

2026 Pain Care Skills & Substance Use Disorder Training Agenda

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

Presented by: Jay Sandweiss D.O., C-NMM/OMM, DABMA, FAAMA
Offered: 18 August 2026; 1230-1630 PM ET & 19 August 2026; 1230-1630 PM ET
Location: National Union Building, Washington, DC

****Note: Part 2 on 19 August 2026, required to take Part 1 on 18 August 2026 required!****

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 47 years of clinical experience to present relevant, clinical pearls and procedures for treating vertebral segments, muscles, fascia, viscera, and extremities.

Learning Objectives: Upon completion of this workshop, participants will be able to:

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

18 August 2026; 1230-1630 PM ET

- 1230-1300 Overview of osteopathic manual medicine principles and mechanisms.
Discussion of the importance of manual muscle testing.
- 1300-1330 Demonstration and group practice of palpation enhancing exercises
(identifying somatic dysfunctions)
- 1330-1430 Demonstration and practice for assessing spinal dysfunctions in the cervical,
thoracic and lumbar regions (locating restricted facet joints that are
manipulable disorders)
- 1430-1445 Break
- 1445-1530 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)
- 1530-1610 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, low back, sacral and hip girdle
areas.
- 1610-1630 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 particularly those that have suffered concussions and head
trauma.

Course Adjourned