

SEQUENCING 1: THE ART OF FINDING THE KEY

Indianapolis, IN

July 27-29, 2018

24 Hours CME

Sequencing Overview

When looking for where to start treatment in the body, there are many theories...mostly based on a “thought” paradigm (ie, “this complaint means that this structure is involved and that I should start here”). This approach can give inconsistent results and may be considered by some to be an allopathic approach to osteopathy.

Sequencing, originally developed by Fred Mitchell, Sr and further explained and expanded by Ed Stiles, is a way to palpate the body mechanically to find the key lesion or area to start. It is a principle based approach that is taught using a bony model, but, once learned, can be used to ascertain not only the most restricted layer (muscle, bone, fluid, fascia, etc), but the most restricted part of that layer. This consistently reveals the key lesion.

Being principle based, sequencing always continues to grow and expand. The more you learn as a practitioner, the deeper and more things sequencing can reveal.

What we will cover in the course:

• Visual Cues

We will explore what we “see” in a patient and how to begin to interpret that information.

• Visual Diagnosis

Watching movement - like when the patient walks into the room, can reveal a wealth of information. We will examine more about what we “see”.

• Tensegrity

A term coined by Buckminster Fuller, tensegrity is a way to explain how the architecture of the body is arranged. It presents a framework for understanding how the body develops an osteopathic dysfunction.

• Blended Palpation

One of the key concepts of developing excellent palpation skills, blended palpation is the art of finding just the right depth of pressure to get the most information from the body.

• Sequencing the Body:

Sequencing the cervicals

Sequencing the thorax

Sequencing the rib cage

Sequencing the upper extremity

Sequencing the lumbar

Sequencing the pelvis

Sequencing the sacrum

Sequencing the lower extremity

The basic principles are followed slowly throughout the body (discerning what each palpatory finding means) to locate the key lesion. Some clinical correlations will be presented along the way.

At the end of this introductory course, the student will understand the use of the principles and how to apply them. Clinical use is required before the continuation of the material in Sequencing 2.

Participants should have a basic understanding of osteopathic manipulative medicine prior to taking this course.

WWW.INDIANAACADEMYOFOSTEOPATHY.COM

The American Academy of Osteopathy designates this program for AAO Co-Sponsorship as meeting the criteria for continuing medical education credits awarded through the American Osteopathic Association