

# Advancing Skills in Osteopathy (ASO)

May 9-11, 2019 (A.T. Still Research Institute Lab)

## Thursday, May 9

- 2:30 p.m. Registration (**Daily Sign-in REQUIRED**)  
2:55 p.m. **Welcome**  
3:00 p.m. Lecture 1: The Evidence of Diagnostic Palpation and its Implication for 21<sup>st</sup> Century Osteopathic Manipulative Medicine  
*Brian Degenhardt, DO, C-ONM*  
4:15 p.m. Lab 1: Assessment of Segmental Motion Testing  
*Brian Degenhardt, DO, C-ONM*  
5:45 p.m. Lab 2: Intro. to Methods to Objectify the Application of Force for Assessing Motion and Tissue Texture Changes  
*Brian Degenhardt, DO, C-ONM*  
6:45 p.m. Lecture 2 and Discussion: Osteopathic Manipulative Medicine in the Landscape of Manual Therapy – Implication for ONMM Residents  
*Brian Degenhardt, DO, C-ONM*  
7:00 p.m. **Dinner on your own**

## Friday, May 10

- 7:30 a.m. Registration (**Daily Sign-in REQUIRED**)  
7:55 a.m. **Welcome, Updates, and Reminders**  
8:00 a.m. Lab 3: Self-Assessment and Calibration of Forces Used to Evaluate Segmental Motion and tissue texture characteristics  
*Brian Degenhardt, DO, C-ONM*  
9:00 a.m. Lecture 3: Standards for Motion Testing and Methods of Interpreting Data Files  
*Brian Degenhardt, DO, C-ONM*  
9:30 a.m. Lab 4: Intro to the Quantification of Positional Asymmetry Testing  
*Brian Degenhardt, DO, C-ONM*  
10:30 a.m. Break  
10:45 a.m. Lab 5: Intro. to the Digital Camera Measurement System  
*Brian Degenhardt, DO, C-ONM*  
12:00 p.m. **Lunch (Provided)**  
1:00 p.m. Lecture 4: Considerations in Transitioning the Art of Osteopathy into a Modern, Evidence-Based Approach to Clinical Care – A historical perspective  
*Jason Haxton, MA, Museum of Osteopathic Medicine and Brian Degenhardt, DO, C-ONM*  
2:00 p.m. Lab 6: Pelvis Model Test  
*Brian Degenhardt, DO, C-ONM*  
3:30 p.m. Lab 1 Feedback  
3:45 p.m. Lab 7: Force Calibration Lab  
*Brian Degenhardt, DO, C-ONM*  
4:45 PM Lecture 5: Review of activities and introduction of Day 3  
*Brian Degenhardt, DO, C-ONM*  
5:00 p.m. **Session Adjourns**  
6:00 p.m. Dinner – Thousand Hills State Park

## Saturday, May 11

- 7:30 a.m. Registration (**Daily Sign-in REQUIRED**)  
7:55 a.m. **Welcome, Updates, and Reminders**  
8:00 a.m. Lab 8: Motion Testing Calibration Exercises  
*Brian Degenhardt, DO, C-ONM*  
9:00 a.m. Lab 9: Consensus Training-Localizing Pelvic Landmarks on Humans  
*Brian Degenhardt, DO, C-ONM*  
10:30 a.m. Lab 10: Exploring Motion Testing on Humans with Defined Forces  
*Brian Degenhardt, DO, C-ONM*  
12:00 p.m. Lecture 6 and Discussion: Best Practices for Testing Positional Asymmetry and Segmental Motion Testing on Humans (lunch provided)  
*Brian Degenhardt, DO, C-ONM*  
12:00 p.m. **Program Concludes**

\* Program Subject to Change