

# **Osteopathic Manual Practice Management and Treatment of the Musculoskeletal Conditions - Upper Body**

## **About OMPIA**

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Osteopathy is an established globally-recognized system of healthcare that relies on manual contact for diagnosis and treatment. It respects the relationship of body, mind and spirit in health and disease; it lays emphasis on the structural and functional integrity of the body and the body's intrinsic tendency for self-healing. Osteopathy (D.O) and Osteopathic Manual Practice (OMP) share the same philosophy and principles, but they are quite different concerning the training received and clinical application. As the name indicates, osteopathic physicians are medical doctors almost exclusively trained in the US. They learn to prescribe drugs, perform surgery, deliver babies, and have the prerequisites to specialize in other branches of medicine. Osteopathic Manual Practitioners (or European Style Osteopaths) are not MDs - they are not trained in allopathic medicine but purely osteopathic manual treatment. In the United States, medical students learn osteopathic manipulative techniques during the first two years of their medical school, and clinical application often diminishes in residency and beyond. In Europe, students go through full-time osteopathic hands-on training for four to five years, and it is central to their practice.

**The Osteopathic Manual Practice International Academy** aims to train healthcare professionals in the theoretical knowledge and practical skills underlying European-style osteopathy. The principles of osteopathy are universal - seeing the body as a whole unit, promoting homeostasis and self-healing, improving somatic structure and function with osteopathic manipulation, to name a few. These philosophies can be applied to and integrated with other healthcare professions to enhance clinical reasoning, skills and application. OMPIA offers classes in traditional European osteopathic manual practice for visceral, structural, fascial, and cranial techniques, as well as trainings in osteopathic treatments for specific clinical diseases and specialities.

## **About the Course**

### **Course Description and Learning Outcomes**

Traditional European Osteopathy consists of four pillars interlinked to each other: Structural, Visceral, Fascial, and Cranial Osteopathy. The aim of this course is to give healthcare professionals the knowledge and tools to understand a form of Structural Osteopathy called Osteopathic Manual Techniques

with Articulatory Techniques and Soft Tissue Techniques..

Articulatory Techniques (ATs) is a low to moderate amplitude and low velocity osteopathic technique where the joint is carried through its full range of motion using repetitive concentric movements by the practitioner. The goal of these techniques is to use a passive, direct force to release biomechanic restrictive barriers of a joint and free all ranges of motion. By using ATs to harmoniously emphasize the natural motion of the target area, the practitioner can restore physiological freedom without putting stress on the surrounding structures. By reducing nociceptive signals, activating the parasympathetic nervous system, and promoting mechanotransduction processes, articulatory osteopathic manipulation can relieve somatic dysfunction and fascial tension to assist in tissue repair and recovery of the body and its biomechanics.

Soft Tissue Techniques (STTs) involve deep pressure and/or stretching movements across or along the length of the myofascial and connective fibres to reduce muscle stiffness and tenderness, improve muscle elasticity, to drainage trap in the soft tissue that cause pain and inflammation.

Osteopath Manual Practioners can choose from a variety of STTs depending on the tissue they are working on as well as the outcome they expect. Some of these techniques include effleurage, petrissage, frictions, acupressure and lymphatic drainage.

The course is both evidence-based and evidence-informed and will allow the attendants to develop practical and clinical skills underlying the integrative and multidisciplinary approach of osteopathy - to learn when and how to use them for the benefit of their patients.

### Course Details

The course is structured into two modules (Lower Body – Upper Body) - each will be taught over the course of two days: Saturday, and Sunday from 9:00 am to 6:00 pm. Participants will be evaluated based on observation in laboratory, class participation, and oral examination. The modules are structured to first guide participants through a sound review of functional anatomy, to develop a personalized assessment routine, to safely practice a meaningful set of soft tissue and articulatory techniques, and to apply integrative osteopathic clinical reasoning to various cases. Each module will focus on a set of specific body areas, in order to provide participants with a safe regional osteopathic manual structural approach fully applicable in their everyday practice.

# Course Structure

## Instructional Strategies

Instructional strategies will be student centered to improve their theoretical knowledge and practical skills through an active learning approach. Active learning strategies such PBL (Project Based Learning) and TBL (Team Based Learning) will be integrated with lectures and practical sessions in order to promote an effective adult learning environment. The student to faculty ratio will be 16:1, with an aim of 32 total participants for 2 faculty members. Each faculty member has eight or more years of osteopathic clinical and teaching experience.

## Anatomy Lecture and Lab

The regional anatomy will be reviewed first through lecture and then with an anatomical palpation workshop in which the students will be guided in an active palpatory routine to identify and define the main anatomical structures.

Students follow lectures with a lab where active and passive tests to assess the specific body region will be shown by the main instructor and practiced by participants. Tutors will support participants during practice highlighting possible improvement of execution and encouraging participants to develop a personal functional evaluation routine.

## Treatment approaches

The proposed osteopathic manual structural approach will include Soft Tissue Techniques and direct Articular Techniques. Each technical approach will be explored in its principles, underlying physiological mechanism, its indications and contraindications. The practical workshops will require participants to practice on each other under tutor supervision.

## 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 manual practice integrative clinical reasoning.

## Course Instructors

**Paolo Tresoldi, DO (It), PgCert Edu** - is an European Osteopathic Manual Practitioner, born and raised in Milan, Italy; he obtained his Diploma of Osteopathy released by the Istituto Superiore di Osteopatia in 2006 and has held an active private practice since. In 2015, he received his Postgraduate Certificate in Academic and Clinical Education released by the British School of Osteopathy in London, UK and has taught and supervised osteopathic courses all over the world. In 2018, he moved to Silicon Valley, where he continues his private practice, and teaches as an Adjunct Professor at Touro University College of Osteopathic Medicine in the Department of Osteopathic Manipulative Medicine. He founded the Osteopathic Manual Practice International Academy (OMPIA) in 2020 where he brings teachers from all over the world to share osteopathic manipulative treatment techniques with healthcare professionals of the United States.

**Andrea Orlandi, B.Sc (Ost)** - is a 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. Since graduating he has pursued work in multidisciplinary clinics to give his patients a holistic evaluation and treatment approach. He earned a Master in Osteopathy in 2010 from the Bicocca University in Milan, Italy and continues his studies in chronic spinal musculoskeletal disorders, pain rehab and sport-related conditions. For more than a decade, he has taught osteopathic principles and practice in different osteopathic colleges. He has been a clinic college supervisor both at the International College of Osteopathic Medicine (ICOM) and the Accademia Italiana di Medicina Osteopatica (AIMO). He has been a professor at the Akademia Osteopatii in Poland. He is an associate and clinical assistant professor in the Osteopathic Manipulative Medicine (OMM) at Lake Erie College of Osteopathic Medicine in Erie, PA.

**Michelangelo Pavone, D.O. (It), PgCert Edu** - 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 Higher Institute of Osteopathy 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. His passion for teaching lead 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 athletes.

# Osteopathic Manual Practice in Management and Treatment of the Musculoskeletal Conditions - Upper Body

## COURSE SCHEDULE

Paolo Tresoldi -8 hours  
Michelangelo Pavone - 4 hours  
Andrea Orlandi - 4 hours

### Day 1 – Thoracic, Cervical Spine

8:30-9:00 am	Registration	
9:00-11:15 am	Lecture/P.Tresoldi	Introduction:Pain in Musculoskeletal Conditions Thoracic & Chest Anatomy & Physiology review + Palpation, OMP Assessment and Functional Evaluation. OMP ATs Thoracic Spine Lateral-Prone-Seated position. Indications, Contraindications and Considerations. Demonstration and Assisted Practice
11:15-11:30 am	Break	
11:30-12:45 pm	Lecture/M.Pavone	OMP ATs Ribs, STTs Thoracic-Abdominal Area. Indications, Contraindications and Considerations. Demonstration and Assisted Practice
12:45-1:45 pm	Lunch	
1:45-3:15 pm	Lecture/P.Tresoldi	Cervical Spine Anatomy & Physiology review + Palpation, OMP Assessment and Functional Evaluation. OMP ATs Cervical Spine Supine-Prone position. Indications, Contraindications and Considerations. Demonstration and Assisted Practice
3:15-3:30 pm	Break	
3:30-6:00 pm	Lecture/A.Orlandi	OMP ATs Cervical Spine Seated-Lateral position. STTs Cervical Area. Indications, Contraindications and Considerations. Demonstration and Assisted Practice Osteopathic Clinical Reasoning and Integrative Application of the OMP of Upper Spine

## Day 2 – Shoulder-Elbow-Wrist

9:00-11:00 am	Lecture/P.Tresoldi	Shoulder Anatomy & Physiology review + Palpation, OMP Assessment and Functional Evaluation OMP ATs Shoulder Supine-Seated position. Demonstration and Assisted Practice. Indications Contraindications and Considerations
11:00-11:15 am	Break	
11:15-1:00 pm	Lecture/M.Pavone	OMP ATs Shoulder Prone-Lateral position. STTs Shoulder Area. Indications Contraindications and Considerations. Demonstration and Assisted Practice.
1:00-2:00 pm	Lunch	
2:00-4:00 pm	Lecture/A.Orlandi	Elbow Anatomy & Physiology review + Palpation, OMP Assessment and Osteopathic Evaluation. OMP ATs Elbow in Supine-Prone-Seated position. STTs Elbow Area. Indications Contraindications and Considerations. Demonstration and Assisted Practice
4:00-4:15 pm	Break	
4:15-6:00 pm	Lecture/P.Tresoldi	Wrist Anatomy & Physiology review + Palpation, OMP Assessment and Osteopathic Evaluation. OMP ATs Wrist in Supine-Seated Position. STTs Palmar Area. OMP Myofascial Treatment of Upper Limb Structure: Demonstration and Assisted Practice. Indications Contraindications and Considerations Osteopathic Clinical Reasoning and Integrative Application of the OMP of the Upper body.

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