A Message From the Executive Director

J’Aimee Anne Lippert, DO, 2020 Convocation program chair, has organized an electrifying program around the theme, Embracing Integration: Creativity in Osteopathic Medicine. The AAO Convocation will consist of four days of lectures and breakout sessions for physicians and students. The breakout sessions will include five hands-on workshops each day to complement the lecture material. Convocation has always provided physicians and students with an unparalleled opportunity to network with colleagues who share their commitment to osteopathic principles and practice and to learn a few clinical pearls to enrich their unique practice of osteopathic manipulative medicine.

Additional CME credit may be earned by attending the pre-Convocation courses listed at the following link academyofosteopathy.org/aao-cme-opportunities. Keep in mind that there is a pre-Convocation course registration discount when bundled with Convocation registration. Regular registration ends on February 13. Do not miss out on that date.

Why Attend?
Participants attend the annual AAO Convocation to recharge their passion for Osteopathy and to practice actual hands-on experience. Osteopathic medicine provides patients, physicians and communities the opportunity to explore health from all perspectives, and it integrates mind, body and spirit into the provision of care and education. The 2020 Convocation, in the inherently inspirational setting of Colorado Springs, will provide experiences for integrating such concepts as nutrition, functional medicine, movement therapy, exercise prescription, injection modalities, and team care approaches into the osteopathic care of patients and self-care of physicians.

Through energizing lectures and interactive workshops, attendees will learn how to implement innovations in their own practice of osteopathic medicine, and they will leave with practical knowledge and confidence in implementing these ideas directly with their patients. There will also be time dedicated to expanding personal wellness and exploring individual health.

AAO Candidates for Election

At the AAO’s annual business meeting each March, Academy members elect leaders for the coming year. During the 2020 meeting on March 12, Academy members will vote for a president-elect, two trustees, 10 governors and four members of the Nominating Committee. Most positions require a three-year commitment.

Additional candidates may be nominated from the floor on election day. Those candidates must be present at the AAO’s business meeting to indicate whether they accept their nominations and to attest to their willingness to serve if elected.

This year’s business meeting will be held Thursday, March 12, from 11:45 a.m. to 2:15 p.m. Mountain time during the AAO Convocation at The Broadmoor in Colorado Springs, Colorado. All full members of the Academy, including resident members, are eligible to vote during the business meeting, as are life members and honorary life members. Members must be present to vote.

Voting will be conducted digitally, so members will be expected to bring their cell phones, tablets or other devices with texting capability. The AAO will not provide paper ballots this year.
Executive director’s message (continued from Page 1)

transformation. Additionally, osteopathic educators will have opportunities to explore innovations in the changing environment of medical education as we extend osteopathic medicine into a broader arena.

Convocation begins with an opening reception on Wednesday, March 11 from 5 to 7 p.m., where participants can connect with the exhibitors and enjoy complimentary hot and cold hors d’oeuvres. Following the reception, spend an Evening with the FAAOs as Chairperson Laura E. Griffin, DO, FAAO invites physicians and students alike to join her to discuss “Making Osteopathy Work for You: Creative Approaches to Manipulative Techniques,” from 7 to 9 p.m. A variety of experts will present different ways to adapt techniques or interpret osteopathic philosophy to better take care of their patients.

This year we are featuring an opportunity to learn how our International Physicians promote osteopathy from their viewpoint on March 14. The international track will feature the Korean Society of Chuna Manual Medicine sharing the rationale and hands-on techniques KSCMM has developed in manipulative medicine since 1992. Susan Farwell, British Osteopath and President of the Institute of Osteopathy will describe the education and working lives of osteopaths in the UK, and explore the divergence in osteopathic practice between the US and the rest of the world.

The President’s Banquet will take you back to the roaring twenties. Find a flapper dress or get out your greatest Gatsby get-up because we are celebrating 1920’s style! Saturday, March 14, starting at 7:15 p.m.

Why the Broadmoor? A Resort with a Spirit of Adventure

Since first opening its doors over a century ago, The Broadmoor has offered guests an incredible way to experience the unique beauty of the American West. Today, that tradition is met with warm, genuine hospitality and an unmatched selection of programs and activities that celebrate its magnificent surroundings.

Hike through scenic trails and lush valleys. Try your hand at authentic Western adventures from horseback riding and mountain biking, to archery or canoeing on Cheyenne Lake. Stop by Broadmoor Outfitters for expert instruction in fly fishing, rock climbing, falconry and more. Guests seeking a more tranquil retreat can enjoy the resort’s pools and pampering treatments at the Forbes Travel Guide Five-Star Broadmoor Spa.

This iconic resort is also home to several celebrated restaurants including the only Forbes Five-Star, AAA Five-Diamond restaurant in Colorado, Penrose Room, as well as legendary golf courses, a world-renowned tennis program, distinctive retail shops, and an array of resort programs for guests of all ages and interests.

The Broadmoor also specializes in hosting unforgettable meetings and events within 185,000 square feet of sophisticated function space. From art tours to tennis clinics, geocaching to fitness training, there’s always something new and exciting to discover at “the most unique resort in the world”.

The Broadmoor is a member of Historic Hotels Worldwide, which is dedicated to promoting heritage and cultural travel to prestigious historic treasures.

See you soon,
Sherri L. Quarles,
AAO Executive Director
To view candidates’ biographical sketches, their visions for the AAO’s future, and their top contributions to the AAO to date, please see the January 2020 issue of the AAO Member News.

*Denotes candidates who are incumbents.

**President-elect**
(Elect one for a one-year term, which will be followed by a one-year term as president and then a one-year term as immediate past president)

Richard G. Schuster, DO
Note: If Dr. Schuster is elected as president-elect, he automatically will be removed as a candidate for trustee and governor.

**Board of Governors**
(Elect 10 for three-year terms)

Juan F. Acosta, DO, MS
Janice Upton Blumer, DO, FAAO
Jane E. Carreiro, DO*
Lisa R. Chun, DO, MS, FNAOME
Brian F. Degenhardt, DO*
R. Todd Dombroski, DO*
Hugh M. Ettlinger, DO, FAAO, FCA*
Ann L. Habenicht, DO, FAAO, FACOFP, CS*
Jan T. Hendryx, DO, FAAO
Catherine M. Kimball, DO
Richard G. Schuster, DO
William Harry Stager, DO, MS, MPH, FAAFP, FAAMA, FAAO, FACOFPdist.*
Sheldon C. Yao, DO, FAAO*

**Board of Trustees**
(Elect two for three-year terms)

Michael S. Carnes, DO, FAAO
Note: If Dr. Carnes is elected to the Board of Trustees, his unexpired term on the Board of Governors (2019-22) will be filled during the 2020 election.

Richard G. Schuster, DO*
William Harry Stager, DO, MS, MPH, FAAFP, FAAMA, FAAO, FACOFPdist.*
Sheldon C. Yao, DO, FAAO*

**Nominating Committee**
(Elect four for one-year terms)

Dennis J. Dowling, DO, MA, FAAO*
Laura E. Griffin, DO, FAAO*
Catherine M. Kimball, DO*
Michael P. Rowane, DO, MS, FAAFP, FAAO
Kendi L. Hensel, DO, PhD, FAAO (ex-officio)

As the AAO’s 2020-21 immediate past president, Dr. Hensel will automatically serve as an ex-officio member of the Nominating Committee for one year.

**Convocation Deadlines**

Feb. 13—Regular Registration Ends
If you are planning to attend 2020 Convocation, be sure to register by Feb. 13 to avoid the late registration rate increase. Learn more at academyofosteopathy.org/convocation.

Feb. 20—Late Registration Ends
Any registrations received after Feb. 20 will be processed as on-site registrations, and will be charged at the late rate plus $150.

Feb. 20—Annual Business Meeting and Luncheon
Register by Feb. 20 to ensure your reservation for the AAO’s annual business meeting and luncheon. Members who register after Feb. 20 may still attend, but will not be served a meal. Members not attending Convocation but wishing to attend the business meeting should email AAO Executive Director Sherri L. Quarles at SQuarles@academyofosteopathy.org by March 1.

**March 11—President’s Banquet**
Tickets for the AAO’s annual president’s banquet, which will take place on Saturday, March 14, are not included in your Convocation registration. All tickets for the president’s banquet must be purchased separately by Wednesday, March 11.

At the president’s banquet, honorees are recognized, and the incoming president is inaugurated. This year, the banquet will have a 1920s theme, so find a flapper dress or get out your greatest Gatsby get-up! The president’s banquet is a formal event. Please be mindful if you are bringing young children.

**NOTICE: AAO will not provide paper ballots at the 2020 annual meeting.**
To vote in the election, members should bring mobile devices capable of texting. One vote per device.
AAO Calendar of Events

Mark your calendar for these upcoming events and deadlines.

2020

March 8-10  Pre-Convocation course—“Brain Advanced: Releasing the Cranial Meninges Using a Biotensegrity Model” —Bruno J. Chikly, MD, DO (France)—The Broadmoor in Colorado Springs

March 8-10  Pre-Convocation course—“Cranial Nerve Course”—Kenneth J. Lossing, DO—The Broadmoor in Colorado Springs

March 8-10  Pre-Convocation course—“Pediatric Manual Medicine”—Lisa Ann DeStefano, DO, and Heather P. Ferrill, DO, MS MEdL—The Broadmoor in Colorado Springs

March 10  Committee on Fellowship in the AAO’s meeting and interviews—The Broadmoor in Colorado Springs—8 a.m. Mountain

March 10  AAO Education Committee’s meeting—The Broadmoor in Colorado Springs—6 p.m. Mountain

March 11  AAO Board of Trustees’ meeting—The Broadmoor in Colorado Springs—8 a.m. Mountain

March 11  AAO Board of Governors’ meeting—The Broadmoor in Colorado Springs—1 p.m. Mountain

March 11  AAO Investment Committee’s meeting—The Broadmoor in Colorado Springs—4 p.m. Mountain

March 11-15  2020 Convocation—“Embracing Integration: Creativity in Osteopathic Medicine”—J’Aimee Anne Lippert, DO, program chair—The Broadmoor in Colorado Springs

March 15  Post-Convocation course—“Residency Program Directors’ Workshop”—Darren Grunwaldt, DO, course director—The Broadmoor in Colorado Springs

April 17-18  “Motor Nerve Reflex Testing”—Steven Olmos, DDS, course director, and Mark S. Cantieri, DO, FAAO, course faculty—The Pyramids in Indianapolis

May 1-3  “Viscerosomatic Release: A Systemic Model for Neuromusculoskeletal Medicine”—John P. Tortu, DO, course faculty—Idaho College of Osteopathic Medicine in Meridian

June 4-7  “Introduction to Osteopathic Manipulative Medicine: Integrating OMM Into Clinical Practice and Teaching”—Lisa Ann DeStefano, DO, course director—The Pyramids in Indianapolis

Manipulate your way into a good book.

Basic Musculoskeletal Manipulation Skills: The 15 Minute Office Encounter, Second Edition, is a valuable, engaging, crucial tool for any doctor who wants to understand what an office encounter with a patient is all about. With more than 400 photographs, 70 illustrations, and 200 charts, this resource is irreplaceable.

“This text is unique in its approach. Not only do the clinical chapters give a concise clinical case with physical exam, but they provide a short background of anatomy, ‘red flag’ reminders and straightforward direct techniques. References for the topics are also included.”

—Ann L. Habenicht, DO, FAAO, FACOFP
Past President of the American Academy of Osteopathy
(Excerpt from Foreword, Second Edition)

The book is filled with mnemonic devices to help the reader remember what has been learned, arrows on photos that show exactly how a technique is applied and easy to follow charts that enable a doctor to visualize precisely what’s going on. This is more than a good book, it’s the foundation for a good practice.

Members Receive a 10% Discount

ORDER NOW:
www.academyofosteo.org/shop

American Academy of Osteopathy Publications
**Have Hands, Will Teach: OES Volunteers Receive CME and Chance to Win 2021 Convocation Registration**

Each year, the AAO offers its complimentary Osteopathic Education Service (OES) to conference goers, guests and exhibitors at the Academy’s Convocation, at the annual business meeting of the American Osteopathic Association (AOA), and at the AOA’s annual Osteopathic Medical Conference and Exposition (OMED).

These sessions are provided for educational purposes only. During the sessions, AAO members and others provide hands-on demonstrations of osteopathic diagnostic and treatment techniques.

**Have Hands, Will Teach**

At the Osteopathic Education Service (OES), volunteer physicians provide hands-on demonstrations of osteopathic diagnostic and treatment techniques in both private and group sessions.

DOs from all specialties are invited to volunteer to demonstrate their palpatory and treatment skills at the OES. Volunteers receive 0.5 credit of AOA Category 1-B CME for each demonstration.

In addition, for each demonstration a physician provides during the 2020 Convocation, his or her name will be entered into a drawing for complimentary registration for the 2021 Convocation at the Hilton Anatole in Dallas.

This is a great opportunity for DOs to share valuable skills and experiences with their peers in a relaxed setting.

Volunteers must have their own professional liability coverage. Demonstrations are for educational purposes only.

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**Attention Interns & Residents: RAAO Events at the 2020 Convocation**

The RAAO Executive Council is thrilled to announce significant expansions to resident activities based on the well-received inaugural resident lecture track held at Convocation 2019! The 2020 RAAO track is a full day of resident-focused activities at Convocation on Friday, March 13.

**8 a.m. to noon •** Morning lectures developed specifically for residents based on feedback from last year’s survey include the following:

<table>
<thead>
<tr>
<th>Speaker</th>
<th>Time</th>
<th>Title</th>
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<tbody>
<tr>
<td>David R. Boesler, DO, FAAO</td>
<td>8:05 to 8:45 a.m.</td>
<td>Residents as Teachers: Effectively Teaching Medical Students</td>
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<tr>
<td>Eileen M. Conaway, DO</td>
<td>8:45 to 9:30 a.m.</td>
<td>Certification and Licensing Concerns</td>
</tr>
<tr>
<td>Brian F. Degenhardt, DO</td>
<td>9:30 to 10:15 a.m.</td>
<td>Practice-Based Research Networks, DO-Touch.NET and the Practice of OMM</td>
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<tr>
<td>R. Todd Dombroski, DO</td>
<td>10:30 to 11:15 a.m.</td>
<td>Medical Corps &amp; Medical Innovations (R&amp;D)</td>
</tr>
<tr>
<td>Luther D. Quarles IV, DO</td>
<td>11:15 to 12:00 a.m.</td>
<td>Thriving With OMT</td>
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</table>

**1 to 2:30 p.m. •** The RAAO Annual Business Meeting and Luncheon where you will have the opportunity to elect your new Executive Council and vote on other important RAAO matters. Please note that space is limited for the luncheon, so register early! If you are interested in running for office yourself, contact Amy Selwach, RAAO Chair, at raaochair@academyofosteopathy.org to get your name on the roster.

**2:30 to 4 p.m. •** A combined mixer and job fair featuring coffee and dessert, where representatives from schools, hospitals, private practices, and other osteopathic facilities nationwide will be invited to discuss future job opportunities for upcoming graduates. We will also be drawing winners for our fundraising raffle at this event. Enjoy time with your colleagues and plan for your future!

**4 to 7 p.m. •** The Residency Information Session, an annual event hosted by the AAO’s Postdoctoral Training Committee, where ONMM residency representatives introduce interested students and residents to our ONMM programs and provide opportunities to meet with the program directors, faculty, and current residents.

Please stop by the RAAO table in the exhibit hall if you have any questions, to check out our raffle items, or just to say hello. In the meantime, watch for important updates, announcements and more details of how your RAAO Executive Council is working for you!
DO Day on Capitol Hill: March 30-31, 2020

The American Osteopathic Association’s DO Day on Capitol Hill is an exciting opportunity for osteopathic physicians and osteopathic medical students to visit Washington, DC, to educate members of Congress and their staff on who DOs are, why osteopathic medicine is so important, and what matters affect the profession.

DO Days are a unique opportunity for DOs and osteopathic medical students to engage with legislators and communicate your positions on important health policy issues in the place where legislation is crafted - Capitol Hill. Participation in the event is important for the osteopathic community because it demonstrates the profession’s dedication to protecting and preserving the cornerstones of osteopathic medicine.

As a participant, the day includes a breakfast briefing to discuss how to best communicate with members of Congress, a review of the issues you will be discussing, and presentations from guest speakers who are active in the health policy world. Past speakers have included members of Congress and the Surgeon General. Following the briefing, you will be directed toward Capitol Hill with your colleagues to meet with your congressional representatives throughout the afternoon. The specific issues to be addressed will be determined closer to the date.

When you register to attend DO Day on Capitol Hill, you will be asked for your voter registration address so the AOA’s Public Policy staff can schedule meetings for you with your representatives. The staff will make every effort to ensure attendees are grouped together. If you are the only attendee from your district, you may be paired with a veteran.

Learn more about DO Day on Capitol Hill by reading the frequently asked questions.

Addressing Burnout in Osteopathic Physicians and Students

Research has found that most medical students will experience symptoms of burnout during their medical education, with the prevalence of burnout in medical students ranging from 28% to 71%. However, minimal research has addressed burnout in osteopathic medical students.

A study published in the January issue of the Journal of the American Osteopathic Association found that higher levels of perceived stress, poorer sleep quality, and smartphone addiction contribute to burnout in osteopathic medical students, with 80% of respondents reporting a high level of low personal achievement.

In a 2018 Medscape report, 42% of physicians reported symptoms of burnout. This recent article from The DO shares one physician’s yearlong journey to address burnout and eliminate unhealthy coping mechanisms.

AAO Mentor Program

The mission of the American Academy of Osteopathy’s Mentor Program is to provide guidance and leadership to members of the Student American Academy of Osteopathy. This program is designed to increase osteopathic-specific education during the clinical years of osteopathic medical school by:

- reaching out to osteopathic medical students early in their education to positively influence their careers.
- providing educational and career guidance on choosing hospital sites for third- and fourth-year rotations, selecting internships and residencies and, ultimately, incorporating osteopathic philosophy into all aspects of medicine.

All osteopathic medical students and osteopathic physicians who belong to the Academy are invited to participate in the AAO Mentor Program. This is an excellent opportunity for students to obtain career advice from seasoned clinicians and for physicians to contribute to making the profession stronger.

Join us Wednesday, March 11, from 9 to 10 p.m., and Thursday, March 12, from 8 to 9 p.m. to learn more and to meet prospective mentors and protégés. Sign up for the Mentor Program as part of your registration for Convocation. Registrations can be completed online or by using the student or physician registration forms in the 2020 Convocation brochure.

For more information, contact Bev Searcy, the AAO’s finance and membership assistant, at (317) 879-1881, ext. 212, or at BSearcy@academyofosteopathy.org.
We keep SAFETY, QUALITY, and PATIENT COMFORT at the forefront.

Learn more about Gebauer’s Ethyl Chloride at www.Gebauer.com/AAO

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Make a Difference in the AAO: Serve on a Committee

The AAO relies on volunteer leaders like you. President-elect Paul R. Rennie, DO, FAAO, is hard at work recruiting members to serve on 10 different AAO committees:

- Awards Committee
- Bylaws Committee
- Education Committee
- Informational Technologies Committee
- Investment Committee
- Louisa Burns Osteopathic Research Committee
- Membership Committee
- Osteopathic Education Service Committee
- Osteopathic Medical Economics Committee
- Publications Committee

No experience is necessary. Many members have used their experiences on AAO committees to launch careers throughout the osteopathic profession.

Volunteering for AAO committees helps members stay in touch and learn more about the intricacies of the organization and the profession at large, and as a committee member, you can effect change within the Academy.

If you are interested in serving on a committee of the AAO, please review the committee list online at academyofosteopathy.org/committees and download the committee application.

Return the completed application to the AAO office via email, fax or USPS, attention Board and Committee Liaison Debbie Cole at DCole@academyofosteopathy.org.

Applications are due by Feb. 28.

The committee will continue to meet as needed to determine final selection of poster submissions and to organize the administration of the poster judging session which will be held on Thursday evening, March 12.

Committee on Fellowship

The members of the Committee on Fellowship in the AAO met via web conference on December 11, and reviewed the candidates’ case history and thesis draft submissions. The committee’s next meeting will be Tuesday, March 10, to conduct FAAO applicant interviews and committee business to continue making improvements to the fellowship process. This year the committee looks forward to welcoming three new FAAO’s during the 2020 AAO Convocation.

Stay Connected—Follow AAO online!
Applications Now Open for ACOM Arnstein Minority Student Scholarship

The American Association of Colleges of Osteopathic Medicine (ACOM) is now accepting applications for the 2020 Sherry R. Arnstein Minority Student Scholarship. The program, named after former ACOM Executive Director Sherry R. Arnstein, recognizes incoming and continuing underrepresented minority students at ACOM's member colleges.

Eligible applicants must be:

- African American; Native American (American Indian, Alaska Native, or Native Hawaiian); mainland Puerto Rican; or Hispanic American
- Currently enrolled in his/her first, second, or third year at an ACOM member college, or have been accepted and plan to matriculate at an ACOM member college
- In good academic standing
- Not a previous Arnstein Minority Scholarship awardee

**Applications must be submitted by March 31, 2020. Awardees will be notified July 2020.**

For more information and to submit your application, visit ACOM’s website, or contact Joye Shepperd at (301) 968-4142 or jshepperd@acom.org.

New Graduates: Membership Expired

Membership in the Student American Academy of Osteopathy expires upon graduation. To stay connected with your colleagues in the Academy, learn about AAO opportunities, and enjoy member benefits, join the Resident American Academy of Osteopathy (RAAO). Join online for as little as $46 per year. Save when you purchase a multi-year membership.

Get Noticed

Are you and your practice listed on the Academy Find a Physician page? If not, log in to your account at academyofosteopathy.org to update your privacy settings.

There are three levels of privacy: private, which means the information is viewable only by you and AAO staff; members only, viewable by all AAO members when they are logged in to the site; and public, viewable to all visitors. You can update these settings by clicking Edit Profile and choosing Privacy.

To ensure your information is included in the physician search, make your basic information public. See the online FAQ for step-by-step guidance.

Membership Directory

Looking to connect with colleagues? The AAO’s online member directory will help. Log in to your account at academyofosteopathy.org and click on Profile > Member Directory Search.

New Research Journal Launches

In January, Scholar: Pilot and Validation Studies published its first issue. This journal provides a forum for vital academic and scholarly projects that resulted from the introduction of the Scholar Series. Visit scholarcomplete.com to learn more.

Spread the Word

When was the last time you invited a colleague to join the AAO? Although the AAO’s mission is grounded in perpetuating the founding principles of osteopathic medicine, many DOs are not members of the Academy. Challenge yourself to invite 12 colleagues in the next year to join our mission. For only $303 per year, DOs enjoy considerable discounts on courses and publications, and they receive complimentary subscriptions to The AAO Journal and AAO Member News. See a complete list of membership benefits at academyofosteopathy.org.

AAO Membership Announcements

Update Your Profile

Have you moved? Graduated? Changed jobs? All of the above? Log in to your account at academyofosteopathy.org to update your profile.

Member Publications

AAO members receive complimentary subscriptions to The AAO Journal (AAOJ), AAO Member News, and OsteoBlast. The AAOJ, which is published quarterly, is the only peer-reviewed journal focusing on osteopathic manipulative medicine. AAO Member News is published eight times a year and keeps members updated on important information in the osteopathic community. The weekly OsteoBlast is a round-up of peer-reviewed research from around the web that may be of interest to Academy members. AAO publications are emailed to all members, and are available on the AAO website for members who are logged in. If you have any trouble receiving these publications, contact the AAO office at 317-879-1881 or at communications@academyofosteopathy.org.
<table>
<thead>
<tr>
<th>Authors</th>
<th>Publication</th>
<th>Title</th>
<th>Description</th>
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<tr>
<td>John C. Licciardone, DO, MS, MBA&lt;br&gt;Robert J. Gatchel, PhD</td>
<td>February 2020 issue of the <em>Journal of the American Osteopathic Association</em></td>
<td>Osteopathic Medical Care With and Without Osteopathic Manipulative Treatment in Patients With Chronic Low Back Pain: A Pain Registry–Based Study</td>
<td>The OSTEOPATHIC Trial demonstrated substantial improvement in pain intensity, decreased need for rescue medication for pain, and greater likelihood of recovery in patients with chronic low back pain who received 6 osteopathic manipulative treatment (OMT) sessions over 3 months. Objective: To assess osteopathic medical care and the effectiveness of OMT for chronic low back pain in a real-world setting without the constraints of a rigid research protocol.</td>
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<td>Drew D. Lewis, DO, FAAO</td>
<td>February 2020 issue of the <em>Journal of the American Osteopathic Association</em></td>
<td>OMT Minute: Osteopathic Approach to Diagnosis and Treatment of Dysfunction at the Thoracolumbar Junction</td>
<td>Gordon Zink, DO, presented an efficient and effective means of approaching a patient from the respiratory circulatory model with a goal of maximizing venous, lymphatic, and arterial flow to improve health. Some of the key somatic dysfunctions in his treatment approach were found at the transition zones of the body, which are not only areas of increased stress, but are also closely associated with transverse diaphragms.</td>
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<td>Kshma Kulkarni, OMS IV&lt;br&gt;Marie Schow, OMS III&lt;br&gt;Jay H. Shubrook, DO</td>
<td>February 2020 issue of the <em>Journal of the American Osteopathic Association</em></td>
<td>Shift Workers at Risk for Metabolic Syndrome</td>
<td>In this highly digitalized era, sleep disorders are becoming more common and are associated with an increased burden of chronic disease. Shift workers are at an increased risk for both sleep disorders and metabolic syndrome. In this article, the authors outline the connection between circadian discordance, hormonal imbalance, and the development of metabolic syndrome in shift workers. Based on a literature review of animal model studies, observational studies, and clinical trials conducted between August and October of 2018, the authors offer several clinical interventions, including work schedules, light therapy, medications, and dietary habits to improve the circadian synchronicity of shift workers and reduce their risk of morbidity and mortality. It is important for physicians to be familiar with the consequences of shift work and ways to mitigate the risks for this patient population.</td>
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<tr>
<td>Kody M. Kasten, OMS V&lt;br&gt;Drew D. Lewis, DO, FAAO</td>
<td>January 2020 issue of the <em>Journal of the American Osteopathic Association</em></td>
<td>OMT Minute: High-Velocity, Low-Amplitude Management of Posterior Rib Somatic Dysfunction</td>
<td>Optimal rib mechanics are of vital importance in maintaining scapulothoracic mechanics, shoulder posture, balance in the sympathetic nervous system, venous and lymphatic return, and overall health. Diagnosis and management of rib somatic dysfunction is useful for a multitude of acute and chronic conditions in both hospital and ambulatory settings. The high-velocity low-amplitude (HVLA) technique can be used in patients with posterior rib somatic dysfunction. While an elevated rib strain may also be present, the technique in the video focuses on HVLA to directly address the articular aspect of a posterior rib somatic dysfunction.</td>
</tr>
</tbody>
</table>
John R. Gimpel, DO, MEd, FACOFP  
Susan I. Belanger, PhD, MA, RN, NEA-BC  
Janice A. Knebl, DO, MBA  
Richard J. LaBaere, II, DO, MPH  
Dana C. Shaffer, DO  
Stephen C. Shannon, DO, MPH  
Toni Shears  
Scott A. Steingard, DO  
Melissa D. Turner, MS  
Daniel G. Williams, DO, FAAO  

**January 2020 issue of the Journal of the American Osteopathic Association**  
2019 United States Osteopathic Medical Regulatory Summit: Consensus, Recommendations, and Next Steps in Defining Osteopathic Distinctiveness  
[Link to Article]  

With the advancement of a single graduate medical education (GME) accreditation system and the continued growth of the osteopathic medical profession, osteopathic distinctiveness and professional identity are seen as lacking clarity and pose a challenge. In February 2019, a representative group of osteopathic medical students, residents, physicians, and members of the licensing, GME, and undergraduate medical education (UME) communities convened the 2019 United States Osteopathic Medical Regulatory Summit to achieve consensus on a succinct definition of osteopathic distinctiveness and to identify steps to more clearly define and advance that distinctiveness, particularly in professional self-regulation. Here, they report their recommendations, which include convening a task force to develop a succinct and consistent message defining osteopathic distinctiveness, demonstrating uniqueness through research, and building on the Project in Osteopathic Medical Education and Empathy study.

Michael P. Burruano, DO, FCA  

**January 2020 issue of the Journal of the American Osteopathic Association**  
Lateral Strain Patterns at the Sphenobasilar Synchondrosis  
[Link to Article]  

In this letter to the editor, Dr. Burruano supports standardizing language around lateral strain patterns as proposed by John D. Capobianco, DO, FAAO; Suzanna Shermon, OMS IV.

John D. Capobianco, DO, FAAO  
Suzanna Shermon, OMS IV  

**January 2020 issue of the Journal of the American Osteopathic Association**  
Taxonomy of the Lateral Strain Patterns at the Sphenobasilar Synchondrosis for Osteopathic Cranial Manipulative Medicine  
[Link to Article]  

Lateral strain is a type of nonphysiologic cranial dysfunction that occurs at the sphenobasilar synchondrosis. In this dysfunction, the sphenoid and occiput rotate in the same directions along two vertical axes. There is currently no consensus on the nomenclature for this cranial dysfunction. In this article, the authors provide a standard nomenclature for lateral strains using the historical writings of pioneers in osteopathic medicine, including William Gardner Sutherland, DO, Anne L. Wales, DO, and Harold Magoun, DO. The authors establish the following consensus: (1) Lateral strains are named for the side to which the basisphenoid shifts; (2) The more prominent greater wing of the sphenoid is on the same side to which the basisphenoid shifts; (3) In vault and fronto-occipital holds, the holds form a parallelogram shape, with the index fingers pointing to the same side as the more prominent greater wing; and (4) The hand that is on the side of the prominent greater wing will shift anteriorly while the hand on the opposite side will shift posteriorly.

(continued on Page 12)
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<th>Authors</th>
<th>Publication</th>
<th>Title</th>
<th>Description</th>
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<tr>
<td>Raena M. Pettitt, DO&lt;br&gt;Alonna P. Brumbaugh, OMS I&lt;br&gt;Michaela F. Gartman, OMS I&lt;br&gt;Alyssa M. Jackson, OMS I&lt;br&gt;Belinda Bombei</td>
<td>January/February 2020 issue of the <em>Osteopathic Family Physician</em></td>
<td>Chronic Kidney Disease: Detection and Evaluation</td>
<td>Chronic kidney disease (CKD) is a prevalent disease that continues to affect more than one-tenth of the American population. Early detection is essential to slow the natural progression of CKD. This can be accomplished by urine and blood screening tests, which are analyzed for creatinine, urine albumin, and urine protein. Screening is often indicated for individuals with known comorbidities such as cardiovascular disease, mineral and bone disorders, and diabetes. Asymptomatic patients with early renal disease can make detection problematic, requiring clinicians to recognize risk factors that may warrant further testing. When symptoms do appear, the renal manifestations are often broad, including changes in kidney size, electrolyte abnormalities, and proteinuria. Changes in biomarkers may be evaluated in the early stages of CKD before significant kidney damage. The current, most accurate determination of renal function is the estimated glomerular filtration rate (GFR), which must be less than 60 mL/min to prompt further testing for CKD. Novel biomarkers may allow for earlier diagnosis of CKD as they can be detected at lower levels than standard biomarkers. Biomarkers such as homocysteine, cystatin C, and kidney injury molecule-1 are predicted to become more prevalent in a clinical setting. The current gold standard for diagnosis of CKD is a renal biopsy, but MRI is a less invasive alternative. Proper staging of CKD allows for appropriate evaluation and treatment of the patient. The early stages of CKD should be treated to limit complications and to prolong the life and health of patients.</td>
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<tr>
<td>Denise R. Sackett, DO&lt;br&gt;Tala Dajani, MD, MPH&lt;br&gt;David William Shoup, DO&lt;br&gt;Uzoma Ikonne, PhD&lt;br&gt;Belinda Bombei</td>
<td>January/February 2020 issue of the <em>Osteopathic Family Physician</em></td>
<td>Preventing Premature Weaning: Management Options for Common Lactation Conditions, Including OMT</td>
<td>The benefits of breastfeeding are well established. The World Health Organization and the Centers for Disease Control and Prevention recommend that mothers breastfeed infants for at least one year, but most children are not breastfed that long because of many factors. Breastfeeding mothers face many challenges to continued breastfeeding, including medical conditions that arise during this period, such as postpartum depression and lactational mastitis. Because of a perceived lack of consistent guidance on medication safety, it can be difficult for the family physician to treat these conditions while encouraging mothers to continue breastfeeding. The purpose of the current review is to summarize and clarify treatment options for the osteopathic family physician treating lactating mothers. We specifically focus on the pharmacological management of contraception, postpartum depression, and lactational mastitis.</td>
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<td>Marija Rowane, OMS</td>
<td>January 2020 issue of Scholar: Pilot and Validation Studies</td>
<td>Common Variable Immunodeficiency Presenting with Recurrent Ascending Cholangitis Treated with Oral Immunoglobulins [Link to Article]</td>
<td>Common variable immunodeficiency (CVID) is a heterogeneous group of primary immune deficiency disorders that may be characterized by heightened susceptibility to gastrointestinal (GI) infection. GI conditions manifest in 20 to 50% of CVID patients but rarely include cholangitis. Methods/Results: This is a 61-year-old female, with a history of cholecystectomy and gastric bypass, who presented with recurrent ascending cholangitis for eight years. After a hepaticojejunostomy to correct a bile duct stricture complication from the cholecystectomy, ascending cholangitis was diagnosed by clinical presentation of fever and right upper quadrant pain and imaging revealing pneumobilia. CVID was diagnosed after no response to pneumococcal polysaccharide vaccine, as well as serum IgA and IgG measured below the normal ranges. The patient was prescribed a successful, weekly regimen of 15 g of oral intravenous immunoglobulin (IVIG) ten percent liquid (Gammaplex® 10%, 5 gm/50 mL). Conclusion: Oral human IVIG is a novel treatment and has been infrequently utilized for management of chronic rotavirus, necrotizing enterocolitis, diarrhea, HIV enteropathy, irritable bowel syndrome, and malnutrition. This is the first case of recurrent ascending cholangitis as the primary manifestation of CVID, as well as successful treatment of this condition with oral IVIG, in the literature.</td>
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<td>Jaimin Patel, DO</td>
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<td>Tina Abraham, DO</td>
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<td>Jason Schend, DO</td>
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<td>Robert Hostoffer, DO, LhD, MMedEd, FAAP, FACOP, FACOI, FCCP</td>
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<td>Bobby Nourani, DO, FAAO</td>
<td>January 2020 issue of Scholar: Pilot and Validation Studies</td>
<td>The Treatment of Coccydynia and Headache with Transrectal OMT: A Case Report [Link to Article]</td>
<td>Coccydynia is debilitating pain of the coccyx that substantially impacts quality of life. Although most cases resolve with conservative therapy, pain can become chronic and involve other anatomical areas. Treatment options include physical therapy, manual medicine, injection, and surgery with mixed results. Manual medicine options vary depending on provider and physical exam findings. Little is known about transrectal therapy. We present a case of a 21-year-old female with coccydynia and subsequent headaches that failed conventional work-up and conservative therapy but resolved with osteopathic manipulative treatment (OMT).</td>
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<td>Ross Gilbert, MSIII</td>
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<td>David Rabago, MD</td>
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<tr>
<td>Michael P. Rowane, DO, MS, FAAFP, FAAO</td>
<td>January 2020 issue of Scholar: Pilot and Validation Studies</td>
<td>The Second-Generation Perspective to My Medical Conspiracy [Link to the Article]</td>
<td>In his letter to the editor, Dr. Rowane discusses the challenges his father faced in attaining desired training in osteopathic medicine, and the commitment to the osteopathic perspective that he has passed on to three generations.</td>
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Submit Member News
Have you or a colleague done something noteworthy? Submit news items to communications@academyofosteopathy.org to be included in the next issue of AAO Member News.
### Authors

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<th>Authors</th>
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<tr>
<td>Hiroe Hu, OMS IV</td>
<td><em>The DO</em></td>
<td>“The rare disease that changed my perspective on medicine”</td>
<td>Through the Global Genes Rare Compassion Scholarship Program, Hiroe Hu, OMS IV, from the Touro University College of Osteopathic Medicine—California, was paired with a patient with Ehlers-Danlos Syndrome. In a Dec. 18 article in The DO, Hu describes how Maggie is a participant in her care, and she reminds readers that “you don’t have to be a doctor to commit to the path of lifelong learning” about medicine.</td>
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<tr>
<td>Tyler C. Cymet, DO</td>
<td>Washington Independent Review of Books</td>
<td>Book review: Who Says You’re Dead?: Medical &amp; Ethical Dilemmas for the Curious &amp; Concerned by Jacob M. Appel, MD</td>
<td>A book review by Tyler C. Cymet, DO, was one of the five most popular posts in December on the Washington Independent Review of Books’ website. In his review of Who Says You’re Dead?: Medical &amp; Ethical Dilemmas for the Curious &amp; Concerned by Jacob M. Appel, MD, Dr. Cymet describes the work as “an uncomplicated guide to highly complicated issues.” Essays in the book concern medical ethics that many physicians have faced.</td>
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<tr>
<td>Annette E. Hulse, DO</td>
<td>December 2019 issue of The Cranial Letter</td>
<td>Verrigo and Post-Concussion Syndrome</td>
<td>In the most recent Cranial Letter, Annette E. Hulse, DO, urged members of The Osteopathic Cranial Academy to maintain membership in the American Osteopathic Association because only members will influence AOA’s decisions and actions. The same issue of the Cranial Letter includes a case study by Dr. Hulse: “Verrigo and Post-Concussion Syndrome.” Dr. Hulse is the 2019-21 president of the OCA.</td>
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**Shut Up and Listen!**

*Why Doctors Don’t Listen and How They Can Be Part of the Cure*

Stephen I. Goldman, DO, FAAO, FAOASM

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Based on his experiences as a patient, physician, and educator, Stephen I. Goldman, DO, FAAO, FAOASM, helps bridge the communication gap between doctors and patients. With both heartfelt personal stories and practical advice, Dr. Goldman offers overwhelmed physicians real-world understanding of the problems they face taking care of patients and advice on how they can learn to meet patients “where they are.” In talking to physicians, he also demonstrates how patients can get through to their doctor in order to be “heard” and taken seriously. **Shut Up and Listen!** shares the perspectives of both doctors and patients, providing profound insight, useful ideas, and helpful strategies to help physicians and patients find a better way to understand each other and meet their health care goals. This book is for everyone!

Order online at www.academyofosteopathy.org/shop. • Members save 10% every day.
Assistant Program Director Position Available  
Prisma Health-Midlands – University of South Carolina

The Prisma Health-Midlands – University of South Carolina primary care sports medicine program is looking for an osteopathically trained family physician who is completing/has completed an ONMM residency to join our team as the assistant program director.

This position does not require a CAQ in primary care sports medicine.

This role would include a blend of family medicine resident/sports medicine fellow teaching, academic time and patient care.

Teaching would include supporting the osteopathically trained learners within the family medicine department, precepting/attending in the family medicine center, and working with any allopathically trained sports medicine fellows on OMT techniques that can serve them as they care for our athletic population.

The assistant program director will have protected academic time to work on aspects of curriculum development, assessment and evaluation, and other fellowship tasks in conjunction with the program director.

Patient care can be tailored to the interests of the candidate for this position, but would likely include time in the family medicine center (could be an OMT clinic) and student health.

Information about our primary care sports medicine fellowship program can be found on our website: https://residency.palmettohealth.org/fellowships/sports-medicine/program-overview

Interested candidates are encouraged to reach out to the program director, Zoe Foster, with any questions (zoe.foster@uscmed.sc.edu) and can submit a cover letter and CV to Terrence Townsend, physician recruiter (terrence.townsend@prismahealth.org).

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Touro University Nevada  
College of Osteopathic Medicine

Full-Time, Assistant Professor Faculty Position

Touro University Nevada College of Osteopathic Medicine (TUNCOM) is seeking qualified osteopathic physicians (D.O.) for a full-time assistant professor position in the Department of Osteopathic Manipulative Medicine. Responsibilities include teaching osteopathic medical students the principles of osteopathic manipulative medicine both in the classroom and clinic settings and in providing support for program development.

MINIMUM QUALIFICATIONS:
1. Osteopathic Physician, graduate of an AOA-approved osteopathic medical college;
2. Experience teaching and utilizing a variety of osteopathic manipulative medicine techniques;
3. Licensed or eligible for licensure to practice medicine in the state of Nevada;
4. Proficient in basic communication tools including email, Word and PowerPoint

PREFERRED QUALIFICATIONS:
The ideal candidate is preferred to be certified in Neuromusculoskeletal Medicine/Osteopathic Manipulative Medicine or Special Proficiency in Osteopathic Manipulative Medicine though candidates who have proven experience in providing high level osteopathic manipulative medicine services will be considered.

SALARY:
Commensurate with experience.

Learn more about Touro at tun.touro.edu
Apply on-line at https://touro.peopleadmin.com/postings/search
For more information, please contact:
Mrs. Theresa Bruscella
(702) 777-4740
theresa.bruscella@tun.touro.edu
2019-20 Golden Ram Nears Halfway Mark

The AAO’s 2019-20 Golden Ram Campaign was launched Aug. 1, and as of January 31, we have received $12,912 in donations from 41 donors, and are now at 64% of our $20,000 goal. Donate now to help us continue to provide the quality programming you’ve come to expect from the AAO. Please know that your donations are greatly appreciated, and are vital to the advancement of NMM and OMM.

Established in 1987, the Golden Ram Society is the primary fund that supports the Academy’s mission. Because the Academy cannot operate on dues revenue alone, generous contributions to the Golden Ram Society allow the AAO to offer quality educational programs at reasonable rates, develop new programs using new technology and expand the AAO’s public education efforts.

Donations to the Golden Ram Campaign can be made online at academyofosteopathy.org. Donations can also be mailed to the Golden Ram Society, American Academy of Osteopathy, 3500 DePauw Blvd., Suite 1100, Indianapolis, IN 46268-1136.

You can set up recurring monthly donations of $25 or more. Call AAO Executive Director Sherri L. Quarles at (317) 879-1881, ext. 214, for more information.

Visit our website for enrollment forms and course details: www.sctf.com

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A.T. Still Club—$1,000 to $2,499
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Hollis H. King, DO, PhD, FAAO, FCA
Paul R. Rennie, DO, FAAO
Akiyoshi Shimomura, DO (Hon.) (Japan)

T.L. Northup Club—$500 to $999
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Anthony G. Chila, DO, FAAO, FCA
Stefan Hagopian, DO, FAAO
Kendi L. Hensel, DO, PhD, FAAO
T. Reid Kavieff, DO
Catherine M. Kimball, DO
David D. Musgrave, DO
Sherri L. Quarles
Karen T. Snider, DO, FAAO, FNAOME, and Eric J. Snider, DO
William H. Stager, DO, MS, MPH, FAAFP, FAAMA, FAAO, FACOFP dist
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Mark M. Morris, DO, FACOP
Yehudah Jay Sandweiss, DO

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SCTF
Sutherland Cranial Teaching Foundation

Basic Course in Osteopathy in the Cranial Field
May 15–19, 2020
University Place Hotel & Conference Center
310 SW Lincoln Street | Portland, OR 97201
Course Director: Duncan Soule, M.D.
40 Hours 1-A CME anticipated pending AOA approval
Tuition: $1,900 | Contact: SCTF 859-274-9519

Treating Compressions in the Cranium and Axial Spine
July 24–26, 2020
NYITCOM | Old Westbury, NY 11568
Course Director: Ken Graham, D.O.
18 Hours 1-A CME anticipated pending AOA approval
Tuition: $750 | Contact: Kenneth Graham, D.O. 918-406-5399

Osteopathic Contributions to the Health of Perception
April 3-5, 2020
4 Pier Rd. | Cape Porpoise, ME 04104
Course Director: Joseph Field, D.O.
20 Hours 1-A CME anticipated pending AOA approval
Tuition: $500 | Contact: Joseph Field, D.O. 207-967-3311

Visit our website for enrollment forms and course details: www.sctf.com
Brain Advanced: Releasing the Cranial Meninges
Using a Biotensegrity Model

A Pre-Convocation Course • March 8-10, 2020 • The Broadmoor in Colorado Springs

Course Description
Releasing the intracranial meninges is an essential and very powerful application for conditions such as motor vehicle accidents, concussion, strokes, chronic meningitis, surgeries, chronic headaches as well as for cerebral palsy, ASD, etc. It can be a challenging endeavor to work on every fiber of the intracranial meninges in 3-D.

In this course, we will use a curved biotensegrity model with 23 labs to release the meninges of the cranium and spinal cord.

The change of tension inside the cranium will modify the tension in the thorax, pelvis and abdomen and, ultimately, the whole-body. This model has been effectively used for patients of all ages, from newborns to the elderly.

Prerequisite
Registrants must have completed an approved 40-hour introductory cranial course or Dr. Chikly’s Brain 1 course.

Continuing Medical Education
21 credits of NMM-specific AOA Category 1-A CME anticipated.

Registration Fees

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<tr>
<th>Registration Fees</th>
<th>Jan. 10 through Feb. 20, 20201</th>
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<td>Save 10% when you also register for the AAO’s 2020 Convocation.</td>
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<td>Nonmember practicing DO or other health care professional</td>
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<td>Nonmember resident or intern</td>
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1 Registrations received after Feb. 20 will be processed on-site, incurring a $150 late fee. 2 The AAO’s associate members, international affiliates and supporter members are entitled to register at the same fees as full members. This course is not appropriate for students.

Registration Form
Brain Advanced: Releasing the Cranial Meninges
Using a Biotensegrity Model
March 8-10, 2020

Name: ____________________________ AOA No.: ____________

Nickname for badge: ____________________________

Street address: ____________________________

________________________________________________________________________

City: ____________________________ State: _____ ZIP: ________

Phone: ____________________________ Fax: ____________________________

Email: ____________________________

I hereby authorize the American Academy of Osteopathy to charge the above credit card for the amount of the course registration.

Signature: ____________________________

By registering for this course, you agree to abide by the AAO’s code of conduct, photo and video release, and cancellation policy.

Register online at www.academyofosteopathy.org, or submit this registration form and your payment by email to GWatts@academyofosteopathy.org; or by mail to the American Academy of Osteopathy, 3500 DePauw Blvd., Suite 1100, Indianapolis, IN 46268-1136; or by fax at (317) 879-0563.

Course Director
Bruno Chikly, MD, DO (France), is a graduate of the medical school at St. Antoine Hospital in Paris, where his internship in general medicine included training in endocrinology, surgery, neurology and psychiatry.

Dr. Chikly also has the French equivalent of a master’s degree in psychology.

In 2009, he received a doctorate in osteopathy from CROMON (Holistic Research Center for Osteopathic and Natural Medicine) and AIROP (Italian Association for Postural Occlusion Re-education) in Italy, and he is on the French National Registry of Osteopathy.

Dr. Chikly is an internationally renowned educator, lecturer and writer. He is the author of the book Silent Waves: The Theory and Practice of Lymph Drainage Therapy, as well as the creator of a DVD titled Dissection of the Brain and Spinal Cord, and he is working on a book about osteopathic manipulation and the brain. He lives in Scottsdale, Arizona, with his wife and partner, Alaya.

Course Times
Sunday and Monday from 8:30 a.m. to 6 p.m.
Tuesday from 8:30 a.m. to 4 p.m.

Meal Information
Breakfast and lunch are on your own. Coffee and tea will be provided.

Course Location
The Broadmoor
1 Lake Ave.
Colorado Springs, CO 80906

Make your reservations online at book.passkey.com/go/AAO2020, or call 855-634-7711 and use booking code AAO2020.

Travel Arrangements
Contact Tina Callahan of Globally Yours Travel at (480) 816-3200.
Course Description
This course will cover the functional associations between the cranial nerves, the sutures, the dura, and the brain. By directly palpating the peripheral branches of cranial nerves, we can evaluate/palpate them for abnormal tension. The nerves are 50% to 90% connective tissue. For example, all three branches of the trigeminal nerve have palpable parts. The maxillary and mandibular branches are often irritated in teeth problems, such as cavities, infections, bite malocclusion, tooth sensitivity, and improper fillings. These branches also supply sensation to the anterior and middle cranial fossa dura. We find osteopathically that teeth problems can affect dural tension. Besides having electrical conduction, the nerves also have fluid flow and nutritive functions.

Prerequisite
A basic understanding of functional anatomy and one basic cranial course.

Registration Fees

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<td>Nonmember resident or intern</td>
<td>$931.50</td>
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¹ Registrations received after Feb. 20 will be processed on-site, incurring a $150 late fee. ² The AAO's associate members, international affiliates and supporter members are entitled to register at the same fees as full members.

Course Director
A 1994 graduate of what is now the A.T. Still University–Kirksville College of Osteopathic Medicine, Kenneth J. Lossing, DO, served an internship and combined residency in neuromusculoskeletal medicine and family practice through the Ohio University Heritage College of Osteopathic Medicine in Athens. He is board certified in both neuromusculoskeletal medicine and family medicine.

Dr. Lossing studied visceral manipulation with Jean-Pierre Barral, DO (France). An internationally recognized lecturer, Dr. Lossing contributed to the second through fourth editions of the American Osteopathic Association’s Foundations of Osteopathic Medicine textbook.

As the AAO’s 2014-15 president, Dr. Lossing was featured in a segment of “American Health Front!” that focused on osteopathic manipulative medicine.

Dr. Lossing and his wife, Margret Klein, OA, run a private practice in San Rafael, California.

Continuing Medical Education
21 credits of NMM-specific AOA Category 1-A CME anticipated.

Course Times
Sunday and Monday from 8:30 a.m. to 6 p.m.
Tuesday from 8:30 a.m. to 4:30 p.m.

Meal Information
Breakfast and lunch are on your own. Coffee and tea will be provided.

Course Location
The Broadmoor
1 Lake Ave., Colorado Springs, CO 80906
Make your reservations online with the physician link or student link, or call 855-634-7711 and use booking code AAO2020.

The AAO accepts check, Visa, MasterCard and Discover payments in U.S. dollars. The AAO does not accept American Express.

Registration Form
Cranial Nerve Course
March 8-10, 2020

Name: __________________________ AOA No.: __________________________

Nickname for badge: ________________________________________________

Street address: ______________________________________________________

_______________________________________________________________

City: __________________________ State: _______ ZIP: _______________

Phone: __________________________ Fax: __________________________

Email: __________________________

I hereby authorize the American Academy of Osteopathy to charge the above credit card for the amount of the course registration.

Signature: __________________________

By registering for this course, you agree to abide by the AAO’s code of conduct, photo and video release, and cancellation policy.
Pediatric Manual Medicine

A Pre-Convocation Course • March 8-10, 2020 • The Broadmoor in Colorado Springs

Course Description
In this course, we will approach infant development from the perspective of three integrated systems; visual, vestibular and somatosensory. We will touch on diagnoses such as developmental delay, motor impairments, musculoskeletal dysfunction, altered nervous system processing, somatic dysfunction, and sensory integration difficulties. In the process, we will treat plagiocephaly, torticollis, various shoulder and pelvic girdle dysfunctions as well as autonomic nervous system alterations.

Continuing Medical Education
20 credits of NMM-specific AOA Category 1-A CME anticipated.

Course Times
Sunday from 1 to 5 p.m.
Monday and Tuesday from 8 a.m. to 5 p.m.

Meal Information
Breakfast and lunch are on your own. Coffee and tea will be provided.

By registering for this course, you agree to abide by the AAO’s code of conduct, photo and video release, and cancellation policy.

Register online at www.academyofosteopathy.org, or submit this registration form and your payment by email to GWatts@academyofosteopathy.org; by mail to the American Academy of Osteopathy, 3500 DePauw Blvd., Suite 1100, Indianapolis, IN 46268-1136; or by fax at (317) 879-0563.
Course Director
Darren Grunwaldt, DO, is the program director for ACGME accredited ONMM residency and the AOA accredited FM/NMM residency at Metro Health - University of Michigan Health in Wyoming, Michigan. Except for one year as a new attending in Mount Clemens, he has been working as a resident, then faculty, then program director at Metro since 2005.

Dr. Grunwaldt graduated from MSUCOM in 2005 and from the AOA accredited FM/OMM integrated residency at what was then called Metropolitan Hospital in Grand Rapids, Michigan, in 2009. He continues to serve the greater MSU area through the Statewide Campus System coordinating didactics for the NMM residency members there and giving occasional workshops for the other residencies involved with SCS.

Course Location
The Broadmoor
1 Lake Ave.
Colorado Spring, CO 80906
Make your reservations online at book.passkey.com/go/AAO2020 or call 855-634-7711 and use booking code AAO2020.

Travel Arrangements
Contact Tina Callahan of Globally Yours Travel at (480) 816-3200.

Course Description
The workshop is designed to address key concepts to assist residency program directors and administrators in their roles as educators. The workshop is open to anyone with an interest in osteopathic neuromusculoskeletal medicine (ONMM) residencies, not just ONMM residency program directors.

Intended topics at the 2020 program directors’ workshop are still in progress. Check online or contact Amber Rausch as we get closer to the date. Likely topics include updates from the Accreditation Council for Graduate Medical Education (ACGME) and the American Osteopathic Association (AOA), preparing for the oral portion of the OMM Board Exam, and a modality synchronization workshop.

All ONMM residency programs approved by the AOA or by the ACGME must send their program directors or designated physician faculty to this annual workshop. ONMM residency directors must attend at least every two years or send a qualified substitute if they cannot attend. New appointed directors must attend at the first opportunity after their appointment.

For more information about the workshop, contact Amber Rausch, the AAO’s postdoctoral education liaison and CME coordinator, at (317) 879-1881, ext. 216, or at ARAusch@academyofosteopathy.org.

Continuing Medical Education
5.5 credits of NMM-specific AOA Category 1-A CME are anticipated.

Course Times
Sunday from 1 to 7 p.m.
Lunch and dinner are on your own. Coffee and tea will be provided.

Registration Form
Residency Program Directors’ Workshop
March 15, 2020

Name: ____________________________ AOA No.: ____________

Nickname for badge: ____________________________

Street address: ____________________________

City: ____________________________ State: _____ ZIP: ____________

Phone: ____________________________ Fax: ____________________________

Email: ____________________________

Credit card No.: ____________________________

Cardholder’s name: ____________________________

Expiration date: ____________________________ 3-digit CVV No.: ____________

Billing address (if different): ____________________________

I hereby authorize the American Academy of Osteopathy to charge the above credit card for the amount of the course registration.

Signature: ____________________________

By registering for this course, you agree to abide by the AAO’s code of conduct, photo and video release, and cancellation policy.
Course Description
The Motor Nerve Reflex Testing (MNRT) course is the only course currently available that will teach you how to identify the true cause of your patients’ symptoms. MNRT gives you the priority of injuries for each individual based on survival instincts. There are many ways to evaluate, but only MNRT gives you the order in which to treat. Proper Diagnosis is 95% of effective treatment and any medical professional looking to elevate their diagnostic skills should take this course. After this course you will be able to help more of your patients get the relief they are seeking. After discussing the motor nerve reflex findings for a specific region, Dr. Cantieri will discuss various injuries and dysfunctions clinicians should evaluate for at the area and treatments that should be considered. Dr. Cantieri will address some of the pain issues that are found in the areas where a primary MNRT is found.

Course Times
Friday from 8 a.m. to 5 p.m.
Saturday from 7:30 a.m. to 4:30 p.m.

Continuing Medical Education
15 credits of AOA Category 1-A CME anticipated.

Course Faculty
Course director Steven Olmos, DDS, an internationally recognized lecturer and researcher, has dedicated the past 30 years to the fields of craniofacial pain, temporomandibular disorder and sleep disorders. He is board certified in craniofacial pain and sleep medicine. He founded the TMJ & Sleep Therapy Centres International and directs research in craniofacial pain and sleep medicine through data collection at 63 centers spanning seven countries.

Mark S. Cantieri, DO, FAAO, of Mishawaka, Indiana, is an AOA board-certified osteopathic manipulative medicine specialist and a fellow of the American Academy of Osteopathy (AAO). He is the chief executive officer of Corrective Care, PC, in Mishawaka. A clinical assistant professor at the Marian University College of Osteopathic Medicine in Indianapolis, Dr. Cantieri has served the osteopathic medical profession in many capacities, including as president of the AAO, as a member of the American Osteopathic Association’s Commission on Osteopathic College Accreditation and as a member of the AAO’s Strategic Planning Committee.

Meal Information
Continental breakfast and lunch will be provided each day.

Course Location
The Pyramids, Building Three
3500 DePauw Blvd., Lower Level, Conference Rooms A and B
Indianapolis, IN 46268

* The AAO’s associate members, international affiliates and supporter members are entitled to register at the same fees as full members.

Registration Fees
<table>
<thead>
<tr>
<th>On or Before Feb. 17, 2020</th>
<th>Feb. 18–April 8, 2020</th>
<th>On or After April 9, 2020</th>
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</thead>
<tbody>
<tr>
<td>Academy member in practice*</td>
<td>$1,225</td>
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<td>Resident or intern member</td>
<td>$1,025</td>
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<td>Nonmember practicing DO or other health care professional</td>
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<td>Nonmember resident or intern</td>
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* The AAO’s associate members, international affiliates and supporter members are entitled to register at the same fees as full members.

Register online at www.academyofosteopathy.org, or submit this registration form and your payment by email to GWatts@academyofosteopathy.org; by mail to the American Academy of Osteopathy, 3500 DePauw Blvd., Suite 1100, Indianapolis, IN 46268-1136; or by fax at (317) 879-0563.
Course Description
This course is designed to enhance attendees’ palpatory skills (tissue texture, asymmetry and restriction of motion of both somatic and visceral interconnected structures); enhance knowledge of related somatic/visceral anatomy with fascial continuity via traditional Chinese medicine energy channel mapping; and provide a framework for cross-organ symptomatology and somatic dysfunction, bridging gaps between internal medicine subspecialties and neuromusculoskeletal medicine.

Prerequisite
Registrants should have completed a basic cranial course and have a grounding in ligamentous articular strain and visceral techniques.

Course Times
Friday and Saturday from 8 a.m. to 5:30 p.m.
Sunday from 8 a.m. to 12:15 p.m.

Continuing Medical Education
20 credits of AOA Category 1-A CME anticipated.

Meal Information
Morning coffee and tea will be provided. Lunch will be provided Friday and Saturday.

Course Location
Idaho College of Osteopathic Medicine
1401 E. Central Dr.
Meridian, ID 83642
See campus information.

Travel Arrangements
See a list of nearby hotels. Contact Tina Callahan of Globally Yours Travel at (480) 816-3200.

Registration Fees

<table>
<thead>
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<th>Registration Type</th>
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<th>On or after April 25, 2020</th>
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<td>$960</td>
<td>$1,160</td>
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<td>Student member</td>
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<td>Nonmember resident or intern</td>
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<tr>
<td>Nonmember student</td>
<td>$910</td>
<td>$960</td>
<td>$1,160</td>
</tr>
</tbody>
</table>

* The AAO’s associate members, international affiliates and supporter members are entitled to register at the same fees as full members.

I confirm I meet the required prerequisite.

Name: ___________________________ AOA No.: ____________

Nickname for badge: ___________________________

Street address: ____________________________________________

_____________________________________________________________________

City: ___________________________ State: _______ ZIP: ___________

Phone: ___________________________ Fax: ___________________________

Email: ___________________________

I hereby authorize the American Academy of Osteopathy to charge the above credit card for the amount of the course registration.

Signature: _____________________________

By registering for this course, you agree to abide by the AAO’s code of conduct, photo and video release, and cancellation policy.
Introduction to Osteopathic Manipulative Medicine: Integrating OMM Into Clinical Practice and Teaching

June 4-7, 2020 • The Pyramids • Indianapolis

Course Description
This course will:
• provide basic and refresher knowledge and skills for program directors and core teaching faculty who supervise osteopathic manipulative treatment (OMT) in clinics.
• help MD students and graduates obtain the prerequisites for entering osteopathic-recognized residencies.
• be valuable for clinicians interested in adding OMT to their skill set.

Through a combination of lectures and hands-on workshops, attendees will learn the basics of osteopathic manipulative medicine, which encompasses osteopathic tenets, palpatory diagnosis and OMT.

The curriculum includes lessons on muscle energy technique; thoracic spine technique; articulatory techniques; functional techniques; myofascial release; and high-velocity, low-amplitude thrust.

Course registration includes one copy of Greenman’s Principles of Manual Medicine, 5th edition.

Course Director
Lisa Ann DeStefano, DO, has chaired the Department of Osteopathic Manipulative Medicine at the Michigan State University College of Osteopathic Medicine (MSUCOM) in East Lansing since 2004. A protégé of the late Philip E. Greenman, DO, FAAO Dist, Dr. DeStefano edited the fourth and fifth editions of the textbook Greenman’s Principles of Manual Medicine.

A 1993 graduate of MSUCOM, Dr. DeStefano is board certified in osteopathic manipulative medicine and neuromusculoskeletal medicine and in osteopathic family medicine.

Course Location
The Pyramids, Building Three
3500 DePauw Blvd., Lower Level, Conference Rooms A and B
Indianapolis, IN 46268

Course Times
Thursday from 1 to 6 p.m.
Friday and Saturday from 8 a.m. to 6 p.m.
Sunday from 8 a.m. to 4 p.m.

Continuing Medical Education
28 credits of AOA Category 1-A CME anticipated.

Meal Information
Morning coffee and tea will be provided Friday through Sunday, as well as lunch.

Registration Form
Introduction to Osteopathic Manipulative Medicine
June 4-7, 2020

Name: ___________________________ AOA No.: __________

Nickname for badge: ___________________________

Street address: ___________________________

______________________________

City: ___________________________ State: _____ ZIP: __________

Phone: ___________________________ Fax: __________

Email: ___________________________

By registering for this course, you agree to abide by the AAO’s code of conduct, photo and video release, and cancellation policy.

Register online at www.academyofosteopathy.org, or submit this registration form and your payment by email to GWatts@academyofosteopathy.org; by mail to the American Academy of Osteopathy, 3500 DePauw Blvd., Suite 1100, Indianapolis, IN 46268-1136; or by fax at (317) 879-0563.
Component Societies and Affiliated Organizations

Calendar of Upcoming Events

Feb. 15-19, 2020
The Osteopathic Cranial Academy
Midwinter Introductory Course: Osteopathy in the Cranial Field
Course director: Zinaida Pelkey, DO, FCA
Associate director: Therese M. Scott, DO
Hilton Norfolk The Main in Virginia
Learn more and register at cranialacademy.org.

Feb. 21-23, 2020
Florida Academy of Osteopathy
Techniques of the Masters: Visceral Manipulation
Course director: Wm. Thomas Crow, DO, FAAO
Advent Health East Orlando in Orlando, Florida
20 credits of AOA Category 1-A CME anticipated
To learn more or register, call Lisa Belliveau at 727-581-9069.

Feb. 21-23, 2020
The Osteopathic Cranial Academy
Orofacial Development: Merging OCF and Functional Dentistry
Course director: Eric Dolgin, DO, FCA
Assistant director: Jose Camacho, DO
Hilton Norfolk The Main in Virginia
Learn more and register at cranialacademy.org

March 19-22, 2020
American College of Osteopathic Family Physicians
ACOFP 57th Annual Convention and Scientific Seminars
Hilton New Orleans Riverside in New Orleans, LA
30 credits of AOA Category 1-A CME anticipated
Learn more and register at acofp.org

March 23-25, 2020
Indiana Osteopathic Association
IOA 123rd Annual Spring Update
Renaissance Indianapolis North Hotel in Carmel, Indiana
Learn more and register at inosteo.org

April 1-5, 2020
Arizona Osteopathic Medical Association
AOMA 98th Annual Convention
Embassy Suites by Hilton in Scottsdale, Arizona
Learn more and register at az-osteo.org

April 17-20, 2020
Osteopathy Underground
The Many Facets of Visceral Treatment: Biomechanical, Biofunctional, and Biodynamic Approaches to Abdominal Viscera
Course director: Dana C. Anglund, DO
Rocky Vista University College of Osteopathic Medicine
28 credits of AOA Category 1-A CME anticipated
Learn more and register at osteopathyunderground.com

April 18-20, 2020
Osteopathy's Promise to Children
Rule of the Artery 1
Course director: R. Paul Lee, DO, FAAO, FCA
Hilton Garden Inn San Diego
23.5 credits of AOA Category 1-A CME anticipated
Learn more and register at the-promise.org/cme/

April 24-26, 2020
Osteopathy's Promise to Children
Rule of the Artery 2
Course director: R. Paul Lee, DO, FAAO, FCA
Hilton Garden Inn San Diego
23.5 credits of AOA Category 1-A CME anticipated
Learn more and register at the-promise.org/cme/

April 30–May 2, 2020
Osteopathy's Promise to Children
Rule of the Artery 3
Course director: R. Paul Lee, DO, FAAO, FCA
Hilton Garden Inn San Diego
23.5 credits of AOA Category 1-A CME anticipated
Learn more and register at the-promise.org/cme/

May 8-9, 2020
Philadelphia College of Osteopathic Medicine (PCOM)
Still Techniques for the Spine, Ribs, and Pelvis: Addressing Key Dysfunctions as well as Diagnosing and Treating with Still Technique OMT
Faculty: Richard L. Van Buskirk, DO, PhD, FAAO
Course Director: David B. Fuller, DO, FAAO
PCOM Campus, Philadelphia, PA
12 Category 1-A CME credits anticipated
Learn more and register at: conted.pcom.edu/public-catalog
Contact the PCOM CME Coordinator at 215-871-6348

May 15-19, 2020
Sutherland Cranial Teaching Foundation
Basic Course: Osteopathy in the Cranial Field
Course director: Duncan Soule, MD
University Place Hotel & Conference Center in Portland, OR
40 credits of AOA Category 1-A CME anticipated
Learn more and register at sctf.com/courses

June 6-10, 2020
The Osteopathic Cranial Academy
June Introductory Course: Osteopathy in the Cranial Field
Course director: Richard F. Smith, DO
JW Marriott in Houston
Learn more and register at cranialacademy.org

Visit www.academyofosteopathy.org/affiliate-cme for additional listings.