

## MD ID 7800 Introduction to Osteopathic Manipulative Treatment (OMT)

AY2025-26

### COURSE DIRECTORS

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### COURSE ADMINISTRATORS

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Dani Wilkinson	Pathways Coordinator	dani.wilkinson@hsc.utah.edu

### COURSE DESCRIPTION

**This immersive course introduces Osteopathic Manipulative Treatment (OMT). Students will gain foundational knowledge and skills in OMT principles, diagnosis, and treatment techniques.**

Key topics covered:

- **Osteopathic Principles:** Understanding the core concepts of OMT, including the body's self-regulatory mechanisms and the integral relationship between structure and function.
- **Palpation:** Learning palpatory methods to assess tissue texture, tension, and restriction, enabling accurate diagnosis.
- **OMT Techniques:** Hands-on training in a variety of OMT techniques, such as:
  - **Myofascial Release:** Releasing muscle tension and improving tissue mobility.
  - **Muscle Energy:** Utilizing patient muscle contraction and relaxation to restore joint motion.
  - **Articulatory:** Gentle joint manipulation to improve range of motion and reduce pain.
- **Clinical Integration:** Applying OMT principles and techniques in a clinical setting, including patient history taking, physical examination, and treatment planning.

Course Structure:

- Brief didactic portions intermixed with hands-on practice.
- Topics include the theoretical aspects of OMT, including its history, philosophy, and scientific basis.
- Case-based discussions and simulations to apply OMT in real-world clinical scenarios.

Course Outline:

- Osteopathic principles
- Palpation
- Screening
- Diagnosis and treatment
- Lower extremities
- Pelvis and sacrum
- Upper extremities
- Ribs
- Thoracic and lumbar spine
- Head and cervical spine
- Integration into clinical practice

Note:

No prior experience in osteopathic manipulative medicine (OMM)/OMT required. Continued training and supervised practice are necessary to develop competency in OMT skills.

Please note that this elective will be comprised of 3 4-hour in-person sessions over the course of 2 days. Please assure that you will be able to attend all required sessions when enrolling in this course.

Spring 2026 Dates and Times:

Friday January 16 5:30-7:30p (This 2-hour session will include informal demonstrations and Q&A and is entirely optional.)

Saturday January 17 8a-12p, 1-5p

Sunday January 18 8a-12p

Location:

HCH KFK 1224 Well-Kitchen, Huntsman North Wellness Center

After the sessions, students will provide a short (1-3 paragraph) write-up addressing the following:

- Explain how this training has influenced your understanding of human body mechanics and its interconnected systems, and
- Reflect on how the knowledge and skills acquired during this training will influence your approach to patient assessment and treatment.

OMM clinic shadowing available/optional – email [selim.sheikh@hsc.utah.edu](mailto:selim.sheikh@hsc.utah.edu) to arrange if interested.

## COURSE OBJECTIVES

### Patient Care

- 1.1 Improve comfort in palpation skills for accurate diagnosis. (Also Interpersonal and Communication Skills, Professionalism)
- 1.2 Practice a range of OMT techniques. (Also Interpersonal and Communication Skills, Professionalism)

### Medical Knowledge

- 2.1 Develop a fundamental understanding of OMT principles and philosophy.

### Practice-Based Learning and Improvement

- 3.1 Develop a basic understanding of integrating OMT into a comprehensive healthcare approach. (Also Systems-Based Practice)

## REQUIRED READING

**Integrative Medicine.** Fifth Edition. Rakel & Minichiello. 2023. – Chapter 110 Osteopathic Manipulative Treatment.

(Available in ClinicalKey via Eccles Health Sciences Library)

## ADDITIONAL TEXT RESOURCES

\***Foundations of Osteopathic Medicine.** Chila. 2012.

**The 5-Minute Osteopathic Manipulative Medicine Consult.** Channell & Mason. 2020.

**Somatic Dysfunction in Family Medicine.** Nelson et al. 2015.

\*\***The Pocket Manual of OMT: Osteopathic Manipulative Treatment for Physicians.** Beatty et al. 2011.

\***Principles of Manual Sports Medicine.** Karageanes. 2005.

\***Pain Management.** Treffer et al. 2011. - Chapter 136 Osteopathic Manipulative Treatment of the Chronic Pain Patient.

\***The DOs: Osteopathic Medicine in America.** Gevitz. 2019.

\***Integrative Pediatrics.** Culbert & Olness. 2023 - Chapter 17 A Pediatric Perspective on Osteopathic Medicine.

\*Available via Eccles Health Sciences Library

\*\*Currently available online for free

## GRADING SYSTEM

Credits: 0.5

Students will receive a final letter grade of PASS (P) or FAIL (F) for this course.

PASS: A student who achieves an overall course score of 70% or higher, will be assigned a grade of PASS for the course.

FAIL: A student who fails to achieve the criteria for PASS, will be assigned a grade of FAIL for the course.

### ASSESSMENT TABLE

EDUCATION PROGRAM OBJECTIVE	COURSE OBJECTIVE	ASSESSMENT/ASSIGNMENT	WEIGHT	DUE DATE
Patient Care, Interpersonal and Communication Skills, Professionalism	1.1, 1.2	Attendance and participation in hands-on training	31 points per session, 93 points total	1/17/26 AM, 1/17/26 PM, 1/18/26 AM
Medical Knowledge, Practice-Based Learning and Improvement, Systems-Based Practice	2.1, 3.1	Written response (post-training)	7 points	4/17/26 by 11:59PM
All	All	OMM clinic shadowing	Optional	-

### UNIVERSITY POLICIES

Policies regarding ADA Act, Safety at the U, Addressing Sexual Misconduct, and Academic Misconduct can be viewed at: <https://cte.utah.edu/instructor-education/syllabus/institutional-policies.php>

### MD PROGRAM POLICIES, PROCEDURES, AND RESOURCES

Updated policies and procedures related to attendance, assessment, promotion, advancement, and graduation, as well as resources available through the MD program can be viewed at:

<https://utah.instructure.com/courses/1037043>