

AROC 2018

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OMM for the Experienced Physician

Steven Rubin, DO

Robert Pedowitz, DO

Kenneth Eng, DO

Antonios Tsompanidis, DO

Richard Tancer, DO Danielle

Schehr-Kimble, DO

THE 5 MINUTE OMT EXAM AND TREATMENT

Steven F. Rubin, D.O., FACOFP dist.

Cervical Spine Station

1. Soft Tissue Techniques
 - a. Rock and Roll
 - b. Traction
2. Muscle Energy Techniques - Cross-hand Stretch, HVLA set-up
3. High Velocity Low Amplitude Techniques

Goal: Increased Mobilization

Thoracic Spine/Ribs Station

1. Soft Tissue Techniques
 - a. Rib Raising
 - b. Kneading
 - c. Rock and Roll
 - d. Cross Hand Stretch
2. Muscle Energy Techniques
 - a. Seated
 - b. Lateral Recumbent
3. High Velocity Low Amplitude
 - a. Seated - Rib
- Thoracic Vertebrae
 - b. Pillow Technique

Goals: Use In and Outpatient, Lymphatic Pump, Somato-Visceral Reflex

Lumbosacral Spine/pelvis Station

1. Soft Tissue Techniques
 - a. Kneading
 - b. Rock and Roll
2. Muscle Energy - Lateral Recumbent Bilateral Stretch
3. High Velocity Low Amplitude
 - a. Lumbar Roll Utilizing Leverage Technique
 - b. Pubic Symphysis

Goals: Increase Mobilization, Increase Range of Motion

Extremities/Pelvis Station

1. Soft Tissue Techniques
 - a. Kneading
 - b. Mobilize Scapula/Glenohumeral Joint
2. Muscle Energy Techniques
 - a. Spencer Techniques
3. Lower Extremities/Pelvis
 - a. Figure 4, Internal External Rotation, Flexion Extension
 - b. Hamstring Stretches/Innominate
 - c. Pubic Symphysis

Goals: Increase Flexibility, Increase Range of Motion, Decrease Pain and Spasm