

OMT in Motion Course Outline

- Introduction/approach to patients (5-10 minutes)
- **Cervical/thoracic spine**
 - Case-based differential diagnoses (10 minutes)
 - Anatomy review
 - Key history and examination
 - Appropriate use of OMT
 - OMT techniques and hands-on instruction (35-40 minutes)
 - Sports-related concussion
 - Brachial plexus injuries/stingers/burners
 - Scoliosis
 - Scheuerman's Kyphosis
- Break (5-10 minutes)
- **Upper extremity: Shoulder**
 - Case-based differential diagnoses (10 minutes)
 - Anatomy review
 - Key history and examination
 - Appropriate use of OMT
 - OMT techniques and hands-on instruction (35-40 minutes)
 - Tendinopathies/tears (rotator cuff, biceps)
 - Impingement syndrome
 - SC joint dysfunction
- Break (5-10 minutes)
- **Upper extremity: Elbow**
 - Case-based differential diagnoses (10 minutes)
 - Anatomy review
 - Key history and examination
 - Appropriate use of OMT
 - OMT techniques and hands-on instruction (35-40 minutes)
 - Epicondylitis
 - Nerve entrapment syndromes of elbow and forearm
 - Radial head subluxation
- Break (5-10 minutes)
- **Upper extremity: Wrist and hand**
 - Case-based differential diagnoses (10 minutes)
 - Anatomy review
 - Key history and examination

- Appropriate use of OMT)
- OMT techniques and hands-on instruction (35-40 minutes)
 - DeQuervain's Tenosynovitis
 - Carpal tunnel
 - Trigger finger
 - Dupuytren's contracture
- Summary and wrap-up of morning (5-10 minutes)
- Lunch break (60 minutes)
- **Thoracic/lumbar spine**
 - Case-based differential diagnoses (10 minutes)
 - Anatomy review
 - Key history and examination
 - Appropriate use of OMT
 - OMT techniques and hands-on instruction (35-40 minutes)
 - Fractures (compression and spinous process)
 - Spondylosis/spondylolisthesis
 - Strains/herniations
 - Leg length discrepancies
- Break (5-10 minutes)
- **Lower extremity: Hip**
 - Case-based differential diagnoses (10 minutes)
 - Anatomy review
 - Key history and examination
 - Appropriate use of OMT
 - OMT techniques and hands-on instruction (35-40 minutes)
 - Impingement
 - Iliotibial band syndrome
 - Tendinopathies
 - Strains
- Break (5-10 minutes)
- **Lower extremity: Knee**
 - Case-based differential diagnoses (10 minutes)
 - Anatomy review
 - Key history and examination
 - Appropriate use of OMT
 - OMT techniques and hands-on instruction (35-40 minutes)
 - Ligament injuries

- Tendinopathies
 - Meniscal injuries
 - Apophysitis
- Break (5-10 minutes)
- **Lower extremity: Foot and ankle**
 - Case-based differential diagnoses (10 minutes)
 - Anatomy review
 - Key history and examination
 - Appropriate use of OMT
 - OMT techniques and hands-on instruction (35-40 minutes)
 - Ankle sprain
 - Tendinopathies
 - Tarsal tunnel syndrome
 - Apophysitis
 - Posterior tibialis tendon insufficiency
- Summary and wrap-up (5-10 minutes)