MANUAL MEDICINE

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

2020 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, MDs and other licensed medical practitioners interested in learning or increasing their skills in Manual Medicine.
This course is for practicing DOs, MDs and other licensed medical practitioners 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 Manual 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, MDs and other licensed medical practitioners who have not had prior training in Manual 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 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 Alfond Center for Health Sciences.

**Faculty/Course Instructors:**
Patricia E. Murray, DO

Faculty are assisted by UNE COM OMM/NMM Fellows.

**Cost of Sessions:**
- Introductory Session only (8 hrs): $450
- Saturday/Sunday (12 hrs): $650
- Full Series (5 sessions with at least one Introductory Session): $1,200
- Full Series (5 sessions without Introductory Session): $2,750
- Resident/Fellow/UNE Faculty: 50% Discount

**Clinical Application Session:**
- FRIDAY (Introductory Session)
  - 8:15 a.m. Introduction
  - 8:15–9 a.m. History
  - 9:15–11 a.m. Philosophy and Principles
  - 10 a.m.–2:30 p.m. Lab: Palpation and ROM Exercises
  - 12:30–1:30 p.m. Lunch
  - 1–3 p.m. Lecture: Principles of Muscle Energy
  - 3–4 p.m. Lecture: Principles of Counter Strain
  - 4–5 p.m. Lecture: Principles of HVLA

- SATURDAY (Regional Focus: Part I)
  - 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
  - 12:30–1:30 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
    - c. Counter Strain, d. HVLA
  - 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.–12:15 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.

**REGISTRATION FORM**

**2020 MANUAL MEDICINE: An Osteopathic Approach**

**Program Agenda**

**THE 2020 SCHEDULE**
- January 10–12
  - Lumbar Spine
- January 18–19
  - Hip and Lower Extremities
- February 5–8
  - Pelvis
- September 19–20
  - Thorax and Rib Cage
- November 13–15
  - Cervical Spine and Upper Extremities

**EXAMINATION FEE**
- Full Series (5 sessions without at least one Introductory Session): $650
- Full Series (5 sessions with at least one Introductory Session): $450

**CANCELLATION/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 DNE credits. All sessions are submitted for ARNP Prescribed Hours.

**PAYMENT OPTIONS**
- Check or Money Order (Payable to UNE)
- MasterCard / VISA / Discover

**METRO CODE:**
- Payment: CME5001

**MISSING INFORMATION**
- Exp Date:
- CVV:

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