An Introduction into Osteopathy

- What is the AAO and the SAAO?
- What is Osteopathic Manipulative Medicine (OMM)?
- Why belong to the AAO?
- What functions do SAAO chapters perform?
Osteopathic Medical School

- Why am I here?
- How did I get here?
- How do I get through this?
AAO – The Academy

- Founded 1937
  - 1 of 23 specialty colleges of the AOA
- Goals:
  - Education: NMM fellowship, specialty courses
  - Advocacy: partner with AOA
  - Research: JAOA, funding
- Promote Osteopathic Philosophy
- SAAO – founded in 1982
Osteopathic Philosophy

- Mind – Body – Spirit
- OMM is Hands-On Medicine
- Structure and Function are intricately related
- The body heals itself
- Complete system of health care
The AAO Mission

- Teach, advocate, and research the science, art and philosophy of osteopathic medicine
- Emphasizing the integration of osteopathic principles, practices and manipulative treatment in patient care.
The SAAO Mission

1. Acquire a better understanding of osteopathic principles, theories, and practice to include:
   a. helping students attain a maximum proficiency in osteopathic structural diagnosis and treatment
   b. fostering a clear concept of clinical application of osteopathy in health and disease.

2. Improve public awareness of osteopathic medicine so that the community may better take advantage of the benefits provided by the complete health care concept of osteopathic medicine.
Why belong to the SAAO?

- Review forums
- Workshops
- Research opportunities
- Scholarships
- Osteopathic outreach programs
- Network with students and doctors across the country
- Help the SAAO fulfill its mission of education
- AAO Convocation
- One time membership fee for students

Visit: http://www.academyofosteopathy.org/uaao/home
OMT Tables

- Invaluable piece of your education

**Benefits of owning a table:**
- The ability to practice OMT outside of lab
- Osteopathic tables are designed specifically for OMT
Review Book Sale

- Chapters organize sale
  - Receive discount
  - Great book for board study
CONVOCATION - Highlights

- Mentor Program
- Evening with the stars
- Student Mixer
- A. Hollis Wolf Competition
- Daily workshops and Lectures
- Opportunities to make contacts for 3rd and 4th year rotations
- Experience that will change your career.
Related Organizations

- SOMA – www.studentdo.com
- Sports Medicine – www.AOASM.org
- American College of Osteopathic Family Practice – www.acofp.org
- http://www.efo.eu/portal/
Advice

- **Boards – COMLEX vs. USMLE**
  - COMBANK, COMQUEST, USMLEWORLD
  - BRS, 1st Aid, Pre-Test

- **Rotations**
  - Location, Residency programs
  - Study for shelf exams – case files
Questions?