



AAO 2023 Convocation
Program Guide
SCHEDULES

Neuromusculoskeletal Physiology *and the Osteopathic Concept*

Lisa DeStefano, DO, program chair

March 15–19, 2023 • The Broadmoor • Colorado Springs, CO

Physician Schedule

AAO policy prohibits personal video or audio taping in the lecture hall. Audio recordings can be ordered at the Osteopathic Education Service in the exhibit hall.

Please silence your electronic devices in the lecture hall and breakout sessions.

Due to fire marshall regulations regarding maximum occupancy, attendees may attend only those sessions for which they registered.

Children are not permitted in the lecture hall or breakout sessions. Thank you for your understanding and cooperation.

To vote for elected officials, each physician or resident AAO member should bring a cell phone, tablet or other mobile device with texting capabilities. The AAO will not provide paper ballots at the AAO Annual Business Meeting.

Wednesday, March 15

10:00-3:15 pm	In-Training Exam	Check-in begins at 9:30 am
2:30-5:00 pm	RAAO Mixer	
5:00-7:00 pm	Opening Reception	
7:00-9:00 pm	Evening with the FAAOs	
9:00-10:00 pm	AAO Mentorship Meeting	
10:15-11:30 pm	Evening With the Stars – sign up on site	

Thursday, March 16

6:30-7:15 am	SAAO Fun Run	Check-in begins at 6 AM
6:30-7:15 am	Exercise Class	
8:00-8:05 am	Welcome and Introduction	Lisa DeStefano, DO , 2023 Convocation Chair
8:05-8:45 am	Intracranial Hemodynamics	Frank Willard, PhD
9:00-9:45 am	The Cranial Rhythmic Impulse and Sutherland's Primary Respiratory Mechanism Revisited	Deborah Schmidt, DO
10:00-11:30 am	A Qualitative Look at Infant OMT	Chris Pohlod, DO
11:45 am-2:15 pm	AAO Annual Business Meeting Luncheon*	
	Anatomy of the Osseous Cranium and Dura	Frank Willard, PhD
	Cranial Diagnosis Models	Deborah Schmidt, DO
	Manual Muscle Testing as a measure of motor output	Matthew A. Zatkin, DO
Workshops 2:30-4:00 pm	Deconstructing the vault hold – a structural cranial approach to treatment of head and neck disorders	Mandy Robinson, DO & Leah Goedecke, DO
	Infant OMT	Chris Pohlod, DO
	Burning out to burning bright! An osteopathic approach to physician burnout (Practice Management Workshop Part 1)	J. Yusuf Q. Erskine, DO

Thursday, March 16

Workshops 4:30–6:00 pm	Anatomy of the Osseous Cranium and Dura	Frank Willard, PhD
	Cranial Diagnosis Models	Deborah Schmidt, DO
	Manual Muscle Testing as a measure of motor output	Matthew A. Zatkin, DO
	Deconstructing the vault hold – a structural cranial approach to treatment of head and neck disorders	Mandy Robinson, DO & Leah Goedecke, DO
	Infant OMT	Chris Pohlod, DO
	Burning out to burning bright! An osteopathic approach to physician burnout (Practice Management Workshop Part 2)	J. Yusuf Q. Erskine, DO
6:00–8:00 pm	LBORC–NUFA Research Poster Judging	
8:00–10:00 pm	AAO LBORC RPM Grand Rounds Research Forum	
8:00–9:00 pm	AAO Mentorship Meeting	
9:00–11:00 pm	Evening With the Stars – sign up on site	

Friday, March 17

6:30–7:15 am	Exercise Class	Tina Metropoulos, DO
8:00–8:45 am	Sagittal Plane imbalance of the spine	Mohammad Arshad, DO
8:45–9:30 am	Foundation Training: Decompression of the spine	Eric Goodman, DC
10:15–11:00 am	Spinal stability	Jacek Cholewicki, PhD
11:00–11:45 am	Low Back pain	Clarence Nicodemus, DO, PhD
11:45 am–12:30 pm	Somatic dysfunction and Irvin Korr, DO	Gary Fryer, DO
12:00–1:30pm	RAAO business meeting and luncheon	

How Do I Get My CMEs?

At the conclusion of Convocation, you will receive a digital form to self-attest to the CME you attended. Because space is limited, attendees are permitted to attend only those sessions for which they registered.

CME will be reported to the American Osteopathic Association within 60 days following the close of the Convocation self-attestation form.

Friday, March 17

Workshops 2:00–3:30 pm	Anatomy of the osseous cranium and dura	Frank Willard, PhD
	Foundation Training	Eric Goodman, DC
	Spine stability and an osteopathic approach to chronic low back pain.	Clarence Nicodemus, DO, PhD
	The sacroiliac joint in normal function and rules of dysfunction	Kat Stenlund, DO
	Somatic dysfunction	Gary Fryer, DO
	Unilateral Sacral Dysfunctions	Angie Iafano, DO
Workshops 4:00–5:30 pm	Anatomy of the osseous cranium and dura	Frank Willard, PhD
	Foundation Training	Eric Goodman, DC
	Spine stability and an osteopathic approach to chronic low back pain.	Clarence Nicodemus, DO, PhD
	The sacroiliac joint in normal function and rules of dysfunction	Kat Stenlund, DO
	Somatic dysfunction	Gary Fryer, DO
	Unilateral Sacral Dysfunctions	Angie Iafano, DO
4:00–7:00 pm	Residency Information Session and ONMM Resident Job Fair	
7:00–8:30	Alumni Receptions	
8:00–10:00pm	FAAO Dinner	FAAOs Only
10:15–11:30 pm	Evening With the Stars – sign up on site	

Saturday, March 18

6:30–7:15 am	Exercise Class	Carrie Janiski, DO
7:00am-1:00pm	Program Director's Workshop	
8:00–9:30 am	Magoun Memorial FAAO–NUFA Forum (FAAOs and NUFAs only)	Hugh M. Ettlinger, DO, FAAO, FCA
8:00–9:00 am	Low back pain, scoliosis and structural decompensation	Lilia Gorodinsky, DO
9:00–10:00 am	Muscle Behavior and Overuse Syndromes	Travis Gordon, DO
10:00–11:00 am	Trauma and cranio–cervical instability	Jake Rowan, DO & Richard Hallgren, PhD
10:00am–12:00 pm	Conclave of Fellows (FAAOs Only)	
11:00am–12:00 pm	Harold A. Blood, DO, FAAO Memorial Lecture	Millicent King Channell, DO, MA, FAAO, FNAOME

Saturday, March 18

1:30–4:00 pm	A. Hollis Wolf Case Presentation Judging Competition	
Workshops 1:30–3:00 pm	Anatomy of the Osseous Cranium and Dura	Frank Willard, PhD
	Muscle Function and the Mind–Body–Connection	Travis Gordon, DO
	Evaluation of Structural Decompensation in low back pain and scoliosis	Lilia Gorodinsky, DO
	Trauma and the upper cervical complex	Jake Rowan, DO
	The Power of Consumption: Impact of Intake on the Neuroendocrine Immune System, Inflammation & Injury	Amelia Bueche, DO
Workshops 3:30–5:00 pm	Introduction to Korean CMM (Chuna Manual Medicine)	Hoe-Cheon Yang, KMD, PhD (International Track)
	Anatomy of the Osseous Cranium and Dura	Frank Willard, PhD
	Muscle Function and the Mind–Body–Connection	Travis Gordon, DO
	Evaluation of Structural Decompensation in low back pain and scoliosis	Lilia Gorodinsky, DO
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	Introduction to Korean CMM (Chuna Manual Medicine)	Hoe-Cheon Yang, KMD, PhD (International Track)
	Student Awards Presentations	
6:30–7:15 pm	AAO President's Reception	
7:15–10:00 pm	AAO President's Banquet	

Sunday, March 19

8:00–9:00 am	Craniocervical Stability	Mandy Robinson, DO
9:00–10:00 am	Cervico–thoracic/trunk stability	Nathan Barnhurst, DO
10:00–11:00 am	Pelvic Stability	Benjamin Greene, DO
11:00 am–12:00 pm	Dynamic Stability	Lisa DeStefano, DO

Student Schedule

Wednesday, March 15

4:00–7:00 pm	NUFA Program	
5:00–7:00 pm	Opening Reception	
7:00–9:00 pm	Evening with the FAAOs	
	Exercise Prescription: Back pain and Posture	Amber Gruber, DO
Workshops	Lower Extremity BLT and Still	Hilary Haas, DO
8:30–10:00 pm	Finding the Key Lesion	Jacob Cukierski, DO
	Becoming a Better Clinician with the FDM	Angela Lim, DO
9:00–10:00 pm	AAO Mentorship Meeting	
	Exercise Prescription: Back pain and Posture	Amber Gruber, DO
Workshops	Lower Extremity BLT and Still	Hilary Haas, DO
10:15–11:30 pm	Finding the Key Lesion	Jacob Cukierski, DO
	Becoming a Better Clinician with the FDM	Angela Lim, DO

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6:30–7:15 am	Exercise Class	
8:00 am–5:00 pm	Study Room	
8:00–8:05 am	Welcome & Introduction	Lisa DeStefano, DO, 2023 Convocation Chair
8:05–8:45 am	Intracranial Hemodynamics	Frank Willard, PhD
9:00–9:45 am	The Cranial Rhythmic Impulse and Sutherlands Primary Respiratory Mechanism Revisited	Deborah Schmidt, DO
10:00–11:30 am	A Qualitative Look at Infant OMT	Chris Pohlod, DO
12:00–5:00 pm	SAAO Board of Governors	
Workshop 2:30–4:00 pm	Introduction to Cranial	
Workshop 4:30–6:00 pm	Introduction to Cranial	
6:00–8:00 pm	LBORC–NUFA Research Poster Judging	
8:00–10:00 pm	AAO LBORC RPM Grand Rounds Research Forum	
7:00–8:00 pm	Pediatric Special Interest Group	
8:00–9:00 pm	AAO Mentorship Meeting	
Workshops	The ABCs of Acupuncture and the Osteopathic Connection	Robert Agnello, DO, FACOFP
8:30–10:00 pm	Lymphatic Counterstrain (Int.)	Edward Goering, DO

Thursday, March 16

Workshops 8:30–10:00 pm (continued)	<i>The Work of Zink and Thorpe in diagnosing and treating the shoulder girdle</i>	John Capobiano, DO, FAAO
	<i>Folding Distortions in the FDM</i>	Jennifer Ribar, DO
10:00–11:30 pm	Student Mixer	

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6:30–7:15 am	Exercise Class	Tina Metropoulos, DO
8:00am–5:00 pm	Study Room	
8:00–8:45 am	<i>Sagittal Plane imbalance of the spine</i>	Mohammad Arshad, DO
8:45–9:30 am	<i>Foundation Training decompression of the spine</i>	Eric Goodman, DC
10:15–11:00 am	<i>spinal stability</i>	Jacek Cholewicki, PhD
11:00–11:45 am	<i>Low Back pain</i>	Clarence Nicodemus, DO, PhD
11:45 am– 12:30 pm	<i>Somatic dysfunction and Irvin Korr, DO</i>	Gary Fryer, DO
12:00–4:00 pm	SAAO Board of Governors	
Workshop 2:30–4:00 pm	<i>Advanced Sacrum</i>	José S. Figueroa, DO, FAOCPRM, FAAPMR
Workshop 4:30–6:00 pm	<i>Advanced Sacrum</i>	José S. Figueroa, DO, FAOCPRM, FAAPMR
4:00–7:00 pm	Residency Information Session and ONMM Resident Job Fair	
	<i>Palpatory Skills</i>	Sean Moloney, DO
	<i>Osteopathic Medicine's Creative Approach to Our Pediatric Patients</i>	J'Aimee Lippert, DO
Workshops 8:30–10:00 pm	<i>OMT w/o a Table</i>	Marta Bringham, DO
	<i>Feeling Beyond Your Fingertips: Traditional Chinese Practices for Developing Osteopathic Palpation</i>	Alexander L. Frantzis, DO
9:00–11:00 pm	NUFA Social	
9:00–11:00 pm	<i>Practice for A. Hollis Wolf Case Presentations</i>	
	<i>Palpatory Skills</i>	Sean Moloney, DO
	<i>Osteopathic Medicine's Creative Approach to Our Pediatric Patients</i>	J'Aimee Lippert, DO
Workshops 10:00–11:30 pm	<i>OMT w/o a Table</i>	Marta Bringham, DO
	<i>Feeling Beyond Your Fingertips: Traditional Chinese Practices for Developing Osteopathic Palpation</i>	Alexander L. Frantzis, DO

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11:00am–12:00 pm	Harold A. Blood, DO, FAAO Memorial Lecture	Millicent King Channell, DO, MA, FAAO, FNAOME
1:30–4:00 pm	A. Hollis Wolf Case Presentation Judging Competition	
Workshops 1:30–3:00 pm	HVLA	Thomas Fotopoulos, DO
Workshops 3:30–5:00 pm	HVLA	Thomas Fotopoulos, DO
4:30–5:00 pm	Student Awards Presentations	
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Graduating Soon? Join the RAAO

You are not automatically renewed in the RAAO when you graduate from school. You must sign up yourself. RAAO membership is open to transitional year, residents and postdoctoral fellows in all specialties. RAAO member benefits include:

- Enjoy reduced rates for AAO courses and Convocation.
- Be recognized for exceptional work in the field of osteopathic medicine with the AAO Resident of the Year Award.
- Access a network of more than 1,000 new physicians and RAAO members who can help you navigate the challenges of the ever-evolving osteopathic medical field.
- If you are interested in an ONMM residency, there is no better opportunity to become familiar with the programs, get to know the program directors and establish relationships with those who can help you find the ONMM program that is right for you.
- Develop osteopathic research projects using the resources of the Louisa Burns Osteopathic Research Committee (LBORC).

Renew as a resident at www.academyofosteopathy.org/join-aa