

Convocation 2025 Physician Track Lectures & Workshops

On the Shoulders of Giants: Mentors, Past, Present, and Future

Register: www.academyofosteopathy.org/convo25

7-9pm Wednesday Lecture (2 CME)

Hollis H. King, DO, PhD, FAAO, FCA

No Signup Required

Evening with the FAAOs

8am-11am Thursday Morning Lectures (4 CME)

Sean J. Moloney, DO

Edward G. Stiles, DO, FAAODist

Brian F. Degenhardt, DO

William Stager DO, MPH, MS, FAAFP, FAAMA, FAAO, FACP dist.

Mico (Margaret) Sorrel, DO, FCA

No Signup Required

Welcome

Mentoring: An Osteopathic Perspective

The State of Osteopathic Research

Robert C. Fulford, DO, FCA: Physician, Philosopher, Healer, Teacher

Cranial Contributions of Dr. Charlotte Weaver

2:30-4pm and 4:30-6pm Thursday Physician Workshops (1.5 CME each)

Mico (Margaret) Sorrel, DO, FCA

Treatment of the
Articulation of the
Dorsum Sellae-
Basisphenoid

Open to all who attended the Thursday morning lecture on Charlotte Weaver and who have a working knowledge of cranial osteopathy. With new awareness of the synchondrosis at the juncture of the dorsum sellae and basisphenoid and its crucial role in addressing cranial dysfunction, how might the osteopath successfully treat this region? What have you failed to treat successfully by limiting yourself to approaches stemming from the Sutherland tradition?

Kurt P. Heinking, DO, FAAO

“Release Techniques”
of Robert Kappler
DO, FCAO

The workshop will teach and explain release techniques of Robert Kappler, DO, FCAO. Dr. Kappler was a master of all forms of OMT, but especially in his mid to later years he relied heavily upon indirect technique due to the chronicity and severity of issues in his patients. The techniques taught in this workshop were developed over a number of years. Dr. Kappler would palpate tissue texture change (plus or minus tenderness) in a given tissue and perform an indirect/combined release. This was performed by finding a position of ease or comfort in which the tissue was the most relaxed, leading to an inherent release. As the release was occurring, he would apply a gentle direct myofascial stretch. This is similar to many other techniques, but also somewhat unique. Dr. Kappler would palpate an area of tissue texture and tension rather than a distinct tender point. So, it was similar to Strain-Counterstrain, MFR and Still technique. Sometimes he would use a compression or traction vector but sometimes not, he only did what was necessary. Localization and palpation were the important factors. It was very gentle and effective. He applied this approach to articular, ligamentous, myofascial, cranial, and viscerosomatic dysfunctions.

Richard W. Koss, DO

Robert C. Fulford, DO:
Osteopathic Pioneer
in Bio-Energy

This workshop is designed to introduce the participants to the Osteopathic diagnosis and treatment principles in the living Bio-Energy field as practiced and taught by Robert C. Fulford, DO. We will palpate this subtle energy through the properties of the fascia. The delicate motions observed in the fascia serve as “the place to look for the cause of disease and the place to begin the action of remedy in all disease” (AT Still). These unique concepts go beyond the current Osteopathic education as taught in other OPP or CME courses.

Brian F. Degenhardt, DO

The transformational
impact of objective
feedback on
palpation training

This lab offers attendees hands-on experience with advanced technologies and techniques for obtaining objective feedback on assessing positional asymmetry and passive motion testing related to vertebral segmental motion. Participants will gain heightened awareness of their diagnostic skills and receive personalized feedback to further refine their techniques and enhance their diagnostic capabilities. Evidence-based recommendations will be provided to support skill improvement. Additionally, de-identified performance data will be collected during this lab and will be reported to conference attendees on Sunday to aid in quality assessment and continuous improvement efforts.

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*Dennis J. Dowling, DO,
MA, FAAODist*

Advanced Facilitated
Positional Release

Facilitated positional release (FPR) as practiced by Stanley Schiowitz, DO, FAAO and those whom he directly taught, is a rapid diagnostic approach utilizing an indirect followed by direct treatment. The physician initially places the region or somatic dysfunction into a neutral idling position. An activating force of compression, traction, or torsion is then applied to facilitate an immediate release of tissue tension, joint motion restriction, or both. This is followed by placing the region into its directions of relative freedom for a few seconds and then repositioning, if desired, into the barrier directions followed by reassessment. The positioning into the barriers brings FPR into greater resemblance with the Still Technique. FPR is easily applied, effective and time efficient.

*Edward G. Stiles, DO,
FAAODist*

Muscle Energy: The Way
Mitchell, Sr. Taught
and Utilized MET

Mitchell, Sr. wrote two articles (1948 & 1958) about the pelvis. Twelve years after the second article, he conducted his first muscle energy technique (MET) Tutorial which presented MET for the whole body. The material from that course was never published by Mitchell, Sr. During the last 4 years of Mitchell, Sr.'s life, Stiles helped him teach 3 or 4 MET tutorials. Stiles also made several trips to Chattanooga to upgrade his MET understanding and skills. Stiles was also treated by Mitchell, Sr. multiple times and treated Mitchell, Sr. several times. All those experiences help Stiles to realize Mitchell was "fine-tuning" his MET to the patient. This takes MET to a new level. This understanding and skills will be taught.

Frank Willard, PhD

A Functional Approach
to the Anatomy of
the Upper Extremity

This workshop honors Dr Andrew Taylor Still's guiding principle, "begin with anatomy, end with anatomy as a knowledge of anatomy is all you want or need." By utilizing classic dissection, live partner palpation, and ultrasound technology, Dr Willard and his team will present a unique anatomic perspective to explore the dynamic function of the upper extremity.

NOTE: Dr. Willard's hands-on anatomy workshop is limited to 24 participants and has an extra cost of \$100 to offset the cost of specimen transportation.

8am-12:30pm Friday Morning Lectures (4.5 CME) No Signup Required

Alexander S. Nicholas, DO, FAAODist

Principles of HVLA

Richard L. Van Buskirk, DO, FAAO

Still Laughlin Techniques and the Evolution of Still's Methodology

Kimberly Wolf, DO, FAAP, FAAPO, FACOP

Pediatric Osteopathic Research Update

K. Turner Slicho, DO

Still's Exaggeration of the Lesion

George J. Pasquarello, DO, FAAO

Incorporating Diagnostic Ultrasound in a Musculoskeletal Practice

2-3:30pm and 4-5:30pm Friday Physician Workshops (1.5 CME each)

*Alexander S. Nicholas,
DO, FAAODist*

Clinical Application of
High Velocity/Low
Amplitude Technique

The classic principles of high velocity/low amplitude (HVLA) as defined by ECOP and Dr. Nicholas' personal experiences with this technique that have caused him to reconsider some of the ways we teach this technique to students and clinicians. How this technique is compared to other styles of techniques that focus on articular dysfunction will be presented.

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Richard L. Van Buskirk, DO, FAAO

Still Laughlin Lightning
Universal Treatment

Towards the end of his life Dr. A.T. Still apparently developed and utilized a variation on his Indirect-then-Direct treatment that would treat all somatic dysfunction diagnosed in a patient in one brief but very complex maneuver. The formula behind this treatment was passed on in a modified form by Dr. William Garner Sutherland to Dr. George Laughlin. Dr. Ed Stiles spent several years working with Dr. Laughlin uncovering the principles. This workshop teaches how to identify Key Dysfunctions (also known as Key Lesions or Areas of Greatest Restriction). Using these, two variant methods of stacking and unwinding these “Keys” will allow the physician to learn the principles of the Still-Laughlin Lightning Universal treatment.

K. Turner Slich, DO

Exaggeration of the
Lesion

This presentation focuses on a treatment approach Dr. Still called “Exaggeration of the Lesion,” which he developed in the 1880s, and was the type of technique upon which the osteopathic profession was built. This presentation explores the framework of this approach, and explores how this type of technique is paired with one of three activating forces: articulatory, indirect, and challenge the barrier.

George J. Pasquarello, DO, FAAO

Hand-Held Ultrasound:
Office Diagnosis
Efficiency for the
OMM practitioner

This workshop will be a hands-on exploration of portable handheld ultrasound's utility in an OMM setting. We will evaluate the upper extremity to demonstrate the ease of use and diagnostic accuracy this technology can offer to a busy OMM practitioner. The availability of real-time, static, and dynamic imaging can significantly enhance the diagnosis, treatment, and research options for the many presentations we see in practice.

Kimberly Wolf, DO, FAAP, FAAPO, FACOP

Osteopathic Approach
to Plagiocephaly

During this workshop we will dive into factors that influence plagiocephaly and how to address them. In addition to discussing how to treat these patients with OMT, we will share different modifications of techniques to help make them more developmentally appropriate for infants. How to treat associated symptoms such as torticollis, spitting up, and colic will also be a component of the workshop.

This session will provide a methodology to quickly and effectively evaluate some of the more common presentations of complaints involving the upper and lower extremities. Quick, efficient and effective osteopathic manipulative techniques will be demonstrated by the presenter and practiced by participants. All techniques will be capable of being performed by any osteopathic physician who has developed the basic competencies to perform osteopathic structural evaluation and treatment.

Guy A. DeFeo, DO

High-Yield OMT for the
Extremities

Frank Willard, PhD

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8am-12pm Saturday Morning Lectures (4 CME) No Signup Required

Michael P. Rowane, DO, MS, FAAFP, FAAO &

David R. Boesler, DO, FAAO

Lisa Ann DeStefano, DO

Beyond Zink (workshop updated 12/20/24)

Sutural Cranial Approach

Karen M. Steele, DO, FAAO, FCA

Harold A. Blood, DO, FAAO, Memorial Lecture: What I learned from Richard H Still, Jr., DO, Great-Grandson of A.T. Still

Hugh Ettlinger, DO, FAAO, FCA

The Work of Anne Wales, DO

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1:30-3pm and 3:30-5pm Saturday Physician Workshops (1.5 CME each)

Kenneth Lossing, DO

A Modern Clinical
Approach to
Chapman's Points

Dr. Lossing has been using Chapman's points clinically for many years. He has discovered a unique modified approach to effectively treat many clinical scenarios in a short period of time. Dr. Frank Chapman originally described these points in 1929 as lymphatic stasis in nerves, reflecting lymph stasis in organs. It is only in the last 5 years that it has been proven that there are sympathetic nerve fibers in lymphatic nodes! This positively confirms Dr. Chapman's theory of nearly 100 years ago. In this class, we will learn how to palpate the reflex points, evaluate whether it is active or not, evaluate the connected organ, and effectively treat the points. Each point is normally treated in about 15 seconds. The treatment result is measured with changes in mobility and motility, immediately after the treatment. In other words, we can palpate the change in the target tissue!

*Hugh Ettlinger, DO,
FAAO, FCA*

The Technique of Anne
Wales, DO

Dr. Wales had a unique application of Dr. Sutherland's treatment approach. This workshop will explore treatment of the pelvis, ribs, craniocervical junction, and cranium.

Paula Eschtruth, DO, FCA

Dr. Fulford's Philosophy
and Teachings

Presenting Dr. Fulford's techniques for opening up the physical body for the flow of vital energy so that working with the mental, emotional, and spiritual levels will be easier. Shock technique, Breathing, Grounding, Opening the Heart Level to LOVE. Also presenting Dr. Fulford's philosophy on care of yourself so you are better able to treat patients.

*John Glover, MS, DO,
FAAODist*

Zink Structural Exam

This workshop will teach the structural exam developed by J. Gordon Zink, DO, FAAO. His approach to the patient has influenced numerous students in how they practice and his students who went on to teach at osteopathic medical schools across the country. It evaluates how different systems integrate to help patients return and maintain health. It has been expanded by several osteopathic physicians as new osteopathic approaches have developed.

Lisa A. DeStefano, DO

Sutural Cranial
Approach

It is said that Sutherland's quest to discover Cranial Osteopathy is recognized as one of the great feats of deductive reasoning. By intensely studying each bone and his specimen's skull, he was able to reason out their mechanical linkage and probable movement in time. He came to understand the structure of the cranium like no one had before, using sensitive hands. This course focuses on using deductive reasoning to understand the mechanical linkages of the human cranial bones. This practical approach, with direct lineage (and homage) to Sutherland, makes Cranial Osteopathy easy to learn, teach, and perform.

*Pediatric Special Interest
Group*

A hands-on Pediatric OMT workshop sponsored by the American Academy of Pediatric Osteopathy. Topic and speaker to be announced.

Frank Willard, PhD

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8am-12pm Sunday Morning Lectures (4 CME) No Signup Required

Sajid Surve, DO, FAAO

FAAO Dissertation: Osteopathic Approach to the Voice

Rebecca Giusti, DO

Foundations of Osteopathic Medicine 5th Edition Update

Jordan Keys, DO

C.O.R.K. Conference on Osteopathic Research and
Knowledge Update

*Ajay Sharma, DO and Kevin T. Williams, CPC,
AAO Consultant*

Coding E/M service, OMT with Modifier-25

Sean J. Moloney, DO

Closing Remarks