

Osteopathic Manipulative Treatment Board Recertification Course

An 8-Hour Comprehensive Review Course for AOBFP-OMT Certified Physicians

Executive Summary

This intensive one-day course fulfills the hands-on OMT requirement for board recertification through the American Osteopathic Board of Family Physicians (AOBFP). The course begins with essential foundational concepts and progresses through 8 focused modules addressing specific body regions and techniques. This course will also be open to any other osteopathic physician or osteopathic medical student interested.

Learning Objectives

Each module includes:

1. Region-specific structural examination
2. Documentation of findings
3. Selection of appropriate techniques
4. Hands-on practice with feedback
5. Clinical integration strategies
6. Safety considerations and contraindications

Technique Competency Checklist

For each technique, participants must demonstrate:

1. Proper patient positioning
2. Correct physician positioning and hand placement
3. Appropriate force application
4. Understanding of contraindications
5. Proper documentation

Course Schedule

8:00 - 8:15 AM: Registration

- Distribution of course materials
- Pre-test administration

8:15 - 8:30 AM: Introduction

- Course goals and learning objectives
- Review of full-day agenda
- Basic palpation exercise: tissue texture assessment
- Fundamental concepts review:
 - Physiologic vs anatomical barriers
 - TART (Tissue texture, Asymmetry, Range of motion, Tenderness)
 - Documentation requirements and tips
- Patient communication strategies:
 - Introducing OMT to new patients
 - Setting realistic expectations
 - Building trust and compliance
 - Sample scripts and phrases

Module Details

8:30 - 9:25 AM: Module 1 - Cervical Spine

- Anatomy (15 minutes)
 - Surface anatomy and palpation points
 - Scalenes, trapezius, levator scapulae
- Case Review (5 minutes)
 - Neck pain
- Principles and Techniques (30 minutes)
 - Scalenes LAS technique
 - Trapezius direct inhibition
- Documentation Tips (5 minutes)
 - Specific terminology for each technique
 - SOAP note examples
 - Billing considerations

9:25 - 10:20 AM: Module 2 - Thoracic Spine/Ribs

- Anatomy (15 minutes)
 - Thoracic spine vertebrae
 - Ribs cage
 - Pec minor

- Serratus anterior
 - Latissimus
- Case Review (5 minutes)
 - Upper back pain
- Principles and Techniques (30 minutes)
 - Muscle energy for thoracic spine
 - Rib raising
 - Muscle energy for rib dysfunction
- Documentation Tips (5 minutes)

[10:20 - 10:35 AM: Break]

10:35 - 11:30 AM: Module 3 - Lumbar Spine

- Anatomy (15 minutes)
 - Lumbar spine vertebrae
 - Motion of vertebrae
 - Paraspinals
 - Quadratus lumborum
 - Psoas
- Case Review (5 minutes)
 - Lower back pain
- Principles and Techniques (30 minutes)
 - Muscle energy for lumbar spine - seated and supine
 - Standing flexion LAS technique
- Documentation Tips (5 minutes)

11:30 AM - 12:25 PM: Module 4 - Hips

- Anatomy (15 minutes)
 - Pelvis and Sacrum
 - Internal and external hip rotators
- Case Review (5 minutes)
 - Hip pain
- Principles and Techniques (30 minutes)
 - Seated muscle energy
 - Hip articulation
- Documentation Tips (5 minutes)

[12:25 - 1:25 PM: Lunch]

1:25 - 2:20 PM: Module 5 - Abdomen

- Anatomy (15 minutes)
 - Pelvis and Sacrum
 - Internal and external hip rotators

- Case Review (5 minutes)
 - Constipation
- Principles and Techniques (30 minutes)
 - Celiac ganglion release
 - Colonic stimulation technique
- Documentation Tips (5 minutes)

2:20 - 3:15 PM: Module 6 - Shoulders

- Anatomy (15 minutes)
 - Glenohumeral joint
- Case Review (5 minutes)
 - Shoulder pain
- Principles and Techniques (30 minutes)
 - Shoulder articulation sequence
 - Clavicle muscle energy
- Documentation Tips (5 minutes)

[3:15 - 3:30 PM: Break]

3:30 - 4:25 PM: Module 7 - Knees

- Anatomy (15 minutes)
 - Knee anatomy
- Case Review (5 minutes)
 - Knee pain
- Principles and Techniques (30 minutes)
 - Tibial torsion LAS technique
 - Fibular head muscle energy/articulation
- Documentation Tips (5 minutes)

4:25 - 5:00 PM: Module 8 - Review

- Review of techniques
- Troubleshooting common challenges
- Treatment sequencing
- Documentation review

5:00 - 6:00 PM: Final Assessment

- Practical demonstration of key techniques
- Course evaluation