

14th Annual Pain Care Skills Training

Title: Principles and Applications of Osteopathic Manipulation and Manual Muscle Testing for Health Professionals: Treating Pain and Dysfunction without Drugs and Surgery

20 August PM 1230-1630 EDT & 21 August PM 1230-1630 EDT

**Course Instructor: Jay Sandweiss D.O., C-NMM/OMM, DABMA,
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Course Description

This course will introduce attendees to basic principles and mechanisms used by skilled osteopathic physicians to evaluate movement and function of the neuromusculoskeletal system. It offers health professionals a unique and effective system of diagnosis and treatment for musculoskeletal pain and dysfunction. In this current climate that seeks to find non-opioid and other non-invasive modalities, osteopathic manipulative medicine combined with manual muscle testing offers an ideal approach for treating many common musculoskeletal problems. A variety of diagnostic and treatment systems will be explained, demonstrated, and practiced by attendees. Participants will practice with partners during specially designed “hands-on” workshop modules. Dr. Sandweiss will draw on his 45 years of clinical experience to present relevant, clinical pearls and procedures for treating vertebral segments, muscles, fascia, viscera, and extremities.

Course Learning Objectives

- 1) Review the functional anatomy of the axial skeleton, cranium, and extremities.
- 2) Define and describe Somatic Dysfunction
- 3) Define and describe the concept of motion barriers
- 4) Review theories of spinal motion (Type I vs. Type II behaviors)
- 5) Practice palpatory exercises to locate restricted areas
- 6) Learn manual muscle tests that evaluate local joint mechanics and also screen for global neurological issues
- 7) Practice quick and effective Muscle Energy Techniques, Strain-Counterstrain and Myofascial Release techniques to resolve spinal extremity pain and dysfunction
- 8) Soft tissue techniques for neurological reeducation

Course Agenda 20 & 21 August 2024 1230-1630 ET

30 min: Overview of osteopathic manual medicine principles and mechanisms. Discussion of the importance of manual muscle testing.

30 min: Demonstration and group practice of palpation and enhancing exercises
(identifying somatic dysfunctions)

60 min: Demonstration and practice for assessing spinal dysfunctions in the cervical, thoracic and lumbar regions (locating restricted facet joints that are manipulable disorders)

15 min break

45 min: Demonstration and practice for treating cervical, lumbar, sacroiliac and thoracic somatic dysfunctions with direct and indirect techniques
(Muscle Energy Technique, Strain and Counterstrain, Myofascial Release and Indirect Functional Methods)

40 min: Exploring the role of artful manual muscle testing. How muscle testing can give you valuable information about the location of pain generators and dysfunction generators. Why muscle testing should be a part of every neuromusculoskeletal exam. Demonstration and practice of muscle testing procedures for upper and lower extremities in low back, sacral and hip girdle areas.

20 min: Demonstration and practice of screening techniques for the eyes (heterophorias), and temporomandibular joint disorders. These areas are critically important to diagnose and treat to achieve more lasting results with our patients.

Course Adjourn

