

Introduction to OMM for MDs and DOs



2026



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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.

Welcome to the Introduction to Osteopathic Manipulative Medicine 2026 - Year One: Upper Body conference!

We are pleased that you have chosen this educational experience as part of your continuing medical education journey. This year introduces our new two-year model, designed to provide progressive skill development and deeper clinical integration. Year One focuses on the upper body, with Year Two continuing the curriculum in additional regions.

Here is a glimpse of what you will experience this week:

- Engaging lectures from expert faculty in osteopathic manipulative medicine
- Structured, hands-on lab sessions to practice and refine your skills
- Networking opportunities with colleagues from across the region
- Tours highlighting the A.T. Still University campus

Lunch and refreshments will be provided during the conference. For evening meals, Kirksville offers a variety of local restaurants; a dining guide is included in your conference materials.

If there is anything we can assist you with during the conference, please contact the NCOPPE staff:

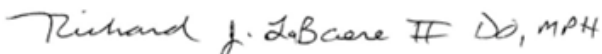
Dana Nelson - Executive Director - 660-626-2072

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 professional life and patient care.

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

A.T. Still University



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 18	May 19	May 20	May 21
8:00—9:55 AM Introduction to Osteopathic Principles and Practice	8:00-9:55 AM Muscle Energy of the Thoracic Spine	8:00-9:55 AM Counterstrain of the Anterior & Posterior Rib Cage	8:00-9:55 AM Counterstrain: Upper Limb
10:05-12:00 noon Soft Tissue of the Cervical Spine and Thoracic Spine	10:05-12:00 noon Counterstrain of the Anterior & Posterior Cervical Spine	10:00-12:00 noon Segmental Diagnosis: Rib Cage	10:05-12:00 noon Diagnosis: Segmental Diagnosis: Upper Limb
12:00-12:30 PM Lunch	12:00-12:30 PM Lunch	12:00-12:30 PM Lunch	12:00-12:30 PM Lunch
12:30-1:25 PM Guided Tour—Still Museum	12:30-1:25 PM Guided Tour—Anatomy Lab	12:30-1:25 PM Guided Tour—Still Research Institute	12:30-1:25 PM Guided Tour—Human Patient Simulation Lab
1:30-3:25 PM Counterstrain of the Thoracic Spine (Posterior)	1:30--3:25 PM Segmental Diagnosis: Cervical Spine	1:30-3:25 PM Muscle Energy Technique Rib Cage	1:30-3:25 PM Muscle Energy Upper Limb
3:35-5:30 PM Segmental Diagnosis: Thoracic Spine	3:35-5:30 PM Muscle Energy Technique: Cervical Spine	3:35-5:30 PM Myofascial Release; Documentation, Billing & Coding	3:35-5:30 PM Selected Clinical Applications: Neck, Shoulder, Thoracic Back Pain and Hospitalized Pneumonia



Monday's Schedule

Time	Location	Presenter(s)	Presentation Title
8:00-9:55 AM	Blumenthal Lab	Jonathon Kirsch, DO	Introduction to Osteopathic Principles and Practices
10:05-12:00 noon	Blumenthal Lab	Jonathon Kirsch, DO	Soft Tissue of the Cervical Spine, Thoracic 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	Eric Snider, DO	Counterstrain of the Thoracic Spine (Posterior)
3:35-5:30 PM	Blumenthal Lab	Bill Strait, DO	Segmental Diagnosis: Thoracic

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	Alan Boruch, DO Karen 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	Mathew Jury, DO; Karen Snider, DO	Counterstrain of the Anterior & Posterior Rib Cage
10:05-noon	Blumenthal Lab	Meadow Will, DO; Eric Snider, DO	Segmental Diagnosis: Rib Cage
Noon-12:30 PM	Blumenthal Lab		Lunch
12:30-1:25 PM	Still Research Lab	Zane Starks; Brian Degenhardt, DO	Guided Tour (optional)
1:30-3:25 PM	Blumenthal Lab	Eric Snider	Muscle Energy Technique: Rib Cage
3:35-5:30 PM	Blumenthal Lab	Jennifer Satar, DO; Karen Snider, DO	Myofascial Release; Documentation, Billing & Coding (1 hour)

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	Ricki Sheldon, DO; Karen Snider, DO	Counterstrain: Upper Limb
10:05-12:00 noon	Blumenthal Lab	Karen Snider, DO	Diagnosis: Segmental Diagnosis: Upper Limb
12:00-12:30 PM	Blumenthal Lab		Lunch
12:30-1:25 PM	HPS Lab	Lisa Archer	Guided Tour (optional)
1:30-3:25 PM	Blumenthal Lab	Scott Moore, DO; Eric Snider, DO	Muscle Energy Technique: Upper Limb
3:35-5:30 PM	Blumenthal Lab	Mark Hanson, DO; Eric Snider, DO	Selected Clinical Applications: Neck Pain, Shoulder, Thoracic Back Pain; Hospitalized Pneumonia

Meet Our Presenters



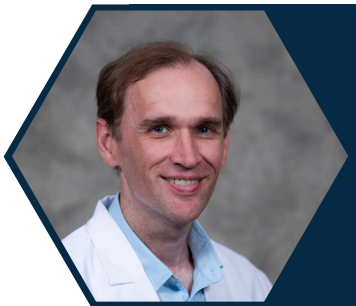
ALAN BORUCH, DO, PHD

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,



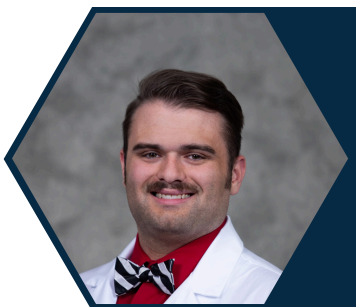
ANNA ESPARHAM, MD, FAAP, D-APB, D-ABMA, D-ABOIM, C-AOBNMM

BAnna Esparham, MD, is an associate professor at A.T. Still University's Kirksville College of Osteopathic Medicine. She is quadruple-board certified in Integrative Medicine, Pediatrics, Osteopathic Neuromusculoskeletal Medicine, and Medical Acupuncture. Her work focuses on integrative pain management and headache care, with numerous research publications and national media features.



MARK HANSON, DO

Mark Hanson, DO, is a PGY-2 resident in the Still OPTI Osteopathic Neuromusculoskeletal Medicine residency program. He earned his Doctor of Osteopathic Medicine from Idaho College of Osteopathic Medicine in 2024 following a career in laboratory quality assurance. His professional interests focus on osteopathic manual medicine, with personal interests in literature, cooking, and the performing arts.



MATHEW JURY, DO

Mathew Jury, DO, is a PGY-2 resident in the Osteopathic Neuromusculoskeletal Manipulative Medicine residency program at Northeast Regional Medical Center in Kirksville, Missouri. He earned his Doctor of Osteopathic Medicine degree from Lake Erie College of Osteopathic Medicine in Erie, Pennsylvania, in 2024 and is pursuing advanced training in osteopathic manual medicine.

Meet Our Presenters



JONATHON KIRSCH, DO

Jonathon R. Kirsch, DO, is a professor of Osteopathic Manipulative Medicine at A.T. Still University–Kirksville College of Osteopathic Medicine. A 1996 ATSU-KCOM graduate, he is board certified in Neuromusculoskeletal Medicine and OMM. He completed postdoctoral training in Arizona and an AOA Health Policy Fellowship, and is active in multiple osteopathic professional organizations.



SCOTT MOORE, DO, DIPBLM, FACLM

Scott Moore, DO, is an Osteopathic Neuromusculoskeletal Medicine resident at Still OPTI/Northeast Regional Medical Center in Kirksville, Missouri. Board certified in Lifestyle Medicine, he explores the integration of osteopathic philosophy and lifestyle medicine. An FACLM award recipient, he co-developed the LEADR curriculum with the American College of Lifestyle Medicine, now used globally in diabetes lifestyle intervention research.



JENNIFER SATAR, DO

Jennifer Satar, DO, is a third-year Neuromusculoskeletal Medicine resident at Still OPTI/Northeast Regional Medical Center in Kirksville, Missouri. She earned her DO degree from the West Virginia School of Osteopathic Medicine and previously completed family medicine internship training. Her interests include osteopathic care, outdoor activities, yoga, music, and family life.



RICKI SHELDON, DO

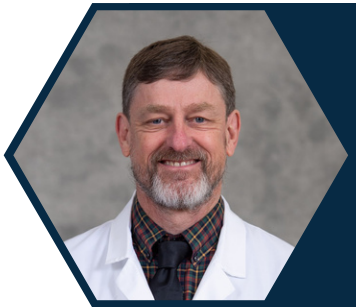
Ricki Sheldon, DO, is a PGY-2 resident in Osteopathic Manipulative Medicine at A.T. Still University in Kirksville, Missouri. With a background in geology and physics, her work centers on environmental sustainability, global health, and musculoskeletal outcomes. Her research interests include microplastics and human health, reflecting osteopathic principles of balance between health and environment.

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. Board certified in Neuromusculoskeletal Medicine and OMM, she completed her medical education at West Virginia School of Osteopathic Medicine and residency at Northeast Regional Medical Center. She is a fellow of both the AAO and the National Academy of Osteopathic Medical Educators.



ERIC SNIDER, DO C-AOBNMM

Eric Snider, DO, is an associate professor at A.T. Still University's Kirksville College of Osteopathic Medicine and serves as chair of the Osteopathic Manipulative Medicine department and program director for the ONMM residency. Board certified in NMM/OMM, he completed his medical education and postgraduate training at West Virginia School of Osteopathic Medicine and Northeast Regional Medical Center.



BILLY STRAIT, DO, C-AOBNMM

Billy Strait, DO, is an associate professor at A.T. Still University's Kirksville College of Osteopathic Medicine and serves as director of the OMM fellowship program. Board certified in Neuromusculoskeletal Medicine and Osteopathic Manipulative Medicine, he earned his DO degree from ATSU-KCOM and completed his residency at Northeast Regional Medical Center.



MEADOW WILL, DO

Meadow Will, DO, is an Assistant Professor of Osteopathic Neuromusculoskeletal Medicine at A.T. Still University's Kirksville College of Osteopathic Medicine. She earned her DO degree from the University of Pikeville-Kentucky College of Osteopathic Medicine and completed her residency at Northeast Regional Medical Center, with additional experience in undergraduate osteopathic medical education.



Speaker Disclosures and Learning Objectives

Disclosures

- The presenters and planners for Introduction to OMM for MDs and DOs 2026 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

- Describe core osteopathic principles and their application to the cervical spine, thoracic spine, rib cage, and upper extremities.
- Perform a focused osteopathic structural examination of the cervicothoracic region and upper limb.
- Identify common somatic dysfunction patterns affecting the upper extremities and related axial structures.
- Demonstrate foundational OMM techniques, including soft tissue, muscle energy, counterstrain, and myofascial release, for upper extremity and associated regional dysfunctions.
- Integrate OMM into the conservative management of common clinical presentations such as neck pain, shoulder pain, thoracic back pain, and selected inpatient conditions.
- Apply appropriate documentation, billing, and coding principles when incorporating OMM into clinical practice.



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

Upper extremity musculoskeletal conditions such as shoulder, elbow, and wrist pain are common in clinical practice. Evidence supports the use of manual and nonpharmacologic therapies in the conservative management of many of these conditions; however, many physicians have limited formal training or decreased confidence in performing osteopathic structural evaluation and osteopathic manipulative medicine (OMM) techniques for the upper extremities.

Additionally, MD residents and students pursuing osteopathically recognized training often lack foundational, hands-on OMM instruction required for program readiness. This activity addresses these gaps by providing focused education and supervised practice in upper extremity osteopathic principles, diagnosis, and treatment.



Educational Need and Desired Outcomes

Educational Need

Upper extremity and related cervicothoracic musculoskeletal complaints are common in outpatient and inpatient practice. Although clinical guidelines support conservative and manual therapies, many physicians have limited formal training or reduced confidence in performing osteopathic structural examination and osteopathic manipulative medicine (OMM) techniques for these regions. Additionally, physicians pursuing osteopathically recognized training often lack structured, hands-on foundational instruction. This activity addresses these gaps by providing focused education and supervised skills training in osteopathic principles, segmental diagnosis, and core OMM techniques for the cervical spine, thoracic spine, rib cage, and upper extremities.

Desired Outcomes

As a result of participation in this activity:

- Participants will increase competence in osteopathic structural diagnosis of the cervicothoracic region and upper extremities.
- Participants will demonstrate improved technical skill and confidence in performing selected OMM techniques.
- Participants will incorporate OMM more consistently into the management of upper extremity and related musculoskeletal conditions.
- MD residents and students pursuing osteopathically recognized training will gain foundational competencies necessary for program readiness.
- Patient care may reflect increased use of evidence-informed, conservative, nonpharmacologic treatment options.



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



www.atsu.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

