 1989  
Elyria, OH 44036-1989

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 14 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

<b><u>Day #1: Morning Session</u></b>	<b><u>Introduction / Low Back Pain</u></b>
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
<b><u>Day #1: Afternoon Session</u></b>	<b><u>Thoracic Spine / Thoracic Cage</u></b>
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**

<b>Day #2: Morning Session</b>	<b><u>Cervicothoracic / Cervical Spine</u></b>
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	<b>BREAK</b>
9:50 – 10:10	Cervical Spine: - Learning Objectives-Introduction / Cervical Spine - 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	<b>WORKING LUNCH</b> Case Review / Billing & Coding
<b><u>Day #2: Afternoon Session</u></b>	<b><u>Additional Applications of OMT / Faculty Development</u></b>
1:00 – 1:45	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
1:45 – 2:30	Interactive Session: Teaching • Effective Teaching Techniques • Learning effective skill stations techniques
2:30 – 2:45	<b>BREAK</b>
2:45 – 3:45	Interactive Session: Evaluation • 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

**OPTIONAL 3<sup>RD</sup> DAY PROGRAM CLEVELAND ACADEMY OF OSTEOPATHIC MEDICINE**  
**55<sup>TH</sup> ANNUAL WINTER CONFERENCE AGENDA**  
**SUNDAY, JANUARY 26, 2020**

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

TIME	TOPIC & SPEAKER	LOCATION
7:30am – 5:00pm	<b>Registration</b>	<b>Ballroom Foyer</b>
7:30am – 9:30am	<b>Part I: CAOM Winter OMT Seminar – 2 CME</b> <b>Welcome and Overview of the Day:</b> Susan M. Ratay, DO, MS Michael P. Rowane, DO, MS, FAAFP, FAAO  <b>AI Osteopathic Assessment and Management: Otitis Media **</b> [Presentation & Lab]: Kathryn Ruda Wessell, DO   Primary Presenter  <b>AI Osteopathic Assessment and Management: Sinusitis **</b> [Presentation & Lab]: Devi Jhaveri, DO   Primary Presenter	<b>Ballroom</b>
8:00am – 4:00pm	<b>Advanced Cardiac Life Support Course *</b>	<b>Titanium , 7<sup>th</sup> Floor</b>
9:30am – 9:40am	<b>Break</b>	<b>Ballroom Foyer</b>
9:40am – 11:40am	<b>Part II: CAOM Winter OMT Seminar – 2 CME</b> <b>AI Osteopathic Assessment and Management: Pneumonia **</b> [Presentation & Lab]: Robert Hostoffer, DO, MEd, LhD, FAAP, FACOP, FACP, FACOI   Primary Presenter  <b>The Diaphragm: Giving Your Patient a Deeper Breath</b> [Presentation & Lab]: Robert B. Truax, DO   Primary Presenter	<b>Ballroom</b>
11:40am – 12:20pm	<b>Lunch</b>	<b>Radiant Room</b>
12:20pm - 2:20pm	<b>Part III: CAOM Winter OMT Seminar – 2 CME</b> <b>Treating Pregnant Patients with Low Back Pain</b> [Presentation & Lab] Fredrick P. Wilson, DO   Primary Presenter  <b>Application of Osteopathy Cranial Manipulative Medicine in a Clinical Setting [Presentation &amp; Lab] Kellie Buckner, DO   Primary Presenter</b>	<b>Ballroom</b>
2:20pm –2:30pm	<b>Break</b>	<b>Ballroom Foyer</b>
2:30pm - 4:30pm	<b>Part IV: CAOM Winter OMT Seminar – 2 CME</b> <b>OMT &amp; Sports Medicine: Approaching Common &amp; Uncommon Conditions</b> [Presentation & Lab] Mary Solomon, DO   Primary Presenter  <b>Pearls for OMT Billing and Coding</b> Edward Craft, DO   Primary Presenter  <b>Program Wrap Up &amp; Evaluation:</b> Susan M. Ratay, DO, MS Michael P. Rowane, DO, MS, FAAFP, FAAO	<b>Ballroom</b>

\* Advanced registration required

\*\* Special Osteopathic Allergy-Immunology (AI) Series: The application of Osteopathic Concepts in Treating Upper and Lower Respiratory Tract Infections.

**Course Faculty and Table Trainers:**

*Carrie Borland, DO*

*Kellie Buckner, DO*

*Edward Craft, DO*

*Peter Gotsis, DO*

*Mark Harrington, DO, ACT –Table Trainer*

*Daniel Harrington, DO –Table Trainer*

*Robert W. Hostoffer, DO, MEd, LhD, FAAP, FACOP, FACP, FACOI*

*Devi Jhaveri, DO*

*Louis D. Leone, DO, FAOASM*

*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*

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

**WORKSHOP REGISTRATION FORM**

*Please print all information if submitting by mail.*

Go green and register online at [www.caomed.com](http://www.caomed.com)

Need hotel reservations? Call 440-327-5556 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 24-25, 2019**

- Physicians: \$495.00 **AFTER JANUARY 9, 2019 \$595.00** (Non-CAOM Members) (16.0 CME credits)
- Physicians: \$425.00 **AFTER JANUARY 9, 2019 \$525.00** (CAOM/ LECOM/LECOMT Members) (16.0 CME credits)
- Resident/Fellow: \$275.00 **AFTER JANUARY 9, 2019 \$375.00**
- CAOM Membership and Discount to all CAOM CME Programs **\$150.00**

**CAOM January Seminar OMT Workshop: Sunday, January 26, 2019**

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

- Physicians: \$125.00 **AFTER JANUARY 9, 2019 \$225.00** (Non-CAOM Members) (8.0 CME credits)
- Physicians: \$75.00 **AFTER JANUARY 9, 2019 \$175.00** (CAOM/LECOM/LECOMT Members) (8.0 CME credits)
- Student/Intern/Resident/Fellow: **FREE, BUT MUST PRE-REGISTER FOR THE PROGRAM**

**NOTE: PAYMENTS MAY BE MADE ELECTRONICALLY OR VIA MAIL ONLY!**

Registration fee enclosed: \$ \_\_\_\_\_

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

Registration may be submitted and paid electronically at [www.caomed.com](http://www.caomed.com), or a check mailed to

**Cleveland Academy of Osteopathic Medicine PO Box 1989, Elyria, OH 44036-1989**

**Kristin Scott, PMP, Executive Director, Cleveland Academy of Osteopathic Medicine**

**Phone: (440) 653-5110; Email: [info@caomed.com](mailto:info@caomed.com) Web: [www.caomed.com](http://www.caomed.com)**

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