

Facilitated Positional Release - Focused, Practical and Rapid



Date: May 21 - 23, 2027

Location: OU-HCOM Dublin Campus, Dublin, OH

Course Director: Dennis J. Dowling, DO, MA, FAAODist

Register online at www.academyofosteopathy.org



Course Description

Facilitated Positional Release (FPR), as developed and taught by Dr. Schiowitz, combines indirect and direct treatment. The physician positions the dysfunctional region between flexion and extension toward neutral, then applies an activating force (compression, traction, jiggling, or torsion) to release tissue tension and joint restriction. The region is then briefly placed into its dysfunction directions, repositioned toward the barriers, and re-diagnosed, a step that aligns FPR with the Still Technique.

FPR aims to reduce muscle hypertonicity, both regional and deep intrinsic, that maintains somatic dysfunction and joint immobility. It is quick, effective, and easy to apply, often providing immediate relief and allowing for repeat or follow-up treatment within the same session.

Participants will:

- Identify elements of somatic dysfunction relevant to FPR
- Perform rapid diagnosis of somatic dysfunction
- Apply FPR technique to the following regions:
 - Cervical (OA, AA, typical vertebrae)
 - Thoracic (mid-thoracic)
 - Ribs (first rib)

- Upper extremity (clavicle)
- Lumbar (lumbar discogenic technique)
- Sacrum (restricted sacroiliac dysfunction)
- Pelvis (anterior and posterior rotation)
- Lower extremity (hip, knee)
- Perform post-treatment reassessment

Prerequisites

DO degree; MD with prior training in OMT; or third-year osteopathic medical student. This is an intermediate-level course.

Continuing Medical Education

20 credits of AOA Category 1-A CME are anticipated.

Course Location

OU-HCOM Dublin Campus
6775 Bobcat Way
Dublin, OH 43016

Course Dates & Times

- Friday, May 21, 8:00 am–5:30 pm
- Saturday, May 22, 8:00 am–5:30 pm
- Sunday, May 23, 8:00 am–12:00 pm

Meal Information

Lunch provided Friday and Saturday (gluten-free and vegan options available). Coffee and hot tea provided daily.

Course Director

Dennis J. Dowling, DO, MA, FAAODist, is a 1989 graduate of the New York College of Osteopathic Medicine. He is a Clinical Professor at MWU-CCOM, WUCOMP, PCOM, UNECOM, KCUMB, and NYITCOM, and has supervised PM&R residents at Nassau University Medical Center since 1991 (whole-time since 2016), including treating COVID-19 ICU patients with OMT in 2020.

He developed the Progressive Inhibition of Neuromusculoskeletal Structures (PINS) technique and is a contributing author/illustrator of *An Osteopathic Approach to Diagnosis and Treatment*, among other publications. He holds board certifications in OMM (AOBSPOMM, 1995) and Osteopathic Family Medicine, and earned FAAO fellowship in 1999.

Dr. Dowling is a past AAO President (2003 to 2004) and current AAO Secretary-Treasurer (2022 to 2028). His honors include the 2015 AAO A.T. Still Medallion Lifetime Achievement Award and the 2024 NBOME John E. Thornburg Award. He has delivered numerous named memorial lectures, including the Northrup, Blood, and Turfler lectures.

Registration Fees	On or Before March 3, 2027	March 4 - May 3, 2027	On or After May 4, 2027
Academy members in practice*	\$900	\$1,000	\$1,100
Resident/Postgraduate	\$720	\$800	\$1,000
SAAO Member	\$450	\$500	\$700
Non-member practicing DO or other health care professional	\$1,260	\$1,400	\$1,500
Non-member Resident/Postgraduate	\$1,080	\$1,200	\$1,300
Non-member Student	\$810	\$900	\$1,000

* AAO Associate Members, International Affiliates and Supporter Members are entitled to register at the same fees as Academy Members in practice.

Questions or need additional information? Contact event planner Ka-Leigh Smith at eventplanner@academyofosteopathy.org