

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- *Part 2 (Advanced)*

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

***** Day 1 attendance is required in order to take Day 2 or previous attendance of the OMM course in 2024 or 2025*****

Description: This course introduces attendees to further advanced 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 approach for diagnosis and treatment of musculoskeletal pain and dysfunction. Participants will practice with partners during specially designed “hands-on” workshop modules. This course is an extension of Day 1 material. It will expose attendees to many more “hands-on” techniques to use throughout the body. Also, many additional manual muscles tests will be taught to precisely locate the source of muscle inhibitions.

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. Practice palpatory exercises to locate restricted areas
3. Learn additional manual muscle tests that evaluate local joint mechanics and also screen for global and focal neurological issue
4. Practice quick and effective Muscle Energy Techniques, Strain-Counterstrain and Myofascial Release techniques to resolve spinal and extremity somatic dysfunctions
5. Soft tissue techniques for neurological reeducation

19 August 2026; 1230-1630 PM ET

1230-1300 Review of osteopathic manual medicine principles and mechanisms. Discussion of the importance of manual muscle testing.

1300-1330 Demonstration and group practice of diagnosis and treatment techniques for the upper extremity

1330-1430 Demonstration and group practice of diagnosis and treatment techniques for the lower extremity

1430-1445 Break

1445-1545 Demonstration and practice for treating lumbar, sacrum, and sacroiliac somatic dysfunctions with direct and indirect techniques (Muscle Energy Technique, Strain and Counterstrain, Myofascial Release and Indirect Functional Methods)

1545-1630 Further applications of artful manual muscle testing. Demonstration and practice of muscle testing procedures for:

- Evaluating left brain/right brain imbalances
- Assessing need for cranial manipulation
- Assessing need for releasing fascia of specific muscle groups
- Assessing need for treating adrenal gland dysfunction
- Assessing need for treating the lymphatic system
- Screening emotional stress affecting the neuromuscular system

Course Adjourned