



College of Osteopathic Medicine  
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Biddeford, ME 04005-9599  
[www.une.edu/com/cme](http://www.une.edu/com/cme)



A N N O U N C I N G

**MANUAL MEDICINE:**  
an Osteopathic Approach

2015 Courses



## MANUAL MEDICINE: an Osteopathic Approach

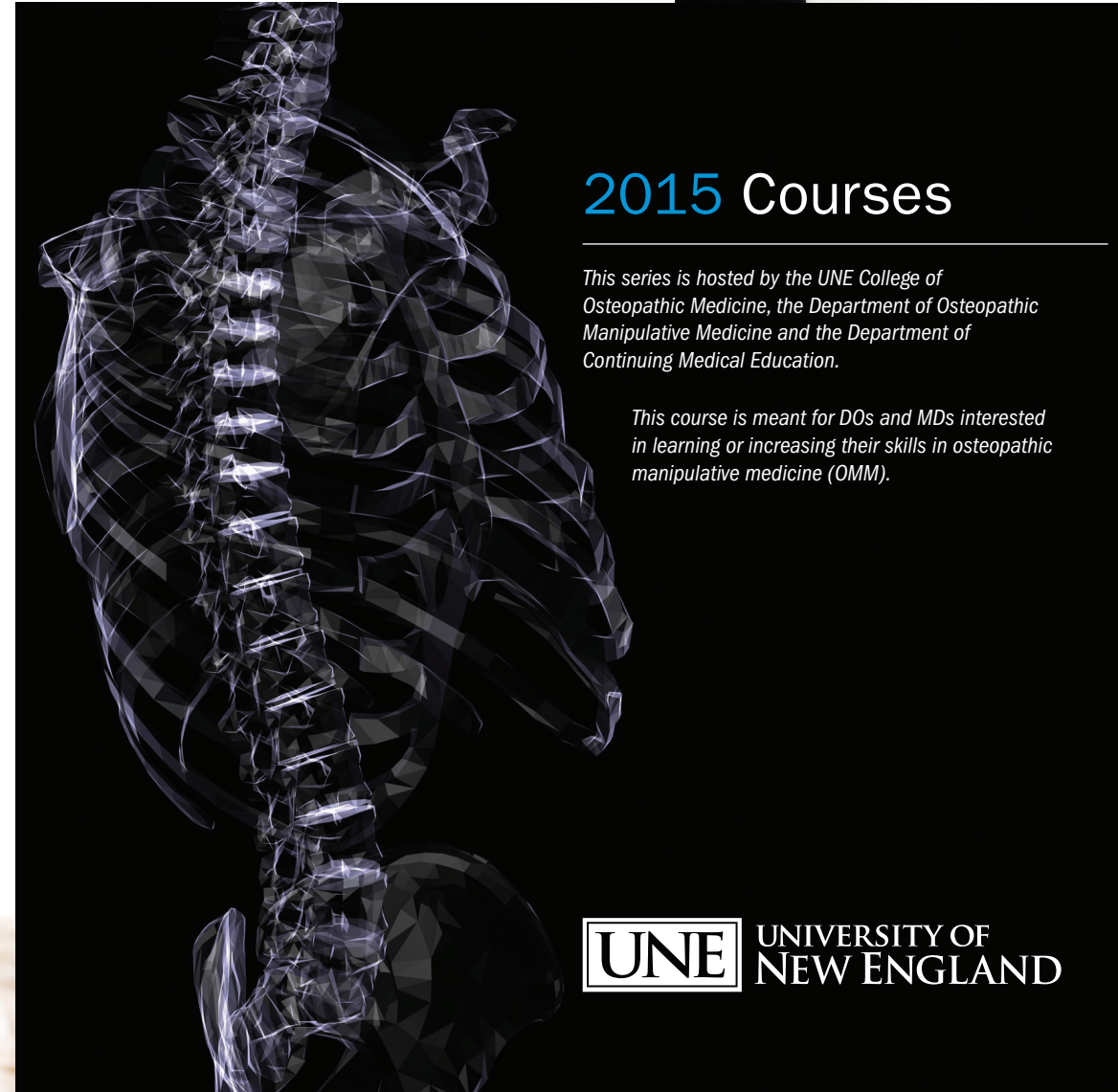
University of New England  
College of Osteopathic Medicine  
Harold Alfond Center for Health Sciences  
Biddeford, Maine



## 2015 Courses

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

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



## THE 2015 SCHEDULE

January 9–11  
Lumbar Spine

March 13–15  
Hip Joint and Lower Extremities

May 1–3  
Pelvis

September 12–14  
Thorax and Rib Cage

November 13–15  
Cervical Spine and  
Upper Extremities

### COURSE FEES

Introductory Session (Friday)  
(8 hrs): \$450

Saturday/Sunday (12 hrs):  
\$650

All 3 days (20 hrs):  
\$900

Full Series (5 sessions with at  
least one Introductory Session):  
\$3,200

Full Series (5 sessions without  
Introductory Session): \$2,750

Resident/Fellow/UNE Faculty:  
50% Discount

## 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 (8) hours of Introduction to Osteopathic Medicine on Friday, followed by twelve (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 the practicing DO and MD 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 – Articular – Muscle energy – Counter strain – Myofascial and Thrust (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 optimal participant/faculty ratio that makes effective use of hands-on practice time. Participants practice and experience manual techniques during the supervised table training exercises. *The entire course is held in the state of the art Osteopathic Manipulative Medicine Lab at the Harold Alford Center for Health Sciences.*

### Faculty/Course Instructors:

Patricia E. Murray, DO

Faculty are assisted by UNECOM OMM/NMM Fellows and OMM/Anatomy Fellows:

Matthew Brown, Kristin Putnam, Leanna Garbus, Lee Wolfrum

## PROGRAM AGENDA

### FRIDAY (Introductory Session)

8:00 – 8:15	Introduction
8:15 – 9:00	History
9:00 – 10:00	Philosophy and Principles
10:00 – 12:30	Lab: Palpation and ROM Exercises Lab: Soft tissue
12:30 – 1:00	Lunch
1:00 – 3:00	Lecture: Principles of Muscle Energy Lab: Muscle Energy
3:00 – 4:00	Lecture: Principles of Counter Strain Lab: Counter Strain
4:00 – 5:00	Lecture: Principles of HVLA Lab: HVLA

### SATURDAY (Regional Focus: Part I)

8:00 – 8:15	Introduction
8:15 – 9:00	Philosophy and Principles
9:00 – 12:30	Lecture: Body Region Focus Lab: a. Soft Tissue b. Muscle Energy c. Counter Strain d. HVLA
12:30 – 1:00	Lunch
1:00 – 4:00	Lecture: Anatomy and Biomechanics Lab: a. Soft Tissue b. Muscle Energy c. Counter Strain d. HVLA
4:00 – 5:00	Lecture: Neurophysiology of Somatic Dysfunction

### SUNDAY (Regional Focus: Part II)

8:00 – 8:30	Review
8:30 – 10:00	Complete Regional Focus Lectures and Labs
10:00 – 10:30	Indications/Contraindications
10:30 – 11:00	Cases
11:00 – 11:45	Coding, Billing and Documentation
11:45 – 12:00	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.*



## HOW TO REGISTER

**ONLINE:** [www.une.edu/com/cme](http://www.une.edu/com/cme)

**MAIL:** Department of Continuing Medical Education

University of New England, 11 Hills Beach Road, Biddeford, ME 04005

**PHONE:** (207) 602-2589 or **FAX:** (207) 602-5957 **EMAIL:** [cme@une.edu](mailto: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 fewer than two weeks prior are not eligible for a refund.

**ACCREDITATION:** The University of New England College of Osteopathic Medicine is dually 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 maximum of 12.0 CME credits. All sessions are submitted for AAFP Prescribed Hours.

## REGISTRATION FORM

### 2015 MANUAL MEDICINE: An Osteopathic Approach

*Please print or type. Photocopy as needed.*

Name: \_\_\_\_\_  
First/MI Last Credential

Email address: \_\_\_\_\_  
Email address required for confirmation

Mailing address: \_\_\_\_\_  
Street Address or PO Box City State/Zip

AOA # (if applicable): \_\_\_\_\_ School: \_\_\_\_\_  
Year Graduated

Phone (best): \_\_\_\_\_ Alt. Phone: \_\_\_\_\_

FAX #: \_\_\_\_\_

PAYMENT METHOD:  Check or Money Order (Payable to UNE)  
 MasterCard  VISA  Discover

Card #: \_\_\_\_\_

Exp Date: \_\_\_\_\_ VIN # (back of card): \_\_\_\_\_

Cardholder name: \_\_\_\_\_  
(if different from above)

Cardholder address: \_\_\_\_\_  
(if different from above)

Cardholder Signature: \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

Check all the apply:

**January 9–11 Lumbar Spine:**  
 Intro Session only  Sat/Sun only  All 3 days

**March 13–15 Hip Joint/Lower Extremities:**  
 Intro Session only  Sat/Sun only  All 3 days

**May 1–3 Pelvis:**  
 Intro Session only  Sat/Sun only  All 3 days

**Sept. 12–14 Thorax/Rib Cage:**  
 Intro Session only  Sat/Sun only  All 3 days

**Nov. 13–15 Cervical/Upper Extremities:**  
 Intro Session only  Sat/Sun only  All 3 days