



Osteopathic  
Manual Practice  
International  
Academy

# **Osteopathic Manual Practice Articulatory Techniques Course**

**UPPER BODY**

## **ARTICULATORY TECHNIQUES COURSE PRESENTATION**

This course is aimed to offer to Manual Therapists the theoretical and procedural knowledge underlying the osteopathic articulatory techniques.

The course is both evidence based and evidence informed and will allow the attendants to develop practical and clinical skills and to apply critical reflection in an integrative and multidisciplinary approach.

The modules are structured to guide participants through a sound review of functional anatomy, to develop a personalized assessment routine, a to practice safely a meaningful set of soft tissue techniques and structural techniques.

Each module will focus on a specific body area, in order to provide participants with a safe regional osteopathic structural approach fully applicable in their everyday practice.

Module's structure is presented as constant but will be adapted to the audience needs trough a learning needs' assessment procedure.

### **Learning outcomes:**

At the end of the course students:

will be able to appreciate, evaluate and put in action the possible integration of osteopathic structural approach in their professional practice.

Will be able to critically assess the opportunity and indication of applying osteopathic articulatory techniques and to execute the practical evaluation and execution needed for a safe and correct management.

### **Instructional strategies:**

The instructional strategies are "Student Centered" instead of being "Teacher Centered", so students will improve their theoretical knowledge and learn new practical approaches through active learning involving and transforming their own experience.

Active learning strategies such PBL (Project Based Learning) and TBL (Team Based Learning) approaches will be integrated with frontal lectures and practical sessions in order to promote an effective adult learning environment.

## **COURSE CONTENTS**

### **Functional anatomy's review and palpation:**

The regional anatomy will be reviewed through an anatomical palpation workshop in which the students will be guided in an active palpatory routine to identify and define the main anatomical structures with a focus on musculoskeletal ones but also with attention to the visceral and not somatic ones. Powerpoint slides and short videos will support the lab providing information, images and schematics.

### **Functional evaluation:**

Knowledge and skills acquired in the anatomical palpation lab will be used to inform the development of a functional evaluation routine. Active and passive tests to assess the specific body region will be showed by teachers and practiced by participants. Tutors will support participants during practice highlighting possible improvement of execution and encouraging participants to develop a personal routine. Specific attention will be put in engaging participants in reflection on the interpretation of their evaluative findings.

### **Treatment approaches:**

The proposed osteopathic structural approach will include Soft tissue Techniques and direct Articular Techniques. Each technical approach will be explored in its principles, underlying physiological mechanism, its indication and contraindication. The practical workshops will require participants to practice on each other under the tutors supervision. Every technique is taught with blocked and casual practice strategies involving multiple guided and autonomous repetition to foster and support retention and transferability of the learnt approach and skill.

### **Clinical Reasoning:**

In each module time will be dedicated to develop a coherent and pertinent clinical reasoning in order to foster an efficient and therapeutic application of the newly acquired knowledge and skill. This will be put in action through the application of CBL (Case Based Learning) strategies with clinical cases designed to promote clinical reasoning on possible dysfunctions and conditions of the specific anatomical area. Specific attention will be put in illustrating possible correlation and influences on and from other body areas, both musculoskeletal and not, introducing participants to osteopathic integrative clinical reasoning.

## COURSE SCHEDULE\*

### Day 1 - Thoracic Spine and Ribs-Chest

8:30-9:00 am	Registration	
9:00-11:00 am	Lecture	Course Introduction Thoracic Spine-Ribs-Chest Anatomy & Physiology review + Palpation, Osteopathic Assessment and Osteopathic Functional Evaluation
11:00-11:15 am	Break	
11:15-1:15 pm	Lecture	OMP ATs Thoracic Spine-Ribs-Chest Supine-Prone position: Demonstration and Assisted Practice
1:15-2:15 pm	Lunch	
2:15-4:15 pm		OMP ATs Thoracic Spine-Ribs-Chest Lateral Recumbent-Seated position: Demonstration and Assisted Practice
4:15-4:30 pm	Break	
4:30-6:00 pm	Lab	Osteopathic Clinical Reasoning and Integrative Application of the OMP ATs

### Day 2 - Cervical Spine

9:00-11:00 am	Lecture	Review of Day 1 OMP ATs (9.00 to 10.00) Cervical Spine Anatomy & Physiology review + Palpation, Osteopathic Assessment and Osteopathic Functional Evaluation
11:00-11:15 am	Break	
11:15-1:15 pm	Lecture	OMP ATs Cervical Spine Supine-Prone position: Demonstration and Assisted Practice
1:15-2:15 pm	Lunch	
2:15-4:15 pm	Lab	OMP ATs Cervical Spine Lateral Recumbent-Seated position: Demonstration and Assisted Practice
4:15-4:30 pm	Break	
4:30-6:00 pm	Lab	Osteopathic Clinical Reasoning and Integrative Application of the OMP ATs

### Day 3 - Shoulder, Elbow and Wrist

9:00-11:00 am	Lecture	Review of Day 2 OMP ATs (9.00 to 10.00) Upper Limbs Anatomy & Physiology review + Palpation, Osteopathic Assessment and Osteopathic Functional Evaluation
11:00-11:15 am	Break	
11:15-1:15 pm	Lab	OMP ATs Shoulder in Supine-Prone-Lateral Recumbent-Seated position: Demonstration and Assisted Practice
1:15-2:15 pm	Lunch	
2:15-4:15 pm	Lab	OMP ATs Elbow and Wrist in Supine-Prone-Lateral Recumbent-Seated position: Demonstration and Assisted Practice
4:15-4:30 pm	Break	Feedback Forms
4:30-6:15 pm	Lab	Osteopathic Clinical Reasoning and Integrative Application of the OMP ATs
6:15-6:00 pm	End	CEU Tests

**\*(Reminder: the daily course schedule can have variations according to instructors and participants needs and requests, but all topics will be discussed during the 3-day-course)**

## FACULTY BIO

**Paolo Tresoldi** is a European Osteopathic Manual Practitioner, born and raised in Milan, Italy; he got the Diploma in Osteopathy released by the Istituto Superiore di Osteopatia and the Bachelor of Science in Osteopathy released by the Prifysgol CYMRU University of Wales in 2006 and immediately started his private practice as an osteopath.

In the following years he continued his education in diverse postgraduates programs around Europe.

Paolo's experience ranged from working in dentists clinics (he is a Member of the Italian Study Group of Cranial Mandibular Disorders), to Sport Rehabilitation Centers. He also cooperated with the "Teatro alla Scala" and "Teatro Carcano" Ballet Academies in Milan.

His teaching career started in 2007 as Teacher and Assistant Professor at LECOM (Lake Erie College of Osteopathic Medicine) in the Department of OMM (Osteopathic Manipulative Medicine), Erie, Pennsylvania.

Back in Italy, during more than a decade, he was a professor in the Department of Structural Osteopathy at the Istituto Superiore di Osteopatia (ISO) and at the Istituto Italiano di Osteopatia (IIO). During the same period he was the Clinic Tutor, and Coordinator for few years, at CMO - Osteopathic Medicine Center.

In 2015 he got the Postgraduate Certificate in Academic and Clinical Education released by British School of Osteopathy in London, UK.

Moved to California in 2018, he is working as Adjunct Professor at Touro University College of Osteopathic Medicine in the Department of OMM (Osteopathic Manipulative Medicine), Vallejo, and holds private practice in Silicon Valley. He founded the Osteopathic Manual Practice International Academy in 2020.

**Andrea Orlandi** is European Osteopathic Manual Practitioner from Italy.

He earned a Bachelor of Science in Osteopathy from the Prifysgol CYMRU University of Wales and the Diploma in Osteopathy from the Istituto Superiore di Osteopatia in 2006.

After that, he came to USA and carried out a daily rotation program at the LECOM Millcreek Community Hospital in Erie, Pennsylvania-USA in 2006-2007. Along with that, he collaborated with LECOM OMM Department and Faculty for professional updating.

In 2007 then he returned to Italy and started working at multidisciplinary medical clinics as an osteopath. Together with his clinical activity, he started his teaching experience for more than a decade, first as assistant professor and clinic college supervisor at the International College of Osteopathic Medicine (ICOM) in Milan, Italy first and then as professor and clinic college supervisor at the Accademia Italiana di Medicina Osteopatica (AIMO) in Milan, Italy. He continued as professor at the Akademia Osteopatii in Warsaw, Krakow and Poznan, Poland. He still is an associate and clinical assistant professor in the Osteopathic Manipulative Medicine

(OMM) Department at the Lake Erie College of Osteopathic Medicine in Erie, PA, USA.

During the years he kept updating his knowledge and competence following postgraduates, ranging from pain management, chronic spinal musculo-skeletal disorders to sport rehab, being involved in the musculo-skeletal management of sport people, from amateur to elite athletes. Between them, he earned a Master in Osteopathy in 2010 from the Bicocca University in Milan, Italy.

He currently work in a multidisciplinary clinic, working along with orthopedic doctors, neuro- surgeon, rehabilitation and musculo-skeletal doctors, physiotherapists, nutritionist and psychotherapist, giving a whole around evaluation and treatments for the patient condition.

**Michelangelo Pavone** is a Senior Lecturer and Clinical Tutor at the Higher Institute of Osteopathy and Head of the MSc Advanced course of the Postgraduate Certificate in Advanced Osteopathic Practice in Sports. He obtained the title of Bachelor of Science in Osteopathy issued by the University of Wales at the Istituto Superiore di Osteopatia and since 2006 he has been a clinical tutor at the Center for Osteopathic Medicine combining clinical activity with teaching the course of Palpation and Functional Anatomy to students of the Higher Institute of Osteopathy.

The passion for teaching leads him to attend the Postgraduate Certificate in Academic and Clinical Education in 2015 and the Postgraduate Certificate in Pain Management in Osteopathic Practice in 2018. The knowledge acquired and above all the experiential practice of ten years of clinical work allows him to provide a competent and complete approach to sportsmen.