Members elect new leaders

AAO members elected their leadership for the upcoming years at the annual business meeting in Colorado Springs, CO, March 17. President-elect Michael A. Seffinger, DO, automatically assumed the office of President, and Richard A. Feely, DO, FAAO, began a one-year term as Immediate Past President. Other newly elected leaders include:

**President-elect**
Jane E. Carreiro, DO

**Trustee**
Kendi L. Hensel, DO, PhD
Kenneth J. Lossing, DO
Doris B. Newman, DO

**Governor**
Stephanie Collins, DO
Brian F. Degenhardt, DO
Lisa A. DeStefano, DO
Dennis J. Dowling, DO, FAAO
Hugh M. Ettlinger, DO, FAAO
Heather P. Ferrill, DO
Ann L. Habenicht, DO, FAAO
Kenneth H. Johnson, DO, FAAO
Gregg C. Lund, DO
Judith A. O’Connell, DO, FAAO
George J. Pasquarello, DO, FAAO
Laura T. Rampil, DO
Paul R. Rennie, DO, FAAO

**Nominating Committee**
Boyd R. Buser, DO
Dennis J. Dowling, DO, FAAO
John C. Glover, DO, FAAO
Melicien A. Tettambel, DO, FAAO
Richard A. Feely, DO, FAAO
(ex-officio)

Dr. Seffinger assumes presidency of the AAO

Michael A. Seffinger, DO, was installed as AAO President for 2011-2012 at the 2011 President’s Banquet during the AAO Convocation in Colorado Springs, CO.

Dr. Seffinger is a 1988 graduate of Michigan State University College of Osteopathic Medicine. He completed an osteopathic internship at Pacific Hospital of Long Beach, CA, in 1989 and a residency in Family Medicine at the University of California at Irvine in 1991. He is board certified in Osteopathic Family Medicine/Osteopathic Manipulative Treatment and Neuromusculoskeletal Medicine/Osteopathic Manipulative Medicine. He also has a certificate of competency from the Cranial Academy. He is a tenured Associate Professor and Chair of the NMM/OMM Department at Western University of Health Science College of Osteopathic Medicine of the Pacific.

From 1995 to 2007, Dr. Seffinger taught evidence-based, hands-on OMM seminars at the American Academy of Family Physicians Annual Scientific Assembly, which led to the publication of the book *Evidence-Based Manual Medicine: A Problem Oriented Approach* in 2007. Dr. Seffinger serves the American Osteopathic Association as Vice Chair of the Bureau of Osteopathic Clinical Education and Research, and is an associate editor and author for the AOA standard textbook *Foundations for Osteopathic Medicine*. He also serves on the *Journal of the American Osteopathic Association* Advisory Board, writes the quarterly column, “The Somatic Connection” for the *JAOA* and is the former Managing Editor of the *California DO: The Journal of the Osteopathic Physicians and Surgeons of California* from 2004 to 2008. His latest publication *The Merger: MDs and DOs in California*, chronicles the history of the relationship between the physician groups, including the pivotal role of OMT education, research and practice in their relations at all levels.

A former member of the OPSC Board of Directors, Dr. Seffinger has received its Most Valuable Physician Award, along with several other awards for his service to DOs in California. He was inducted into the AOA Mentors Hall of Fame in 2007. He is currently Treasurer of the Board of Directors for the Osteopathic Center for Children, as well as a member of the Board of Directors for the National...
Fibromyalgia Association. Dr. Seffinger serves on the AAO Board of Trustees (2004 to present) and Board of Governors (2001 to present). He is past chair of the Louisa Burns Osteopathic Research Committee and has previously served on the Osteopathic Postdoctoral Teaching Institutes, Nominating and Investment Committees. Dr. Seffinger has considerable leadership experience and has demonstrated a strong and productive commitment to the AAO and its mission.

Dr. Seffinger delivered the following speech during the President’s Banquet:

As I begin this journey with you, I wish to offer my grateful “thank you” to Richard Feely, DO, FAAO, for setting the stage for me and my year as President—and for giving me and all of us an inspiring and powerful example of how a President can and should represent the AAO.

I would like to introduce to the audience my family who flew here in support of this event. Please stand as I call your name and please hold your applause until they are all announced: My three daughters, Miyako, Sayuri and Aiko Seffinger; my brother and sister, Danny and Stefani Seffinger; my niece Ditte Seffinger; and my cousins from Denver, Phyllis, Larry and Ian Seffinger. My mother, Helen Seffinger; sister, Carol Hansen; brother Steven Seffinger; and sister, Monica Esposito, are at home in Torrance, California, listening in via cell phone telecommunications. They are my 24/7 support group and keep me grounded, along with my patients, in the realities of life as I spend a lot of time in the ivory tower university and cyberspace realms.

Seventy-five years ago a handful of DOs kindled a fire. This was not an ordinary fire. It was not a fire to burn up wood or burn down a building. It was a fire lit in the middle of America’s worst economic depression. It was a time when the AOA and the osteopathic profession were moving closer to conventional medical and surgical practices, with Osteopathic Manipulative Treatment slip-sliding away from osteopathic health care practices throughout the country. In the state of California, with the largest DO population, the DO leadership there was orchestrating merger deals with the MD profession. From this economic and professional tailspin rose the Academy of Applied Osteopathy, later to be named the American Academy of Osteopathy, which was born to fight against this counter-osteopathic cultural movement, and the Academy began to grow and develop. Ironically, the state with the most members in the AAO in its first 25 years was none other than California. In fact, the AAO main office was in the home of Margaret Barnes, DO, in California during the 1950s and 1960s. AAO members, Drs. Viola Frymann, Ethan Allen and Edna Lay, led the charge to restore osteopathic medicine and medical education in California. Dr. Frymann is here with us tonight (standing ovation in her honor from the audience). Without the dedicated efforts of these osteopathic pioneers in the 1960s and 1970s, we might not even have a profession today. By the 1970s, their efforts stimulated a rapid expansion of osteopathic colleges across the country—from five colleges in 1962 to nearly 30 at present—a six-fold increase in 50 years. With this growth of the profession came the growth of the AAO.

The intent of the founding members of this Academy was to revitalize a profession that was wandering astray from its wellspring. It has been the challenge of the AAO in its last 50 years to work harder to ensure that our graduates continue to use their minds, hearts and hands in caring for patients regardless of their chosen specialty. Thanks in large part to dedicated Academy members, today there are more DOs using their osteopathically trained thinking, feeling and knowing fingers than ever before. And, as Dr. Feely mentioned in his speech earlier, this is the largest number of DOs and students attending an AAO convocation in its 74-year history!

So, what about that fire lit in 1937? It was lit from the embers of a once brightly burning flame of past generations. It was a fire of the spirit of osteopathy. Indeed, they kindled the fire that stoked the furnace of the osteopathic spirit. Dr. Feely’s theme for his presidential year was dedicated to the revival of the osteopathic spirit. He warmed the hearth, now it is time to use that combustible energy, that powerful FORCE, to do the WORK. What work is that, you say? What is engraved on the base of the full-size statue of the profession’s founder, A.T. Still, MD, DO, in downtown Kirksville, MO? “The God I worship demonstrates his works.” The works of nature are performed by the FORCE of NATURE, also commonly referred to as natural healing forces. Our WORK is to help patients find their natural healing forces; to help them find health—body, mind and spirit—by applying the philosophy, science and art of osteopathy and osteopathic medicine.
This coming year, with your support, I will take that spirit and lead the Academy by directing it with our collaborative, collective mind—a mind that applies knowledge, philosophy, art and science to move our bodies to do the work of the Academy and the work of the AOA, which is to serve our patients. All patients deserve the best care possible. That is to say, they all deserve osteopathic care. That is the highest quality medical care possible.

The Academy has a commitment, and an obligation, to find the best practices among osteopathic physicians, package them into outstanding educational programs, and train the rest of the members in these practices to better serve patients who deserve this outstanding care. I will continue this commitment, along with Kenneth Lossing, DO, Program Chair for next year’s 75th annual AAO Convocation, to bring you not only best practices from the past, but for our future. It will be a spectacular conference that will build upon and celebrate our past 75 years of learning and success, and propel us toward our century mark in 2037.

The Academy has fostered research in unique osteopathic practices, especially palpatory diagnosis and manipulative treatment. I will continue to promote, carry out and mentor others in osteopathic research, assist in the procurement of funds to support these research endeavors, and publish research results for members to use to ensure we obtain proper reimbursement for our services. Last year, the AOA published its Guidelines for the Use of OMT for Patients with Low Back Pain. These were the first national guidelines published by the AOA. They essentially state that, in the Evidence-Based Medicine classification, these guidelines fulfill the criteria for Grade A, the highest level of evidence possible, to support the use of OMT for patients with acute or chronic low back pain. Research has shown OMT relieves back pain during third trimester of pregnancy as well. We need to use these guidelines to inform insurance carriers who demand evidence of OMT’s efficacy to justify reimbursement. They don’t even have a short leg to stand on when they try to deny payment to DOs that use OMT on deserving patients. We need to take these guidelines and their supporting evidence to our members, to our colleges and to our students, who are hungry for validation of this choice for their life’s work.

I implore all of you to become familiar with these guidelines on the use of OMT in low back pain and use them to educate others about the proven benefits of OMT. You can find them at the AOA Web site or at the JAOA web site for the November 2010 issue. They are also posted on the National Guidelines Clearinghouse Web site at http://www.ngc.gov (search for key words “low back pain AOA”).

In order to catapult the Academy into the next decade to meet the needs of the profession to train more DOs in OMT best practices, we need to expand our programs, apply the knowledge gained from our research endeavors and elevate the status of the Academy as a leader among professional healthcare organizations interested in manual practices. To this end, your Board of Trustees has incorporated the Foundation for Osteopathic Research and Continuous Education—the FORCE. The FORCE will link experienced researchers and institutions with funding sources, and contract with them to conduct high-level osteopathic efficacy studies. It will foster the development of osteopathic educational programming and training using state of the art educational technology. The FORCE will help the Academy do its WORK. In the spirit of osteopathy, join me in these endeavors and reap the benefits of collaboration and participation in the greatest profession on Earth.

It is time to stand up and be counted. Osteopathic medicine needs to be a household word that stands for excellence in medical care. In fact, it needs to be recognized as the standard of care. Osteopathic manipulative medicine is one of the safest, most conservative, effective approaches to patient care available. Its use offers patients the opportunity to decrease reliance on medications (which can cause significant side effects, unnecessary hospitalizations and loss of life) and improve quality of care and quality of life. The FORCE was created to address this need to bring osteopathic medicine to all of America and across the world. Please feel welcome to sign up to be on the Committee of One Hundred on the forms at your tables.

Just as the Olympic torch is a sign of world unity, the light that has been kindled by our convocation here today will lead us into a new era where our unique skills are embraced by all DOs forming a unified community, which is wise to use the power of touch to unleash the natural healing forces in our patients.

I leave you with this thought: Be the osteo-path to growth. Be the osteo-path to change. Be the osteo-path to the future.

Thank you for your support, your trust and your kind attention.

Michael A. Seffinger, DO, FAAFP
AAO members choose Dr. Carreiro as President-elect

Jane E. Carreiro, DO, was unanimously elected President-elect at the annual membership meeting in Colorado Springs, CO, March 16. She will serve a one-year term before taking office as President in March 2012.

Dr. Carreiro is a 1988 graduate of the University of New England College of Osteopathic Medicine (UNECOM). She is certified by the American Osteopathic Board of Special Proficiency in Osteopathic Manipulative Medicine and the American Osteopathic Board of Family Physicians. She is Section Head, Chair and Associate Professor of OMM, and Program Director of Graduate Medical Education at UNECOM. Dr. Carreiro specializes in OMM, pain management, pediatric musculoskeletal and sports medicine. She is involved in research on osteopathic manipulation in otitis media, as well as innervation patterns in the pelvis and sacral areas. Dr. Carreiro’s publications include Sensory Stimulation - Guided Sacroiliac Joint Radiofrequency Neurotomy: Technique Based on Neuroanatomy of the Dorsal Sacral Plexus; The Use of Osteopathic Manipulative Treatment as Adjuvant Therapy; Guidelines for Training and Practice of Osteopathy and Osteopathic Medicine; An Osteopathic Approach to Children, which has been translated into German, French, and Italian; and Pediatric Manual Medicine, which has been translated into German. In addition to her current service on the Board of Trustees and Strategic Planning Committee, Dr. Carreiro is a former Chair of the American Academy of Osteopathy Education Committee. She also serves as the Board of Trustees Liaison to the International Affairs Committee.

Dr. Tinning honored with Academy Award

The AAO Board of Trustees announced Fred C. Tinning, PhD, as the 2011 recipient of the Academy Award. Immediate Past President Richard Feely, DO, FAAO, presented him the award during the Academy’s annual membership meeting in Colorado Springs, CO, March 16. The Board of Trustees created the Academy Award for presentation to individuals who are not DOs but have contributed significantly to the advancement of osteopathy.

Dr. Tinning earned three degrees from Michigan State University (MSU)—a bachelor’s degree in business education and a teaching certificate in 1959; a master’s degree in educational psychology, counseling and personnel services in 1996; and a doctorate in guidance and personnel services with a cognate in medical education in 1973. He later became the Assistant Dean for Planning and Program Operations at MSU’s College of Osteopathic Medicine, and served as a professor in the Department of Counseling, Personnel Services and Educational Psychology in the College of Education. He also held a variety of other administrative and teaching positions at MSU. Dr. Tinning became the eighth president of Kirksville College of Osteopathic Medicine (KCOM) in 1984—a position he held for twelve years before his retirement in 1996. A former chair of the Board of Governors of the American Association of Colleges of Osteopathic Medicine, in 1992, he delivered the American Osteopathic Association’s Andrew Taylor Still Centennial Memorial Lecture and received the National Rural Health Association’s Louis Gorin Award for Outstanding Achievement in Rural Health Services. The City of Kirksville, MO, proclaimed October 10, 1997, as Dr. Fred C. Tinning Day—the day the Tinning Education Building at KCOM was named in his honor.

Previous recipients of the Academy Award:
2010—John B. Crosby, JD
2009—Stephen J. Noone, MS, CAE
2008—Frank H. Willard, PhD
2007—Barbara Peterson, PhD (Hon.)
2006—Norman Gevitz, PhD
2005—Albert F. Kelso, PhD
2004—Irvin M. Korr, PhD
2003—W. Douglas Ward, PhD
2002—Judy Staser
2001—Andrew T. Weil, MD
A.T. Still Medallion awarded to Dr. Glover

On behalf of the Board of Trustees, AAO President Michael Seffinger, DO, presented the 2011 A.T. Still Medallion of Honor to John C. Glover, DO, FAAO, during ceremonies at the Academy’s annual President’s Banquet in Colorado Springs, CO, March 19. The A.T. Still Medallion of Honor is the highest award conferred by the AAO. It is given to deserving members of the Academy who have exhibited, among other accomplishments in scientific or professional affairs, an exceptional understanding and application of osteopathic principles and concepts.

Dr. Glover is Professor and Chair of the Department of Osteopathic Manipulative Medicine (OMM) at Touro University College of Osteopathic Medicine in Vallejo, CA. He graduated from West Virginia School of Osteopathic Medicine and completed a rotating internship at Orlando General Hospital. He later completed both a Family Medicine Residency and an OMM Residency at Ohio University College of Osteopathic Medicine. Dr. Glover has served as Head of OMM Department at Ohio University College of Osteopathic Medicine and Oklahoma State University College of Osteopathic Medicine, and Chair of the Department of Osteopathic Principles and Practice at Kansas City University of Medicine and Biosciences College of Osteopathic Medicine. He is a former Chair of the Educational Council on Osteopathic Principles and a past president of the AAO. Dr. Glover is a current member of the AAO’s Board of Governors and Fellowship Committee. He is co-author of the book *Counterstrain* and the Strain-Counterstrain chapter in *Foundations for Osteopathic Medicine* (1st, 2nd, and 3rd Editions). Dr. Glover is also a contributing author for *Clinical Application of Counterstrain*, *Counterstrain & Exercise: An Integrated Approach*, *Clinical Osteopathically Integrated Learning Scenarios* and *Leitfaden Osteopathie*. He lectures and conducts workshops on a variety of topics nationally and internationally.

Previous recipients of the A.T. Still Medallion of Honor:
2010—Boyd R. Buser, DO
2009—Donald V. Hampton, DO; Edward G. Stiles, FO, FAAO
2008—Judith A. O’Connell, DO, FAAO; Stephen D. Blood, DO, FAAO
2007—Ann L. Habenicht, DO, FAAO; Michael L. Kuchera, DO, FAAO
2006—Eleanor Masterson, DO
2005—Fred L. Mitchell, Jr., DO, FAAO
2004—Harmon L. Myers, DO; Melicien A. Tettambel, DO, FAAO
2003—Eileen L. DiGiovanna, DO, FAAO; William Wyatt, DO (Posthumously)
2002—Wayne R. English, DO; Stanley Schiowitz, DO, FAAO
2001—William A. Kuchera, DO, FAAO

Fellowship Committee recognizes service of Dr. Greenman

Fellowship Committee Chair Judith O’Connell, DO, FAAO, awarded the 2011 FAAO Distinguished Service Award to Philip E. Greenman, DO, FAAO, at the Fellowship Dinner in Colorado Springs, CO, March 18. Anthony Chila, DO, FAAO, accepted the award on Dr. Greenman’s behalf. The FAAO Distinguished Service Award is presented to those Fellows of the American Academy of Osteopathy who have further distinguished themselves in contributions to osteopathic literature; development of osteopathic theory, method or procedure; research; osteopathic education; service to the AAO on committees, boards, etc.; public relations; service to public health; and/or osteopathic medical economics and advocacy.

Dr. Greenman is a 1950 graduate of Philadelphia College of Osteopathic Medicine. He completed an internship at the Osteopathic Hospital of Philadelphia and a radiology preceptorship at the Veterans Administration in Buffalo, NY, where he was in private practice from 1956 to 1972. Currently retired, he served as Associate Dean and Professor in the Department of Biodynamics and the Department of Physical Medicine and Rehabilitation at Michigan State University College of Osteopathic Medicine for more than 25 years. He is the author of 132 invited papers and presentations, 68 articles in peer-reviewed publications, four books, ten book chapters and eleven educational modules.

Previous recipients of the FAAO Distinguished Service Award:
2008—Anthony G. Chila, DO, FAAO
2010—Viola M. Frymann, DO, FAAO
2010—Isabelle A. Chapello, DO, FAAO

AAO and component societies present Pioneer in Osteopathy awards

The AAO, in conjunction with The Cranial Academy and the Sutherland Cranial Teaching Foundation, recognized five AAO members as leading pioneers in osteopathic manipulative medicine, specifically osteopathy in the cranial field, at the annual membership meeting in Colorado Springs, CO, March 17. AAO Immediate Past President Richard Feely, DO, FAAO, Cranial Academy President Melvin Friedman, DO, and SCTF President Melicien Tettambel, DO, FAAO, presented the inaugural 2011 Pioneer in Osteopathy Award to Doran A. Farnum, DO, FAAO; Viola M. Frymann, DO, FAAO; Louis Hasbrouck, DO; Edna M. Lay, DO, FAAO; and Harold I. Magoun, DO, FAAO.
Board of Governors confers new FAAOs

The AAO Board of Governors approved the recommendations of Douglas J. Jorgensen, DO, of Manchester, ME and Alicia L. Smilowicz, DO of Portland, ME, for Fellow of the American Academy of Osteopathy (FAAO) at their meeting in Colorado Springs, CO, March 16. The candidates successfully completed oral and practical examinations administered by members of the AAO Fellowship Committee, chaired by Judith A. O’Connell, DO, FAAO, prior to the 2011 AAO Convocation. AAO President Richard A. Feely, DO, FAAO, officially conferred the degree of Fellowship on Dr. Jorgensen and Dr. Smilowicz at the President’s Banquet March 19.

AAO members who are interested in applying for fellowship can obtain the required application and explanatory materials by contacting Debbie Cole at (317) 879-1881. The deadline for new fellowship applications is August 1, 2011.

For AAO members who have already begun the application process, please note these forthcoming deadlines:

- **May 1, 2011** - Final re-write of case histories or re-submission of case history edits/corrections as requested
- **September 1, 2011** - Scientific paper/thesis second draft due
- **February 1, 2012** - Final draft of scientific paper/thesis due and $1000 (non-refundable) exam fee due
- **March 20, 2012** - Oral and Practical Exams prior to conferment at the AAO Annual Convocation in Louisville, KY

Immediate Past President recognizes leadership service

In appreciation for their expiring terms of service as AAO Committee Chairs and Board members, Richard A. Feely, DO, FAAO, presented A.T. Still Founder lapel pins to Stephen D. Blood, DO, FAAO (Board of Governors member and Investment Committee Chair) and John M. Jones, DO (Board of Governors member).

Golden Ram donors receive career giving awards

Acting upon the recommendation of the Investment Committee, the AAO Board of Trustees voted to recognize the outstanding generosity of Golden Ram Society donors by awarding cumulative giving awards—a lapel pin depicting the AAO mascot, the ram. Donors who have reached the $20,000 level receive a pin embedded with two diamonds; those who have reached the $10,000 giving level receive a pin embedded with a diamond; those who have reached the $5,000 career giving level receive a pin embedded with a ruby.

At the 2011 Annual Business Meeting in Colorado Springs, the Academy presented the ruby pin to John G. Hohner, DO, FAAO. Ann L. Habenicht, DO, FAAO, and Daniel Kary, DO, FAAO, were presented with diamond pins. The Academy leadership thanks all the Golden Ram supporters for their loyalty and generosity.

Career Double-Diamond Level Contributors

Anthony G. Chila, DO, FAAO
David Coffey, DO, FAAO
Richard A. Feely, DO, FAAO

Career Diamond Level Contributors

John E. Balmer, DO
Stephen D. Blood, DO, FAAO
Boyd R. Buser, DO
Mark S. Cantieri, DO, FAAO
Guy A. DeFeo, DO
John C. Glover, DO, FAAO
Albert F. Kelso, PhD (Deceased)
William L. Johnston, DO, FAAO
John M. Jones, III, DO
Hollis H. King, DO, PhD, FAAO
Claudia L. McCarty, DO, FAAO
Brian McDevitt, DO
Judith A. O’Connell, DO, FAAO
Gary L. Ostrow, DO
George J. Pasquarello, DO, FAAO
Damon Whitfield, DO

Career Ruby Level Contributors

Lawrence J. Bellew, DO
David R. Boesler, DO
John D. Capobianco, DO, FAAO
Dennis J. Dowling, DO, FAAO
Viola M. Frymann, DO, FAAO
Philip E. Greenman, DO, FAAO
James S. Jealous, DO
Robert E. Kappler, DO, FAAO
G. Bradley Klock, DO, FAAO
John A. Littleford, DO
Harold I. Magoun, DO, FAAO
David D. Musgrave, DO
David A. Patriquin, DO, FAAO
Karen M. Steele, DO, FAAO
Melicien A. Tettambel, DO, FAAO
Margret Warner, DO
Michael Warner, DO
Jeffrey W. Ziegler, DO
2011 AAO Calendar of Events

Mark your calendar for these upcoming Academy meetings and educational courses.

June 10-12  
*Osteopathic Considerations in Sports Medicine* combined with a little GOLF!  
Kurt Heinking, DO, FAAO; Mark McKeigue, DO—CCOM, Downers Grove, IL

July 9-10  
AAO Board of Trustees Meeting—Indianapolis, IN

July 12-14  
AOA Board of Trustees Meeting—Chicago, IL

July 14-17  
AOA House of Delegates—Chicago, IL

August 25-28  
*Rapid OMT for the Busy Practitioner* (Co-Sponsored by Florida East Orlando Hospital)  
Ann L. Habenicht, DO, FAAO; Wm. Thomas Crow, DO, FAAO  
Contemporary Resort at Walt Disney World, Orlando, FL

September 23-25  
*Seated Facet Release: Techniques of the Still Family*  
Karen M. Steele, DO, FAAO—Virginia Beach, VA

October 7-9  
*Prolotherapy Weekend*—Mark S. Cantieri, DO, FAAO; George J. Pasquarello, DO, FAAO  
UNECON, Biddeford, ME

October 30  
AAO Board of Trustees Meeting—Orlando, FL

October 30  
*Progressive Inhibitions of Neuromusculoskeletal Structures* (Pre-OMED)  
Dennis J. Dowling, DO, FAAO—Orlando, FL

Oct. 31- Nov. 3  
*AAO Program at OMED*—Kendi L. Hensel, DO, PhD—Orlando, FL

December 9-11  
*Visceral Approach to the Sacrum and Pelvis*—Kenneth J. Lossing, DO—COMP, Pomona, CA

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Now available at the AAO Bookstore!

**Osteopathic Management of the Female Patient.**  
*A Pocket Reference Guide.*  
JP Maganito, DO; Anita Showalter, DO; and Melicien Tettambel, DO, FAAO

Purchase your copy at  
[www.academyofosteopathy.org](http://www.academyofosteopathy.org)  
(Select “AAO Store” from the left-hand menu.)

AAO-Member price: $31.50  
List price: $35.00  
*Plus shipping and handling*

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Leonardo da Vinci  
*Public Domain*
Rapid OMT for the Busy Practitioner
August 25-28, 2011 in Orlando, FL

Course Description:
In this course, participants will learn the use of osteopathic manipulative techniques in an office setting through hands-on experience.

Course Objectives:
After completion of the conference, course participants should be able to:
1. Approach common clinic problems with the use of Osteopathic Manipulative Medicine.
2. Integrate Osteopathic Manipulative Medicine into their daily routines.
3. Participants will learn billing and coding for the techniques taught.

Course Location:
Disney’s Contemporary Resort
4600 North World Drive
Lake Buena Vista, FL 32830

The site for this course is an ultra-modern, lakeside Disney deluxe resort, made up of a towering A-frame highrise building—the iconic Contemporary Tower—and complemented by one garden wing annex. One of the very first hotels to be built on Disney property, the Contemporary is within walking distance of the Magic Kingdom® Park. The sprawling grounds include a marina, pools, restaurants, recreational facilities, a health club, tennis courts and convention facilities. Rooms are available for conference attendees for $195 per night. Please contact the hotel directly for your reservation at (407) 824-3869.

This course is co-sponsored by Florida Hospital East Orlando.

Registration Form
Rapid OMT in the Office Setting
August 25-28, 2011

Name: ____________________________
Nickname for Badge: _______________________
Street Address ________________________________________________________________
City: __________________ State: ____ Zip: ______
Office Phone: _______________ Fax: _______________
E-Mail: _______________________

By releasing your Fax/Email you have given the AAO permission to send marketing information regarding courses via fax or email.

AOA#: ___________ College/Yr Grad: ______________________

Lunch on your own

Registration Rates
AAO Member or Florida Hospital East Faculty $680.00
AAO or Florida Hospital East Resident or Student $480.00
Not affiliated with the AAO or Florida Hospital East $780.00

AAO accepts Check, Visa, Mastercard, or Discover (in US dollars)

Credit Card # ___________________________
Cardholder’s Name _______________________
Date of Expiration ___________ 3 digit CVV#________

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

Signature ______________________________________

American Academy of Osteopathy
3500 DePauw Blvd. Suite 1080, Indianapolis, IN 46268
Phone: 317-879-1881 Fax: 317-879-0563

Register online by visiting the AAO Web site
www.academyofosteo.org

April 2011 AAO Newsletter
AAO extends “thank you” to Convocation exhibitors

As an added benefit for attending the 2011 AAO Convocation, drawings were held at each break during which physicians, as well as exhibitors, won door prizes. The exhibit hall was a success due to the following exhibitors. Thanks again for your loyalty.

The Anatomy in Clay Learning System
Colorado Air National Guard
Campbell Canes, Inc.
United Medical Instruments
West Virginia School of Osteopathic Medicine
Franciscan Medical Group Physician Recruitment
Electromedical Products International
Weston A. Price Foundation
Physicians Committee for Responsible Medicine
Apollo Lasers
Eastern Maine Medical Center Family Medicine Residency
Elsevier
Nutramax Laboratories, Inc.
Vital Nutrients
The Cranial Academy
Primal Pictures, Ltd.
US Army Medical Recruiting
Sutherland Cranial Teaching Foundation
Ministry Health Care
Gebauer Company
Flexible Footwear Company
Maine Dartmouth Family Medicine Residency
Lippincott, Williams and Wilkins
Take Shape for Life
Lincoln Memorial University DeBusk College of Osteopathic Medicine
OsteopathicTables.com, LLC
Electro-Medical Equipment
The Torrance Company

Dr. Walsh expresses gratitude to OD & TE volunteers

Howdy all,

I would like to take this moment to personally thank all the individuals, DOs and AAO staff alike, who volunteered their valuable time to help make the OD & TE a huge success at this year’s annual Convocation in Colorado Springs, CO. 204 individuals were seen and treated by the following 43 DOs:

Charles Beck, DO
Murray Berkowitz, DO, MS, MPH
Stephen Blood, DO, FAAO
Cari Bollweg, DO
William Brooks, DO
David Coffey, DO, FAAO
Zachary Comeaux, DO, FAAO
D. Brooks Conforti, DO
David Crotty, DO
Wm. Thomas Crow, DO, FAAO
Elizabeth Kronlage, DO
Emmy Lawrason, DO
Daniel Lopez, DO
David Mason, DO
Thomas McCombs, DO
David Musgrave, DO
Ehrin Parker, DO
Jennifer Parsley, DO
John Pelletier, DO
William Powell, DO
Laura Rampil, DO
Eric Rentz, DO
Hallie Robbins, DO
Stanley Schiwowitz, DO, FAAO
Sajid Surve, DO
Michael Terzella, DO
Kathleen Todd, DO
Richard Van Buskirk, DO, FAAO
Michael Waddington, DO
Clay Walsh, DO
Daniel Williams, DO
I offer my apologies to anyone who may have been inadvertently left out. I would also like to announce that Paul Hume, ND, DO (New Zealand) was the winner of our drawing for a free registration for next year’s convocation. Congratulations!

As the new Chair of this committee, I would also like to extend a special “thank you” to Nate DeLisi, DO, immediate past Chair of OD & TE, for his tireless efforts to make it the success it is today. OD & TE is a unique program that provides the opportunity for DOs to be seen and treated by their fellow colleagues. For many of those, this is the one and only time they get to be on the other side of the treatment table. Indeed, it is an awesome teaching opportunity, but its main goal is to give back to the DOs who consistently give, day in and day out, in their private practice. My future goal for this program is to make it easier for more DOs to be seen while still providing an educational opportunity for students and DOs alike. Thank you again to those who volunteered. I respectfully ask that you continue to support our program with your time and dedication in the upcoming years. Bring a fellow colleague to help out next time you volunteer!

Fraternally yours,
Clay Walsh, DO
Chair, Osteopathic Diagnosis & Treatment Education Committee

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**TOURO UNIVERSITY CALIFORNIA**

**Assistant Professor**

**Osteopathic Manipulative Medicine**

Touro University California, a rapidly growing university offering graduate educational programs in health sciences and education, currently has an excellent opportunity on our Mare Island campus for an Assistant Professor. Reports to the Chair of Osteopathic Manipulative Medicine.

The Department of Osteopathic Manipulative Medicine (OMM) has a full time position available. The applicant should have interest and experience in clinical practice and teaching osteopathic manipulative medicine in a variety of settings. The applicant should have interest and experience in clinical practice and teaching osteopathic manipulative medicine in a variety of settings. Higher levels of experience encouraged to apply as well.

Qualifications:
- Board certified in OMM/NMM or eligible to sit for certification
- Board certification in other specialties with OMM skills also desirable
- Clinical practice experience
- Licensed or ability to be licensed in the State of California
- Unrestricted DEA licensure
- Graduate of an AOA‐approved osteopathic college
- Residency training and teaching experience desirable
- Research experience or interest desirable

Letters of interest and current curriculum vitae are being accepted at this time and will continue until a suitable candidate is hired. The position is available beginning immediately. Information and inquiries should be sent to:

John C. Glover, DO, FAAO
Chairman, Department of Osteopathic Manipulative Medicine
Touro University California
1310 Johnson Lane
Vallejo, CA 94592
(707) 638 5219, Fax (707) 638 5255,
e‐mail: john.glover@tu.edu

Touro University is an Equal Opportunity/Affirmative Action Employer

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**Touro University Nevada**

Touro University Nevada College of Osteopathic Medicine (TUNCOM) is seeking an osteopathic physician (D.O.) for a full‐time faculty position in the Department of Osteopathic Manipulative Medicine. Responsibilities include teaching, patient care and program development. In addition, there are opportunities for conducting research.

Qualifications:
- Graduate of an AOA‐approved osteopathic medical college
- Satisfactory completion of an AOA‐approved internship
- Certified by the American Osteopathic Board of Special Proficiency in Osteopathic Manipulative Medicine or American Osteopathic Board of Neuromusculoskeletal Medicine.

The applicant must also be licensable in the State of Nevada.

TUNCOM offers a competitive salary and benefits package. Touro University Nevada is an EEO.

In addition, Southern Nevada has year‐round sunshine with excellent weather, close proximity to Zion, Bryce and Grand Canyon National Parks, world‐class food and entertainment in Henderson and neighboring Las Vegas, and convenient access to an international airport.

Information regarding this position may be obtained by contacting:
Paul R. Rennie, DO, FAAO
Touro University Nevada College of Osteopathic Medicine
Department of Osteopathic Manipulative Medicine
874 American Pacific Drive, Henderson, NV 89014
(702) 777‐1813
paul.rennie@tun.touro.edu

Application Closing Date: Open until filled.
Dr. Yadava thanks project supporters and seeks information

Due to lack of space in the *Foundations of Osteopathic Medicine* text, and lack of time at my AAO Convocation presentation, credits to those who provided assistance to me with the book or lecture were not mentioned. They are: Dr. Judy Aldrich, Dr. William Brooks, Dr. Teresa Cisler, Dr. Paula Eschtruth, Dr. Andrew Goldman, Dr. Harold Goodman, Dr. Ann Habenicht, Dr. James Jealous, Dr. Richard Koss, Dr. Sara Saxton, Dr. Karen Sept and Dr. Melicien Tettambel. Some may not realize how they helped in these endeavors.

Anyone else who would like share information with me on Dr. Fulford, I would appreciate it. This may be stories about him, something he said or ideas he expressed. As I am gathering information and writing, I want to include anything that might be helpful for future generations of osteopathic physicians. Please do not assume that I am aware of what you have to share. Please send all comments to my e-mail. Thank you.

Rajiv Yadava, DO

AAO component societies re-certified

Immediate Past President Richard A. Feely, DO, FAAO, affirmed the following Component Societies of the AAO at the Annual Business Meeting in Colorado Springs, CO, March 17: Arizona Academy of Osteopathy; Florida Academy of Osteopathy; Indiana Academy of Osteopathy; Iowa Academy of Osteopathy; New Jersey Academy of Osteopathy; Northern California Academy of Osteopathy; Northwest Academy of Osteopathy; Oklahoma Academy of Osteopathy; Pennsylvania Academy of Osteopathy; Presque Isle Academy of Osteopathy; Puget Sound Academy of Osteopathy; Rocky Mountain Academy of Osteopathy; Sutherland Cranial Teaching Foundation; The Cranial Academy; and the Upper Mississippi River Osteopathic Study Group.

Osteopathic International Alliance convened for mid-year meeting

The Osteopathic International Alliance (OIA) Board of Directors, chaired by Dr. Johannes Mayer, was pleased to once again hold its mid-year meeting as part of the 2011 AAO Convocation. The OIA, which now represents 63 osteopathic member organizations (including the AAO) in more than two dozen countries, conducted a strategic planning session, a board meeting and a member’s roundtable discussion. During the strategic planning session, the Board voted to update the Alliance’s vision and mission:

**Vision:** Osteopathy, through its distinct perspectives and practices, will make an important contribution to improving integrated quality health care worldwide.

**Mission:** The Osteopathic International Alliance advances the philosophy and practice of osteopathic medicine and osteopathy worldwide.

Additionally, the Board engaged in a roundtable discussion regarding the development of their new document, The Consensus Report on Osteopathy, which will be completed later this year and released at the OIA’s annual conference, which will take place in September in Potsdam, Germany. The basic outline for the Consensus Report was presented to members for discussion and input. The report is intended to supplement the recently published the World Health Organization Benchmarks for Training in Osteopathy, and will detail osteopathic core competencies, the current statutory regulatory models of osteopathic medicine and osteopathy, as well as current accreditation and educational models throughout the world.

Johannes Mayer, MD, DOM, Chair (Germany)  
Boyd Buser, DO (United States)

Clive Standen, DO, Vice-Chair (New Zealand)  
John B. Crosby, JD (United States)

Peter Ajluni, DO, Secretary-Treasurer (United States)  
Tim Walker (United Kingdom)

Peter Adler-Michaelson, DO, PhD (Germany/United States)  
Simon Fielding, DO (United Kingdom)

You can learn more about the OIA, its members and the September Potsdam Conference at www.oialliance.org.
Seeking a full-time Osteopathic Physician specializing in Osteopathic Manipulative Medicine

Mount Clemens Regional Medical Center (MCRMC) is a 288 bed acute care teaching hospital located in southeastern Michigan. MCRMC Center for Osteopathic Medicine is an osteopathic manipulative medicine clinic located in the hospital’s medical office building. The Center is open five days a week receiving referrals from physicians in Family Medicine, Internal Medicine, Neurology, Orthopedics, Neurosurgery, Pain management, Cardiology, ENT, Pediatrics and Obstetrics. The Center is also involved in training students and residents.

Candidates require residency training in Neuromusculoskeletal Medicine/Osteopathic Manipulative Medicine or equivalent certification or board eligibility (C-NMM/OMM or C-SPOMM).

Duties include patient evaluation, care and treatment, educational programs for house staff, and assisting in the review and implementation of hospital policy with regard to conforming to accrediting osteopathic standards.

If you’re interested in joining our two-physician practice, please provide your CV to:
Kathryn Martin RN, Physician Business Development
e-mail : kamartin@mcrmc.org
fax: 586.741.4127

Michigan, the Great Lakes State, offers pristine lakeshores of the great lakes and many inland lakes, championship golf courses, camping, fishing, hunting, skiing, canoeing, and exhilarating sailing. Professional sports teams and numerous cultural events are located in our metropolitan area.
Osteopathic Considerations in Sports Medicine
COMBINED with a little golf!
June 10-12, 2011 at CCOM, Downers Grove, IL

Course Description:

This course will outline a manipulative approach to common sports medicine injuries and conditions of the spine, upper extremity and lower extremity. The program will have a balanced content of didactic material and hands-on OMT workshops. For interested participants, there will be a golf outing at the beginning and end of the course.

Objectives:

1. The participant will review diagnosis and treatment of common athletic injuries of the spine and upper and lower extremity.
2. The participant will perfect his/her palpatory diagnosis of somatic dysfunction of the spine and upper and lower extremity.
3. The participant will learn three to five osteopathic manipulative techniques for each region and how and when to utilize them in the athletic population.

Program Chair:

Kurt P. Heinking, DO, FAAO

Dr. Heinking is a 1994 graduate of Chicago College of Osteopathic Medicine and is the current chairman of the Department of OMM at CCOM. He is board certified in Family Medicine, Sports Medicine and Osteopathic Manipulative Medicine, and has a private musculoskeletal practice in Willowbrook, IL.

Facult:

Mark McKeigue, DO

Dr. McKeigue graduated from Chicago College of Osteopathic Medicine in 1973, and completed internship and residency programs at Chicago Osteopathic Hospital. He is currently in family practice in Orland Park, IL.

CME:
The program anticipates being approved for 20 hours of AOA Category 1-A CME credit pending approval by the AOA CCME.

Course Location:
Chicago College of Osteopathic Medicine
555 31st Street
Downers Grove, IL 60515

The course will include an optional session on Thursday, June 9, 2011. This session will start with one hour of 1-A CME with Drs. Heinking and Mark McKeigue at noon at Cog Hill Golf & Country Club in nearby Lemont, Illinois. Cog Hill is renowned for frequently hosting the Western/BMW Open.

This CME session will review proper warm-up and stretching exercises to teach patients before they golf. Immediately after this review session, participants will have the option to join the instructors for a golf outing at Cog Hill’s Course #3. After finishing your 18 holes, you will have the option to meet with the instructors in the Clubhouse.

Upon completion of the CME program on Sunday, June 12, you will again have the option to join the group for a round of golf at 1 p.m.—this time at Cog Hill’s Course #1.

The only additional costs for the golf outings are your green fees. We must pay these separate from your CME course registration fee. The cost for golf, with cart, on Thursday, June 9 is $53. The cost for golf, with cart, on Sunday, June 12, is $61.

If you wish to participate in one or both outings, please indicate this on your registration form no later than April 15. We will contact those who wish to participate in the outings with payment information for this portion of the weekend.
Schedule:
Friday, June 10, 2011
- Introduction
- Pre-participation screening exam
- Evaluation of axial spine injuries
- C-spine: burners/stingers; discs/radiculitis; fractures
- Thoracic spine and ribs: sprains; rib fractures; sternum contusions
- Lumbar spine: spondylolysis/listhesis
- Discs/radiculitis: compression fractures
- Choosing appropriate OMM techniques based on orthopedic pathology

Saturday, June 11 2011
- Evaluation of upper extremity injuries
- Shoulder: rotator cuff tears; A/C joint sprains; instability
- Elbow: pronator syndrome; radial head injuries; sprains
- Forearm/wrist: overuse injuries/tendonitis; scaphoid fracture; myofascial strains
- Choosing appropriate OMM techniques based on orthopedic pathology

Sunday, June 12, 2011
- Evaluation of lower extremity injuries
- Hip and sacroiliac: trochanteric bursitis/IT band syndrome; labral tears; sacroiliitis
- Knee: patellofemoral pain; ACL disruption; quadriceps hematoma
- Ankle: inversion sprain; high ankle sprain; posterior tibialis tendonitis
- Choosing appropriate OMM techniques based on orthopedic pathology

Cog Hill Golf & Country Club
12294 Archer Ave., Lemont, IL 60439
http://www.coghillgolf.com/home

_____ Yes, count me in for the June 9 golf outing; I am sending a check in the amount of $53.00.
_____ Yes, count me in for the June 12 golf outing; I am sending a check in the amount of $61.00.
_____ Yes, count me in for both golf outings; I am sending a check in the amount of $114.00.

Make checks payable to Mark McKeigue, 10755 W. 1063rd Pl., Orland Park, IL 60467

Name (please print): ____________________________________________

E-mail address: ________________________________________________

Cell phone number for day of event: _____________________________

By releasing your email, you have given the AAO permission to send marketing information regarding courses via email.

AAO#: __________ College/Yr Grad: ________________

☌ I request a vegetarian meal

(AAO makes every attempt to provide snacks/meals that will meet participant's needs, but we cannot guarantee to satisfy all requests.)

Registration Rates

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AAO accepts Check, Visa, Mastercard, or Discover (in US dollars)

American Academy of Osteopathy
3500 DePauw Blvd. Suite 1080
Indianapolis, IN 46268
Phone: 317-879-1881 Fax: 317-879-0563

Register online by visiting the AAO Web site
www.academyofosteopathy.org
Membership Update

Once you graduate from osteopathic medical school, you do not automatically become a member of the AAO. Therefore, SAAO members graduating in 2011 should strongly consider rejoining the AAO as a Postgraduate AAO (PAAO) member, and continue to attend Convocation each year. Information is always available on the web at www.academyofosteopathy.org/paao/home. Here you will find the PAAO membership application and announcements about upcoming courses. No matter what field of medicine you choose and what residency you attend, the AAO has much to offer in continuing your development as an osteopathic physician.

Don’t make a move...without notifying the AAO! We don’t want to lose track of any of our physician or student members when they relocate. Please remember to inform Susan (slightle@academyofosteopathy.org) of any changes in your contact information.

Members in the News

The “NBC Nightly News” ran a segment on March 23 featuring AOA Great Pioneer Sister Anne E. Brooks, DO, and her work at the Tutwiler Clinic in the rural Mississippi Delta. The segment described Dr. Brooks’s three decades running the Tutwiler Clinic and providing access to health care for residents of Tutwiler, MS, one of the poorest and most medically underserved regions in the United States, where payment for care is accepted but not required. As a nun and an osteopathic physician, Dr. Brooks’ faith and osteopathic heritage guide her. You can watch the video on the NBC station video Web site: http://www.msnbc.msn.com/id/3032619/ (scroll through the left-hand video bar to find the story, titled “Nun doctor does God’s work in the deep south”).

In Memoriam

B. Jayne Alexander, DO, of Bridgewater, MA, died peacefully at home on March 21 after courageously fighting four years of illness. She was well known for her profound love of nature, especially of birds, a delightful sense of humor, a gentle way of connecting with people on a deep level, as well as being extraordinarily gifted as an osteopathic physician. She was deeply loved by her family, colleagues, friends, and patients and will be greatly missed.

Jayne graduated from McGill University in Montreal and earned her DO degree from Kirksville College of Osteopathic Medicine in 1981. An exceptional student, she was awarded an Undergraduate Fellowship in the Department of Osteopathic Health Theory and Methods. Following graduation, she served a rotating internship at Kirksville Osteopathic Health Center, later becoming Board Certified with Special Proficiency in Osteopathic Manipulative Medicine. Jayne met Anne L. Wales, DO, in 1979, and they developed a very special personal and professional relationship that lasted the remainder of Anne’s life. Their rapport allowed her to provide Dr. Wales with essential support and feedback in the creation of the text Teachings in the Science of Osteopathy.

Jayne was active in teaching and was a founding member of the New England based A. Still-Sutherland Study Group, for which she served as Treasurer for twenty years. She also served as a member of the Sutherland Cranial Teaching Foundation faculty since 1986, last teaching at a 40-hour SCTF basic course in 2007. She was an excellent and much sought after clinical preceptor for osteopathic students, interns and residents. Jayne began studying Functional Medicine in 1983 and completed the Institute for Functional Medicine’s AFMCP training in 2001. She was also given the honor of contributing the chapter entitled “Trauma” to the Textbook of Functional Medicine (2005). Donations in her memory may be made to Sutherland Cranial Teaching Foundation Memorial Fund, 4715 Hillcrest Drive, Yakima, WA, 98901. Remembrance submitted by family and friends from the A. Still-Sutherland Study Group.
Born in Dallas, TX, in 1929, Donald McLeod Peterson, DO, FACOFP, was a high school teacher before graduating from Kansas City College of Osteopathic Medicine in 1959. He practiced family medicine for 45 years until his retirement in 2004. He served as a delegate for the American Osteopathic Association since 1960, and held numerous offices and committee appointments with the American College of Osteopathic Family Physicians (ACOFP). Dr. Peterson became a Fellow of the ACOFP in 1974 and was a Past President of the Texas ACOFP. He was actively involved with the Texas Osteopathic Medical Association, serving as past President and receiving their Physician of the Year award in 1986. He held the honor of being the first osteopathic physician elected to the American Medical Peer Review Association. Dr. Peterson was also one of the founders of the Texas College of Osteopathic Medicine, where he was a professor from 1975 through 1991.

Martyn Richardson, DO, passed away on January 22 in Portland, ME. Born in Norfolk, VA, in 1921, he graduated from Kirksville College of Osteopathic Medicine (KCOM) in 1945 and opened a pediatric practice in Overland, MO. He later became a respected teacher and Chair of the Board of Trustees at KCOM, President of the American College of Osteopathic Pediatricians, Chair of the design committee for Des Peres Hospital, and a leader of numerous local, state, and national medical organizations. After 30 years of practice, he moved to West Virginia in 1977 to become Associate Dean of West Virginia College of Osteopathic Medicine. Dr. Richardson went on to serve as Dean of New England College of Osteopathic Medicine from 1983 to 1985, playing a crucial role in the integration of the college and the University of New England by ensuring the university maintained a steadfast commitment to primary care and the founders’ original intentions. He remained at the University of New England College of Osteopathic Medicine (UNECOM) as a faculty member until 2008, publishing numerous professional articles and lecturing regularly. In 1999, Dr. Richardson received the Pioneer of Osteopathic Medicine medal, one of the highest honors given by UNECOM.

Ralph L. Willard, DO, passed away on January 30 in Fort Worth, TX. He was born in 1922 in Manchester, IA, at Willard General Hospital, which was founded by his parents, both of whom were osteopathic physicians. He attended Cornell College until he joined the Army Air Corps, for which he was stationed in England and received the Distinguished Flying Cross. While remaining in the Air Force Reserves, Dr. Willard completed his undergraduate education at Coe College and received his DO degree from Kirksville College of Osteopathic Medicine (KCOM) in 1949. In 1951, he was called to serve in the Korean War and was stationed in Okinawa, Japan. Upon his return, he completed a residency in general surgery and practiced in Davenport, IA, where he was Chief Surgeon and Chief of Staff at Davenport Osteopathic Hospital.

In the 1960s, Dr. Willard served as Dean at KCOM and Associate Dean at Michigan State University College of Osteopathic Medicine. He was also Dean at the Texas College of Osteopathic Medicine (TCOM) from 1975 to 1980 before becoming its second President in 1981. Dr. Willard received the TCOM Founder’s Medal and an honorary degree from the North Texas State University Board of Regents. In 1985, a reserve hospital unit under his command in Fort Worth was honored by the Air Force, which presented him the Strategic Air Command Air Reserves Forces Outstanding Medical Unit Award. Dr. Willard was an active member of the Texas Osteopathic Medical Association, which honored him with Life Membership in 1988 for his contributions to osteopathic medical education and TCOM.
NEW at the AAO Bookstore!

Outline of Osteopathic Manipulative Procedures: Memorial Edition
by Paul E. Kimberly, DO, FAAO

Purchase your copy at www.academyofosteoapthy.org
(select “AAO Bookstore” from the left-hand menu)

AAO Member Price: $90.00
List Price: $100.00
(plus shipping and handling)

Sutherland Cranial Teaching Foundation
Upcoming Courses

SCTF Basic Course:
Osteopathy in the Cranial Field
June 2–6, 2011
Pacific Northwest University • Yakima, Washington
Course Director: Melcien Tettambel, DO, FAAO
Registration Fee: $1,550
A limited number of scholarships will be available and announced one month prior to the course.

SCTF Beyond the Basics:
Additional Sutherland procedures
October 7–9, 2011
Michigan State University • Lansing, Michigan
Course Director: Edna M. Lay, DO, FAAO
Registration Fee: $675 before September 1 and $725 after
Prerequisites: 2 Basic Courses
Enrollment is limited to 40 participants.

Visit our website for enrollment forms and course details: www.sctf.com
Contact: Joy Cunningham 509-469-1520
Email: jcunningham4715@yahoo.com

CLASSIFIED ADS

SEATTLE OMT PRACTICE OPPORTUNITY
Contact Stephen Cavanaugh, DO at seattledo@gmail.com or (206) 834-5438. Website for the practice is SeattleDO.com.

PHYSICIAN OPENING IN DENVER
Located in the heart of Denver, CO, Osteopathic Integrative Medicine is a single-physician practice seeking a compassionate and experienced Board Certified/Eligible NMM/OMM physician for part-time or full-time employment. Responsibilities include patient evaluation, treatment and management. If you are interested in joining a rapidly growing, patient focused practice, please contact Dave Zarou at dave@oimcare.com, or provide your CV to Lori Gulmantovicz at lori@oimcare.com or fax: (303) 217-5708.

PLACE YOUR AD HERE
Looking to sell office equipment, hire a board certified DO or present a similar inquiry to the osteopathic community? Place a classified ad in the AAO Journal or AAO Member Newsletter! Contact Tessa at the AAO office at (317) 879-1881 for details.
I first learned about osteopathy through Dr. Steven Sanet, an osteopathic physician who was working in Pennsylvania at the time. I hadn't had much appreciation for what it meant to be a doctor in the United States. I had never wanted to be an osteopath, nor a physician, and had always shied away from the modern physician culture. What I wanted was to be an acupuncturist and to be on the alternative side of medicine instead. That is until I was kicked in the head while goalkeeping during a soccer game.

I found that I couldn’t move from the waist up. It wasn’t paralysis, it was just too painful to move. So, having gone to a family chiropractor growing up, I went for treatment. He said to come back four times a week, and each time I did it got worse. Finally, someone told me about Dr. Sanet and I decided to check him out. He was pretty honest and, in contrast, did not want me to keep coming back. He said, “If I cannot get you better or start getting you better in four to six treatments... if it is beyond my ability to help you, then I will get you to someone else who can.”

He very gently manipulated my head and neck, and sure enough, after three to four mostly cranial-oriented treatments, I started to feel better. I remember how his huge hands felt on my head—the lightest of touch yet the most powerful warmth and an accompanying sense that this was right. Every treatment was like that, like watching grass grow—that is how soft and slow the process was. After two or three more treatments, I was feeling much better and able to start moving around. I was a martial artist before the kick to the head and was then able to return to the practice.

This all happened at a time when I had finished my undergraduate degree in Anthropology and Evolutionary Biology at Temple University, and I went to a few study classes that Dr. Sanet was holding for some PCOM students. At one of those sessions, he gave me a book by Andrew Taylor Still, Philosophical and Mechanical Principles of Osteopathy. That was it, I was hooked! Had I not made a connection with Dr. Sanet, I probably would have gone to an acupuncture school. Instead I applied to PCOM, which, in retrospect, was the right choice.

I did not take the traditional path to medical school, having taken time off between high school and college and between college and medical school to investigate a number of alternative traditions. I took courses in Ayurvedic medicine—a system of traditional medicine that comes out of India—as well as traditional pulse diagnosis with Dr. Vasant Lad in Albuquerque, New Mexico. He is one of the most impressive speakers on medical topics I have ever known and a brilliant, spiritual human being. I first heard him speak in New York during one of the earlier lectures in the Science of Complementary and Alternative Medicine. My mom, who is an Ob/Gyn Physician, was able to get me a ticket to attend.

I also studied with a curandero in Tarapoto, Peru, the “eyebrows” of the Andes. I became interested when an artist friend with a supposedly inoperable brain tumor went down there to be healed by their traditional spirit and plant medicine. I stayed with the shaman and studied how to make plant remedies and how to see patients in that cosmology. Their therapy is more centered on spiritual health and the idea that the body will be healthy if the spirit is in a state of balance—something we do not pay very much attention to in our reductionist practice of western medicine.

Eventually, I succeeded in mastering some of the techniques, but I had to go through a lot to get there. Part of it involved going out into the jungle for a week of solitary meditation, sitting and tending a cooking fire, and purging myself with diet and various plant medicines. It is a different perception of medicine, and I have incorporated certain aspects of these disciplines in my practice of manipulation and acupuncture. I will sometimes go into a state of “conscious being” when I put my hands on a patient, and I am able to visualize some of their contributing life problems. When it happens, it
happens; it is a by-product of attuning oneself to the patient. I pick up on it and utilize it in their healing process. By the way, my artist friend is still alive and painting today.

I recently completed Dr. Joseph Helms’ six-month medical acupuncture course in California. It is one of a handful of accredited acupuncture courses that a physician can complete for certification. He recently contacted me to enlist my assistance in teaching, as acupuncture is not only being incorporated into residency programs, the military is also investing large funds to make acupuncture available to returning combat troops.

Acupuncture has really changed my practice because there are holes in all medical disciplines—osteopathic medicine included—and some can be addressed by acupuncture. For example, one osteopathic approach for interstitial cystitis is to treat the sacrum. We treat the parasympathetics and they are normalized along with sympathetic activity from T10 to L2, and the autonomic balance should make the interstitial cystitis better as we take away the myofascial strain. I have not found this treatment to be that effective, though. It may just be my skill level. However, when I employ acupuncture, I get immediate responses by activating meridians at a deep visceral level. The treatment is to bilaterally needle the back of the knee and the back of the head. You could make the argument that you are accessing the parasympathetics. Additionally, several needles are placed in the sacrum, and electricity is applied.

Eventually, we will understand these approaches are just two paths to the same goal. It is just that one has evolved over thousands of years versus the other evolving over the past two hundred years. I integrate the two in my approach to the patient. For example, if I am treating neck pain, I can put in some needles based on energetic pathways, then treat with cranial techniques; or I can use the needles to sedate the patient’s system first, especially if he or she is overly anxious; or I can treat the myofascial system with needles and spare my hands, then go back and do the fine manipulation, HVLA, cranial or subtle balancing of ligamentous tension afterward. The two work beautifully together.

Currently, I am working to integrate the perception of the cranial mechanism with the perception of “chi”—the flow of energy through the body—to let my palpatory experience of the cranial mechanism guide where I put the needles. I am trying to create fulcrums—points in time and space—with the needles for the energy to flow through, and then go back and treat the subtle mechanism. We all have our own approaches to treat our patients through osteopathy, from the biomechanical to the more subtle, and this is mine at present.

The patient is far more complex than any of our systems of medicine, be it osteopathy or Chinese medicine. We need an all encompassing system of medicine to perceive all aspects of a patient’s condition. The more lenses I have to perceive with, the better I can treat my patients using a truly holistic approach. We all say, “Body, mind, spirit.” But what does that really mean? They really are all the same thing, they all operate at the same time.

I do realize that there is not one combination of approaches that will be effective every time, and you have to meet the patient where they are when you see them. Some patients, for example, just need to be pushed on. They need a little more power to help the forces in their system—the biomechanical approach. Deep myofascial release does not feel good, but sometimes it takes a lot to take out deep myofascial patterns. Some patients, too, are unable to respond to the more subtle treatments. My goal is to ultimately open their minds and bodies to these perceptions, to trust the tenets of osteopathy. Ideally, healthcare should help us take care of ourselves.

I also realize that not every physician can master every approach, but it is exciting to attend courses with MDs who haven’t had an alternative way to practice, and to see how excited they become when learning about osteopathy. I try to convey that we are a drug-driven culture, that most patients don’t want to look at the cause of their illness and just want the symptoms addressed. I try to share how valuable it is to have multiple approaches to utilize, that inevitably they are going to be presented with problems for which there is no drug to help.

I show them that osteopathy is beyond cool—that it is brilliant and has beautiful principles and philosophy behind it. Medicine, and healthcare in general, is still functioning on a materialistic view of the body. We know chemistry and physics have proven that the Newtonian view is only one view—that the quantum view must be considered. If we can only start perceiving biology from that view, we would realize we really don’t know how the body works. Once the general view of the body changes, the art of osteopathy will come into its own.
Photos courtesy of AAO staff and Michael Rowane, DO, FAAO
Component Societies and Affiliated Organizations

Upcoming Calendar of Events

April 28 - May 1
Indiana Osteopathic Association 114th Annual Convention
Sheraton - Keystone at the Crossing, Indianapolis, IN
Phone: (800) 942-0501
E-mail: info@inosteo.org
Web site: http://www.inosteo.org/

May 4 - 7
Pennsylvania Osteopathic Medical Association
103rd Annual Clinical Assembly and Scientific Seminar
Valley Forge Convention Center, King of Prussia, PA
CME: 41 AOA credits (35 Category 1A and 6 Category 1B)
Phone: (717) 939-9318   Fax: (717) 939-7255
E-mail: poma@poma.org   Website: www.poma.org

May 8-10
Visceral Osteopathy Level I - Abdominal Organs
OUCOM, Athens, OH
Program Chair: David C. Eland, DO, FAAO
CME: 17 Category 1A AOA credits anticipated
Phone: (740) 593-2231   Fax: (740) 593-2205
E-mail: eland@oucom.ohiou.edu

May 11 - 14
Michigan Osteopathic Association
112th Annual Postgraduate Convention and Scientific Seminar
Hyatt Regency, Dearborn, MI
Phone: (517) 347-1555   Fax: (517) 347-1566
Email: moa@mi-osteopathic.org
Web site: http://www.mi-osteopathic.org/

May 13-15
Fascial Distortion Level 1/Module 1 Seminar
Sponsored by Des Moines University OMM Department
DMUCOM, Des Moines, Iowa
Phone: (207) 941-1940   Fax: (207) 941-1940
E-mail: mkasten989@roadrunner.com
Web site: http://www.dmu.edu/cme/events/dfd/

May 13-15
Intro to Osteopathic Medicine and Evaluation & Treatment: Pelvis
OMM at UNECOM, Biddeford, ME
CME: 20 Category 1A AOA credits
Phone: (207) 602-2589   Fax: (207) 602-5957
E-mail: cme@une.edu
Web site: www.une.edu/com/cme

June 3 - 6
Biodynamics of Osteopathy: Phase II
UNECOM, Biddeford, ME
CME: Up to 22 Category 1A AOA credits
Contact: Joan Hankinson
Phone: (207) 781-7900
E-mail: ohnjh@aol.com
Web site: osteopathichealthcareofmaine.com

June 10 - 12
The Maine Osteopathic Association
100th Annual Summer Convention
Samoset Resort, Rockport, ME
Phone: (207) 623-1101 Fax: 207-623-4228
Email: info@mainedo.org   Web site: http://mainedo.org/

June 11 - 15
Introductory Course: Osteopathy in the Cranial Field
CME: 40 Category 1A AOA credits
Hyatt Regency, Indianapolis, IN
Course Director: Michael J. Porvaznik, DO
Phone: (317) 594-0411   Fax: (317) 594-9299
E-mail: info@cranialacademy.org
Web site: www.cranialacademy.org

June 15 - 19
Texas Osteopathic Medical Association and
Texas American College of Osteopathic Family Physicians
Fourth Annual Joint Convention
The Fairmont Hotel, Dallas, TX
Phone: (512) 708-8662   Fax: (512) 708-1415
E-mail: toma@txosteo.org
Web site: http://www.txosteo.org

June 16 - 19
Hyatt Regency, Indianapolis, IN
Course Director: Daniel J. Kary, DO, FAAO
CME: 22 Category 1A AOA credits
Phone: (317) 594-0411   Fax: (317) 594-9299
E-mail: info@cranialacademy.org
Web site: www.cranialacademy.org

July 22 - 24
Intro to Osteopathic Medicine and Evaluation & Treatment: Lumbar Spine
OMM at UNECOM, Biddeford, ME
CME: 20 Category 1A AOA credits
Phone: (207) 602-2589   Fax: (207) 602-5957
E-mail: cme@une.edu
Web site: www.une.edu/com/cme