



INNOVATION FOR A HEALTHIER PLANET

College of Osteopathic Medicine
11 Hills Beach Road
Biddeford, ME 04005-9599

ANNOUNCING

MANUAL MEDICINE
2020 Courses



MANUAL MEDICINE

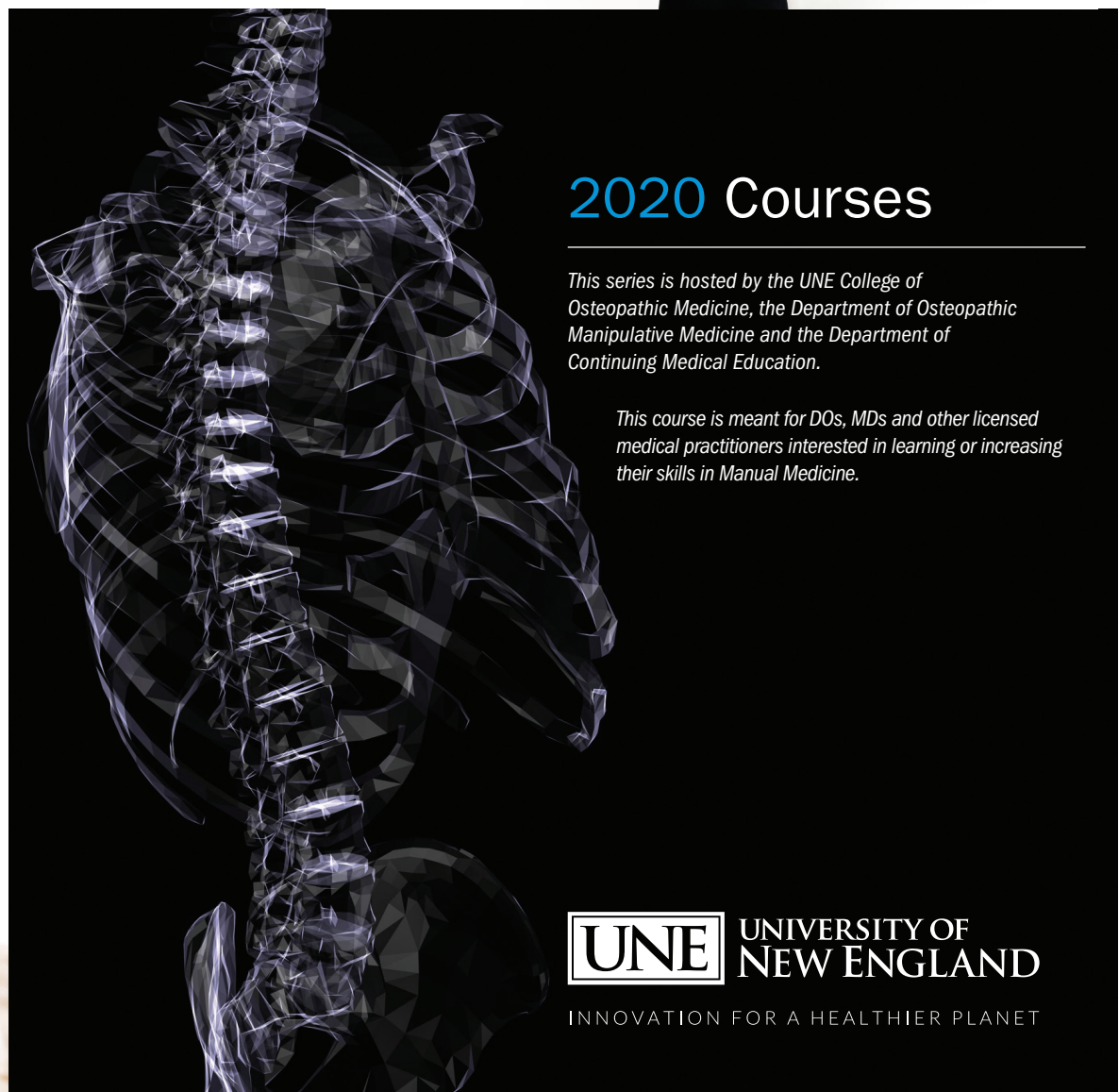
University of New England
College of Osteopathic Medicine
Harold Alfond Center for Health Sciences
Biddeford, Maine



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.



INNOVATION FOR A HEALTHIER PLANET

THE 2020 SCHEDULE

January 10–12
Lumbar Spine

March 6–8
Hip Joint and Lower Extremities

May 8–10
Pelvis

September 18–20
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 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 – 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 Alfond Center for Health Sciences.*

Faculty/Course Instructors:

Patricia E. Murray, DO

Faculty are assisted by UNE COM OMM/NMM Fellows and OMM/Anatomy Fellows.

PROGRAM AGENDA

FRIDAY (Introductory Session)

- 8–8:15 a.m. Introduction
8:15–9 a.m. History
9:00–10:00 Philosophy and Principles
10 a.m.–2:30 p.m. Lab: Palpation and ROM Exercises
Lab: Soft tissue
12:30–1 p.m. Lunch
1–3 p.m. Lecture: Principles of Muscle Energy
Lab: Muscle Energy
3–4 p.m. Lecture: Principles of Counter Strain
Lab: Counter Strain
4–5 p.m. Lecture: Principles of HVLA
Lab: HVLA

SATURDAY (Regional Focus: Part I)

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

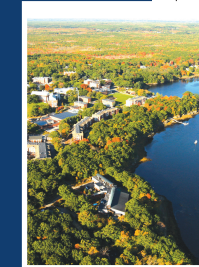
SUNDAY (Regional Focus: Part II)

- 8–8:30 a.m. Review
8:30–10 a.m. Complete Regional Focus
Lectures and Labs
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 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.



HOW TO REGISTER

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

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

2020 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 Check or Money Order (Payable to UNE)
METHOD: 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 10–12 Lumbar Spine:
 Intro Session only Sat/Sun only All 3 days

March 6–8 Hip Joint/Lower Extremities:
 Intro Session only Sat/Sun only All 3 days

May 8–10 Pelvis:
 Intro Session only Sat/Sun only All 3 days

Sept. 18–20 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