

Virtual Introductory Course in Osteopathy in the Cranial Field
Fall/Winter 2020 Lab Schedule

Day 1				
8:00 AM	L	Introduction to Labs and Initial Review of Lectures	20	Smith
8:20 AM	PS	LAB: <u>Landmarks</u> – Cranium–Bones, Sutures, front, back, lateral, internal.	30	Burke
8:50 AM	PS	LAB: Learning how to approach palpation - attention, contact, intention	20	Pelkey
9:10 AM	PS	LAB: <u>Palpation</u> – Physical posture and contact - palpate 3 heads - Are they different?	40	Pelkey
9:50 AM	SG	Discussion in Small Groups	20	Faculty
10:10 AM	L	Cranial Base Brief Review	15	Pelkey
10:25 AM	PS	LAB: <u>Bones</u> – Sphenoid & Occiput	20	Pelkey
10:45 AM	PS	LAB: <u>Dx/Palpation</u> – Sensing Fluid, Membrane, Bone	40	
11:25 AM	L	Set Up for Base Palpation lab	10	Pelkey
11:35 AM	PS	LAB: Palpation–Cranial Base	35	Pelkey
12:10 PM	L	LUNCH	60	All
1:10 PM	L	Q&A at Tables	20	Faculty
1:30 PM	L	CSF and Fluid - Review and Lab Setup	10	Rosen
1:40 PM	PS	LAB: Sensing Fluid and its fluctuation	30	Rosen
2:10 PM	L	Temporal Bone Review - Anatomy, Artic., Motion	15	Rosen
2:25 PM	PS	LAB: <u>Bones</u> – Temporal	30	Rosen
2:55 PM	PS	LAB: <u>Palpation</u> : Temporal Bone	35	Rosen
3:30 PM	L	Discussion in Small Groups	20	Faculty
3:50 PM	L	Vault Review Anatomy, Artic., Motion Bone	10	Spector
4:00 PM	PS	LAB: <u>Bones</u> – Vault	25	Spector
4:25 PM	PS	LAB: Palpation – Vault - Frontal and Parietal	35	Spector
5:00 PM	L	OA Lab Intro	10	Burke
5:10 PM	PS	OA Treatment Lab - Midline approach	35	Burke
5:45 PM	L	Faculty Q&A at Tables	10	Faculty
5:55 PM	PS	LAB: <u>Balancing</u> – treat and discuss at tables Take Home Exams	20	Faculty
6:15 PM		Adjourn		
6:15 PM		Faculty Meeting	30	Faculty

Day 2				
8:00 AM	L	Daily Review	20	Smith
8:20 AM	PS	LAB: Brief Review of anatomy and motion then Dx/ <u>Palpation</u> - Sacrum- sacral motion	35	Burke
8:55 AM	L	Strain pattern review - Axes and naming	15	Smith
9:10 AM	PS	LAB: Strain Patterns 1- Torsion, SB-R	35	Smith
9:45 AM	L	Discussion in Small Groups	20	Faculty
10:05 AM	PS	LAB: Strain Patterns 2- Vertical and Lateral Strains	40	Smith
10:45 AM	L	RTM Review	10	Gilmartin
10:55 AM	PS	LAB: <u>Palpation</u> - RTM	40	Gilmartin
11:35 AM	PS	LAB: <u>Treatment</u> - Venous sinus drainage technique	40	Gilmartin
12:15 PM	L	LUNCH	60	All
1:15 PM	L	Faculty Q&A at Tables	15	Faculty
1:30 PM	L	BMT/BLT - Setup	25	Spector
1:55 PM	PS	LAB: <u>Treatment</u> - (Forearm) BLT	35	Spector
2:30 PM	L	Treatment of the Vault	20	Spector
2:50 PM	L	Discussion in Small Groups	20	Faculty
3:10 PM	PS	LAB: Treatment of the Vault- lifts and spreads	40	Spector
3:50 PM	L	Temporal Review - Brief Articulations and Motion	10	Rosen
4:00 PM	PS	LAB: Temporal Treatment	40	Rosen
4:40 PM	L	Dx of Cranial Strains- Motion Testing	20	Spector
5:00 PM	PS	LAB: Dx/Tx of Cranial Strains- Exaggeration BMT	60	Spector
6:00 PM	PS	LAB: <u>Balancing</u> - treat and discuss at tables	20	Faculty
6:20 PM		Adjourn		
6:20 PM		Brief Faculty Meeting	20	Faculty

Day 3				
8:00 AM	L	Daily Review	20	Smith
8:20 AM	PS	LAB: Directing the Tide to Occipitomastoid	30	Rosen
8:50 AM	L	Lateral Fluctuation Lab Setup	10	Rosen
9:00 AM	PS	LAB: Lateral Fluctuation	30	Rosen
9:30 AM	L	Discussion in Small Groups	20	Faculty
9:50 AM	PS	LAB: Tx CC Junction, Sacrum, Core Link	60	Burke
10:50 AM	L	The Face - Brief Review	15	Dolgin
11:05 AM	PS	LAB: <u>Bone 1</u> – Face	20	Dolgin
11:25 AM	PS	LAB: <u>Bone 2</u> – Face	20	Dolgin
11:45 AM	PS	LAB: Palpation of the Face	30	Dolgin
12:15 PM	PS	GROUP PHOTO	10	All
12:25 PM	L	LUNCH	60	All
1:25 PM	L	Faculty Q&A at Tables	15	Faculty
1:40 PM	PS	LAB: Treatment of the Face. Frontosphenoid. Zygoma. Frontomaxilla	40	Dolgin
2:20 PM	L	CV-4 Setup	10	Pelkey
2:30 PM	PS	LAB: <u>Treatment</u> - CV-4 LAB	40	Pelkey
3:10 PM	L	Discussion in Small Groups	20	Faculty
3:30 PM	PS	Practical Exams/Faculty Head Checks/Balancing	120	Faculty
5:30 PM		Adjourn		