



THE PROMISE

OSTEOPATHY'S PROMISE TO CHILDREN

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

Osteopathic Treatment of Mild Traumatic Brain Injury

Course Director:

Joshua Alexander, DO, MPH



Instructional Format: Internet On-Demand Formal Osteopathic CME Activity

Original Program Date: October 17, 2024

Updates: Content is up-to-date & accurate

CME: 23.5 hrs AOA Category 1-A CME Credits

Activity Sponsor: Osteopathy's Promise to Children

Joint Sponsorship: Postgraduate Institute for Osteopathy (PGIO)

Fees: \$1299.00, register [here](#)

Specialties Interests: NMM OMM

Access: 30 days*

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

* If a longer viewing time is needed please contact the office at cme@the-promise.org with your request.

Faculty (in chronological order)

Joshua Alexander, DO, MPH

R.Paul Lee, DO, FAAO, FCA

Katherine Gill, MD

Instructional Format

This is an Internet On-Demand Activity:

This course is a pre-recorded online course that can be viewed at any time. This CME activity will be available for purchase through October 2026 for three years from the date of original posting. OPC ensures that the content is still up-to-date and accurate by means of semi-annual review. This CME activity has a content expert available for any questions on content from participants during the life plus one week of the activity. The content expert will answer participant questions within one week of the inquiry. Email your questions or comments to cme@the-promise.org or call the office at 619-548-8815.

Course Description

Osteopathic treatment of concussions has not been well defined, documented, or taught, but there is a great need for same.^[1] This course is an early effort to teach Osteopathic palpatory diagnosis and treatment of mTBI. This is an advanced course requiring a prerequisite of at least two OCA-qualified introductory courses in Osteopathy in the Cranial Field plus five years of clinical practice in OMM. This course is a minimal but essential approach to the treatment of mTBI. We are combining what the co-directors presently use in their respective practices for mTBI patients.

[1] R. Gardner and K. Yaffe, Epidemiology of mild traumatic brain injury and neurodegenerative disease, *Mol Cell Neurosci*. 2015 May;66(0 0): 75-80.

Statement of Need

Research into the biomechanical influences of head injury are rapidly changing such that not all osteopathic physicians may be aware of the application of osteopathic manipulation for head injury. This course will improve knowledge and osteopathic patient care.

Professional Practice Gap

There were almost 3 million visits to Emergency Departments in the United States in 2014 for head injuries. Of those, 75-95% were classified as concussion (mTBI). These come with a constellation of symptoms that have biochemical and biomechanical generators. Approximately 30% of these patients go on to have chronic disruptive symptoms that can impact daily physical and social functioning. Other studies suggest the number may be as high as 82%. Unfortunately, successful treatment of post-concussive syndrome remains vexing. Recognizing the biomechanical component of the condition is important for osteopaths as a growing body of evidence supports the use of osteopathic manipulation for concussion.

** 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

* Baltazar GA, Kolwitz C, Petrone P, Stright A, Joseph D. Osteopathic Manipulative Treatment Relieves Post-concussion Symptoms in a Case of Polytrauma . *Cureus* . 2020;12(3):e7317.

Published 2020 Mar 18. doi:10.7759/cureus. 7317

* Bell DR, Guskiewicz KM, Clark MA, Padua DA. Systematic review of the balance error scoring system. *Sports Health* . 2011;3(3):287-295. doi:10.1177/1941738111403122

* Centers for Disease Control and Prevention (2019). Surveillance Report of Traumatic Brain Injury-related Emergency Department Visits, Hospitalizations, and Deaths—United States, 2014. Centers for Disease Control and Prevention, U.S. Department of Health and Human Services.

* Centers for Disease Control and Prevention (CDC), National Center for Injury Prevention and Control. Report to Congress on mild traumatic brain injury in the United States: steps to prevent a serious public health problem. Atlanta (GA): Centers for Disease Control and Prevention; 2003 .

* Centers for Disease Control and Prevention (CDC). Health Disparities and TBI.

<https://www.cdc.gov/traumaticbraininjury/health-disparities-tbi.html>

* Carroll LJ, Cassidy JD, Holm L, Kraus J, Coronado VG; WHO Collaborating Centre Task Force on Mild Traumatic Brain Injury. Methodological issues and research recommendations for mild traumatic brain injury: the WHO Collaborating Centre Task Force on Mild Traumatic Brain Injury. *J Rehabil Med* . 2004;(43 suppl):113–125. doi:10.1080/16501960410023877

* Chappell C, Dodge E, Dogbey GY. Assessing the immediate effect of osteopathic manipulation on sports related concussion symptoms.

<http://www.acofp.org/ACOFPIIMIS/Acofporg/PDFs/OFPI/Interactive/JulyAug.pdf> *Osteopathic Fam Phys*. 2015;7:30–35.

* Dickerson M, Murphy S, Hyppolite N, Brolinson PG, VandeVord P. Osteopathy in the Cranial Field as a Method to Enhance Brain Injury Recovery: A Preliminary Study. *Neurotrauma Rep*. 2022 Oct 27;3(1):456-472. doi: 10.1089/neur.2022.0039. PMID: 36337078; PMCID: PMC9622209.

* Esterov , Dmitry, Thomas, Alphonsa and Weiss, Kyle. "Osteopathic manipulative medicine in the management of headaches associated with post concussion syndrome" *Journal of Osteopathic Medicine* , vol. , no. , 2021.

<https://doi.org/10.1515/jom-2020-0035>

* Evans RW, Whitlow CT. Acute mild traumatic brain injury (concussion) in adults. Uptodate. March 17, 2021.

* Hadanny A, Efrati S. Treatment of persistent post-concussion syndrome due to mild traumatic brain injury: current status and future directions. *Expert Rev Neurother* . 2016;16(8):875-887.

* Kheradmand A, Zee DS. The bedside examination of the vestibulo-ocular reflex (VOR): an update. *Rev Neurol (Paris)* . 2012;168(10):710-719. doi:10.1016/j.neuro.2012.07.011

* Maruta J, Spielman LA, Yarusi BB, Wang Y, Silver JM, Ghajar J. Chronic Post-Concussion Neurocognitive Deficits. II. Relationship with Persistent Symptoms. *Front Hum Neurosci* . 2016;10:45.

* McCallister , Adrienne, Brown, Christopher, Smith, Michael, Ettlinger , Hugh and Baltazar , Gerard A.. "Osteopathic Manipulative Treatment for Somatic Dysfunction After Acute Severe Traumatic Brain Injury" *Journal of Osteopathic Medicine* , vol. 116, no. 12, 2016, pp. 810-815.

<https://doi.org/10.7556/jaoa.2016.157>

* Nordin LE, Moller MC, Julin P, Bartfai A, Hashim F, Li TQ. Post mTBI fatigue is associated with abnormal brain functional connectivity. *Sci Rep*. 2016;6:21183.

* Polinder S, Nossen MC, Real RGL, Covic A, Gorbunova A, Voormolen DC, Master CL, Haagsma JA, Diaz-Arrastia R, von Steinbuechel N. A Multidimensional Approach to Post-concussion Symptoms in Mild Traumatic Brain Injury. *Front Neurol*. 2018 Dec 19;9:1113. doi: 10.3389/fneur.2018.01113. PMID: 30619066; PMCID: PMC6306025.

* Riggio S, Jagoda A. Concussion and its neurobehavioural sequelae . *Int Rev Psychiatry*. 2016;28(6):579-586.

* Tator CH, Davis HS, Dufort PA, et al. Post Concussion syndrome: demographics and predictors in 221 patients. *J Neurosurg* . 2016;125(5):1206-1216.

* van der Vlegel M, Polinder S, Toet H, Panneman MJM, Haagsma JA. Prevalence of Post-Concussion-Like Symptoms in the General Injury Population and the Association with

Health-Related Quality of Life, Health Care Use, and Return to Work. *J Clin Med*. 2021 Feb 17;10(4):806. doi: 10.3390/jcm10040806. PMID: 33671273; PMCID: PMC7922247.

* Waldron-Perrine B, Gabel NM, Seagly K, et al. Montreal Cognitive Assessment as a screening tool: Influence of performance and symptom validity. *Neurol Clin Pract* . 2019;9(2):101-108. doi:10.1212/CPJ.0000000000000604

* Wetzler G, Roland M, Fryer-Dietz S, Dettmann -Ahern D. CranioSacral Therapy and Visceral Manipulation: A New Treatment Intervention for Concussion Recovery. *Med Acupunct*. 2017;29(4):239-248. doi:10.1089/acu.2017.1222

Educational Learning Objectives

Upon completion, participants will be expected to:

1. List the symptoms associated with concussion. (Medical Knowledge and Its Application into Osteopathic Medical Practice)
2. Summarize standard treatment options for concussion. (Osteopathic Patient Care)
3. Formulate treatment of concussion using advanced osteopathic techniques. (Osteopathic Patient Care)
4. Employ physical diagnostic techniques to recognize shock. (Medical Knowledge and Its Application into Osteopathic Medical Practice)
5. Use osteopathic manipulation to treat shock. (Osteopathic Patient Care)
6. Detect and correct autonomic dysfunction. (Medical Knowledge and Its Application into Osteopathic Medical Practice)
7. Identify and treat arachnoid adhesions in spine and brain. (Osteopathic Patient Care, Medical Knowledge and Its Application into Osteopathic Medical Practice)
8. Recognize and treat parenchymal injury to the brain. (Osteopathic Patient Care)
9. Recognize photophobia as a sign of meningeal irritation. (Osteopathic Patient Care)

10. Describe visual symptoms associated with concussion. (Medical Knowledge and Its Application into Osteopathic Medical Practice)
11. Understand etiology of vestibular impairments in concussion. (Medical Knowledge and Its Application into Osteopathic Medical Practice)
12. Distinguish vestibular and ocular complaints following concussion. (Medical Knowledge and Its Application into Osteopathic Medical Practice)
13. Identify vascular disturbance in concussion and treat osteopathically. (Osteopathic Patient Care, Medical Knowledge and Its Application into Osteopathic Medical Practice)

Target Audience

This activity is for DOs, MDs, and medical students in good standing. International osteopaths are also invited to apply and may contact cme@the-promise.org for more information.

Prerequisites

This is an advanced course requiring a prerequisite of at least two OCA-qualified introductory courses in Osteopathy in the Cranial Field (OPC, SCTF, OCA approved) plus five years of clinical practice in OMM. Exceptions may be made by the Course Director for advanced students and fellows.

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 23.5 AOA Category 1-A CME credits (anticipated) and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

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 Educational Need, Learning Objectives, Faculty Disclosures and Agenda.
2. Complete the Pre-Activity Quiz via your account online.
3. Participate in the activity.
4. Attest to the satisfactory participation in the activity. OPC verifies your CME attestation via your account.
5. Complete the Post-Activity Quiz. A grade of 80% or above is required to pass the Quiz. Attempts allowed: three (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. 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. Your course detail will indicate that it is completed and you will then receive CME credit.

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.

The following faculty, presenters and planning committee members have indicated that they have no relationship that could be perceived as a potential conflict of interest:

Name of Faculty or Presenter	Role(s)	Reported Financial Relationship
Joshua Alexander, DO, MPH	Course Director /Speaker	Dr. Alexander received a National Institutes of Health Grant UL1TR001442 (Relates to mTBI). * He does intend to reference unlabeled/ unapproved uses of drugs and/or products: Nuvigil, Provigil, amantadine, Ritalin, Adderall for their use in treating post-concussive fatigue and inattention, and amitriptyline, depakote, topamax, various CGRP antagonists, Botox for the management of post concussive headache. * He is a Consultant for Argenx Pharmaceuticals (Relates to Myasthenia Gravis). * Neither Dr. Alexander, nor any immediate family member or partner, have an actual or potential conflict of interest, financial relationship/ arrangement or affiliation with any entity producing, marketing, re-selling or distributing health care goods or services consumed by, or used on, patients.
R. Paul Lee, DO, FAAO, FCA	Course Faculty, Content	None
Katherine Gill, MD	Course Faculty, Content	None

Course Director



Joshua Alexander, DO, MPH

Dr. Joshua Alexander, DO, MPH, will speak on numerous topics within the course.

Dr. Alexander is a graduate of University of Southern California, Los Angeles, CA, and Columbia University, New York, NY and Touro University College of Osteopathic Medicine, Vallejo, CA. He is board-certified in psychiatry and neurology. Dr. Alexander completed a residency in neurology at the University of California San Diego (UCSD), CA. As a board-certified neurologist, he has a special interest in the application of osteopathic manipulation for neurological disease. He started his clinical practice at UC San Diego where he developed a clinical and research program in osteopathy and neurology. He also served as assistant director of the UC San Diego Neurology. Dr. Alexander is a two-time, back-to-back winner of the Arnold P. Gold Foundation award for humanism in medicine, and was the House Officer of the Year during his residency at UC San Diego. He has also won several awards for being an outstanding resident and teacher.

He is a member of the American Osteopathic Association (AOA), American Academy of Osteopathy (AAO), American Academy of Neurology (AAN), Osteopathic Cranial Academy (OCA), and the San Diego Neurology (Neurosciences) Society (SDNS).

Faculty



R. Paul Lee, DO, FAAO, FCA

Dr. R. Paul Lee DO, FAAO, FCA will speak on numerous topics within the course.

Dr. Lee is a graduate of Kansas City University of Medicine and Biosciences. He is Board certified in Osteopathic Manipulative Medicine and Medical Acupuncture. Dr. Lee completed a residency in OMM at the AT Still University College of Osteopathic Medicine, Kirksville, Missouri. He served on the Board of Directors of The Cranial Academy and Board of Governors of the American Academy of Osteopathy. He was awarded the Fellow of the American Academy of Osteopathy, FAAO and Fellow of the Cranial Academy, FCA. He was awarded the Sutherland Memorial Lecture and Honorary Life Membership in AAO. He is retired from his OMM private general practice in

Durango, CO. His memberships include: AOA, AAO, and OCA.



Kathryn Gill, MD

Kathryn Gill, M.D. will speak on “The Basilar System”.

Dr. Gill attended Dartmouth Medical School in New Hampshire for her pre-clinical medical education and graduated from Brown University Program in Medicine in Rhode Island. She completed her Postgraduate Medical Training at U.C.L.A. Santa Monica Family Medicine Residency. Throughout her medical education, Dr. Gill did post-graduate courses in Traditional Osteopathic Medicine and numerous long-term, individual clinical Osteopathic rotations with some of the top Osteopathic Physicians in the United States. She has been practicing traditional Osteopathic Medicine and Family Medicine in Santa Monica, CA since 1992.

Dr. Gill is internationally recognized in Biodynamic Pediatric Osteopathy. She is one of the core faculty selected to teach the Osteopathic Biodynamic Phase Courses and Biodynamic

Pediatric courses throughout the United States and Europe. Her work in Biodynamics has led to a fascination with human embryologic development, which she utilizes both in her teaching and in the treatment of patients. She also works closely with Functional Dentists and Oral Myologists interested in physiologic methods to develop the face and repair structural abnormalities and swallowing dysfunction.

An Assistant Clinical Professor for the Western University of Health Sciences, College of Osteopathic Medicine, Dr. Gill also holds a Proficiency Certification from the Osteopathic Cranial Academy. She has acted as President for the West Coast Osteopathic Study Group, Treasurer for the Still-Sutherland Osteopathic Study Group, and has written articles for a number of publications. Dr. Gill has also participated in educational films explaining the benefits of Osteopathic Medical care.

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.

Your registration and 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 participants 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.

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 to 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.

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.

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.

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



Agenda

Total	Topic	Instructor
0.25	Lecture: Introduction	Alexander
0.25	Lecture: Introduction to PRT	Lee
0.25	Lab: Switch	Lee
0.5	Lab: Query Tide	Lee
0.25	Lecture: PRM	Lee
0.5	Lab: Joint Vitality	Lee
0.25	Lecture: Hand Modes	Lee
0.5	Lab: Hand Mode 1	Lee
0.25	Lecture: Hand Mode 2 / Sympathetic Nervous System	Lee
0.5	Lecture/Lab: Sympathetic Chain Ganglia	Lee
0.5	Lab: Prevertebral ganglia	Lee
0.5	Lecture: Hand Mode 3, 4, 5	Lee
0.75	Lab: Hand Modes	Lee
0.25	Lecture/Lab: Hand Mode 6	Lee
0.5	Lab: Contact Reflex Analysis	Lee
0.5	Lecture: Priorities/Causal Chaining	Lee
2	Lecture: mTBI, Pathophysiology, Definitions, Management	Alexander
0.75	Lecture: Osteopathic Shock and Force Vectors	Alexander
0.25	Lab: Dissipate Force Vectors	Alexander

Total	Topic	Instructor
2	Lecture/Lab: Osteopathic Management: Treatment of Shock, Fulford - Linea Alba, Spleen and Liver, Coccyx / Umbilicus, Mudra 6, Energy Field	Lee
0.5	Lecture: Treat somatic dysfunction outside the skull	Alexander
0.5	Lab: The Myodural Bridge and Filum Terminale Release	Alexander
0.5	Lecture/Lab: RTM/Inion technique	Lee
0.5	Lecture/Lab: Pituitary/Layers of tent	Lee
0.5	Lecture: Q&A/Review/Discussion	Alexander
1.5	Lecture/Lab: Vestibular Dysfunction: Evaluation, Role of cervical spine, Liberate the OM suture and balance the temporal bones, Treat the cerebellum, Treat the circuit.	Alexander
1.5	Lecture/Lab Visual Dysfunction :Evaluation, Localization, Convergence Insufficiency, Abnormal smooth pursuit, Abnormal saccades, Cranial nerve palsies, Blurry vision, Vertigo (not just BPPV), Review horizontal eye movements and circuit (treat), Review vestibulo-ocular reflex and circuit (treat)	Alexander
0.5	Lecture/Lab: Thalamic shift: Foramen of Monro	Lee
0.5	Lecture/Lab: Treating neuro-inflammation: Central Autonomic Network (CAN) Release	Lee
0.5	Lecture/Lab: Balance autonomics: Sympathetic chain ganglia, Prevertebral plexi	Lee
0.5	Lecture/Lab: Fluid: Glymphatics and arachnoid adhesions: Spinal canal	Lee
1	Lecture/Lab: Calvarium: Arachnoid adhesions/ Discussion	Lee
0.25	Lecture: Q&A/Review	Alexander

Total	Topic	Instructor
0.5	Lecture/Lab: Vascular dysfunction: ID Septum, LV/RV	Lee
0.5	Lecture/Lab: - ID Great Vessels	Lee
0.5	Lecture/Lab: Treat Internal Carotid, MCA, and ACA	Alexander
1.25	Lecture/Lab: The Basilar System	Gill
0.5	Lecture/Lab: Treat venous system: Batson's Plexus to Cavernous Sinus	Alexander
23.5		



THE PROMISE

OSTEOPATHY'S PROMISE TO CHILDREN

Osteopathic Center San Diego
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