

Workshop

Title

Osteopathic Consideration for the Headache Patient: A Case Presentation in Mental Health

Description

This session will apply the Biological, Neurological, and Behavior Models of osteopathic medicine for treating patients with chronic headaches. After an overview presentation, lab time will include muscle energy, counterstrain and HVLA of the cervical region, HVLA of the thoracic region, Direct inhibition techniques of the trapezius and oral muscles, cranial suture releases and Progressive inhibition of Neuromuscular Structures (PINS) .

Objectives:

At the end of this session, learners will be able to:

- Articulate the Tenets of Osteopathy and the Models of Treatment
- Briefly review high yield relevant anatomy and their potential contributions to headache
- Describe a focused structural exam that could be done when evaluating headache
- Create an example focused manipulative treatment plan

Title

Evaluating the Shoulder Girdle: A Whole Body Perspective

Description

This session will take a broader approach to the shoulder pain. We will evaluate the shoulder girdle by addressing the relevant anatomy of the cervical , thoracic, lumbar, pelvic and upper extremity contributions to shoulder pain. After an overview presentation, lab time will include counterstrain and HVLA of the typical cervical region, HVLA and balanced ligamentous tension of the thoracic region, direct inhibition techniques, muscle energy and myofascial release of the upper extremity

Objectives:

At the end of this session, learners will be able to:

- Articulate the Tenets of Osteopathy and the Models of Treatment
- Briefly describe relevant anatomy and their potential contributions to shoulder girdle dysfunctions
- Describe a focused structural exam that could be done when evaluating shoulder pain
- Create an example focused manipulative treatment plan for shoulder pain