



Hands-on practice of 6 OPP Modalities:

- Soft Tissue
- Myofascial Release
- Lymphatics
- Counterstrain
- Muscle energy
- High velocity, low amplitude (HVLA)

Seminar Details

On-site or regional venue, 3-4 hour block. CME may be available, depending on location and timeline.

Kinesthetic learning intermixed with lecture and open discussion creates an enriched learning environment for optimum engagement.

Primary instructional physicians include:

Brandon Isaacs, DO, FAAFP

Thomas Fotopoulos, DO

Steven Litchfield, DO

Who We Are

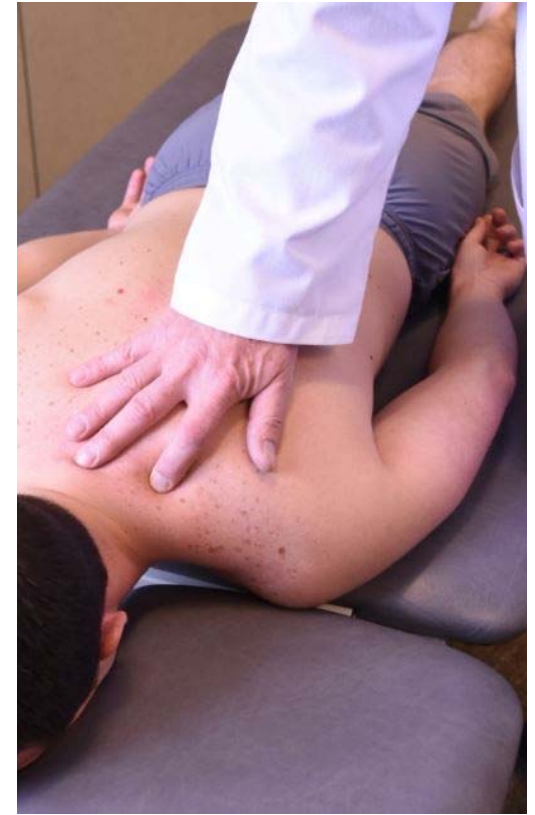
In 2015 Pacific Northwest University and Family Medicine Residency Network (FMRN) formed a collaborative program to create osteopathic faculty development programs that would help Family Medicine Residencies within the FMRN towards osteopathic recognition and support the unified accreditation movement.

This faculty development seminar a direct result of this collaboration effort. Future OPP seminars will be developed as needs are assessed.

Please let us know your Osteopathic Faculty Development needs!

CONTACT US

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OSTEOPATHIC PRINCIPLES & PRACTICE (OPP) INTRODUCTORY WORKSHOP

Helping Family Medicine Residencies with Osteopathic Recognition



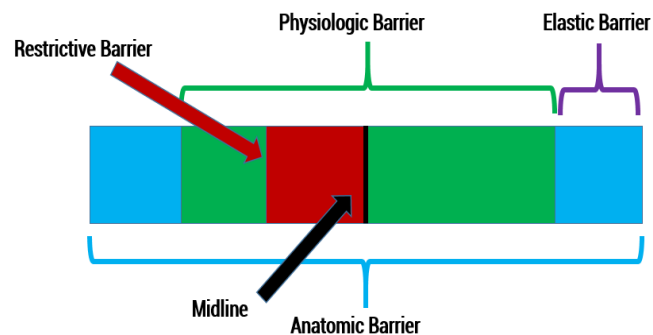
Who should attend:

Residency Program Directors Residency Faculty

- Introduction to OPP
- Refresh of technique

Osteopathic medicine facilitates the body's natural abilities of normal and healing functions.

With the single accreditation system well underway, residency programs are seeking educational resources to develop osteopathic physicians and attain osteopathic recognition. This course offering will help towards that goal.



Working towards Osteopathic Recognition?

Bring Osteopathic Principles and Practice (OPP) into your Family Medicine residency program!

The goal of this hands-on workshop is to provide Residency Faculty an opportunity to discuss the history and philosophy of osteopathic principles, learn and practice the six primary osteopathic techniques and bring those procedural skills back to your programs to train residents.



Workshop Learning Objectives

- Discuss the history and philosophy of osteopathic medicine, including the osteopathic approach to patients with history, physical, and a structural exam
- Perform static & dynamic structural exams
- Discuss somatic dysfunction and TART findings
 - Tissue texture changes
 - Asymmetry
 - Restriction of motion
 - Tenderness
- Discuss spinal facilitation and sensitization
- Correlate somatic dysfunction to sympathetic & parasympathetic reflexes
- Discuss causes of somatic dysfunction
- Recognition of somatic dysfunction through palpation
- Practice 6 osteopathic techniques