

# INTRODUCTION to OSTEOPATHIC MANIPULATIVE MEDICINE for MDs and DOs—2024

This 32-hour course is designed for MD students/residents entering ACGME Osteopathic- Recognized programs and for MD attendings who precept and supervise residents in Osteopathic Recognition programs.

This course also serves as a refresher course for DO students, DO residents, and DO teaching faculty. Participants learn about OPP, soft tissue, counterstrain and muscle energy techniques, and segmental diagnosis for the thoracic and lumbar spine.

This course is an intensive, hands-on learning experience designed to build osteopathic manipulative medicine (OMM) and osteopathic principles and practice (OPP) skills taught by expert OMM faculty from the founding college of osteopathic medicine, A.T. Still University's Kirksville College of Osteopathic Medicine.

May 2024

Welcome to the 2024 Introduction to Osteopathic Manipulative Medicine for MDs and DOs! We are pleased that you have chosen our conference as part of your continuing medical education.

Here's a glimpse of some of what you will experience this week: lectures from some of the best instructors in OMM, opportunities to practice your new skills, networking, and tours of some of the highlights of the ATSU Kirksville Campus. You will have opportunities to have your questions about OMM answered throughout the week.

Lunch and refreshments will be provided during the conference. For your evening meals, there are a variety of restaurants in Kirksville. A dining guide has been provided in your conference packet.

If there is anything that we can assist you with during the conference, please reach out to the NCOPPE staff:

Dana Nelson – Executive Director – 660-626-2072

Lisa Tuggle – Institutional Coordinator and Data Management – 660-626-2430

Terri Cross – Administrative Assistant – 660-626-2717

Thank you for giving us the opportunity to advance osteopathic principles and practice education in your life and medical practice.

Sincerely,



Richard LaBaere II, DO, MPH, FAODME

Associate Dean, Graduate Medical Education & SIO

Adjunct Professor

Family Medicine

Department for the Advancement of Osteopathic Education and Still OPTI



# SCHEDULE-AT-A-GLANCE

Monday	Tuesday	Wednesday	Thursday
May 20	May 21	May 22	May 23
8:00—9:55 AM <b>Introduction to Osteopathic Principles and Practices</b>	8:00-9:55 AM <b>Muscle Energy Technique of the Thoracic Spine</b>	8:00-9:55 AM <b>Counterstrain of the Posterior Lumbar Spine; Documentation, Billing &amp; Coding</b>	8:00-9:55 AM <b>Muscle Energy Technique: Innominate &amp; Pubes</b>
10:05-12:00 noon <b>Pressure Calibration of Hands; Soft Tissue of the Cervical Spine, Thoracic Spine and Lumbar Spine</b>	10:05-12:00 noon <b>Counterstrain of the Anterior &amp; Posterior Cervical Spine</b>	10:00-12:00 noon <b>Muscle Energy Technique: Lumbar Spine</b>	10:05-12:00 noon <b>Counterstrain: Posterior Pelvis</b>
12:00-12:30 PM <b>Lunch</b>	12:00-12:30 PM <b>Lunch</b>	12:00-12:30 PM <b>Lunch</b>	12:00-12:30 PM <b>Lunch</b>
12:30-1:25 PM <b>Guided Tour—Still Museum</b>	12:30-1:25 PM <b>Guided Tour—Anatomy Lab</b>	12:30-1:25 PM <b>Guided Tour—Patient Simulation Lab</b>	12:30-1:25 PM <b>Guided Tour—Still Research Institute</b>
1:30-3:25 PM <b>Counterstrain of the Thoracic Spine (Posterior)</b>	1:30--3:25 PM <b>Palpatory Diagnosis: Cervical Spine</b>	1:30-3:25 PM <b>Counterstrain: Anterior Pelvis</b>	1:30-3:25 PM <b>Myofascial Release (MFR)</b>
3:35-5:30 PM <b>Segmental Diagnosis: Thoracic and Lumbar Spine</b>	3:35-5:30 PM <b>Muscle Energy Technique: Cervical Spine</b>	3:35-5:30 PM <b>Diagnosis: Innominate &amp; Pubes</b>	3:35-5:30 PM <b>Sacrum 3-pole Dx &amp; Tx, Rib Raising, Thoracic Inlet Release and Thoraco-Abdominal Diaphragm Release</b>

# SCHEDULE

MONDAY, MAY 20

TIME	LOCATION	PRESENTER(S)	PRESENTATION TITLE
8:00—9:55 AM	Blumenthal Lab	Steven Gustafson, DO Eric Snider, DO	Introduction to Osteopathic Principles and Practices
10:05—12:00	Blumenthal Lab	Tristan Glenn, DO Brian Degenhardt, DO	Pressure Calibration of Hands; Soft Tissue of the Cervical Spine, Tho-
12:00—12:30 PM	Commons		Lunch—Pagliai's Pizza
12:30—1:25 PM	Still Museum	Jason Haxton	Guided Tour (optional
1:30—3:25 PM	Blumenthal Lab	Jonathon Kirsch, DO	Counterstrain of the Thoracic Spine (Posterior)
3:35—5:30 PM	Blumenthal Lab	Bill Strait, DO	Segmental Diagnosis: Thoracic and Lumbar Spine

TUESDAY, MAY 21

TIME	LOCATION	PRESENTER(S)	PRESENTATION TITLE
8:00—9:55 AM	Blumenthal Lab	Bill Strait, DO	Muscle Energy Technique of the Thoracic Spine
10:05—12:00 noon	Blumenthal Lab	Anna Esperham, MD Eric Snider, DO	Counterstrain of the Anterior & Posterior Cervical Spine
12:00—12:30 PM	Commons		Lunch
12:30—1:25 PM	Anatomy Lab	Sara Funk	Guided Tour (optional)
1:30—3:25 PM	Blumenthal Lab	Karen Snider, DO	Segmental Diagnosis: Cervical Spine
3:35—5:30 PM	Blumenthal Lab	Esra Siddeek, DO Eric Snider, DO	Muscle Energy Technique: Cervical Spine

# SCHEDULE

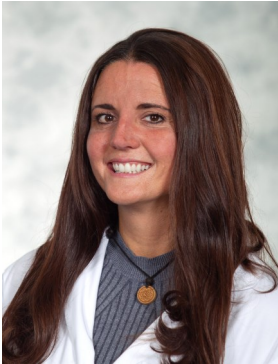
## WEDNESDAY, MAY 22

TIME	LOCATION	PRESENTER(S)	PRESENTATION TITLE
8:00—9:55 AM	Blumenthal Lab	Karen Snider, DO	Counterstrain of the Posterior Lumbar spine; Documentation, Billing & Coding
10:05—12:00	Blumenthal Lab	Richard J. LaBaere II,	Muscle Energy Technique: Lumbar Spine
12:00—12:25 PM	Commons		Lunch
12:25—1:25 PM	Simulation Lab	Eric Lesh	Guided Tour (optional)
1:30—3:25 PM	Blumenthal Lab	Emily Gibson, DO Eric Snider, DO	Counterstrain: Anterior Pelvis
3:35—5:30 PM	Blumenthal Lab	Brian Degenhardt, DO	Diagnosis: Innominate & Pubes

## THURSDAY, MAY 23

TIME	LOCATION	PRESENTER(S)	PRESENTATION TITLE
8:00—9:55 AM	Blumenthal Lab	Chelsey Stull, DO	Muscle Energy Technique: Innominate & Pubes
10:05—12:00 noon	Blumenthal Lab	Eduard Rasputkov, DO Eric Snider, DO	Counterstrain: Posterior Pelvis
12:00—12:30 PM	Commons		Lunch
12:30—1:25 PM	Still Research Institute	Zane Starks	Guided Tour (optional)
1:30—3:25 PM	Blumenthal Lab	Jonathon Kirsch, DO	Myofascial Release (MFR)
3:35—5:30 PM	Blumenthal Lab	Meadow Will, DO Eric Snider, DO	Sacrum 3-pole Dx & Tx, Rib Raising, Thoracic Inlet Release, Thoraco-Abdominal Diaphragm Release

# Speakers



**Heather Bird, DO**

Heather Bird, D.O., is a third-year resident in the Kirksville, Missouri Still-OPTI/Osteopathic Neuromusculoskeletal residency program. She obtained her doctorate from Pacific Northwest University in Washington State in 2021 and is currently serving as the ONMM Chief Resident. Heather's research interests lie in exploring physician practices concerning the integration of spirituality into medicine. Outside of medicine, Heather enjoys ornithology, arachnology, gardening, mountain biking, and snowboarding.



**Brian Degenhardt, DO**

Brian Degenhardt, DO, is an associate professor at A.T. Still University's Kirksville College of Osteopathic Medicine (ATSU-KCOM). Dr. Degenhardt is board certified in Neuromusculoskeletal Medicine & Osteopathic Manipulative Medicine. He earned his doctor of osteopathic medicine from Des Moines University College of Osteopathic Medicine and Surgery, and he completed residency at Northeast Regional Medical Center.



**Anna Esparham, MD, FAAP, D-ABP, D-ABMA, D-ABOIM**

Anna Esparham, MD, is an associate professor at A.T. Still University's Kirksville College of Osteopathic Medicine (ATSU-KCOM). She is a triple-board certified physician in Integrative Medicine, Pediatrics, and Medical Acupuncture. She also has received additional certifications in clinic hypnosis and aromatherapy, and training in headaches and integrative pain management. She recently completed an ONMM3 resident year here at Northeast Regional Medical Center/Still OPTI and is board eligible in Neuromusculoskeletal Medicine and Osteopathic Manipulative Medicine. She has several investigator-initiated research publications and has been featured in The New York Times, Shape Magazine, Doctor Radio, Pediatrics On Call Podcast, and more.



**Emily Gibson, DO**

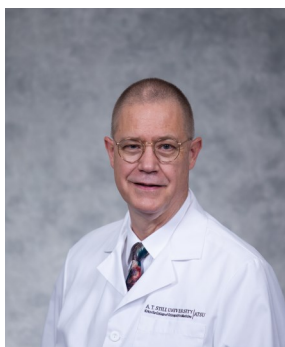
Emily Gibson, DO, graduated from Michigan State College of Osteopathic Medicine in 2020. She completed 3 years of an OB/GYN residency in Detroit Michigan prior to a change of heart. She is now a 2nd year Osteopathic Neuromusculoskeletal Manipulative Medicine (ONMM) resident in Kirksville, MO, at Northeast Regional Medical Center and Still OPTI.



# Speakers (continued)



**Tristan Glenn, DO**, is a resident at Still OPTI/Northeast Regional Medical Center in Kirksville, MO. He is currently in his second year in the Osteopathic Neuromusculoskeletal Medicine Program. Dr. Glenn earned his doctorate of osteopathic medicine from the University of New England College of Osteopathic Medicine in Maine.



## **Steven Gustafson, DO, FCAP, FASCP**

Dr. Gustafson is a graduate of Des Moines University College of Osteopathic Medicine. He has completed his residency in pathology and subspecialty training in hematopathology, pediatric pathology, clinical pathology, and surgical pathology. Dr. Gustafson is a professor and lectures nationally and internationally on pathology and osteopathic manipulative medicine. His research interests include osteopathic medicine, cranial sacral therapy, and manual medicine practices compared to OMT. He works to improve medical education and clinical laboratory services in the third world. Dr. Gustafson serves as a board member of Education Congo's Medical School Committee and is a former president of the American College of Osteopathic Pathologists.



## **Jonathon Kirsch, DO**

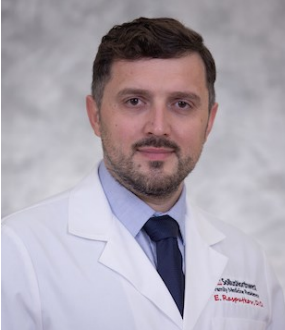
Jonathon R. Kirsch, DO, is an associate professor of Osteopathic Manipulative Medicine (OMM) at A.T. Still University's Kirksville College of Osteopathic Medicine (ATSU-KCOM). He earned his doctor of osteopathic medicine degree from ATSU-KCOM in 1996 and completed his postgraduate training at Midwestern University Arizona (Community Hospital Medical Center) in Phoenix, Arizona. He has been actively teaching and practicing OMM since 1997 in Arizona, and more recently Wisconsin. Dr. Kirsch joined KCOM's OMM department in April 2019 and lives in Kirksville with his wife, Susan, and their family dog, Luce. In his free time, he enjoys reading, walking, and playing jazz piano.



## **Richard LaBaere II, DO, MPH, FAODME, FNAOME**

Richard LaBaere, DO, is an Associate Dean for Graduate Medical Education, OPTI Academic Officer and DIO for the A.T. Still University, Kirksville College of Osteopathic Medicine (ATSU-KCOM) and Still OPTI. He earned his Doctor of Osteopathic degree from Michigan State University College of Osteopathic Medicine (1990). He completed both his Traditional Internship and Family Practice Residency at the Flint Osteopathic Hospital in Flint, Michigan. He leads the newly launched National Center for Osteopathic Principles and Practice Education and has the privilege to work with and learn from students, faculty, program directors, and administrators across the continuum of education and health care. Part of his energy is dedicated to the clinical education and guidance of 3rd and 4th year KCOM students, based at Ascension Genesys in Grand Blanc, Michigan.

# Speakers (continued)



**Eduard Rasputkov, DO,**

Eduard Rasputkov, DO, completed his undergraduate education at Portland State University. He earned his Doctor of Osteopathy degree from Western University of Health Science (Pacific Northwest Campus) in 2020. He completed a residency in Family Medicine at Sollus Northwest in Grandview, WA. He is currently a +1 resident in the Osteopathic Neuromusculoskeletal Manipulative Medicine program with Still OPTI/Northeast Regional Medical Center in Kirksville, MO.



**Esra Siddeek, DO**

Esra Siddeek, DO, completed her undergraduate education at Colorado College with a degree in biochemistry and her medical school education at Kansas City University of Medicine and Biosciences. She is currently a PGY-3 resident physician in Osteopathic Neuromusculoskeletal Medicine (ONMM) at the Still OPTI/Northeast Regional Medical Center program in Kirksville, Missouri. Dr. Siddeek will be completing her sports medicine fellowship training at Campbell University following completion of her ONMM residency. She is interested in weight-strength training and enjoys encouraging patients and colleagues to be physically active.



**Eric Snider, DO**

Eric Snider, DO, is an associate professor at A.T. Still University's Kirksville College of Osteopathic Medicine (ATSU-KCOM). He serves as the chairperson for the Osteopathic Manipulative Medicine department and as the program director for the Osteopathic Neuromusculoskeletal Medicine (ONMM) residency. Dr. Snider is board certified in Neuromusculoskeletal Medicine & Osteopathic Manipulative Medicine. He earned his Doctor of Osteopathy from the West Virginia School of Osteopathic Medicine (1999), and he completed his internship and residency at Northeast Regional Medical Center (1999-2002).



**Karen Snider, DO, FAAO, FNAOME**

Karen Snider, DO, FAAO, FNAOME, is a professor at A.T. Still University's Kirksville College of Osteopathic Medicine (ATSU-KCOM). Dr. Snider is board certified in Neuromusculoskeletal Medicine and Osteopathic Manipulative Medicine. She earned her doctor of osteopathic medicine from West Virginia School of Osteopathic Medicine, and she completed residency at Northeast Regional Medical Center. Dr. Snider has earned fellowship awards from the American Academy of Osteopathy and the National Academy of Osteopathic Medical Educators.



National Center for Osteopathic  
Principles and Practice Education



# Speakers (continued)



**Billy Strait, DO**

Billy Strait, DO, is an associate professor at A.T. Still University's Kirksville College of Osteopathic Medicine (ATSU-KCOM) and also serves as the OMM fellows director. Dr. Strait is board certified in Neuromusculoskeletal Medicine & Osteopathic Manipulative Medicine. He earned his doctor of osteopathic medicine from ATSU-KCOM, and he completed residency at Northeast Regional Medical Center.



**Chelsey Stull, DO**

Chelsey Stull, DO, is an assistant professor for osteopathic principles and practice integration at A.T. Still University—Kirksville College of Osteopathic Medicine (ATSU-KCOM). Dr. Stull earned her doctor of osteopathic medicine degree in 2017 from Iowa's Des Moines University College of Osteopathic Medicine and completed an osteopathic manipulative medicine fellowship during medical school. Dr. Stull is board certified in Family Medicine and Neuromusculoskeletal Medicine by the American Board of Osteopathic Family Physicians. She completed her Family Medicine residency in Olympia Fields, Illinois, from 2017-20. She continued with specialized training in osteopathic neuromuscular medicine at ATSU-KCOM and Northeast Regional Medical Center in Kirksville, Missouri, during 2021. She also practices medical acupuncture, completing her medical acupuncture training in 2020 from Helms Medical Institute in Berkeley, California.



**Meadow Will, DO**

Meadow Will, DO, is currently a second-year Osteopathic Neuromusculoskeletal Medicine resident with Still OPTI/Northeast Regional Medical Center in Kirksville, MO. She earned her Doctor of Osteopathic Medicine degree from the University of Pikeville-Kentucky College of Osteopathic Medicine.

## SPEAKER DISCLOSURE STATEMENTS

The presenters for Introduction to OMM for MDs and DOs 2024 disclose that they have no relevant financial relationships with any organization producing, marketing, reselling, or distributing healthcare goods or services consumed by, or used on, patients relative to the content of this presentation.



### **Educational Objectives**

- Discuss the osteopathic principles and the five Osteopathic Treatment Models
- Demonstrate spinal segmental diagnosis of somatic dysfunction
- Demonstrate diagnosis of the pelvis and sacrum
- Describe the indications and contraindications for different types of OMT techniques
- Demonstrate basic OMT techniques including: Soft Tissue, Muscle energy, and Counterstrain.

### **Target Audience**

This 32-hour course is designed for MD students and residents entering ACGME Osteopathic-Recognized programs and for MD attendings who precept and supervise residents in Osteopathic Recognition programs. The course also serves as a refresher for DO students, DO residents, and DO teaching faculty and DOs in practice.

### **Professional Practice Gap for 32 HR course**

The goal of this course is to provide practicing and resident physicians with basic training in osteopathic manipulation that can be used for the conservative management of common clinical conditions such as neck pain and low back pain. Current practice guidelines recommend manual therapies as part of the conservative management for many musculoskeletal conditions but most physicians have either never been trained in these techniques or are no longer skilled their usage. Additionally, the course is also designed to provide hands on OMM training for MD residents and students who wish to enter into osteopathically recognized residency programs which require prerequisite training in osteopathic principles and OMM.

### **Educational Need for 32-hour course**

Residencies affiliated with ATSU have been asking for a basic OMM course to train MD faculty and residents, remediate DO faculty and residents, and provide prerequisite training for MD residents and students who wish to match into their osteopathically recognized residency programs. This training is also being sought on a national level as COMs and the American Academy of Osteopathy are being requested to fulfil this need through the United States.

### **Desired Outcomes**

The goals of this course are to train physicians to integrate OMM into clinical practice, train MD residency faculty to perform and supervise OMM, review basic OMM for DO residents and faculty who need to refresh their OMM skills, and provide prerequisite training for MD residents and students who wish to match into osteopathically recognized residency programs that require prerequisite training in osteopathic principles and OM

### **Accreditation Statement**

Missouri Association of Osteopathic Physicians and Surgeons (MAOPS) is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. MAOPS designates this program for a maximum of 32 AOA Category 1-A CME credits and will report CME and specialty credits commensurate with the extent of the physician's participation. MAOPS designates this live activity for a maximum of 32 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Missouri Association of Osteopathic Physicians and Surgeons (MAOPS) and Still OPTI. MAOPS is accredited by the ACCME to provide continuing medical education for physicians.

### **Grievance Policy**

All grievances should be in writing and should specify the nature of the grievance. Initially, all grievances should be directed to MAOPS Executive Director, who will then forward said grievance to the Education & Convention Committee. All grievances will receive an initial response in writing within 30 days of receipt. If the participant does not receive a satisfactory response, then they can then submit a complaint in writing to the Bureau of Osteopathic Education of the AOA at 142 East Ontario Street, Chicago, IL 60611.

