Introduction to Dr. Fulford’s Philosophy of Life and Basic Percussion Course
April 15-17, 2016
Portland, Oregon
Course Director: Paula Eschtruth DO FCA Sarah Saxton DO

The “Introduction to Dr. Fulford’s Philosophy of Life and Basic Percussion Course” is the first segment of a two-part program presented by Paula Eschtruth DO FCA, and Sarah Saxton DO. The purpose of this course is to achieve an understanding of Dr. Robert Fulford’s philosophy in his approach to treating the whole body and in his use of the percussion hammer. Drs. Eschtruth and Saxton both worked extensively with Dr. Fulford and are committed to sharing their knowledge and continuing his work.

Robert Fulford, D.O. (1905-1997), a 1937 graduate of Kansas City College of Osteopathy and Surgery, was a much loved and revered legend in the Osteopathic profession. He was recognized for his greatness and was brought out of retirement several times in order to teach and continue his work. In addition to a strong foundation in the teachings of Dr. Still, Dr. Sutherland and Dr. Arbuckle, he immersed himself in numerous scientific and philosophic studies, with a particular focus on subtle energies and health. He developed and taught a unique and invaluable philosophy and technique, including the percussion hammer, integrating all of his knowledge, wisdom and experience to heal his patients and mentor other physicians. He was open-minded, always learning, and ahead of his time. He taught that it’s who you are and what you put into your work...what you make of what you’ve learned, not just techniques, that determines the outcome of your osteopathic treatments.

“The human body is composed of complex interflowing streams of moving energy. When these energy streams become blocked or constricted we lose the physical, emotional and mental fluidity potentially available to us. If the blockage lasts long enough or is great enough, the result is pain discomfort, illness and distress.” Robert C. Fulford, DO.

In this course, Drs. Eschtruth and Saxton will share their knowledge derived from working directly with Dr. Fulford and applying the principles of his unique osteopathic viewpoint to their personal and professional lives. Philosophic discussions and hands-on practice will be complimented by personal stories of their time with Dr. Fulford. Get to know Dr. Fulford in a more personal manner and gain a greater understanding of his work so you can more effectively find health in your patients.

Course Schedule

**Friday, April 15, 2016**

8:00am Introduction - Dr. Fulford’s Philosophy; Breath of Life and Rhythmic Balance Interchange
9:00am Treating the Whole Body - Lab
10:00am Discussion in Small Groups
10:15am Trauma Fascia Bioelectricity - Shock Release - Lecture
11:00am Lab Session
12:00pm Lunch (provided)

1:30pm Dr. Fulford’s Treating the Infant Technique
2:00pm Lab Session
3:00pm Discussion in Small Groups
3:15pm Introduction - History of Percussion/Vibration
4:00pm Lab Session
5:30pm Adjourn

**Saturday, April 16, 2016**

8:00am Using the Percussion Hammer Diagnosing Subtle Motion Attention - Intention - Vibration
9:00am Lab Session
10:00am Discussion in Small Groups
10:15am Lab Session - Lower Extremities and Pelvis
12:00pm Lunch (provided)
1:30pm Lab Session - Spine: Lumbar, Thoracic, Cervical
3:30pm Discussion in Small Groups
3:45pm Care of the Percussion Machine
5:30pm Adjourn

**Sunday, April 17, 2016**

8:00am Lab Session - Upper Extremities
10:00am Discussion in Small Groups
10:15am Review of Percussion Hammer Uses
11:00am Dr. Fulford’s Exercises
11:30am Review and Questions
12:00pm Adjourn

In consideration for those participants with sensitivities, please refrain from wearing perfume, cologne, essential oils, or strongly scented toiletries.
Faculty:
Paula Eschtruth DO FCA, Course Director
Sarah Saxton DO

Register online at: http://cranialacademy.org/product-category/events/

Prerequisite:
Successful completion of one Osteopathic Cranial Academy Approved 40-hour Introductory Course.

Accommodations:
A block of rooms has been reserved at the Doubletree Portland Hotel, Portland Oregon at a rate of $139.00 for a Standard Room or $159.00 for a Premium Room, single or double per night plus applicable taxes. Reservations can be made through our website. Rooms will be available until March 15, 2016 or until the block is sold, whichever occurs first.

Liability Release: Participation in this program will involve physical activity, including contact by and with instructors and other participants. This, and particularly activity involving physical diagnostics and manual therapeutics, could possibly entail risks for participants of new injury or aggravation of pre-existing conditions. By applying to participate, the applicant acknowledges and assumes the risk associated with participating in the laboratory sessions and agrees to hold The Osteopathic Cranial Academy and fellow participants harmless indemnify, defend and free of liability from and against any damage or personal injury that might occur during or as a result of participation in this program. Furthermore, the applicant covenants to hold harmless, indemnify, and defend The Osteopathic Cranial Academy from and against any use or misuse that applicant may make at any time of any knowledge or information that applicant derives from participation in this program. The applicant should carry adequate liability insurance which would be activated in the instance of the use or misuse of this knowledge or information. Participants in the course are examined and treated by instructors following the course in case any problems arise from treatment by fellow students.

I acknowledge that I have read the Liability Release and agree to the statement.

Signature (Required) ________________________

Register using the form below or online at: http://cranialacademy.org/product-category/events/ Registration Form Fulford Course fax (317) 580-9299

Registration Fee: $800.00 (members by Mar. 15, 2016) $900.00 (members after Mar. 15, 2016) $950.00 (non-members)

The Osteopathic Cranial Academy has requested that the AOA Council on Continuing Medical Education approve this program for 20 hours of Category 1-A AOA CME. Approval is currently pending.

Name: (Print) ________________________________
Address: __________________________________
City, State, Zip: ___________________________
Phone: _________________________________
Email: ________________________________
AOA #: __________________

Introductory Course Taken:
Location __________________ Yr. ______

MC/VISA# ________________________________
Exp. Date ___________ Security Code: ______

Signature __________________________________

Paid by: Check # ________

All cancellations must be received in writing and are subject to an administrative fee of 15% of the total registration fee if received on or before March 15, 2016. Refunds will not be made for cancellations received after April 10, 2016, or for failure to attend. There is no discount for persons not wishing to attend food functions. No personal taping is permitted. It is the responsibility of ALL participants to use the information provided within the scope of their professional license.

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Portland, Oregon

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