

# **2025 Pain Care Skills Training (PCST) & Substance Use Disorder (SUD) Combined Agenda**

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

**19–20 August 2025, 1230–1630 PM ET**

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

**Location: Partnership for Public Service, 6th Floor – Room 601**

**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.

### **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

### **19–20 August 1230–1630 PM ET**

1230–1300	Overview of Osteopathic Manual Medicine Principles and Mechanisms. Discussion of the Importance of Manual Muscle Testing.
1330–1400	Demonstration and Group Practice of Palpation and Enhancing Exercises (Identifying Somatic Dysfunctions)
1400–1500	Demonstration and Practice for Assessing Spinal Dysfunctions in the Cervical, Thoracic and Lumbar Regions (Locating Restricted Facet Joints that are Manipulable Disorders)

1500–1515 ----- BREAK-----

1515–1600 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)

1600–1640 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.

1640–1700 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.