



THE PROMISE

OSTEOPATHY'S PROMISE TO CHILDREN

Osteopathic Center San Diego
3706 Ruffin Road, San Diego CA 92123

Osteopathic Approach to the Nursing Dyad

Course Director:
Kimberly Wolf, DO, FAAP, FACOP



Instructional Format

Live, in-person training with lecture and lab format

Date: November 7-9, 2025

Time: 8:00 AM to 5:00 PM PST

CME: Anticipated 24 hrs AOA Category 1 CME Credits

Activity Sponsor: Osteopathy's Promise to Children

Joint Sponsor: American Academy of Pediatric Osteopathy

Fees: \$1,440.00, register here

Registration: <https://promise.ce21.com/>

Location: [Osteopathic Center San Diego \(OCSO\)](#)

Core Faculty (in chronological order)

Kimberly J. Wolf, DO, FAAP, FACOP, FAAPO

Eileen Conaway, DO

Brian Loveless DO

Hope Tobey, DO, FAPPO, FAAP, FACOP,

C-NMM/OMM

Mitchell Hiserote, DO

CME: Osteopathy's Promise to Children designates this activity for a maximum of **24 AOA Category 1-A CME credits** (anticipated) and will report CME credits commensurate with the extent of the physician's participation in this activity. Our courses allow the participant to ask questions of the presenter in either real-time.

Specialties

Neuromusculoskeletal Med/OMM, Pediatrics, OB/gyn, Family Medicine, Breastfeeding Medicine

Lodging

[Hilton Garden Inn Mission Valley/Stadium](#)

3805 Murphy Canyon Rd, San Diego, CA 92123

Hotel booking link [here](#)

Statement of Need

The activity will address osteopathic clinicians' needs to improve knowledge, competence and/or performance for treating the breastfeeding dyad by leveraging the principles of osteopathic medicine.

Course Description

This course is designed for physicians (MD and DO) who desire to utilize osteopathic manipulative treatment (OMT) in their practice of breastfeeding medicine. This course will serve as an intermediate level course so participants should have prior knowledge in OMT either as an OMS or DO or having demonstrated appropriate pre-requisite courses for MDs.

The course will teach an osteopathic approach to treating the breastfeeding dyad, including specific osteopathic techniques that can be utilized to strengthen the breastfeeding relationship. The approach for treating the mother will include techniques that can help with improving supply, resolving/preventing mastitis, and treating associated aches/pains of breastfeeding posture and positioning. These include DeQuervain's, carpal tunnel, and neck/shoulder/upper thoracic pain. The infant portion of the course will focus on techniques to help with latch issues, as well as commonly linked other symptoms including torticollis, plagiocephaly, gastroesophageal reflux, and colic. In addition to learning specific techniques, the course will focus on teaching the osteopathic approach to evaluating and treating a patient so that participants are able to leave the course prepared to integrate this knowledge into their practice. This includes teaching the necessary skills to document, bill, and code for OMT as well.

Professional Practice Gap

The field of Breastfeeding Medicine is a growing field within medicine that is quickly identifying gaps in knowledge that need addressing within this field. One of these gaps that has been identified is knowledge of applying osteopathic principles and OMT to managing the breastfeeding dyad (mother and child) with difficulties with breastfeeding. Areas where OMT could help support the dyad include low supply, recurrent mastitis, poor latch, poor weight gain, maternal pain, torticollis, reflux, and more.

* This is OMM/OMT/OPP activity and as such is part of the profession and exempt from the AOA practice gap analysis requirement.

Evidence-based Resources

* Conaway, Eileen M., and Arlene E. O'Donnell. "Osteopathic Considerations for Breastfeeding Women." *Journal of Osteopathic Medicine*, vol. 121, no. 10, 2021, pp. 805–811., <https://doi.org/10.1515/jom-2021-0069>.

* Jackson, Caitlin, and Brian Loveless. "The Use of Osteopathic Manipulative Medicine in the Management of Recurrent Mastitis." *Journal of Osteopathic Medicine*, vol. 120, no. 12, 2020, pp. 921–925., <https://doi.org/10.7556/jaoa.2020.143>.

*Kramer, J. L., Castillo, I., & Wolf, K. (2024). Osteopathic Manipulative Treatment for the Management of Breastfeeding Dysfunction in Neonates: A Feasibility and Pilot Study. *Journal of Osteopathic Pediatrics*, (1).

* Lund, Gregg C., et al. "Osteopathic Manipulative Treatment for the Treatment of Hospitalized Premature Infants with Nipple Feeding Dysfunction." *Journal of Osteopathic Medicine*, vol. 111, no. 1, 2011, pp. 44–48., <https://doi.org/10.7556/jaoa.2011.111.1.44>.

* Carreiro, J. *Pediatric Manual Medicine An Osteopathic Approach*. Churchill Livingstone, Elsevier 2009

* Carreiro, J. *An Osteopathic Approach to Children*. Churchill Livingstone, Elsevier 2009

Desired Outcomes

The desired outcome of this course is increased utilization of OMT in the field of Breastfeeding Medicine to help support the breastfeeding parent and infant when there are difficulties with breastfeeding encountered.

Educational Objectives

At the conclusion of this activity, learners will be able to:

1. Illustrate the application of an osteopathic approach to the breastfeeding dyad including

OMT to help foster a healthy breastfeeding relationship. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care, Interpersonal and Communication Skills in Osteopathic Medical Practice, Professionalism in Osteopathic Medical Practice)

2. Strengthen palpatory skills and review pertinent anatomy needed to safely perform OMT. (Osteopathic Principles and Practice, Osteopathic Patient Care)
3. Introduce documentation, billing, and coding for OMT. (Osteopathic Principles and Practice, Professionalism in Osteopathic Medical Practice, Systems-Based Osteopathic Medical Practice)

Recommended Reading, Additional Resources and Related Products

Carreiro, J., *Pediatric Manual Medicine:*

An Osteopathic Approach. Churchill Livingstone, Elsevier 2009

Carreiro, J., *An Osteopathic Approach to Children*. Churchill Livingstone, Elsevier 2009

DeMarsh, Samantha, et al. *Pediatric Osteopathic Manipulative Medicine: A Scoping Review*.

Pediatrics, vol. 147, no. 2, 2021,

<https://doi.org/10.1542/peds.2020-016162>

Prevost, C. P., Gleberzon, B., Carleo, B., Anderson, K., Cark, M., & Pohlman, K. A. (2019). *Manual therapy for the pediatric population: A systematic review*. *BMC Complementary Medicine and Therapies*, 19(60).

<https://doi.org/10.1186/s12906-019-2447-2>

Conaway, Eileen M. and O'Donnell, Arlene E. "Osteopathic considerations for breastfeeding women" *Journal of Osteopathic Medicine*, vol. 121, no. 10, 2021, pp. 805–811.

<https://doi.org/10.1515/jom-2021-0069>

Jackson, Caitlin and Loveless, Brian. "The Use of Osteopathic Manipulative Medicine in the Management of Recurrent Mastitis" *Journal of*

Osteopathic Medicine, vol. 120, no. 12, 2020, pp. 921–925. <https://doi.org/10.7556/jaoa.2020.143>

Target Audience

This course is designed for DOs or MDs with previous osteopathic manipulative treatment (OMT) experience (see prerequisites below).

Prerequisite/Eligibility:

Prerequisites for allopathic physicians: Prerequisite courses include the 2022 or 2024 Breastfeeding Dyad course or an Intro to OMT course that is approved by the course director. If you are an allopathic physician, please submit previous courses you have completed for course director review to help determine if you have sufficient experience to benefit from this course. All intro to OMT courses MUST have included a hands-on practical portion and have been at least 3 days duration to be considered for approval. The course faculty highly recommend previous exposure to OCMM (osteopathic cranial manipulative medicine) as well since this curriculum will include some advanced OCMM techniques. We plan to offer the introductory OMT/breastfeeding dyad course (as offered in 2022 & 2024) again in 2026. The faculty highly recommend waiting to take that course if you do not have prior osteopathic experience, as this course will be more advanced.

If you have any questions or concerns regarding prerequisites or this educational program, please contact staff at cme@the-promise.org or by calling our office at 619-548-8815.

Accreditation Statement/Credit Designation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the American Osteopathic Association (AOA). This education program is designed to

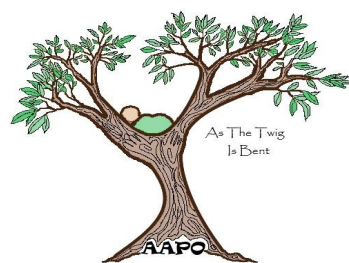
provide CME for osteopathic physicians and other health care professionals who practice OMM/OMT.

[Osteopathy's Promise to Children \(OPC\) is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians.](#)

Osteopathy's Promise to Children (OPC) designates this activity for a maximum of 24 AOA Category 1-A CME credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

Joint Sponsorship

This event is jointly sponsored with the American Academy of Pediatric Osteopathy.



Instructional Method of Participation

To participate in the activity, physicians will be required to complete all of the following steps:

1. Read the brochure with the Practice Gap, Educational Learning Objectives, Faculty Disclosures and Agenda.
2. Complete the Pre-Activity Quiz via your account online.
3. Participate in the activity (for on-demand and webinar, complete the 100% viewing requirement).
4. Attest to the satisfactory participation in the activity. OPC verifies attestation against the live

sign-in sheets and your CME attestation via your account.

5. Complete the Post-Activity Quiz. A grade of 80% or above is required to pass the Test. Attempts allowed: 3. Grading method: highest grade. If you do not pass three Post-Activity Quiz attempts, the office will be notified and will make arrangements to address the issue. The course director or a content expert will contact you within one week to review any questions on course content. Once you successfully obtain a passing score, you can move onto the next step towards your certificate.

6. Complete the Post-Activity Speaker and Course Evaluation and the Outcome Survey.

7. You will receive CME credit upon successfully passing the Post-Activity Quiz and completing all Post-Activity Evaluations and Surveys.

8. Your Certificate of Completion (or Certificate of Attendance) can be accessed in your account via the orange Certificate button after ALL these steps are complete.

OPC Faculty Disclosure Declaration

Osteopathy's Promise to Children has implemented a policy to comply with the AOA and ACCME standards for Commercial Support requiring resolution of all conflicts of interest. Faculty declaring a relevant commercial interest must be identified in the activity syllabus and/or program.

In accordance with disclosure policies of AOA and the ACCME, every effort has been made to ensure all CME activities are balanced, independent, objective, and scientifically rigorous. These policies include complying with ACCME's Standards for Commercial Support and resolving all possible conflicts of interest for the Planning committees, Authors, Faculty and staff.

Any relevant financial relationship which occurred in the twelve-month period before the time an individual was asked to assume a role controlling

content in this CME activity, and which relates to the content of the educational activity, causing a conflict of interest must be disclosed here. The following faculty, presenters and planning committee members have indicated that they have no relationships with ineligible companies that could be perceived as a potential conflict of interest.

Name of Faculty/Presenter/Planner	Role(s)	Reported Financial Relationship
Kimberly Wolf, DO	Course Director/Speaker	Dr. Wolf is a research consultant to OPC.
R. Mitchell Hiserote, DO	Speaker, Content	Dr. Hiserote is a CME consultant to OPC.
Hope Tobey, DO	Speaker, Content	None
Brian Loveless DO	Speaker, Content	None
Eileen Conaway, DO	Speaker, Content	None

The following faculty member has indicated that they have a relationship that could be perceived as a potential conflict of interest:

Name of Faculty or Presenter	Role(s)	Reported Financial Relationship
There are no recorded conflicts of interest.		

Course Director



Kimberly Wolf, DO

Dr. Kimberly J. Wolf, DO, FAAP, FACOP, will speak on the following topics: Introduction to Osteopathic Approach to Breastfeeding Medicine, Osteopathic Considerations in Mom, Postural Considerations in Breastfeeding, Postural Considerations and Neck/Upper Back Pain, Lymphatics, Small Group Discussion: Infant Anatomy, OCMM, Torticollis and Plagiocephaly, OCMM, OMT for Colic/Constipation/ Reflux, and ABCs for Infant.

Dr. Wolf is a graduate of Seton Hall University, South Orange, NJ and Western University of Health Sciences, College of Osteopathic Medicine of the Pacific (COMP), Pomona, CA. She is board-certified in Pediatrics. Dr. Wolf completed a dually-accredited Pediatric Residency at Nationwide Children's Hospital and Doctors Hospital, Columbus, OH. She is currently an Associate Professor of OMM and Director of Pediatric OMM at Touro University California College of Osteopathic Medicine and the Research Director for Osteopathy's Promise to Children. Dr. Wolf is a Fellow of the American Academy of

Pediatrics, the American Academy of Pediatric Osteopathy, and the American College of Osteopathic Pediatricians. She is a member of the AOA, AAO, ACOP, AAP, AAPO, and OCA and holds leadership positions within most of these organizations.

Faculty



Dr. Eileen Conaway, DO

Dr. Eileen Conaway, DO, will speak on the following: Osteopathic Considerations in Mom, Osteopathic Evidence for the Breastfeeding Dyad, OMT for Shoulder/Upper Extremities, ABCs for Mom, and Documenting, Billing, and Coding for OMT.

Dr. Conaway is a graduate of the University of Virginia, Charlottesville, VA, and the Edward Via Virginia College of Osteopathic Medicine (VCOM), Blacksburg, VA. She is board certified in Family Medicine and OMT (AOBFP), and Neuromusculoskeletal Medicine (AOBNMM). She is also an International Board-Certified Lactation Consultant (IBCLC). Dr. Conaway completed her internship and residency in Integrated Family Medicine and Neuromusculoskeletal Medicine at Florida Hospital - East Orlando (FHEO), Orlando,

FL. She currently practices at Tidelands Health Family Medicine in Myrtle Beach, SC. Her research currently includes the Osteopathic Manipulation to Increase Lactation (OMILQ) and she is the Principal Investigator, investigator-initiated. Memberships include: AOA, AAO, ACOFP, FOMA, FSACFP, STFM, ABM.



Brian Loveless, DO

Dr. Brian Loveless, DO, will speak on the following: Introduction to OMT for Neck/Upper Back Pain, Lymphatics Overview and Lymphatic Considerations in Lactation, and OMT for Lymphatics.

Dr. Loveless is a graduate of University of California, San Diego, CA and Western University of Health Sciences (COMP), Pomona, CA. He is Board Certified in Neuromusculoskeletal Medicine and Osteopathic Manipulative Medicine (AOBNMM). Dr. Loveless completed an internship and a residency in Family Practice and NMM/OMM+1 Residency at Chino Valley Medical Center, Chino, CA. Dr. Loveless is the Chief Medical Officer and Associate Professor of NMM/OMM and Family Medicine and was Vice Chair, Department of NMM/OMM at Western

University of Health Sciences. He currently is a Per-Diem Urgent Care physician, at Southern California Permanente Medical Group, Riverside, CA. He is Chair of the House of Delegates Committee and a Member of the Education Committee of the Osteopathic Physicians and Surgeons of California. He is a Member of the Bureau of Osteopathic Education and a Delegate, for the State of California, and California Delegation Chair of the American Osteopathic Association. He holds an Osteopathic Cranial Academy Certification of Proficiency. Memberships include: AOA, AAO, SBCOMA, OCA, OPSC, ACOFP.



Hope Tobey, DO

Dr. Hope Tobey, DO, FAAP, FACOP C-NMM/OMM will speak on the following: Oral Motor Mechanics of Feeding, and OMT for Latch.

Dr. Tobey is a graduate of Messiah University in Grantham, PA and Lake Erie College of Osteopathic Medicine in Erie, PA. She is Board Certified in Neuromusculoskeletal Medicine and Osteopathic Manipulative Medicine and Board

Certified in Pediatrics by the American Board of Pediatrics. Dr. Tobey completed an osteopathic internship at Heart Of Lancaster in Litiz, PA, and a pediatric residency at Penn State Hershey Children's Hospital in Hershey, PA. She completed her ONMM "Plus One" residency at Edward Via Virginia College of Osteopathic Medicine, Blacksburg VA. Dr. Tobey currently practices as an Osteopathic Pediatrician and Associate Professor of OMM and Pediatrics at Edward Via Virginia College of Osteopathic Medicine, in Blacksburg VA. Dr. Tobey is a Fellow of the American Academy of Pediatrics and the American College of Osteopathic Pediatricians. She is the current president of the AAPO. Memberships include: AOA, AAO, AAPO, OCA and VOMA.



R. Mitchell Hiserote, DO

Dr. R. Mitchell Hiserote, DO will speak on the following: Infant Anatomy and OCMM Review.

Dr. Hiserote is a graduate of Western University College of Osteopathic Medicine in Pomona, CA. He is board certified in Neuromusculoskeletal/Osteopathic Manipulative Medicine from the American Osteopathic Board of Neuromuscular Medicine. He completed his post-graduate training

at the Arrowhead Regional Medical Center in Colton, CA. Dr. Hiserote is currently in private practice in Sebastopol, CA and is an Associate Professor and past-Chairman of the Touro University California College of Osteopathic Medicine, Osteopathic Manipulative Medicine (OMM) Department, Vallejo, CA. He is a Midwestern University's Chicago College of Osteopathic Medicine, Costin Scholar. He holds an Osteopathic Cranial Academy Certification of Proficiency. Memberships include: AOA, AAO, AAPO, and OCA.

POLICY CONSENT NOTICE

NOTE: Prior to purchasing or registration for this program we ask that you review the Policies as stated above.

These policies are in every Course Brochure and on the CE21 (registration) platform when you purchase or register for any product. **Your enrollment in the Program constitutes your release, waiver and consent to the stated policies.**

CME POLICY STATEMENTS

Osteopathy's Promise to Children (OPC) offers both live events and on-demand sessions using the same caliber of speakers who would present at in-person events. OPC offers online opportunities for Continuing Medical Education (CME) credits. Each course or online event offers AOA Category 1-A CME credits. CME sessions are delivered on the CE21 Learning Management System. Once you have used the Learning Center, you will have a profile established that will allow you to access all available sessions, view speaker profiles, track CME credits gained through the system, and generate CME certificates based on the sessions

completed. All OPC CME activities have a content expert available for any questions on content from CME participants during the life plus one week of the activity. The content expert will answer participant questions within one week of an inquiry. Contact us at cme@the-promise.org with any questions or comments.

DISCLAIMER

The information in this educational activity is for general medical education purposes only and is not meant to substitute for the independent medical judgment of a physician relative to diagnostic and treatment options of a specific patient's medical condition. The viewpoints expressed in this CME activity are those of the authors/faculty. They do not represent an endorsement by OPC. In no event will OPC be liable for any decision made or action taken in reliance upon the information provided through this CME activity.

STATEMENT OF PROFESSIONAL ETHICS & STANDARDS

Osteopathy's Promise to Children CME courses will foster an educational atmosphere of tolerance and mutual respect concerning gender, race, developmental challenges, sexual orientation, and professional background. Furthermore, these courses will adhere to the highest standards of osteopathic medicine's professional ethics especially in regard to patient, student, and physician faculty communication and interactions. This includes clear informed consent when participating in educational exercises, and only utilizing osteopathic techniques and practices designed to educate practitioners and/or compassionately and appropriately address patient suffering through osteopathic diagnosis, and treatment. Any deviation of these professional

standards by physician faculty, staff, or student during a given course will not be tolerated.

EVIDENCE-BASED CONTENT

It is the policy of the OPC to ensure that the content contained in this CME activity is valid, fair, balanced, scientifically rigorous, and free of commercial bias. Evidence-based medicine – first “coined” in 1991 (JAMA). “Conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients.” And, “Good doctors use both individual clinical expertise and the best available external evidence, and neither alone is enough.” BMJ 1996).

DISCLOSURE POLICY

It is the policy of the OPC Continuing Education Committee to ensure balance, independence, objectivity and scientific rigor in all its educational activities. All persons in a position to control the content of an educational activity (i.e., activity planners, presenters, faculty, authors) participating in an educational activity provided by the OPC are required to disclose to the provider any relevant financial relationships with any commercial interest. OPC must determine if the individual's relationships may influence the educational content and resolve any conflicts of interest prior to the commencement of the educational activity. The intent of this disclosure is not to prevent individuals with relevant financial relationships from participating, but rather to provide learners information with which they can make their own judgments. Faculty disclosures will be made in the syllabus and/or during faculty introductions. The audience is advised that one or more presentations in this continuing education activity may contain references of unlabeled or unapproved uses of drugs or devices.

RESOLUTION/MECHANISM OF IDENTIFIED CONFLICT OF INTEREST

Independent sources of review include the following: All disclosures will be reviewed by the activity Course Director, Physician Leadership Team, and Executive Director for identification of conflicts of interest. Reviewers, working with the activity directors, will document the mechanism(s) for management and resolution of the conflict of interest, and final approval of the activity will be documented prior to implementation.

Any of the mechanisms below can/will be used to resolve conflict of interest:

- Peer review for valid, evidence-based content of all materials associated with an educational activity by the activity director.
- Limit content to evidence with no recommendations
- Introduction of a debate format with an unbiased moderator (point-counterpoint)
- Inclusion of moderated panel discussion
- Publication of a parallel or rebuttal article for an article that is felt to be biased
- Limit equipment representatives to providing logistics and operation support only in procedural demonstrations.
- Divestiture of the relationship by faculty: The reviewer should be a physician or other scientist with knowledge of the specialty area being reviewed and oftentimes the Executive Director will perform this first review and can then appoint a physician as an independent reviewer. The independent reviewer is not involved in the planning of this CME Activity and cannot have a relationship with any corporate entity supporting the CME activity. The reviewer should have a copy of this policy and a copy of the Standards for Commercial Support to fully grasp their responsibilities as the reviewer.

OFF-LABEL OR UNAPPROVED USE OF DRUGS OR DEVICES

It is the policy of the OPC to require the disclosure of all references to off-label or unapproved uses of drugs or devices prior to the presentation of educational content. The audience is advised that this continuing medical education activity may contain reference(s) to off-label or unapproved uses of drugs or devices. Please consult the prescribing information for full disclosure of approved uses.

CANCELLATION AND REFUND POLICY

OPC reserves the right to change the delivery format, delay, or cancel a CME event due to any unforeseen circumstances. If an event is canceled, OPC will refund your registration fee in full. OPC will not be held responsible for the registrant's travel, hotel or other costs incurred resulting from the cancellation. Substitutions of other CME events may be made at any time without an additional charge; email cme@the-promise.org with your request. Refunds will be issued for all cancellations received two weeks prior to the start of the event. However, an administrative fee of \$100.00 will be charged for all refunds. "No shows" are subject to the full CME event fee. Cancellations/substitutions must be made in writing by email to cme@the-promise.org. No refunds or credits will be issued once the CME event has started.

GRIEVANCE POLICY

All grievances should be initially directed in writing to the OPC Executive Director by email to director@the-promise.org who will share them with the OPC CME Program Committee. Grievances will receive a response within 30 days of receipt. If you do not receive a satisfactory response, you may notify the Council on Continuing Medical Education, AOA, 142 East Ontario St., Chicago, IL 60611.

ZOOM PRIVACY NOTICE

When you join meetings and webinars hosted by OPC on Zoom, your profile information, including your name and profile picture, may be visible to other participants. Your name and email address will also be visible to the account owner, Osteopathy's Promise to Children, and hosts when you join meetings or webinars on their account while you're signed in. The account owner and others in the meeting can share this information with apps and others.

CE21 ONLINE PLATFORM PRIVACY STATEMENT

In accordance with the Accreditation Council for Continuing Medical Education (ACCME), accredited AOA providers that participate in CME activities on the Internet shall have a separate privacy policy for CME activities. The CME programs offered by the Osteopathy's Promise to Children (OPC) respect and value your privacy and the confidentiality of the information you choose to share with us. We are committed to the protection of this information and will ensure your privacy when participating in CME activities on our website. You may visit OPC's website without identifying yourself or revealing any personal information. If you choose to provide personally identifiable information (any information by which you can be identified), it will only be used to support your relationship with the Learning Center programs. Read more about OPC CE21 Online Education Privacy Statement [here](#).

SPECIAL ASSISTANCE

OPC complies with the Americans with Disabilities Act §12112(a). If any participant is in need of special assistance or has any dietary restrictions, please email us at cme@the-promise.org or call 619-548-8815 for assistance.

DRESS CODE NOTICE

The dress code for osteopathic OMM (Osteopathic Manipulative Medicine) labs typically includes:

1. Comfortable Clothing: Wear loose-fitting, comfortable clothing that allows for easy movement. This often includes gym clothes such as t-shirts, athletic shorts, or yoga pants.
2. Avoid wearing jewelry, especially items like necklaces, bracelets, or rings, as they can get in the way during manipulations.
3. Socks: You may be required to remove your shoes during the lab, so bring clean socks.
4. Minimal Layers: Since OMM labs involve physical contact and often the examination of body landmarks, it's recommended to wear minimal layers. For example, a simple t-shirt and shorts or leggings are common.

FRAGRANCE-FREE POLICY STATEMENT

In consideration of all participants, we ask that you refrain from wearing perfumes, colognes, scented lotions, or any other fragranced personal care products to Osteopathic Manipulative Medicine (OMM) events and labs. This policy is in place to ensure a comfortable and safe environment for everyone, particularly those who may have sensitivities or allergic reactions to fragrances.

Why This Matters:

1. Sensitivity to Fragrances: Many individuals are sensitive to the chemicals found in scented products. Exposure to these can cause a range of symptoms, from mild discomfort like headaches and dizziness to severe allergic reactions, including respiratory issues.
2. Maintaining a Neutral Environment: OMM labs require close physical proximity and hands-on practice. A neutral, fragrance-free environment ensures that all participants can focus on their

learning and practice without distractions or discomfort caused by strong scents.

3. Respect and Inclusivity: By avoiding the use of scented products, we create an inclusive atmosphere where all participants feel respected and are able to fully engage in the educational experience.

We appreciate your understanding and cooperation in adhering to this fragrance-free policy, ensuring a positive and healthy experience for everyone involved.

POLICY STATEMENT: INFECTIOUS DISEASE AND COVID-19 PROTOCOL FOR OMM EVENTS AND LABS IN THE OCSO CLINIC SETTING:

Osteopathy's Promise to Children is committed to ensuring the health and safety of all participants, faculty, staff, and patients involved in our Osteopathic Manipulative Medicine (OMM) events and labs.

In light of ongoing concerns regarding infectious diseases, including COVID-19, we have established protocols to minimize the risk of transmission and promote a safe and productive learning environment. Please check the registration website and event tabs for specific requirements for each event.

CONSENT FOR USE OF PHOTOGRAPHIC IMAGES

Registration and attendance at or participation in OPC meetings and other activities constitutes an agreement by the registrant to OPC's use and distribution (both now and in the future) of the registrant or attendee's image or voice in photographs, videotapes, electronic reproductions,

and audiotapes of such events and activities. To opt out of the agreement to consent of use of photographic images you must notify OPC in writing stating your desire to opt out by emailing OPC at cme@the-promise.org prior to the start of the event. **Your enrollment in the Program constitutes your release, waiver and consent to the following policies:**

LIABILITY RELEASE AND WAIVER

THIS PROGRAM MAY INVOLVE PHYSICAL ACTIVITY, INCLUDING CONTACT BY AND WITH FACULTY AND OTHER COURSE PARTICIPANTS. THIS PHYSICAL ACTIVITY, INCLUDING BUT NOT LIMITED TO PHYSICAL DIAGNOSTICS AND MANUAL THERAPEUTICS, COULD POSSIBLY ENTAIL RISK FOR COURSE PARTICIPANTS OF NEW INJURY OR AGGRAVATION OF PRE-EXISTING CONDITIONS. ALL COURSE PARTICIPANTS ACKNOWLEDGE AND AGREE TO ASSUME ALL RESPONSIBILITY AND RISK FOR ALL LOSSES AND DAMAGES, INCLUDING BUT NOT LIMITED TO ANY BODILY INJURY, DEATH, AND PROPERTY DAMAGE, ARISING OUT OF OR INCIDENT TO (I) ATTENDING THE COURSE, (II) PARTICIPATING IN THE COURSE, (III) USING EQUIPMENT OR FACILITIES DURING THE COURSE, AND (IV) USING OR MISUSING ANY KNOWLEDGE OR INFORMATION OBTAINED OR DERIVED FROM THE COURSE.

INDEMNITY

All course participants acknowledge and agree to indemnify, defend, and hold harmless OPC, OPC's officers, directors, employees, agents, affiliates, licensors, partners, independent contractors, suppliers and subcontractors from and against all

claims, actions, suits, proceedings, losses, obligations, damages including but not limited to any bodily injury, death, and property damage, liabilities, costs, debt and expenses, whether known or unknown, anticipated or unanticipated, arising out of or incident to (i) attending the course, (ii) participating in the course, (iii) using the equipment or facilities during the course, or (iv) using or misusing any knowledge or information obtained or derived from the course at or outside of the course location. OPC reserves the right, at course participant's expense, to assume the exclusive defense and control of any matter for which course participant is required to indemnify OPC and course participant agrees to cooperate with OPC's defense of these claims. Course participant agrees not to settle any matter without the prior written consent of OPC. OPC will use reasonable efforts to notify course participant of any such claim, action, suit, or proceeding upon becoming aware of it. It is the responsibility of all participants to use the information provided within the scope of their professional license or practice.

I HAVE READ THIS RELEASE OF LIABILITY AND WAIVER, THE INDEMNITY PROVISIONS AND THE CONSENT TO USE MY IMAGE, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY ENROLLING IN THE PROGRAM AND DO SO VOLUNTARILY.

CONTACTS

Osteopathy's Promise to Children

3706 Ruffin Road, San Diego, CA 92123

Email: cme@the-promise.org

Phone: 619-548-8815

Registration Website: <https://promise.ce21.com/>

For questions regarding the course content of this program:

Beth Levendoski, Executive Director

Email: director@the-promise.org

For questions regarding Registration and CMEs, please contact:

Nica Treadwell, CME Administrator

Email: cme@the-promise.org

THANK YOU FOR JOINING US!

On behalf of Osteopathy's Promise to Children (OPC), we extend our heartfelt gratitude for your participation in this Continuing Medical Education event. Your commitment to advancing your knowledge and skills in osteopathic medicine is not only a testament to your dedication to patient care but also a vital contribution to the growth and development of our profession.

We hope that the insights and connections you've gained here will enrich your practice and inspire continued learning. At OPC, we are deeply committed to providing high-quality educational experiences that empower healthcare professionals to deliver compassionate, evidence-based care. Your engagement in this course supports our mission to promote the principles of osteopathy and ensure that the next generation of practitioners is well-prepared to meet the challenges of tomorrow. Thank you for sharing this journey with us. We look forward to welcoming you to future events and continuing to support your professional development.

Warm regards,

The OPC Leadership Team and Administration Teams



Osteopathic Approach to the Nursing Dyad

November 7-9, 2025

Daily Schedule

Day	Start	Total Mins	Topic	Lecture/Lab	Speaker
Nov 7, 2025	8:00-8:30	30	Introduction to Osteopathic Approach to Breastfeeding Medicine	Lecture	Wolf
	8:30-10:00	90	Osteopathic Considerations in Mom	Lecture/Lab	Conaway
	10:00-10:15	15	Osteopathic Considerations in Mom	Small Group	Wolf
	10:15-11:15	60	Osteopathic Evidence for the Breastfeeding Dyad	Lecture	Conaway
	11:15-12:15		Lunch		
	12:15-1:30	75	Postural Considerations in Breastfeeding	Lab	Wolf
	1:30-3:15	105	OMT for Neck/Upper Back Pain	Lab	Loveless
	3:15-3:30	15	Postural Considerations and Neck/Upper Back Pain	Small Group	Wolf
	3:30-5:00	90	OMT for Shoulder/Upper Extremities	Lab	Conaway

Day	Start	Total Mins	Topic	Lecture/Lab	Speaker
Nov 8, 2025	8:00-8:30	30	Q&A / Review of Maternal Content	Lecture	Wolf
	8:30-9:30	60	Lymphatics Review and Lymphatic Considerations in Lactation	Lecture	Loveless
	9:30-10:45	75	OMT for Lymphatics	Lab	Loveless
	10:45-11:00	15	Lymphatics	Small Group	Wolf
	11:00-12:00	60	ABCs for Mom	Lecture/Lab	Conaway
	12:00-1:00		Lunch		
	1:00-2:00	60	Oral Motor Mechanics of Feeding	Lecture	Tobey
	2:00-3:00	60	Infant Anatomy and OCMM Review	Lecture	Hiserote
	3:00-3:15	15	Small Group Discussion: Infant Anatomy, OCMM	Small Group	Wolf
	3:15-5:00	105	Torticollis and Plagiocephaly	Lecture/Lab	Wolf

Day	Start	Total Mins	Topic	Lecture/Lab	Speaker
Nov 9, 2025	8:00-8:30	30	Q&A / Review of Day 2 Content	Lecture	Wolf
	8:30-10:00	90	Intro to OCMM Lab	Lab	Hiserote
	10:00-10:15	15	OCMM	Small Group	Wolf
	10:15-12:00	105	OMT for Latch	Lab	Tobey
	12:00-1:00		Lunch		
	1:00-3:00	120	OMT for Colic/Constipation/Reflux	Lab	Wolf
	3:00-3:15	15	OMT for Colic/Constipation/Reflux	Small Group	Wolf
	3:15-3:45	30	ABCs for Infant	Lecture	Wolf
	3:45-4:45	60	Documenting, Billing, and Coding for OMT	Lecture	Conaway
	4:45-5:00	15	Wrap-Up / Q&A	Lecture	Wolf



THE PROMISE

OSTEOPATHY'S PROMISE TO CHILDREN

Osteopathic Center San Diego
3706 Ruffin Road, San Diego CA 92123