

**Integrated Manual Medicine for Patients with Systemic Disorders:
Common Clinical Problems in General Practice
April 26-28, 2019**

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Abstract / Course Description

This course presents practical, adjunctive manual medicine treatment approaches to everyday patient systemic complaints - ranging from sinusitis to pneumonia, gastritis to irritable bowel syndrome and headache to angina. It focuses on the pragmatic implementation of hands-on health care that can be delivered in a clinically-effective, time-efficient manner. As taught to primary care osteopathic physicians in the U.S.A., this program integrates evidence-informed practice strategies.

For each body system, this program will focus on where and how to seek regional and segmental somatic clues serving to enhance and speed differential diagnoses. Participants will learn to integrate Chapman's reflexes, collateral abdominal ganglia, and review segmental diagnosis of the entire spine and sacroiliac joint. In treatment, the course will focus on ways to achieve the goal of enhancing systemic homeostasis rather than learning a single manual technique system. Nonetheless, participants will master skills including applying rib raising; lymph pumps; sphenopalatine ganglia technique; collateral ganglia inhibition; splenic pump; ischial rectal fossa technique; mesenteric lifts; liver pump; diaphragm redoming; and a number of direct and indirect OMT techniques to remove somatic dysfunction in the cranial, cervical, thoracic, costal, lumbar and sacral regions.

In summary, while many techniques will be taught or reviewed throughout this course, the emphasis will be placed on applying skills and strategies to speed diagnosis and recovery in patients presenting with those clinical problems commonly confronting general practitioners. Participation is also recommended for manual medicine physicians who wish to apply their skills to patients whose problems extend beyond the locomotor system.