

Introduction to Osteopathic Manipulative Medicine: Integrating OMM Into Clinical Practice and Teaching

Date: May 15-18, 2025

Location: AAO Office, Indianapolis, IN

Course Directors:

Lisa DeStefano, DO; Richard G. Schuster, DO

Register online at www.academyofosteopathy.org



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; articular 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.

Continuing Medical Education

26 credits of AOA Category 1-A CME anticipated

Course Location

The Pyramids, Building One
3500 DePauw Blvd.
Pyramid 1, Floor 10 (Suite 1100)
Indianapolis, IN 46268

Course Dates & Times

- Thursday, May 15, 2025 from 1 pm to 6 pm
- Friday, May 16, 2025 from 8 am to 6 pm
- Saturday, May 17, 2025 from 8 am to 6 pm
- Sunday, May 18, 2025 from 8 am to 12 pm

Meal Information

Morning coffee and tea will be provided all four days. Lunch provided on full course days (Friday through Sunday).

Course Directors

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, FAAODist, 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.

Richard G. Schuster, DO is in solo private practice in Indianapolis, doing direct primary care and osteopathic manual medicine.

Dr. Schuster graduated from the Ohio University Heritage College of Osteopathic Medicine in 1994 after completing an undergraduate fellowship in osteopathic principles and practice. He completed a family medicine residency at the Firelands Regional Medical Center in Sandusky, Ohio, and a postdoctoral fellowship in sports medicine at the Toledo Hospital in Ohio.

Dr. Schuster has a strong interest in medical education, and his academic interests include musculoskeletal medicine, biomechanics, and functional anatomy, with an emphasis on how the body transmits and organizes information to coordinate movement.

Registration Fees

| | On or before April 14, 2025 | April 15– May 14, 2025 | On or after May 15, 2025 |
|---|--------------------------------|---------------------------|-----------------------------|
| Academy member in practice* | \$784 | \$834 | \$984 |
| Resident or intern member | \$584 | \$634 | \$784 |
| Student member | \$384 | \$434 | \$584 |
| Nonmember practicing DO or other health care professional | \$1,184 | \$1,234 | \$1,384 |
| Nonmember resident or intern | \$784 | \$834 | \$984 |
| Nonmember student | \$584 | \$634 | \$784 |

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

Questions or need additional information? Contact event planner Dreonna Howard at eventplanner@academyofosteopathy.org

