

FOUNDATIONS OF OSTEOPATHIC CRANIAL MANIPULATIVE MEDICINE

(Also known as Basic or Introductory Course 40-Hour Course)



Course originally developed by Viola M. Frymann, DO at Osteopathic Center for Children.

Course Director: R. Mitchell Hiserote, DO

July 15-19, 2020

COURSE DESCRIPTION

This course is a 40-hour didactic and laboratory experiential course that is designed to introduce practicing physicians, resident physicians, dentists, and current medical students to the osteopathic modality of cranial diagnosis and treatment. This course is presented consistent with the teachings of W.G. Sutherland, DO, and is a direct continuation and legacy of the Expanding Osteopathic Courses offered by the late Viola M. Frymann, DO. The course didactic components introduce applicable cranial anatomy, physiology, pathophysiology, and applied clinical Osteopathic principles, and are directly synergistic with the closely precepted (4:1 student to faculty ratio) and hands-on kinesthetic laboratory experiences. The faculty preceptors of the laboratory experiences are practicing physicians chosen for their extensive osteopathic clinical experience, knowledge of the modality, and competency as excellent clinical educators.

COURSE OBJECTIVES

Upon successful completion of the FOCMM course, the learner will have the modality rudiments to assess patients with a variety of chief complaints and safely apply basic osteopathic cranial treatment. The treatment techniques will be intended to either generally or specifically improve a patient's clinical presentation, while concurrently deepening the practitioner's understanding and skill of applied osteopathic medicine. To renew and explore a deeper integrative understanding in the application of Osteopathy (Osteopathic Medicine) in patient care.

After completion of the FOCMM course, participants will be expected to:

1. Identify and appreciate the historical roots and challenges codifying the osteopathic cranial concepts as elucidated by Dr. W.G. Sutherland, DO and endeavor to appreciate its continuity within the application and philosophy of osteopathic medicine, first described by Dr. A.T. Still, DO;
2. List and describe the five (5) phenomena of the Primary Respiratory Mechanism (PRM) within the osteopathic cranial concept, and begin to construct cogent applications of the phenomena to common clinical patient presentations;
3. Identify common craniometric anatomical regions, specific sutural, dural, and parenchymal relationships as applied with in the PRM cranial concept;
4. Demonstrate osteopathic cranial skills, within a small group setting, of diagnosis and treatment that are consistent with accepted safe practices and serve as a foundation for future skill growth and mastery in the efficacious application of the osteopathic cranial modality; and
5. Demonstrate, through examination, understanding of the foundational cognitive osteopathic cranial concepts and osteopathic kinesthetic skills consistent with the foundational level of the course.

CME

Osteopathy's Promise to Children (OPC) is an accredited AOA-CME sponsor for Category 1-A CME. OPC has requested that the AOA Council on Continuing Medical Education approve this program for 40 hours of Category 1-A AOA CME. Approval is currently pending.

TARGET AUDIENCE

DOS, MDs, DDSs and students in good standing enrolling in programs leading to such degrees. International osteopaths and international osteopathic students are also invited to apply and may contact cme@the-promise.org for more information.

ENROLLMENT FEE & REGISTRATION

\$1,795 (USD). Includes CME credits, course manual and materials, daily continental breakfast and lunch, morning and afternoon snacks. [Click Here to Register Online >>](#)

WEDNESDAY, JULY 15, 2020

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| 8:00 am | Introduction |
| 8:30 am | Lecture: Intro to the Primary Respiratory Mechanism (PRM) |
| 9:15 am | Lecture: Primary/Secondary Respiration |
| 10:00 am | Small Group Review & Discussion |
| 10:15 am | Lecture/Lab: Cranial Anatomical Landmarks |
| 11:15 am | Lab: Palpation Introduction: Guided Meadow Walk, Thorax, Thigh(s) |
| 12:15 pm | LUNCH (provided) |
| 1:15 pm | Lecture: Sphenoid Bone Concepts |
| 2:00 pm | Lecture: Occiput Bone Concepts |
| 2:45 pm | Lab: Sphenoid and Occiput Bone Disarticulated |
| 3:00 pm | Small Group Review & Discussion |
| 3:15 pm | Lecture: PRM Physiologic Motion |
| 4:15 pm | Lab: PRM Palpation with Enhancement - Vault Contact Intro |
| 5:15 pm | Small Group Review & Discussion |
| 5:30 pm | Adjourn |

THURSDAY, JULY 16, 2020

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| 8:00 am | Lecture: Potency and the CSF |
| 8:45 am | Lecture: Reciprocal Tension Membrane |
| 9:30 am | Lab: Introduction to Palpation - Layer Palpation Forearm & Thigh |
| 10:45 am | Small Group Review & Discussion |
| 11:00 am | Lecture: Sacrum and Core Link |
| 11:45 am | Lab: Sacral Palpation |
| 12:45 pm | LUNCH (provided) |
| 1:45 pm | Lecture: SBS Strain Pattern Concepts |
| 2:45 pm | Lab Small Group: SBS Strain Pattern Review and Foam Ball Experience |
| 3:15 pm | Lab: SBS Strain Pattern Guided Palpatory Emulation |
| 3:45 pm | Small Group Review & Discussion |
| 4:00 pm | Lecture: Temporal Bone Concepts |
| 4:50 pm | Small Group: Temporal Bone Disarticulated |
| 5:30 pm | Adjourn |

FRIDAY, JULY 17, 2020

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| 8:00 am | Lecture: Major Concept Reinforcement |
| 8:30 am | Lecture: OCMM Research Evidence |
| 9:30 am | Lecture: Intro to OCMM Treatment – Principles, Objectives and Methods |
| 10:15 am | Group Facial Rendering |
| 10:30 am | Small Group Review & Discussion |
| 10:45 am | Lecture: Vault Concepts |
| 11:30 am | Lab: Vault Lifts & Spreads |
| 12:30pm | LUNCH & A MOVIE (provided) |
| 1:30 pm | Lecture: Lab Intro -- Venous Sinus Technique |
| 2:15 pm | Lab: Venous Sinus Technique |
| 3:15 pm | Small Group Review & Discussion |
| 3:30 pm | Lecture: Lab Intro -- SI LAR, Indirect SBS Strain Pattern, SBS MAR Dx Tx |
| 4:15pm | Lab: SI LAR, Indirect SBS Strain Pattern, SBS MAR Dx Tx |
| 5:30pm | Adjourn |
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ELIGIBILITY REQUIREMENTS & PREREQUISITES TO ENROLL

An individual's qualifications for practice, and the scope of practice, are determined by each country's laws of licensure. There is a great deal of variation in the licensure requirements of different nations. Admission into Osteopathy's Promise (OPC) to Children FOCMM Course requires that individuals who complete an osteopathic educational program and practice and reside outside the United States either possess unlimited licensure for the practice of medicine or are members in good standing of a national osteopathic registry or the appropriate governmental licensing authority, the standards of which have been reviewed and approved by Osteopathic Cranial Academy. OPC will evaluate applications from International Osteopathic Graduates on a case-by-case basis. OPC reserves the right to request additional information about the education and training of any International Osteopathic Graduate who applies for admission to the FOCMM Course.

ACCOMMODATIONS

Lodging has been arranged at Hilton Garden Inn San Diego Mission Valley Stadium at 805 Murphy Canyon Road, San Diego, CA 92123. The room rate is \$159.00. Rooms will be available until June 15, 2020 or until the block is sold, whichever comes first.

[Click Here for Group Reservations >>>](#)

COURSE CANCELLATION AND REFUND POLICY

By applying for this course, the applicant ("Applicant") agrees that the application fee is non-refundable and represents the administrative cost of determining the Applicant's eligibility ("Application Fee"). The application shall require the payment of the Application Fee and the registration fee for the cost of attending the course ("Registration Fee"). In the event an Applicant is denied admission to a specific course the Registration Fee shall be refunded. An accepted Applicant shall be registered for the course and the registration fee payment shall be credited against the Registration Fee for the specific course. If after registration the Applicant desires to cancel his or her registration for the course the Applicant must notify Osteopathy's Promise to Children ("OPC") of their CANCELLATION in writing, ("Notice of Cancellation"), at least fourteen (14) days prior to the initial start date for the course. If the Applicant timely and properly provides OPC with a Notice of Cancellation OPC will issue a refund of the Registration Fee to Applicant. If OPC receives a Notice of Cancellation less than fourteen (14) days prior to the initial start date for the course, or an Applicant fails to attend the course, OPC will not issue a refund of the Registration Fee. In the event an Applicant attends the course but feels that the course did not provide the material or training advertised, an Applicant may request a refund of the Registration Fee. All such requests shall state the course name, date and times of Applicant's attendance and the specific reasons for the requested refund. The Applicant's inability to attend a portion of the course shall not constitute a valid reason for a refund. All refund decisions shall be made by the Executive Director whose decision shall be final.

LIABILITY RELEASE

This program may involve physical activity, including contact by and with faculty and other course participants. This physical activity, including but not limited to physical diagnostics and manual therapeutics, could possibly entail risk for course participants of new injury or aggravation of pre-existing conditions. All course participants acknowledge and agree to assume all responsibility and risk for all losses and damages, including but not limited to any bodily injury, death, and property damage, arising out of or incident to (i) attending the course, (ii) participating in the course, (iii) using equipment or facilities during the course, and (iv) using or misusing any knowledge or information obtained or derived from the course. All course participants acknowledge and agree to indemnify, defend, and hold harmless OPC, OPC's officers, directors, employees, agents, affiliates, licensors, partners, independent contractors, suppliers and subcontractors from and against all claims, actions, suits, proceedings, losses, obligations, damages including but not limited to any bodily injury, death, and property damage, liabilities, costs, debt and expenses, whether known or unknown, anticipated or unanticipated, arising out of or incident to (i) attending the course, (ii) participating in the course, (iii) using the equipment or facilities during the course, or (iv) using or misusing any knowledge or information obtained or derived from the course at or outside of the course location. OPC reserves the right, at course participant's expense, to assume the exclusive defense and control of any matter for which course participant is required to indemnify OPC and course participant agrees to cooperate with OPC's defense of these claims. Course participant agrees not to settle any matter without the prior written consent of OPC. OPC will use reasonable efforts to notify course participant of any such claim, action, suit, or proceeding upon becoming aware of it. It is the responsibility of all participants to use the information provided within the scope of their professional license or practice.

SATURDAY, JULY 18, 2020

8:00 am	Lecture: Major Concept Reinforcement
8:30 am	Lecture: OCMM Considerations of Cranial Nerves
9:45 am	Small Group Review & Discussion
10:00 am	Lecture: Lab Intro -- Temporal Bone Treatment, V-Spread, Pussy Foot, Diaphragms
10:45 am	Lab: Temporal Bone Treatment, V-Spread, Pussy Foot, Diaphragms
12:00 pm	LUNCH (provided)
1:00 pm	Lecture: Building A Face
1:45 pm	Lab: Facial Bones Review Small Group
2:00 pm	Lab: Face Treatment -- Zygoma, Premax/Max, Vomer Rocking
3:00 pm	Small Group Review & Discussion
3:15 pm	Lecture: Lab Intro -- CV 4
3:45 pm	Lab: CV 4, Concurrent Review V-Spread and SBS Strain Patterns
4:45 pm	Lab: Evaluation of Health -- Comparison Experience
5:45 pm	Small Group Faculty Debriefing of Comparison Experience
6:00 pm	Adjourn

SUNDAY, JULY 19, 2020

8:00 am	Lecture: Major Concept Reinforcement
8:30 am	Lecture: Mechanisms of Labor
9:15 am	Lecture: OCMM Pediatric Applications
10:15 am	Small Group Review & Discussion
10:30 am	Lecture: TMJ Anatomy, Physiology & Mechanics
11:30 am	Lab: TMJ Diagnosis & Treatment
12:45 pm	LUNCH (provided)
1:45 pm	Lecture: Cranial Neuropathies
2:45 pm	Practice Panel
3:15 pm	Small Group Review & Discussion
3:30pm	Group: Didactic and Practical Examination
4:15 pm	Student Checkout
5:00 pm	Adjourn

Please note:

Casual dress is encouraged. In consideration of our faculty, students, and on-site patients, we kindly request that all participants and visitors please refrain from wearing perfumes, colognes or other strong fragrances while visiting our facility. Thank you in advance for your consideration and cooperation.

COURSE DIRECTOR

R. Mitchell Hiserote, DO is a veteran director of introductory courses at Osteopathic Center for Children, a practicing osteopathic physician in Sebastopol, CA and Associate Professor/past Chairman of the Touro University California College of Osteopathic Medicine - Osteopathic Manipulative Medicine (OMM) Department. He is an alumnus of Western University College of Osteopathic Medicine in Pomona, CA and completed his post-graduate training at the Arrowhead Regional Medical Center in Colton, CA. Dr. Hiserote currently maintains board certification in Neuromusculoskeletal/ Osteopathic Manipulative Medicine from the American Osteopathic Board of Neuromuscular Medicine, Osteopathic Cranial Academy Certification of Proficiency, and is a Midwestern University -- Chicago College of Osteopathic Medicine Costin scholar. His first faculty position under the direction of Viola M. Frymann, DO began as an OMM teaching Fellow in 1995 and he has served in this role nearly annually since 2000. Additionally, he has served as faculty for osteopathy in the cranial field courses with the Sutherland Cranial Teaching Foundation, Osteopathic Cranial Academy (OCA) and Western University College of Osteopathic Medicine.

