MANUAL MEDICINE: an Osteopathic Approach

University of New England
College of Osteopathic Medicine
Harold Alfond Center for Health Sciences
Biddeford, Maine

This series is hosted by the UNE College of Osteopathic Medicine, the Department of Osteopathic Manipulative Medicine and the Department of Continuing Medical Education.

2016 Courses

This course is meant for DOs and MDs interested in learning or increasing their skills in osteopathic manipulative medicine (OMM).
OVERVIEW

This course for practicing DOs and MDs, taught by experienced osteopathic specialists, is offered annually in a series of five weekend sessions. With a strong hands-on skill-building emphasis, it affords an opportunity to review or learn as a beginner some of the core osteopathic manual medicine techniques. Each session consists of a potential 20 hours of lecture and hands-on skills training. It is composed of eight hours of Introduction to Osteopathic Medicine on Friday, followed by 12 hours of clinical application on Saturday and Sunday.

Introductory Session (Friday, 8 hours): This session is required for DOs and MDs who have not had prior training in osteopathic medicine. This session also serves as an excellent review for practicing DOs and MDs with previous osteopathic experience and/or training (this session is only required to be taken once, but can be taken as often as desired).

This session includes:
- Relevant history
- Discussion of osteopathic principles and philosophy
- Applications in clinical practice
- Experiential, hands-on introduction to evaluation and treatment, using the following techniques:
  - Soft tissue – Articulatory – Muscle energy – Counter strain – Myofascial and Threat (HVLA)

Clinical Application Session (Saturday and Sunday, 12 hours):
Over the course of two days, participants will apply the knowledge and skills learned in the Introductory Session to the selected regions of the body. All sessions offer an opportunity to refine the skills learned in the Introductory Session.

Saturday (Regional Focus: Part I)
8-8:15 a.m. Introduction
8:15-9 a.m. Philosophy and Principles
9-12:30 a.m. Lecture: Body Region Focus
c. Counter Strain d. HVLA
12:30-1 p.m. Lunch
1-4 p.m. Lecture: Anatomy and Biomechanics
  - c. Counter Strain d. HVLA
4-5 p.m. Lecture: Neurophysiology of Somatic Dysfunction

Sunday (Regional Focus: Part II)
8-8:30 a.m. Review
8:30-10 a.m. Complete Regional Focus
Lectures and Labs
10-10:30 a.m. Indications/Contraindications
10:30-11 a.m. Cases
11-11:45 a.m. Coding, Billing and Documentation
11:45 a.m.–12 p.m. Course Evaluation

*Individual session times and topics are subject to change.

DISCLAIMER
This program is designed to improve understanding of manual techniques for licensed DOs and MDs. Enrollment in a class or classes is not a substitute for completion of education and training in a college of osteopathic medicine. Taking a course or courses in manual techniques does not provide the necessary training and skills to practice osteopathic manipulative treatment and/or osteopathic manipulative medicine.

PROGRAM AGENDA

FRIDAY (Introductory Session)
8-8:15 a.m. Introduction
8:15-9 a.m. History
9:00-10:00 Philosophy and Principles
10 a.m.–2:30 p.m. Lab: Palpation and ROM Exercises
  - Lab: Soft tissue
12:30-1 p.m. Lunch
1-3 p.m. Lecture: Principles of Muscle Energy
  - Lab: Muscle Energy
3-4 p.m. Lecture: Principles of Counter Strain
  - Lab: Counter Strain
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  - Lab: HVLA

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HOW TO REGISTER
MAIL: Department of Continuing Medical Education
University of New England, 11 Hills Beach Road, Biddeford, ME 04005
PHONE: (207) 602-2589 or (207) 602-5957; EMAIL: cme@une.edu

CANCELLATIONS/REFUNDS: Participants registered in sessions cancelled by UNE due to unforeseen events will receive a full refund. Participants who withdraw two weeks prior to the session may receive a refund, less a $75 processing fee. Withdrawals less than two weeks prior are not eligible for a refund.

ACCREDITATION: The University of New England College of Osteopathic Medicine is accredited by the American Osteopathic Association and the Maine Medical Association’s Council on Continuing Medical Education to provide continuing medical education for physicians. Each Introductory Session is eligible for a maximum of 8.0 Category 1A osteopathic credits and 8.0 AMA PRA Category 1 Credits. The Saturday/Sunday sessions are eligible for a minimum of 12.0 CME credits. All sessions are submitted for AAFP Prescribed Hours.

REGISTRATION FORM
2016 MANUAL MEDICINE: An Osteopathic Approach
Please print or type. Photocopy as needed.

Name:
First/MI Last Credential
School:
Email address:
Email address required for confirmation
Phone (best):
SAT/SUN:
FAX #:
Check or Money Order (payable to UNE)
Card #:
Cardholder name:
Cardholder address:
Cardholder signature:
Exp Date:
VIN #: (back of card)
Var. form of ID:
Admit to class:
Mail to:
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FAX:
Phone (best):
Department of Continuing Medical Education
University of New England, 11 Hills Beach Road, Biddeford, ME 04005

REGISTRATION FEES
2016 MANUAL MEDICINE: An Osteopathic Approach

<table>
<thead>
<tr>
<th>COURSE FEES</th>
<th>DESCRIPTION</th>
<th>INVOICE TOTAL</th>
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<tbody>
<tr>
<td>Intro Session (Friday) (8 hrs): $450</td>
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<tr>
<td>Saturday/Sunday (12 hrs): $650</td>
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<tr>
<td>All 3 days (20 hrs): $900</td>
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<tr>
<td>Intro Session only: $200</td>
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