

INTRODUCTION TO OSTEOPATHIC PRINCIPLES AND PRACTICES III

Course Coordinator: Stacia Sloane, DO



I HOPE YOU TOOK IT EASY OVER
THE SUMMER...





WE ARE EXCITED TO
WELCOME YOU
BACK TO SCHOOL!





IT WASN'T TOO
LONG AGO...



Dr. Stacia Sloane
OPP3 Course Coordinator



st. barnabas just finished OMM residency



Dr. Deepika Kurup

Fall 2025 OMM Faculty

+1 in Maine but has been FM for awhile



Dr. Connie Earl



Dr. Victor Nuño
Chair of OMM Department



Dr. Kristin Thom



Dr. Sean Moloney



Dr. Sara Modlin



Dr. Alecia Lentz



Dr. P. Williams



Dr. Lee Ann Cuny



Dr. Kimberley Wolf

HOW TO CONTACT US?

Course Coordinator

Stacia Sloane, DO
Pronouns: She/Her/Hers
ssloane@touro.edu
Office hours: By appointment



Kristina Gutierrez (she/her)
OPP Administrative Coordinator
kgutierrez@touro.edu
Office hours by appointment



gradebook concerns

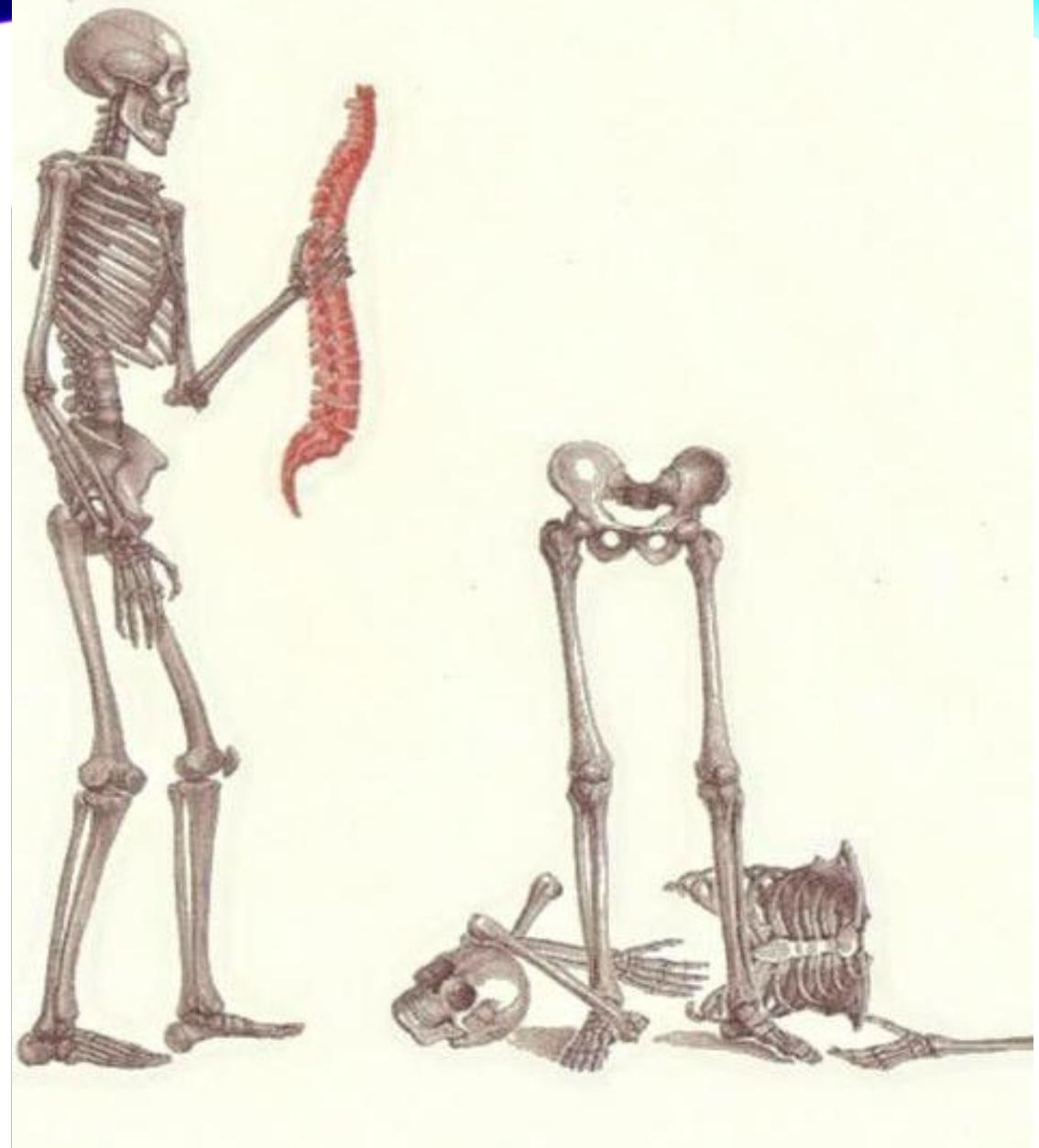
Jennifer Redman (she/her)
OPP Senior Administrative Coordinator
jredman@touro.edu
Office hours by appointment



Angela Abuda (she/her)
OPP Administrative Coordinator
aabuda@touro.edu
Office hours by appointment

AS ALWAYS...

- Office Hours by appointment but encouraged with all faculty members
- Keep on top of your grades and ask our administrative assistants if you have any questions about what you see
- Try to keep up with the course so you don't get stuck cramming



I GOT YOUR BACK

HIGHLIGHTS

- Labs in the new space can now be recorded
- Change in competencies
- Theory exams now with two grades
- No change in attendance policy for this semester but some clarification
- More can be remediated
- Syllabus has all the changes, use it...

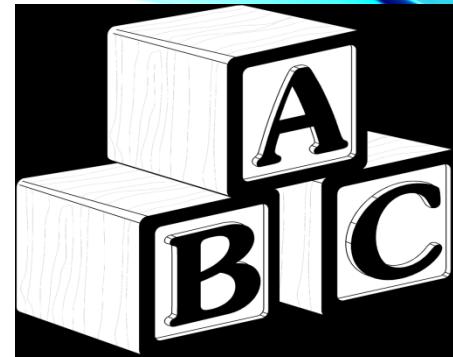




WE STRIVE TO
MAKE THIS A
SAFE SPACE

We value perspectives of individuals all backgrounds of our students including race, gender expression, gender identity, sexual orientation, country of origin, physical and learning abilities, and religious affiliations. We strive to make the OPP curriculum and the OPP Lab an inclusive safe space for all students. We reject bigotry, racism, violence, discrimination, or intimidation of any kind. If you see ways in which we can improve, please let us know.

THE BUILDING BLOCKS



- OPP 1
 - Introduction, principles
- OPP 2
 - Development of palpatory skills - soft tissue / ME / Mitchell Model / Counterstrain / LVA

- OPP 3
 - MFR, BLT, Introduction to OCMM, and treatment of extremities
 - Clinical correlations and applications – TMD, LBP, Crossed Syndromes, Posture/Gait/Scoliosis

- Visceral OMT, more extremities
- Case based learning- “osteopathic approach to”
- 3rd year
 - Clinical application while on rotations
 - Callbacks/COARs/eConferences
- 4th year
 - 2-week ONMM rotation

SOME REMINDERS



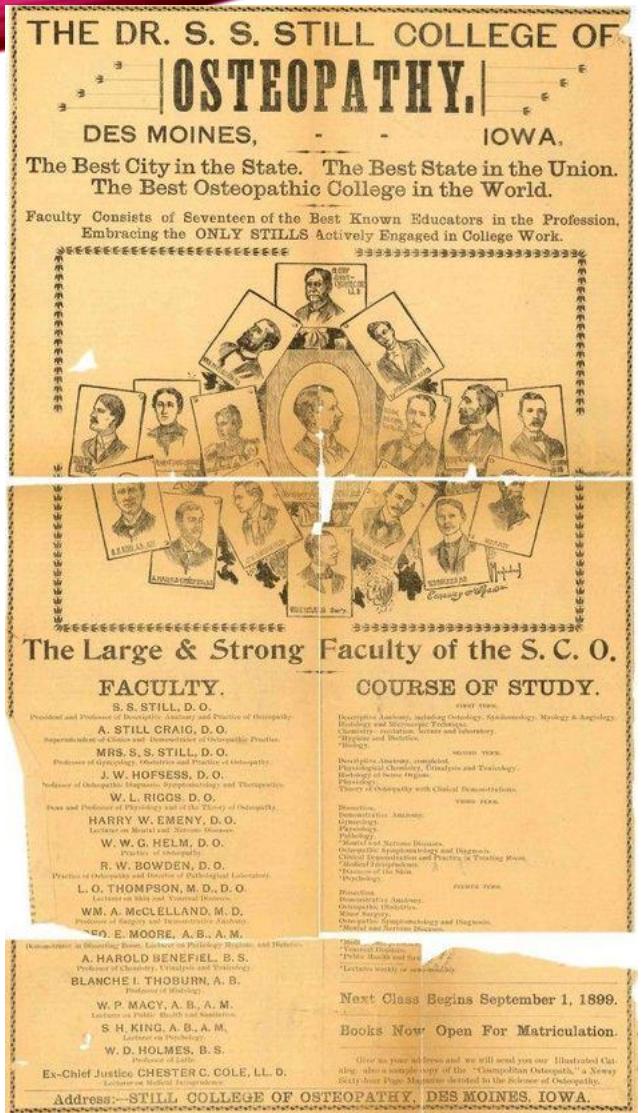
- Can bring twin size fitted and flat sheet to lab
 - Draping and table protection
- OMM Tables
- Help keep the lab clean!
- No food or drinks

GROUPS OF THREE

- A reminder that at times you may need to work in a group of three within your pod
- Be professional
 - If treating bilaterally (e.g. extremities), one person can be patient and two treat
 - Rotate who is in which role
 - Make sure everyone gets a turn
 - Have one person scribe if not actively patient/doctor



USE YOUR RESOURCES



- Books in the library
- Order what you need
- Go through our videos and the OMM Manual
- Make use of the models in the lab
- Get a TLC appointment!

THE SYLLABUS



- Contains all the information you need
- If you email me- I may tell you to reference the syllabus
- Contains
 - Course Learning Outcomes
 - Book lists
 - OMM sessions expectations
 - Absences
 - Dress code
 - Switching lab times
 - Exemptions
 - Assessment and grading -for each subdiscipline
 - Late/Make-up examinations
 - Grading Grid
- **Syllabus Quiz Due August 11, 2025 at 8am**

FIVE COMPETENCIES IN OPP:

Subdiscipline	Material	Delivery	Assessment
Medical Knowledge (MK)	OPP theory Osteopathic principles Applied anatomy Kinesiology Biomechanics Physiology	Direct Study Lectures Reading Assignments Small Groups Assessments	Written exams Additional Course Assessments
Patient Care (PC)	Psychomotor skills used for medical diagnosis and treatment	Direct Study Lectures, OPP manual readings, discussions, and guided practice	Written exams Directed Study Quizzes
Professionalism (P)	Attendance Participation Appropriate dress Interpersonal interactions	Direct Study Lectures, Interactions with faculty	Attendance Professional interactions with faculty, staff, and colleagues
Interpersonal and Communication Skills (ICS)	Interactions with colleagues Communication with faculty and classmates	Zoom and Live lectures, virtual lab sessions	Practical Examinations
Osteopathic Principles and Practices (OPP)	Osteopathic Manipulative Techniques Application of Osteopathic theory and principles	OPP Labs	Practical Examinations

GRADING GRID

- **Medical Knowledge skills**
 - 3 theory block exams
 - Quizzes
- **Patient Care**
 - 3 theory block exams
 - Quizzes
- **Professionalism**
 - Attendance
 - Participation
- **Interpersonal Communication**
 - During exams
- **Osteopathic Principles and Practices**
 - 4 Practical Exams
- **You must pass ALL subdisciplines to pass the course**

	Medical Knowledge (MK)		Patient Care (PC)		OPP		Professionalism (P)		Interpersonal Communication Skills (ICS)		TOTAL
	% Course Grade	% Competency Grade	% Course Grade	% Competency Grade	% Course Grade	% Competency Grade	% Course Grade	% Competency Grade	% Course Grade	% Competency Grade	% Course Grade
Block 1 Theory	6	30	11	31							17
Block 2 Theory	6	30	11	31							17
Block 3 Theory	6	30	11	31							17
Directed Study Quizzes	2	10	2	7							4
Block 1 Practical					15	33.3					15
Block 2 Practical					15	33.3					15
Block 3 Practical					15	33.4					15
Comprehensive Practical					Pass	Pass					Pass
Attendance							Pass	Pass			Pass
Participation/Preparedness							Pass	Pass			Pass
Practical Exams									Pass	Pass	Pass
Contribution to Total Course Grade	20%		35%		45%						

TO PASS THE COURSE

To Achieve a Pass in the OPP3 course you must:

(all scores are without rounding)

- Achieve a 70.0% or higher in your overall OPP3 Course Grade
- Achieve a 70.0% or higher average on items listed on the grading grid in each of the competency categories (PC, OPP, MK, ICS, and Professionalism)
- Achieve a 70.0% or higher on the Comprehensive Practical Exam
- Attend 79% of the required sessions for the course. Total required events = 28.

WHAT CAN BE REMEDIATED?

can all happen before grades are submitted

- Medical Knowledge – with similar cumulative exam
- Interpersonal communication – with assignment
- Professionalism – with assignment
- Comprehensive Practical Exam – with retake of exam



MEDICAL KNOWLEDGE SKILLS

- **3 Written Skill Examinations**
 - ~40% of each theory exam
 - Always cumulative
 - Focus on board content first order questions
- **Direct Study Quizzes**
- **MUST PASS THIS SUBDISCIPLINE TO PASS THE COURSE**
- Can be **REMEDIATED**



PATIENT CARE

applied to pt care in some sort of way



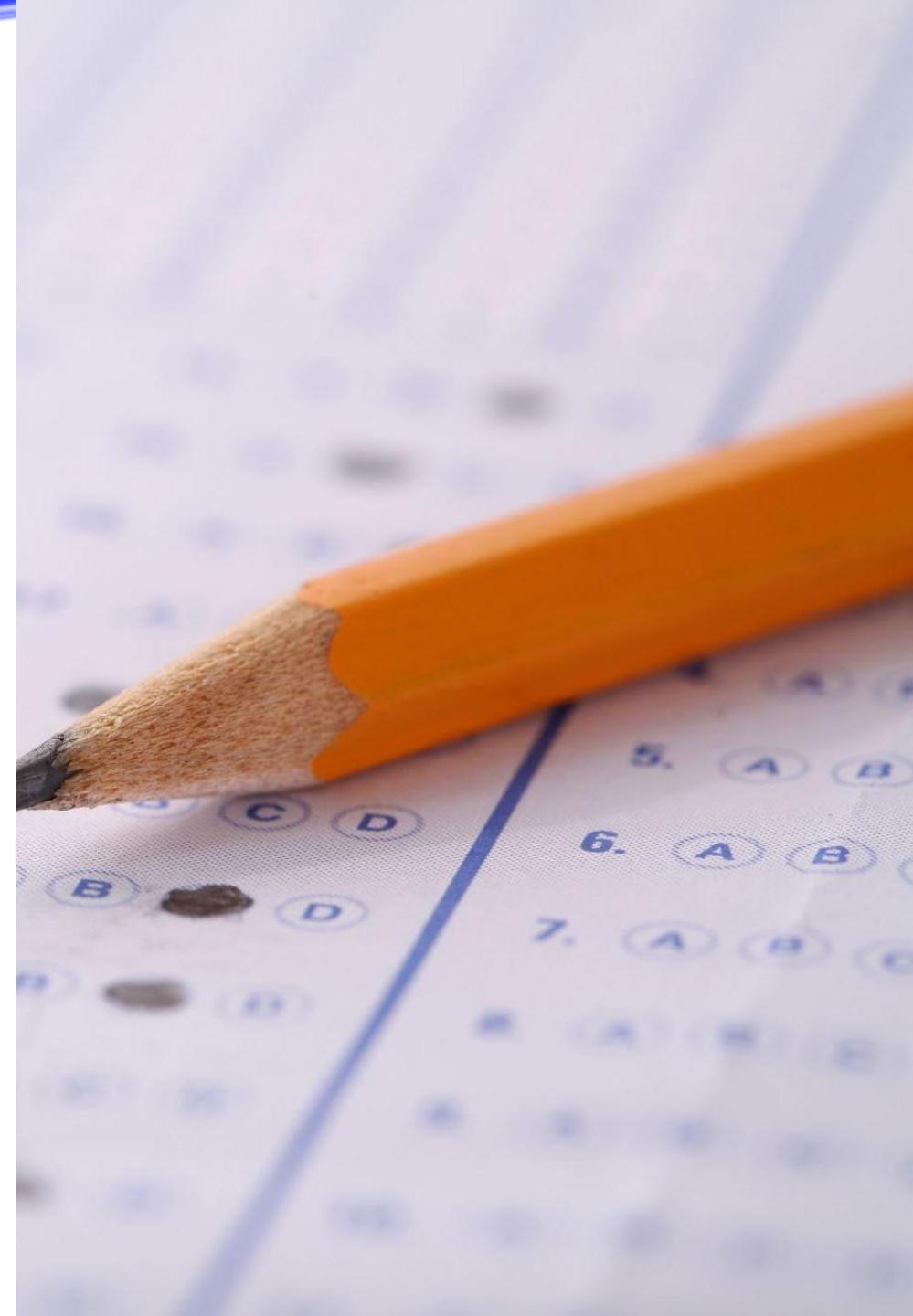
- **3 Written Skill Examinations**
 - ~60% of each theory exam
 - Always cumulative
 - Focus on board content
- **Direct Study Quizzes**
- **Bonus Point will help with this!**
- **MUST PASS THIS SUBDISCIPLINE TO PASS THE COURSE**
- Can **NOT** be **REMEDIATED**

if worth >30% of grade cannot remediate at touro

BONUS POINTS

- **Now added to PATIENT CARE portion of exam**
- **1 point equivalent to one point on the block exam**
- Due 2 weeks before the exam (to the day)
- 5 test style questions in multiple choice format
 - 4 distractors all with reasons why/why not correct
- Limit one set per student per block
- Your questions will be sent out to students as practice questions
- No late questions will be accepted (you can't do it after the exam)

60 questions each - if do the bonus get 61/60



PATIENT CARE VS. MEDICAL KNOWLEDGE STEMS

Medical Knowledge:
Which of the following is true about a left sidebending and rotation strain pattern?

Patient Care: Which of the following groups of findings would be expected in the case of a patient with a left posteriorly rotated innominate?

OSTEOPATHIC PRINCIPLES AND PRACTICES

- OPP Practical Exams
 - 4 This semester
 - BLT/MFR/OCMM
 - OCMM/Crossed syndromes
 - FPR/Extremities/LBP
 - Comprehensive exam
 - **MUST PASS THIS SUBDISCIPLINE TO PASS THE COURSE**
- Can NOT be REMEDIATED (but Comprehensive Practical CAN BE)





PROFESSIONALISM

- Required session attendance & behavior
- **Assessed at every required session (starred on pre-clinical calendar and listed in syllabus), labs, theory and practical exam**

2 points for every session - can be lost for tardiness or other reasons

- Attendance for all labs is expected
- **There will be no required make-ups this semester and all participation/professionalism points will be lost for an absense!**
- Wear proper attire
- Have appropriate equipment
- Be engaged in learning
- Give and receive feedback
- Interact in a professional, courteous and respectful manner

TARDIES AND ATTENDANCE

can miss up to 5 things but will still affect professionalism score so may need to remediate prof if miss >79% for any excused/unexcused cannot remediate

- **MUST ATTEND >79% of REQUIRED SESSIONS TO PASS THE COURSE**
- Unexcused Tardy to lab
 - At 5 minutes lose one point, at 15 minutes lose 2 points
 - 20 minutes late = absent
 - 3 absences in a semester will be notified and may need to meet with CC
 - 4 absences in a semester will meet with Academic Affairs
 - Professionalism concerns will always be reported

5 is max

EXAM ATTENDANCE POLICY

Theory Exams

<20 minutes late, lose professionalism points only, take exam

>20 minutes late or absent with EXCUSE, take exam at later time

>20 minutes late with NO EXCUSE, take exam at later time and lose 20% of professionalism grade

Practical Exams

<15 minutes prior to exam start, lose professionalism points only, take exam

After exam start with EXCUSE, take exam at later time

After exam start with NO EXCUSE, take exam at later time and lose 20% of professionalism grade

SESSIONS WITH ASSOCIATED POINTS



Property of the Museum of Osteopathic Medicine, Kirksville, MO

- Required sessions:
 - Introduction to OPP3
 - All labs
 - 3 theory exams
 - 4 practical exams
- Must attend 79% of these events to pass professionalism (and get 70% in the competency)
- Each is worth 2 points toward subdiscipline total of 56 points

INTERPERSONAL COMMUNICATION SKILLS



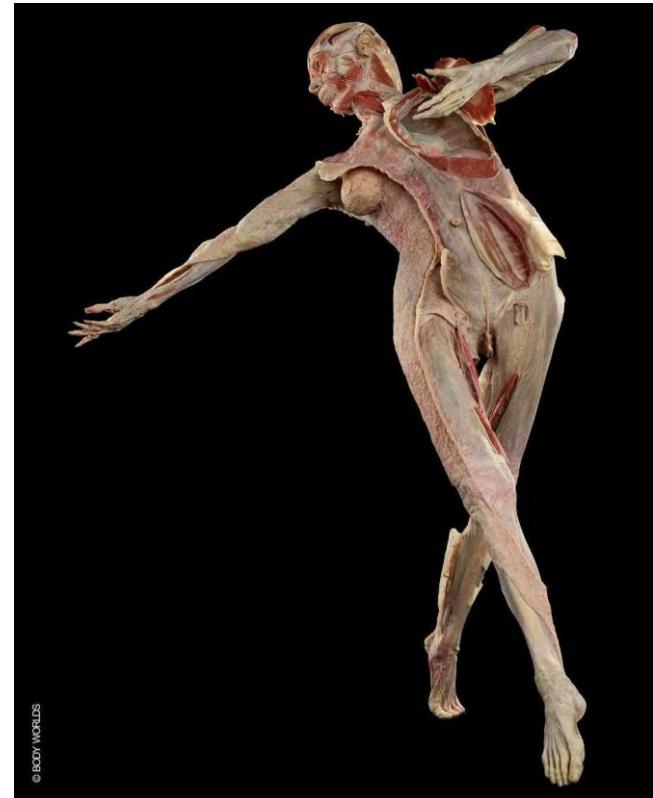
- **Assessed at every PC/OPP practical exam**
- Have the ability to:
 - Speak to your attending using **medical vernacular**
 - Speak to your patient using **lay terms**
 - Ask for **consent** before palpation or examination
 - **Explain** what you are doing and why you are doing it

OPP3 CONTENT



BLOCK 1

- MFR, BLT, OCMM
 - Directed Study (DS):
 - Intro to MFR and BLT Direct Study
 - Mind/Body/Spirit
 - Tensegrity and Posture
 - OCMM 1
 - OCMM 2
 - OCMM 3
 - Labs
 - Diagnosis and Tx Lab
 - Intro to MFR Lab
 - MFR Continued Lab
 - Intro to BLT and Spine BLT
 - BLT Ribs and Pelvis
 - Intro to OCMM
 - Practical Review Lab
 - 2 Q&A Sessions

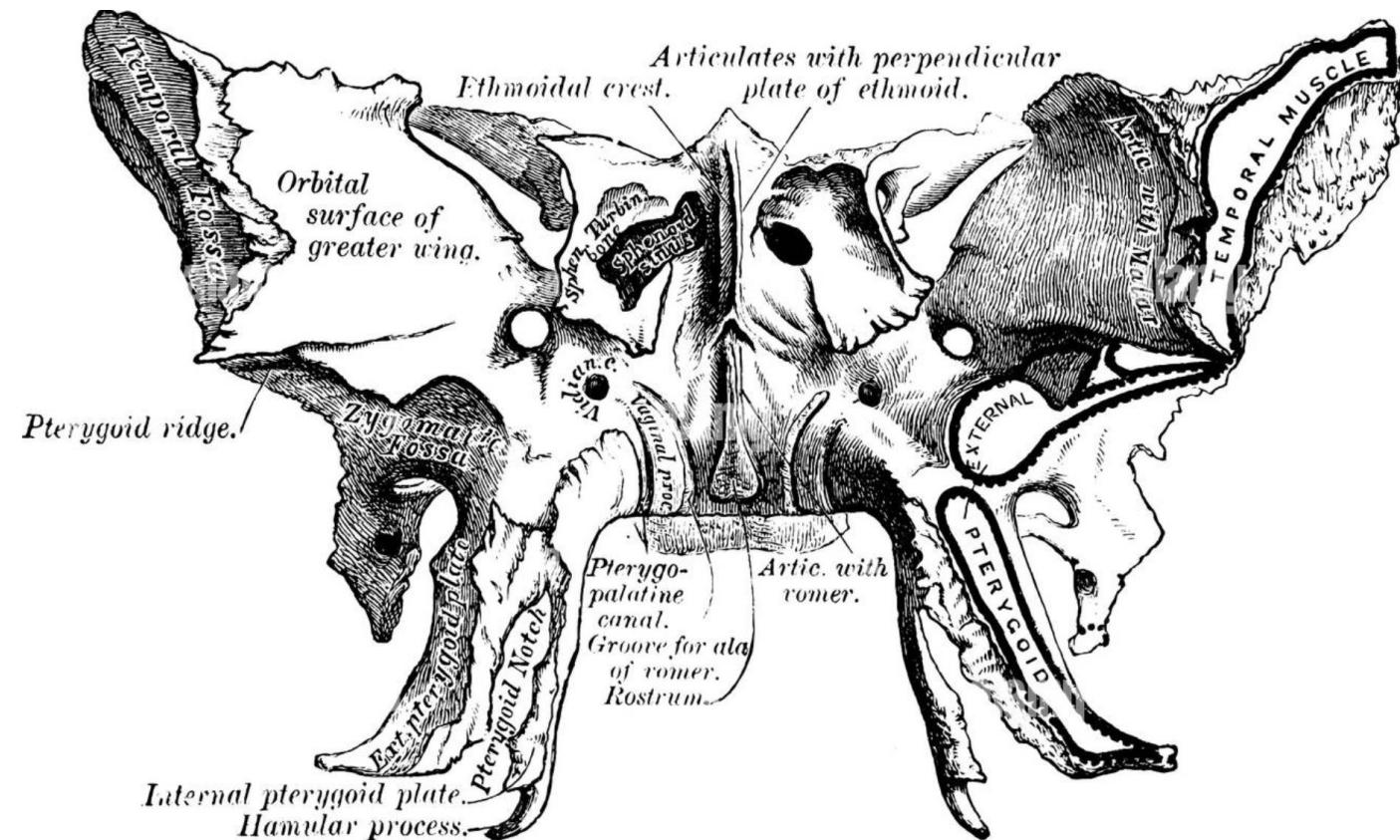


BLOCK 2

OCMM/Crossed syndromes

- Lecture/DS:
 - OCMM 4
 - OCMM 5
 - OCMM 6
 - Headache COAR Direct Study
 - Intro to Trigger Points
 - Tensegrity and Posture Direct Study
 - Crossed Syndromes Direct Study
- Labs:
 - OCMM Vault
 - SBS/SI/LS/CV4
 - Temporal Bone
 - Osteopathic Approach to TMJD Lab
 - Lower Crossed Lab
 - Upper Crossed Lab
- 1 Q&A Session

Dr. Moloney specialty



BLOCK 3

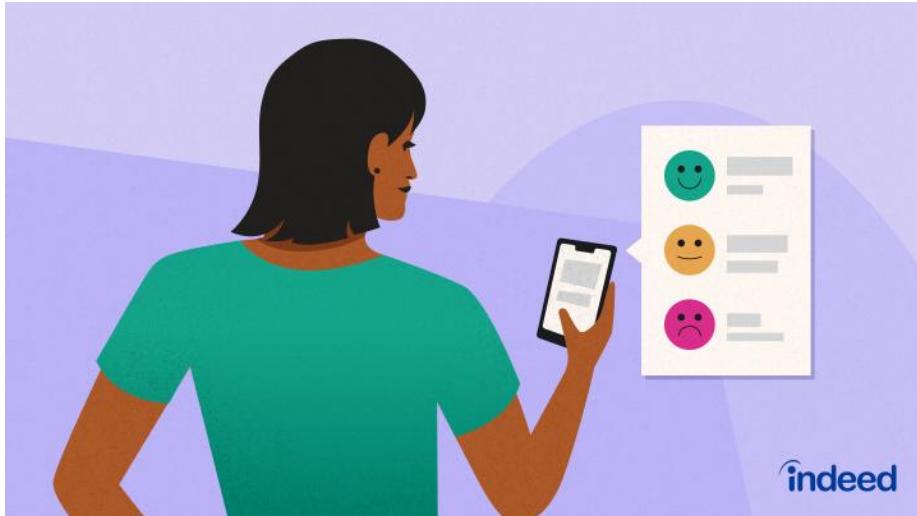
FPR/Extremities/LBP

- Lecture/DS:
 - Intro to FPR DS
 - UE COAR DS
 - High Yield Topics for Osteopathic Boards
 - LE COAR DS
 - LBP COAR DS
- Labs:
 - FPR Lab
 - UE COAR Lab
 - LE COAR Lab
 - LBP COAR Lab
 - Posture, Gait, and Scoliosis Lab
 - Practical Review Lab
 - Comprehensive Practical Review Lab (may have opportunity to do Practical)
- 1 Q&A Session

can earn extra credit at the reviews with Kahoot



FEEDBACK



- **Formative**
 - Quizzes
 - Live Q&A
 - Talk with faculty
 - After practical and didactic exams

- **Summative**
 - Practical Exams
 - Theory Exams

introduce this semester to help prep for comprehensive



OMM Clinical Encounter

Name _____

DOB _____

S History CC: _____

Date: _____

HPI: Onset, Location, Duration, Radiation, Character, Aggravating/Relieving factors, Radiation, Timing, Severity (Pain 0 to 10)
[Include response to previous treatment, Client ed. instructions, etc.]

Past Medical, Surgical, Trauma History, Allergies and Medications:

Reviewed and unchanged Update: _____

Social History: Tobacco, Caffeine, ETOH, Rec. drugs, Occup./Hobbies/Exercise

Pertinent Review of Systems: (Constitutional, HEENT, CV, Resp, MSK, Neuro, GI, GU, Skin, Psych, Endo, Heme/Lymph, Allerg/Immunol)

Note: 3 relevant systems with 3 symptoms each are required for a SOAP note

Note: Remember ABC's of OMM: Autonomic (para/sympathetic), Biomechanical, Circulatory (blood/lymphatic), Screen

Note: This is to help you think about what region to evaluate based on the chief complaint.

Region to investigate structurally for:			
Autonomics	Biomechanical	Circulatory	Screen

O Physical Examination: (based on CC, LBP = LE neuro/MSK, HA = UE neuro/MSK, sinus = HEENT, SOB = CardioResp)

General: In Distress? No Mild Moderate Severe

Psych: Mental Status: Alert & Oriented x _____ Mood/Affect: appropriate depressed flat anxious agitated

HEENT:

CardioRespiratory:

Neurologic:

Musculoskeletal:

Other:

Osteopathic Structural Findings

Region Evaluated	Severity 0 1 2 3	Somatic Dysfunction	TART Findings - Segmental Definition: T5 FRuSa, L on R Sacral torsion, etc.		Treatment Method (Circle or write in)
			TART	3=Areas of Greatest Restriction	
Head (including OA)					Articulatory BLT Counterstrain FPR Lymphatic ME MFR OCMH Soft Tissue Visceral
Cervical					Articulatory BLT Counterstrain FPR Lymphatic ME MFR OCMH Soft Tissue Visceral
Thoracic T 1-4					Articulatory BLT Counterstrain FPR Lymphatic ME MFR OCMH Soft Tissue Visceral
T 5-9					Articulatory BLT Counterstrain FPR Lymphatic ME MFR OCMH Soft Tissue Visceral
T 10-12					Articulatory BLT Counterstrain FPR Lymphatic ME MFR OCMH Soft Tissue Visceral
Lumbar					Articulatory BLT Counterstrain FPR Lymphatic ME MFR OCMH Soft Tissue Visceral
Sacrum/Pelvis					Articulatory BLT Counterstrain FPR Lymphatic ME MFR OCMH Soft Tissue Visceral
Pelvis/Innom.					Articulatory BLT Counterstrain FPR Lymphatic ME MFR OCMH Soft Tissue Visceral
Extremities Lower					Articulatory BLT Counterstrain FPR Lymphatic ME MFR OCMH Soft Tissue Visceral
Extremities Upper					Articulatory BLT Counterstrain FPR Lymphatic ME MFR OCMH Soft Tissue Visceral
Ribs/ Diaphragm					Articulatory BLT Counterstrain FPR Lymphatic ME MFR OCMH Soft Tissue Visceral
Abdom./Other/ Zink					Articulatory BLT Counterstrain FPR Lymphatic ME MFR OCMH Soft Tissue Visceral

A Diagnoses

MUST list Medical Diagnoses (Bronchitis, Headache, Low Back pain, etc) in addition to Somatic Dysfunction Dx

1)	Somatic Dysfunction of Lumbar
	Somatic Dysfunction of Sacrum
	Somatic Dysfunction of Pelvis/Innominate
	Somatic Dysfunction of Lower Extremities
	Somatic Dysfunction of Head
	Somatic Dysfunction of Cervical
	Somatic Dysfunction of Thoracic
	Somatic Dysfunction of Upper Extremities
	Somatic Dysfunction of Ribs
	Somatic Dysfunction of Abdom./Other

*List in order of priority with allopathic diagnoses first

P Plan

(#of regions treated) 1-2 regions 3-4 regions 5-6 regions 7-8 regions 9-10 regions

Response to treatment: Resolved Improved Unchanged Worse _____

Follow up:

Student Doctor (s) Name: _____ OMS2 Student Doctor (s) Signature: _____

SOAP Note for Patient Encounter with OMT



WAYS TO GET MORE OMM IN YOUR LIFE

SAAO Lunch Time Clinic

Student Run Free Clinic

Touro OMM Facebook Page (@TUCCOMOMM)

3rd year elective

4th year rotation

TLC

Berkeley Suitcase Clinic

Tues 6-9

BERKELEY SUITCASE CLINIC



- Some Tuesday Evenings 6-9 in Berkeley
- Bring OMT to the unhoused population
- Work in pairs with your friends and classmates
- Practice for the Comprehensive Exam
- Help Dr. Sloane out



TEACHING AND LEARNING CENTER

- Staffed by OMM Fellows and Touro students from all levels
 - Can be an option for ECE
- Students and Fellows are able to practice under supervision:
 - History taking
 - Physical exam skills
 - Osteopathic Structural Exam
 - Developing a differential diagnosis
 - Designing a plan incorporating OMM
- Schedule online here:
<https://ommdepartment.timetap.com/>



FELLOWS!!!!

Fellows this semester:

- Jorie Enfield, OMS V
- John Wong, OMS IV
- Jia-Min Ooi, OMS IV
- Grace Baker, OMS III
- Anish Wadhwa, OMS III

Fellowship Director: Dr. Modlin-Tucker



OMM FELLOWS

- **Become an OMM Fellow!**
 - Fellowship Director: Dr. Modlin-Tucker
 - Apply, interview, and are selected in OMS II year – get ready!!
 - Complete five years at Touro COM
 - The extra time is divided over 3 years (few months each in OMS III-V years)
 - Pay 1/3 tuition for years 3, 4 and 5
 - Annual stipend in OMS III-V
 - Health insurance covered while a Fellow
 - Priority in clinical rotation selection
 - AAO Convocation covered each year



A photograph showing a medical consultation. A man with a beard and glasses, wearing a purple and white checkered shirt, is examining a young child who is being held by a woman in a pink shirt. The setting appears to be a clinical office with medical equipment in the background.

PERKS OF THE OMM FELLOWSHIP

- Mentorship and guidance from OMM department
- Strengthens a CV when applying for residency and jobs
- Freedom to design your own project—research or other
- Most of our Fellows published in some venue
- Extra time to develop your OMM skills
 - OMT Lab at TLC
 - Lab with OMS I and IIs
 - Out rotations with private practice physicians
 - American Academy of Osteopathy's Convocation
- Opportunity to become a stronger teacher
- Function as a junior faculty member and deliver lectures and labs
- And so much more!

APPLICATION

- Will begin the application process this fall –stay tuned for details!
- Any questions – contact Dr. Modlin-Tucker
- To apply:
 - One page letter of intent
 - Transcripts
 - Curriculum Vitae

TOURO CA SAAO

EVENING WITH THE STARS



07 AUGUST, 2025

4:00 PM - 6:00 PM

Please join our talented faculty, local physicians and SAAO for an evening of fun, inspiration, and learning. There will be treatment demonstrations and light hors d'oeuvres. We look forward to seeing you there!

OPP LAB TRUETT HALL

QUESTIONS?!?!

