

# Introduction to OMM for MDs and DOs

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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 2025

Welcome to the 2025 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:

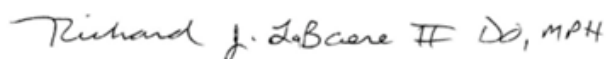
Dana Nelson - Executive Director - 660-626-2072

Lisa Tuggle - Institutional Accreditation and Data Coordinator - 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

# I About NCOPPE

The National Center for Osteopathic Principles and Practice Education (NCOPPE) provides individualized education support and serves as an online repository of Osteopathic Principles and Practice (OPP)-related materials available on-demand for educators across the undergraduate, graduate, and continuing medical education continuum. NCOPPE's goal is to advance osteopathic education, promote integration of osteopathic principles in clinic practice, and encourage development of OPP educational materials in our profession.

NCOPPE is partnered with Still OPTI, an Accreditation Council for Graduate Medical Education (ACGME) institutional sponsor, and provides high-quality osteopathic principles education promoting osteopathic competency development throughout the continuum of osteopathic medical education.







# I Schedule-at-a-Glance

Monday	Tuesday	Wednesday	Thursday
May 19	May 20	May 21	May 22
8:00—9:55 AM <b>Introduction to Osteopathic Principles and Practice</b>	8:00-9:55 AM <b>Muscle Energy Technique of the Thoracic Spine</b>	8:00-9:55 AM <b>Myofascial Release (MFR)</b>	8:00-9:55 AM <b>Counterstrain: Anterior Pelvis</b>
10:05-12:00 noon <b>Pressure Calibration of Hands; Soft Tissue of the Cervical, Thoracic, and Lumbar Spines</b>	10:05-12:00 noon <b>Counterstrain of the Anterior &amp; Posterior Cervical Spine</b>	10:00-12:00 noon <b>Secrum 3-pole Dx &amp; Tx, Rib Raising, Thoracic Inlet Release, Thoraco-Abdominal Diaphragm Release</b>	10:05-12:00 noon <b>Diagnosis: Innominate &amp; Pubes</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—Still Research Institute</b>	12:30-1:25 PM <b>Guided Tour—Human Patient Simulation Lab</b>
1:30-3:25 PM <b>Counterstrain of the Thoracic Spine (Posterior)</b>	1:30--3:25 PM <b>Segmental Diagnosis: Cervical Spine</b>	1:30-3:25 PM <b>Counterstrain: Posterior Lumbar Spine; Documentation, Billing &amp; Coding</b>	1:30-3:25 PM <b>Muscle Energy Technique: Innominate &amp; Pubes</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>Muscle Energy Technique: Lumbar Spine</b>	3:35-5:30 PM <b>Posterior Pelvis</b>



# Monday's Schedule

Time	Location	Presenter(s)	Presentation Title
8:00-9:55 AM	Blumenthal Lab	Eric Snider, DO Tristan Glenn, DO	Introduction to Osteopathic Principles and Practices
10:05-12:00 noon	Blumenthal Lab	Eric Snider, DO Tristan Glenn, DO	Pressure Calibration of Hands; Soft Tissue of the Cervical, Thoracic, and Lumbar Spine
12:00-12:30 PM	Centennial Commons		Lunch
12:30-1:25 PM	Still Museum	Jason Haxton	Guided Tour (optional)
1:30-3:25 PM	Blumenthal Lab	Heather Bird, DO	Counterstrain of the Thoracic Spine (Posterior)
3:35-5:30 PM	Blumenthal Lab	Bill Strait, DO	Segmental Diagnosis: Thoracic and Lumbar Spine

# Tuesday's Schedule

Time	Location	Presenter(s)	Presentation Title
8:00-8:05 AM	Blumenthal Lab	Eric Snider, DO	Day 1 Recap
8:05 - 9:55 AM	Blumenthal Lab	Bill Strait, DO	Muscle Energy Technique of the Thoracic Spine
10:05-12:00 noon	Blumenthal Lab	Anna Esparham, MD	Counterstrain of the Anterior & Posterior Cervical Spine
12:00-12:30 PM	Centennial Commons		Lunch
12:30-1:25 PM	Anatomy Lab	Jeremy Houser	Guided Tour (optional)
1:30-3:25 PM	Blumenthal Lab	Karen Snider, DO	Segmental Diagnosis: Cervical Spine
3:35-5:30 PM	Blumenthal Lab	Ming-Tse Kao, DO Eric Snider, DO	Muscle Energy Technique: Cervical Spine (and soft tissue, sub-occipital inhibition)

# Wednesday's Schedule

Time	Location	Presenter(s)	Presentation Title
8:00-8:05 AM	Blumenthal Lab	Eric Snider, DO	Day 2 Recap
8:05 - 9:55 AM	Blumenthal Lab	Eric Snider, DO	Myofascial Release (MFR)
10:05-12:00 noon	Blumenthal Lab	Chelsey Stull, DO	Sacrum 3-pole Dx & Tx, Rib Raising, Thoracic Inlet Release, Thoraco-Abdominal Diaphragm Release
12:00-12:30 PM	Centennial Commons		Lunch
12:30-1:25 PM	Still Research Lab	Zane Starks	Guided Tour (optional)
1:30-3:25 PM	Blumenthal Lab	Karen Snider, DO	Counterstrain of the Posterior Lumbar Spine; Documentation, Billing & Coding
3:35-5:30 PM	Blumenthal Lab	Richard LaBaere, DO	Muscle Energy Technique: Lumbar Spine (and lumbar soft tissue)

# Thursday's Schedule

Time	Location	Presenter(s)	Presentation Title
8:00-8:05 AM	Blumenthal Lab	Eric Snider, DO	Day 3 Recap
8:05-9:55 AM	Blumenthal Lab	Emily Gibson, DO Karen Snider, DO	Counterstrain: Anterior Pelvis
10:05-12:00 noon	Blumenthal Lab	Brian Degenhardt, DO	Diagnosis: innominate & Pubes
12:00-12:30 PM	Centennial Commons		Lunch
12:30-1:25 PM	HPS Lab	Lisa Archer	Guided Tour (optional)
1:30-3:25 PM	Blumenthal Lab	Meadow Will, DO Eric Snider, DO	Muscle Energy Technique: Innominate & Pubes
3:35-5:30 PM	Blumenthal Lab	Scott Moore, DO Karen Snider, DO	Posterior Pelvis

# Meet Our Presenters



## **HEATHER BIRD, DO**

Heather Bird, DO, is an assistant professor at A.T. Still University's Kirksville College of Osteopathic Medicine. She earned her undergraduate degree in recreation management from Brigham Young University and her doctorate from Pacific Northwest University, where she also completed a fellowship in osteopathic manipulative medicine. Dr. Bird completed her internship and residency in Kirksville, MO, and is board-certified in Neuromusculoskeletal Medicine. She participates in committees for the American Academy of Osteopathy and the National Center for Osteopathic Principles and Practice Education. Her research focuses on integrating spirituality into medicine, and she is certified in sound healing and Reiki therapy. Outside of work, she enjoys ornithology, 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-APB, D-ABMA, D-ABOIM, C-AOBNMM**

Anna Esparham, MD, is an associate professor at A.T. Still University's Kirksville College of Osteopathic Medicine (ATSU-KCOM). She is a quadruple-board certified physician in Integrative Medicine, Pediatrics, Osteopathic Neuromusculoskeletal Medicine, and Medical Acupuncture. She also has received additional training in headache and integrative pain management, and certifications in clinic hypnosis and aromatherapy. 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.



# Meet Our Presenters



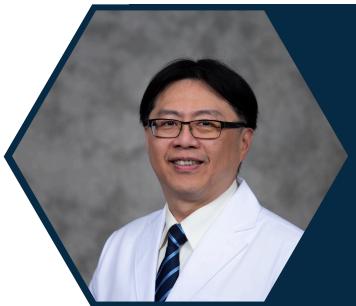
## **EMILY GIBSON, DO**

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 3rd year Osteopathic Neuromusculoskeletal Manipulative Medicine (ONMM) resident in Kirksville, MO, at Northeast Regional Medical Center and Still OPTI.



## **TRISTAN GLENN, DO**

Tristan Glenn, DO, is a 3rd-year resident in the Osteopathic Neuromusculoskeletal Medicine Program at Still OPTI/Northeast Regional Medical Center in Kirksville, MO. Dr. Glenn earned his doctorate of osteopathic medicine from the University of New England College of Osteopathic Medicine in Maine.



## **MING-TSE KAO, DO**

Ming-Tse Kao, DO, is currently a resident in the ONMM+1 program at the Still OPTI/Northeast Regional Medical Center. He earned his Doctor of Osteopathic Medicine degree from the University of New England College of Osteopathic Medicine in 2021. Prior to this, he completed a family medicine residency at the Harnett Health/Campbell University Family Medicine Residency Program. Dr. Kao is board-certified by the American Osteopathic Board of Family Physicians and holds a Doctor of Philosophy in Biomedical Engineering from the University of Michigan at Ann Arbor.

# Meet Our Presenters



## **RICHARD LABAERE II, DO, MPH, FAODME, FNAOME**

Richard LaBaere II, DO, serves as the Associate Dean for Graduate Medical Education and DIO at A.T. Still University, Kirksville College of Osteopathic Medicine. He earned his Doctor of Osteopathic degree from Michigan State University in 1990 and completed his internship and residency at Flint Osteopathic Hospital. He leads the National Center for Osteopathic Principles and Practice Education and focuses on the clinical education of 3rd and 4th-year KCOM students at Ascension Genesys in Grand Blanc, Michigan.



## **SCOTT MOORE, DO, DIPBLM, FACLM**

Scott is an Osteopathic Neuromusculoskeletal Medicine resident at Still OPTI/Northeast Regional Medical Center in Kirksville, Missouri. He is board-certified in lifestyle medicine, a Fellow of the American College of Lifestyle Medicine, and received the Catalyst Award from the National Academy of Medicine for his research on diabetes reversal through lifestyle changes. He was a tenured Professor at Weber State University, completed a pathology internship at the University of Arizona, earned his medical degree from Midwestern University Arizona College of Osteopathic Medicine, and holds a Bachelor's degree in German from Weber State. In his free time, he enjoys family activities, coaching soccer, playing guitar and ukulele, and skiing, along with a passion for homemade plant-based meals.



## **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).

# Meet Our Presenters



## **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.



## **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 is an assistant professor at A.T. Still University–Kirksville College of Osteopathic Medicine. She earned her Doctor of Osteopathic Medicine in 2017 from Des Moines University and completed a fellowship in osteopathic manipulative medicine. Board certified in Family Medicine and Neuromusculoskeletal Medicine, she finished her residency in Family Medicine in Illinois from 2017-20 and received specialized training in osteopathic neuromuscular medicine in 2021. Additionally, she practices medical acupuncture, having completed her training in 2020.

# Meet Our Presenters



## **MEADOW WILL, DO**

Meadow Will, DO, is a current third year osteopathic neuromusculoskeletal medicine resident in Kirksville, MO. She earned her Doctor of Osteopathic Medicine degree from University of Pikeville-Kentucky College of Osteopathic Medicine where she also did an undergraduate teaching fellowship in Osteopathic Principles and Practices and Anatomy.





# Speaker Disclosures and Learning Objectives

## Disclosures

- 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.

## 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 and Professional Practice Gap

## 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.

## Practice Gap

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 and Desired Outcomes

## Educational Need

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 OMM.





# Accreditation Statement and Grievance Policy

## 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.



# Contact Us



660-626-2717



[ncoppe@atsu.edu](mailto:ncoppe@atsu.edu)



[www.at-su.edu/ncoppe](http://www.at-su.edu/ncoppe)

**\*\*Thank You for Joining Us!\*\***

We extend our heartfelt thanks to all participants for making this conference a success. Your energy, engagement, and enthusiasm truly brought our sessions to life.

We value your insights and would love to hear your feedback. Please take a moment to share your thoughts by scanning the QR code on this page. Your input is invaluable in shaping future events and improving the experience for everyone.

As you return to your clinical practices, we encourage you to implement the osteopathic skills and techniques you learned throughout the conference. We believe they will enhance your patient care and foster a holistic approach to health and wellness.

Thank you once again for your participation. We look forward to seeing you at future events!

Warm regards,  
The NCOPPE team



Program  
Evaluations