

Agenda OMM with Dr. Jay Sandweiss
National Capital Region Pain Initiative
Walter Reed National Military Medical Center

Location: Virtual due to COVID-19 either with Zoom Gov with videographer

Date: 4/19/2023-4/20/2023

Hours: 8:00am-11:30am and 12:30pm-4:30pm

Course: Treating Pain and Dysfunction Without Drugs or Surgery: Integrating Osteopathic Manipulation and Manual Muscle Testing for Diagnosis and Treatment Protocols

Description: Dr. Sandweiss and his assistants will present a 2-day training for the National Capital Region Pain Initiative. Attendees will be offered valuable and effective “hands-on” treatment procedures for managing common patient conditions throughout the body as an alternative to opioids. Dr. Sandweiss will lecture and demonstrate with a high-resolution close-up video camera numerous effective manual techniques for resolving somatic dysfunction problems in the low back, pelvis, cervical, thoracic, ribs, shoulder and ankle/foot. Attendees will have an opportunity to practice these techniques at their viewing locations. Finally, Dr. Sandweiss has agreed to make his popular and professionally-produced instructional videos available for free from Wednesday 4/11/22-Monday 4/28/22 to all attendees so that they can review the information and refine the techniques that were presented to them in the workshop.

This course will be virtual and utilize Zoom with a videographer for LIVE and interactive video with close ups and details in the moment during the training.

Dr. Sandweiss has been treating patients with “hands-on” manual techniques for 43 years. For the last 33 years he has maintained an integrative medicine solo private practice in downtown Ann Arbor, Michigan. His patients are treated with multiple styles of osteopathic manipulative medicine, medical acupuncture, functional medicine, applied kinesiology, and evidence-based standard of care medicine.

Course Objectives

Upon completion of this two-day course attendees will:

- Understand the fundamental principles of diagnosis and the techniques used to perform osteopathic manipulative treatment
- Appreciate the role of manual muscle testing to diagnosis dysfunctions of the neuromusculoskeletal system that cause patients’ conditions and complaints
- Practice these manual tests for all regions presented in the course
- Practice a series of palpation techniques that specifically identify where the patient needs treatment
- Learn a variety of nutritional pearls that correlate synergistically with patient conditions and manual treatment protocols

Course Agenda

Day I: Wednesday, April 19, 2023- Zoom Gov for Day 1 and Day 2.

0800-0915: PowerPoint presentation: Treating Pain and Dysfunction Without Drugs or Surgery: Integrating Osteopathic Manipulation and Manual Muscle Testing for Diagnosis and Treatment Protocols

0915-1015: TREATING LOW BACK PAIN

Live Zoom Gov (invite coming) demonstration and practice for evaluating dysfunctions in the lumbar spine and pelvis

1015-1030: Break

1030-1130: Live Zoom Gov demonstration and practice for treating dysfunctions in the lumbar spine and pelvis

1130-1230: Lunch Break

1230-1415: Live Zoom Gov demonstration and practice of treatment procedures for the lumbar spine, sacrum, sacro-iliac, and innominate bones

1415-1430: Break

1430-1630: TREATING THE SHOULDER- HIP?

Live Zoom Gov demonstration and practice for evaluation and treatment of the shoulder

1630: Course adjourns, questions welcomed

Day 2: Thursday, April 20, 2023: (Cervical & Thorax)

0800-0900: PowerPoint presentation: Treatment of the Cervical Spine and the Thorax including thoracic vertebrae, ribs, and diaphragm

0900-1015: TREATMENT OF CERVICAL SPINE AND THORAX

Live Zoom Gov (invite coming) and practice for evaluating dysfunctions in the cervical spine region

1015-1030: Break

1030-1130: Live Zoom Gov demonstration and practice for treating dysfunctions in the cervical spine region

1130-1230: Lunch Break

1230-1415: Live Zoom Gov demonstration and practice of evaluation and treatment procedures for thoracic spine and rib dysfunctions

1415-1430: Break

1430-1630: TREATMENT OF THE CALF/ANKLE/FOOT- **Shoulder or Cranium?**

Live Zoom Gov demonstration and practice for treating dysfunctions in the calf, ankle, and foot

1630: Course adjourns, questions welcomed

* All attendees are strongly encouraged to watch Dr. Sandweiss' professional videos that are available beginning April 11, 2022 before beginning the program April 20-21, 2022. The videos will stay available until April 28, 2022 to review material that was presented during the virtual course. However, watching the videos in advance will greatly enhance the knowledge and techniques intended for the audience.