



Osteopathic Manual Practitioner Program DO(MP)

2013 – 2014

Syllabus & Student Handbook

WELCOME LETTER

Dear Osteopathic Practitioner Student,

Welcome to the Ontario School of Osteopathy (OSO) and the coming academic year. We look forward to an exciting and rewarding journey together as we explore the great subject that is osteopathic medicine.

There is a special synergy of passion and exploration at the Ontario School of Osteopathy. This energy exists because faculty members hold a great love for this healing art. The palpable excitement they have will be passed on to students.

The education you receive in Osteopathic Medicine will be of the highest standards. Equally important, the nurturance of you, as an **osteopathic practitioner student**, will be supported and encouraged to grow as well. Our professional faculty and employees are committed to challenging every student within an encouraging and collaborative environment.

Osteopathy is more than just a set of books; it is a way of looking at life. By being educated in Osteopathy, you will change for the better as a human being. What you carry with you from this college will profoundly help improve other people's lives. *That is our reason for being.*

This student handbook is designed to assist all of us in understanding college policies, procedures and what is expected of each of us within the community. I ask that you read your handbook and use it as a resource throughout the year.

In anticipation of a wonderful year, the OSO faculty and employees thank you for your faith in us. We all look forward to the year ahead with enthusiasm, excitement and confidence.

Respectfully,

Dr. Mohsen Talani & Faculty

Welcome to the Ontario School of Osteopathy Master of Osteopathic Manual Practice program. Our flexible modular program is designed for healthcare practitioners (HCP) to become clinically effective osteopathic manual practitioners DO(MP) & leaders in osteopathic healthcare.

Program Admission:

By the application deadline, applicants for admission to DO(MP) program must be graduates of a four year Canadian (or equivalent) baccalaureate degree program in any discipline from an accredited/recognized university, with a minimum GPA of 2.5. All applicants must be able to communicate either in English or French.

In addition, applicants must be a regulated health care professional or IMG with a minimum of 12 months of clinical experience. Regulated health profession include: Medical Doctor, Nurse Practitioner, Registered Nurse, Pharmacist, Massage Therapist, Homeopathic Practitioner, Naturopathic Doctor, Athletic Therapist, Physiotherapist, Chiropractor, Occupational Therapist, Speech Pathologist, Chiropodist, Social Worker, Audiologist, & Dentist.

Non program students

The flexibility of our program allows all interested healthcare practitioners to attend only the modules they are interested in and can directly integrate the new knowledge into their practice. A certificate of attendance and completion is awarded. At any time, a non program student may apply to opt into the program. All previously taken and completed modules will be credited toward the program. All other admission requirements are required.

Osteopathic Program Schedule

The Diploma of Osteopathic Manual Practice modular program is comprised of 14 modules. Each module is 3 full days comprised of theory and clinical trainings. Classes are available in both campuses of the school in Markham and Mississauga.

Ontario School of Osteopathy Core Values

The Values of OSO are:

Respect for the Individual

We recognize and honor the uniqueness, diversity and learning style of each individual. We respect and value the common experiences that bring us together.

Commitment to Osteopathic Educational Leadership

OSO is committed to becoming a national leader in osteopathic education. Good leadership liberates the mind from prejudice and opens the door for a lifelong journey of learning. It establishes academic excellence and provides a nurturing environment where students feel free to fully develop. Our teachers' energy and enthusiasm kindles a love of learning that is transformative for their students.

Community Builders

We prepare students to be life-long contributing members of their communities. Our collaborative environment fosters constructive conflict resolution and cultural sensitivity. Students learn to relate to the natural world and develop a connection with all life.

Open Mindedness and Self-Awareness

We encourage students to develop self-awareness, to remove obstacles to their learning and to care for themselves. Our goal is to guide this self-observation in a non-judgmental manner. This gentle approach and freedom from bias leads students to become true healers.

Dedication to Success

We are dedicated to the success of our programs and community. At the heart of this dedication is the success of our osteopathic students.

OSO Academic Philosophy:

Excellence in Osteopathic Education and Osteopathic Student Success

OSO is dedicated to excellence in osteopathic education, so that its students are prepared for successful careers in service to both the community and the profession. Central to the OSO philosophy is the firm belief that by example and excellence in teaching, supplemented by the opportunity for extensive practical experience, the college can develop professionals who are technically competent, compassionate, humanistic and responsive to the needs of others. Inherent in this philosophy is the College's recognition of its commitment to the student, the profession and the community.

Lifelong Osteopathic Student Learning Environment

OSO strives to create a foundation for lifelong learning and diversity of learning opportunities. Students are especially encouraged to focus on the three core values of the OSO Curriculum: Humanism, Research and Community.

Through humanism, a high priority is placed on initiative, valuing autonomy and freeing everyone to do their best and most creative work. Self-awareness and self-care are supported and nurtured.

Through community, a learning environment of reciprocal care and shared responsibility is created where each person's welfare and dignity is respected and supported.

Students are encouraged to develop the ability to work as part of their communities, both locally, nationally and globally.

Through research, OSO depends on a deep and abiding understanding that inquiry, investigation, and discovery are at the heart of the College's experience. The College nurtures its students' love of inquiry and develops their ability to critically assess problems. Students are encouraged to learn to think both analytically and synthetically

to find solutions to problems. This creates an environment that fosters and encourages freedom from prejudice.

Highly Competent Osteopathic Faculty

OSO supports a diverse faculty. They are highly competent critical thinkers, on their own merit. Faculty are well trained, supported by the administration and model lifelong learning and self-reflections for their students.

They assist students by challenging their assumptions and holding up mirrors that allow them to see themselves. The OSO Faculty participates in faculty-driven governance for the institution.

Sustainable Academic Culture

OSO places a high value on its academic community and culture by fostering the development of an osteopathic learning organization. This sustains students through their educational journey. The culture is based on facilitation, growth and mutual support. It embodies the accumulated wisdom of the community, including beliefs, assumptions and patterns and gives the College transformative powers to continuously improve itself



OSTEOPATHIC STUDENT EVALUATION

Evaluation is ongoing and takes the form of written tests, written clinical problems, performance of selected practical techniques and oral presentations of several assignments.

SCORES

The student must have a score of 70% on the written evaluations and 70% on oral evaluations for each module. Failure to achieve these percentages, each student will be given one opportunity to rewrite or the exams.

Students must obtain a grade of 70%.

Grading Policies

OSO maintains high standards of scholarship and at the same time recognizes its responsibility to provide each student the best opportunity to complete the program successfully. At the beginning of each course, the faculty is required to define clearly for the members of that class the objectives of the course and the standards and methods by which student achievement will be measured. At the end of each module, each student's performance is reported to the Registrar, using the following grading system:

H (HONORS) 90-100%
Superior Performance:

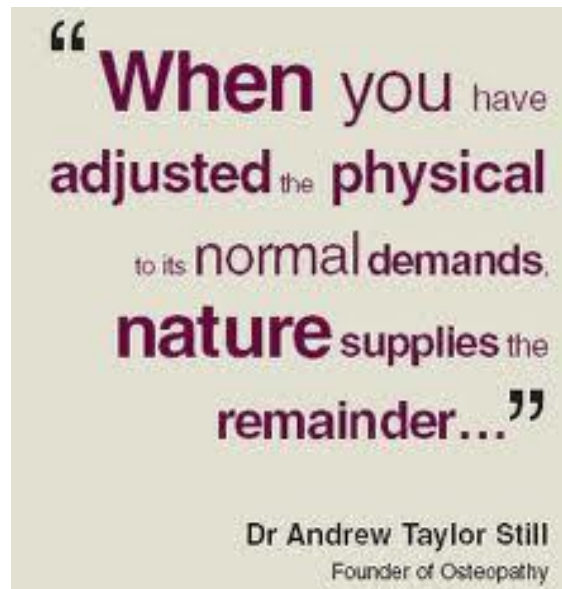
P (PASS) 80-89%
Satisfactory performance

MP (MINIMAL PASS) 70-79%
Marginal Performance

F (FAILURE) <69%
Unsatisfactory Performance

I (INCOMPLETE)
Course requirements not yet completed

W (WITHDRAWAL)
Student withdrew from course



OSTEOPATHIC ORAL & PRACTICAL TESTS

The oral test is administered that assesses the student's ability to communicate specific somatic dysfunctions and their pathology i.e. Thoracic Outlet Syndrome. This opportunity prepares osteopathic students for the communication of the osteopathic process to their patients, the patient's relatives or to other health care practitioners.

Similarly, practical test is administered that assesses the student's ability to perform a set of selected osteopathic techniques.

GRADE APPEAL

If a student believes that a final grade is unfair, he/she may seek an appeal for a grade change. The burden of proof is on the student. Grades are awarded and changed only by the faculty member or through the appeals process. The student must first appeal to the faculty member, presenting evidence of unfair evaluation. This must occur within the first 30 days after the grade issuance.

Remediation

Any failing course grade must be remediated. A fee will be assessed for this remediation. Remediated courses are graded using the standard OSO grading system. Any "F" grade in a nonclinical course must be remediated

within four weeks of the release of the course grade. Any “F” grade in a clinical course must be remediated within four weeks of the release of the course grade. The criteria and requirements for remediation are determined by the course faculty in consultation with the Department Chair. Remediation may include any or all of the following: Full re-examination, Partial re-examination, oral examination, or practice examination.

GRADUATION, DESIGNATION

Following successful completion of all modules, the student is presented with a **Diploma in Osteopathic Manual Practitioners, DO(MP)**. The OSO uses the term *Manual Practice* to distinguish it from *medical practice* that is reserved for those Osteopaths who have trained in the United States as physicians.

Leave of Absence

Students may apply for a leave of absence for up to six months. This entitles them to rejoin the next class at the point that they left off in their studies, provided that there is room in the class. If the student does not return by the last day allowed, they will be dropped from the program. The Program Director must be advised of a student’s intention to return to OSO at least one month before the beginning of the academic term in which she/he plans to register. A leave of absence normally will be granted to any student who is in good standing and who has satisfied all financial obligations to OSO. In the case of a medical leave of absence, which may be granted to a student, appropriate documentation is required from the attending physician. The physician must indicate the necessity of granting the leave and subsequently, the student’s fitness for returning to the program. If a student on leave does not return within six months, she/he will be required to submit a new application for admission. The student will need to satisfy admission requirements in effect at the time of reapplication.

List of Module:

Module 1 - Osteopathic Examination Skills: Palpation and Assessment I & **Module 2** - Osteopathic Examination Skills: Palpation and Assessment II

These module will review clinical procedures for interviewing an Osteopathic patient, physical assessment according to Orthopedic Principles, neurological assessment, and bio-mechanical assessment, all within the framework of “form and function are interrelated” model of classical Osteopathy. The student will learn how to identify patterns of symptoms by palpation according to Osteopathic principles.

Palpation is especially important to osteopathic manipulative diagnosis and treatment because it is fundamental to functional and structural evaluation. Two of the essentials of effective practice are palpatory skill in locating and defining somatic dysfunctions and manipulative skill to appropriately treat them. The art of palpation requires discipline, time, patience and practice. To be most effective and productive, palpatory findings must be correlated with knowledge of functional anatomy, physiology, and pathophysiology. The development of palpation skills is fundamental to become an osteopathic practitioner and will be an essential element of the curriculum.

The other topics which will be reviewed in these modules are:

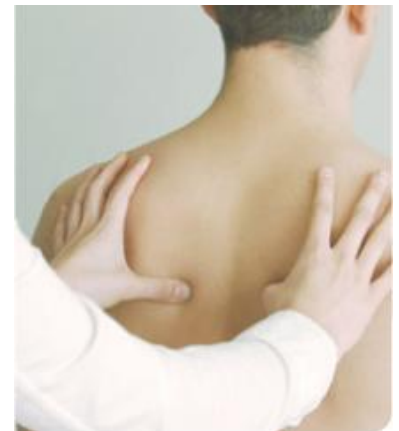
- General introduction to the history and philosophy of osteopathy
- Basic principles of biomechanics
- Barrier concept
- Ergonomics in Osteopathy
- The assessment of Posture and Gait
- Osteopathic assessment
- Models of osteopathic care
- Diagnostic Medical imaging & Lab Tests for the Osteopathic Practitioner



Module 3 - Principles of Osteopathic Techniques I & **Module 4** - Principles of Osteopathic Techniques II

Main topics of these 2 modules:

- Indirect Techniques
- direct Techniques
- Combined Techniques



The students will learn:

- Muscle Energy Technique (MET)
- Myofascial Release
- Oscillatory Osteoarticular Release
- Still technique
- Chapman Reflexes
- Traction Treatment

Classification of osteopathic treatment techniques

1. Muscle Energy Technique
 - Principles of neurophysiology
 - Muscle spindle reflex
 - Golgi tendon reflex
 - Reciprocal Inhibition
 - Crossed extensor reflex
 - Principles of Muscle Energy Technique
 - Respiratory Assistance
 - Oculocephalogyric Reflex
 - MET for individual muscles
2. Fascia and Myofascial Release
 - Cellular physiology
 - Classification of connective tissues
 - Structure of connective tissues
 - Types and functions of fascial systems
 - Fascial patterns according to Zink
 - Myofascial Release Technique
 - Regional and local stretch
 - Longitudinal, transverse and combined stretch
 - Diaphragm release
3. Techniques of Still
4. Chapman reflexes
 - Distinguishing characteristics
 - Clinical applications
5. Counterstrain
 - Physiologic basis
 - General rules
 - Basic Steps
 - Location and treatment of common anterior and posterior cervical tender points
 - Location and treatment of common anterior and posterior thoracic tender points
 - Location and treatment of common anterior and posterior lumbar tender points
6. Facilitated Positional Release
 - Physiologic basis
 - General rules
 - Basic Steps
 - Tissue Texture Change Treatment

- Intervertebral Motion Restriction Treatment in cervical, thoracic and lumbar spine
7. Oscillatory Techniques
 - Harmonic technique
 - Facilitated Oscillatory Release
 - Harmonic versus rhythmic techniques
 - Pendular and spring mechanisms
 - Harmonic technique as manual therapy
 - General rules
 - Oscillatory Techniques for different body masses
 8. Ligamentous Articular Strain (LAS) and Balanced Ligamentous Tension (BLT)
 - Physiologic basis
 - General rules
 - Basic Steps
 - Ligamentous Articular Strain treatment for individual regions of the body

Module 5 - Head Diagnosis and Treatment - Cranial Osteopathy

- Primary Respiratory Mechanism
- Theories & Research of Craniosacral Motion's Mechanism
- Osteopathic Cranial Assessment
 - General Cranial Counturs
 - Soft Tissue Assessment including:
 - a) Temporomandibular area
 - b) Suboccipital triangle
 - c) Floor of the mouth and submandibular region
 - Sutural Assessment
 - a) skull resilience
 - b) suture compression
 - c) suture stretching
- Craniosacral motion assessment
- TMJ Palpation and Motion testing
- Cranial Base Dysfunction
- Craniosacral system (including individual bones) motion patterns
- Examination of vestibular and coordination functions of CNS:
 - Romberg's test
 - Hautant's test
 - Oculostatic reflex
 - Coordination Exam
- Treatment techniques:
 - Muscle Energy Techniques for cranial muscles
 - Sutural V-Spread
 - Disengagement techniques

Review of major medical conditions in the cranial area with differential diagnosis of:

- Headache
- Postconcussional Disorder (PCD)
- Vertigo
- TMJ Disorder
- Cranial approach in Pediatric Osteopathy
- Cranial Base Dysfunctions' Releases
- Mobilization of cranial bones including:
Temporals, Maxilla, Frontal, Parietals, Occiput

- Mobilization of TMJ, orbits, sinuses
- Osteopathic treatment of cranial nerves (CNI-XII)
- Cranial Osteopathy Clinical Applications

Module 6 - Cervical Osteopathic Diagnosis and Treatment

Clinical biomechanics of the spine

- Biomechanics of the cervical spine with Fryette spinal mechanics principles
- Embryological origins of the topographical and functional anatomy of a spinal cord segment
- Osteopathic assessment of cervical region
 - General assessment
 - Intersegmental motion testing
- Osteopathic structural diagnosis
- Osteopathic techniques for cervical region:
 - Muscle Energy Techniques for the treatment of cervical region
 - Soft Tissue Techniques for the treatment of cervical region
 - Functional Technique for the treatment of cervical region
 - Counterstrain for the treatment of cervical region
 - Facilitated Positional Release for the treatment of cervical region
 - Oscillatory Techniques for the treatment of cervical region
 - Ligamentous Articular Strain Techniques for the treatment of cervical region
 - Techniques of Still for the treatment of cervical region

Module 7 - Thoracic and Costal Osteopathic Diagnosis and Treatment

- Screening tests
- Thoracic tender points
- Thoracic motion testing
- Thoracic Somatic Dysfunction
- Rib angle palpation
- Rib tender points
- Rib motion testing
- Thoracic/rib diagnosis using inherent motion
- Rib Somatic Dysfunction

- Osteopathic techniques for thoracic region and ribs:

- Muscle Energy Techniques for the treatment of thoracic region and ribs
- Soft Tissue Techniques for the treatment of thoracic region and ribs
- Functional Technique for the treatment of thoracic region and ribs
- Counterstrain for the treatment of thoracic region and ribs
- Facilitated Positional Release for the treatment of thoracic region and ribs
- Oscillatory Techniques for the treatment of thoracic region and ribs
- Ligamentous Articular Strain Techniques for the treatment of thoracic region and ribs
- Techniques of Still for the treatment of thoracic region and ribs

- Exercises for thoracic region and ribs

Module 8 - Lumbar Osteopathic Diagnosis and Treatment

- Screening tests
- Palpation and Motion testing
- Thoracolumbar somatic dysfunction
- Osteopathic techniques for lumbar region:

- Muscle Energy Techniques for the treatment of lumbar region
- Soft Tissue Techniques for the treatment of lumbar region
- Functional Technique for the treatment of lumbar region
- Counterstrain for the treatment of lumbar region
- Facilitated Positional Release for the treatment of lumbar region
- Oscillatory Techniques for the treatment of lumbar region
- Ligamentous Articular Strain Techniques for the treatment of lumbar region
- Techniques of Still for the treatment of lumbar region

- Exercises for lumbar region

Module 9 - Sacral Osteopathic Diagnosis and Treatment

- Screening tests
- Sacrum motion tests
- Sacrum somatic dysfunction diagnosis
- Osteopathic techniques for sacral region:

- Muscle Energy Techniques for the treatment of Sacral region
- Soft Tissue Techniques for the treatment of Sacral region
- Functional Technique for the treatment of Sacral region
- Counterstrain for the treatment of Sacral region
- Facilitated Positional Release for the treatment of Sacral region
- Oscillatory Techniques for the treatment of Sacral region
- Ligamentous Articular Strain Techniques for the treatment of Sacral region
- Techniques of Still for the treatment of Sacral region

- Exercises for sacral region

Module 10 - Pelvic Osteopathic Diagnosis and Treatment

- Pelvic types and Biomechanics of the pelvis
- Gate Pelvic Motion
- The Pelvis During Pregnancy
- Radiography of the pelvis
- Embryological origins of the topographical and functional pelvic anatomy
- Autonomic nervous system
- Peripheral nervous system
- Pathology of pelvic region
- Inflammatory processes (osteoarthritis, gynecologic, urologic etc.)
- Pathology of pelvic ligaments
- Pelvic Floor Dysfunction and a tender coccyx
- Short Leg Syndrome
- Post-traumatic changes
- Oncology
- Somatic dysfunction at the sacroiliac joint
- Iliosacral Somatic Dysfunction
- Anterior ilial rotation
- Posterior ilial rotation
- Superior innominate shear
- Inferior innominate shear
- Sacroiliac Somatic Dysfunctions
 - o Forward sacral torsions
 - Left on left sacral torsion
 - Right on right sacral torsion
 - o Backward sacral torsions
 - Left on right sacral torsion
 - Right on left sacral torsion
 - o Unilateral sacral flexions
 - Left unilateral sacral flexion
 - Right unilateral sacral flexion
 - o Bilateral sacral flexion dysfunction
 - o Bilateral sacral extension dysfunction
- Osteopathic assessment of pelvic region: Examination and Motion Testing
- Osteopathic structural diagnosis
- Osteopathic techniques for pelvic region:
 - Muscle Energy Techniques for the treatment of pelvic region
 - Soft Tissue Techniques for the treatment of pelvic region
 - Osteoarticular Techniques for the treatment of pelvic region
 - Counterstrain for the treatment of pelvic region
 - Oscillatory Techniques for the treatment of pelvic region
 - Ligamentous Articular Strain Techniques for the treatment of pelvic region
 - Techniques of Still for the treatment of pelvic region
- Exercises for pelvic region

Module 11 - Abdominal and Visceral Osteopathic Diagnosis and Treatment

Viscerosomatic reflexes

- Thoracolumbar temperature
- Thoracolumbar tissue texture
- Thoracolumbar red reflex
- Visceral autonomic innervation
- Chapman point palpation

- Osteopathic techniques for abdominal and visceral regions:

- Muscle Energy Techniques for the treatment of abdomen and viscera
- Soft Tissue Techniques for the treatment of abdomen and viscera
- Functional Technique for the treatment of abdomen and viscera
- Counterstrain for the treatment of abdomen and viscera
- Facilitated Positional Release for the treatment of abdomen and viscera
- Oscillatory Techniques for the treatment of abdomen and viscera
- Ligamentous Articular Strain Techniques for the treatment of abdomen and viscera
- Techniques of Still for the treatment of abdomen and viscera

- Exercises for abdominal and visceral regions

Module 12 - Upper Extremities Osteopathic Diagnosis and Treatment

Screening tests

- Motion testing
- Upper extremity Somatic Dysfunction
- Neurological exam for upper extremity

- Osteopathic techniques for upper extremity:

- Muscle Energy Techniques for the treatment of upper extremity
- Soft Tissue Techniques for the treatment of upper extremity
- Functional Technique for the treatment of upper extremity
- Counterstrain for the treatment of upper extremity
- Facilitated Positional Release for the treatment of upper extremity
- Oscillatory Techniques for the treatment of upper extremity
- Ligamentous Articular Strain Techniques for the treatment of upper extremity
- Techniques of Still for the treatment of upper extremity

- Exercises for lower extremity

Module 13 - Lower Extremities Osteopathic Diagnosis and Treatment

- Screening tests
- Lower extremity palpation
- Hip range of motion
- Lower extremity Somatic Dysfunction diagnosis

- Osteopathic techniques for lower extremities:
 - Muscle Energy Techniques for the treatment of lower extremity
 - Soft Tissue Techniques for the treatment of lower extremity
 - Functional Technique for the treatment of lower extremity
 - Counterstrain for the treatment of lower extremity
 - Facilitated Positional Release for the treatment of lower extremity
 - Oscillatory Techniques for the treatment of lower extremity
 - Ligamentous Articular Strain Techniques for the treatment of lower extremity
 - Techniques of Still for the treatment of lower extremity

- Exercises for lower extremities

Module 14 - Pediatric Osteopathic Diagnosis and Treatment

Paediatrics presents a general overview of paediatric conditions seen in osteopathic practice and the differential diagnosis and assessment of the common problems of infancy, childhood and adolescence. This includes health maintenance, disease prevention, the early diagnosis and osteopathic treatment of common childhood conditions and diseases, and referral where appropriate. Emphasis is on the development of a healthy lifestyle at an early age.

1. The pediatric osteopathic practice
2. Normal development and pathology of prenatal period
3. Normal and pathological birth process and its effect on child
4. Normal development and pathology of postnatal period
5. Osteopathic assessment of the infant and toddler
6. Osteopathic assessment of the preschooler and schoolchild
7. Psychological aspects in Pediatrics
8. Pediatric systemic dysfunctions
 - Musculoskeletal system
 - Respiratory system
 - Gastrointestinal system
 - Nervous system
9. Ortodontics
10. An osteopathic treatment approach in pediatrics.

