

Viola M. Frymann, DO, FAAO, FCA
Centennial Celebration
Tribute Lecture

Osteopathic Philosophy and Principles

Course Director:
Raymond J. Hruby, DO, MS, FAAO (Dist)



Faculty (in chronological order)

Raymond J. Hruby, DO, MS, FAAO (Dist)
Hollis H. King, DO, PhD, FAAO
Mitchell Hiserote, DO

CME: Osteopathy's Promise to Children (OPC) designates this activity for a maximum of **3.75 AOA Category 1-A credits** & will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

Cost: \$240, register [here](#)

Instructional Format

Internet (on-demand) event with slides and audio.

Course Agenda

Raymond J. Hruby, DO, MS, FAAO (Dist)

1. Introduction and Course Overview
2. Primary and Secondary Respiration

Hollis H. King, DO, PhD, FAAO

3. Lecture: The Challenge of Research for Osteopathy

Panel: Dr. Hruby, Dr. King, Dr. Hiserote

4. Discussion

Mitchell Hiserote, DO

5. Fundamentals in the Practice of Osteopathy: Meaningful and Perceptive Palpation

Panel: Dr. Hruby, Dr. King, Dr. Hiserote

6. Discussion

CME Sponsor

Osteopathy's Promise to Children

Activity Website

<https://promise.ce21.com/>

Statement of Need

This course will address osteopathic clinicians', as well as other practicing clinicians', needs to improve knowledge, competence and/or performance in the treatment of somatic dysfunctions by using advanced principles of osteopathic cranial manipulative medicine (OCMM). Specifically, they will increase their knowledge of the relationship between primary and secondary respiration, osteopathic research in OCMM, and diagnostic palpation skills.

Course Description

Join us for our first in the series of tribute lectures in the year-long Centennial Series celebrating the impact of Viola M. Frymann's teachings and legacy in the field of osteopathy. This on-demand event will offer participants the opportunity to explore and gain a deeper understanding consistent with how Dr. Frymann practiced and taught over her long and illustrious career in the areas of:

* Osteopathy in the Cranial Field (OCF) primary and secondary respiratory systems and how somatic dysfunction can adversely affect a patient's optimum physiologic function

* How OCF may be used to help restore the patient's health to its most optimum level in light of said somatic dysfunction
Identifying and addressing some the challenges when consideration ongoing research of the concepts of osteopathy

* The importance and development of meaningful and perceptive palpation utilized to appreciate and address the above concepts

We address the common theme that would have been essential to Dr. Frymann: increased knowledge of functional anatomy and physiology. We also apply the osteopathic concepts of body unity, self-healing and self-regulation to the assessment and treatment of the patient, including the assessment of existing and emerging therapies and the development of customized treatment plans for their patients. Specific attention is given to the more advanced understanding and application of the integrated techniques of OCF for use in the treatment of somatic dysfunctions within the primary and secondary respiratory systems. Considerations of the unique aspects of each patient and presentation are critical to achieving treatment efficacy.

The topics in this session are intended to reflect two important areas of Dr. Frymann's influence and legacy, namely teaching clinicians about osteopathic principles and how to apply them in clinical practice, and research in osteopathic medicine, especially osteopathic cranial manipulative medicine. The lecturers for this program are noted osteopathic physicians, all of whom were closely associated with Dr. Frymann and taught by her directly over many years. They will present what Dr. Frymann taught on these topics, and how she taught it, in the way they learned these concepts directly from her.

This activity will address osteopathic clinicians', as well as other practicing clinicians', needs to improve knowledge, competence and/or performance for the treatment of complex patient problems using the principles of osteopathic medicine, with a focus on the holistic approach to the patient and facilitation of self-healing and self-regulation. Specific attention is given to the more advanced understanding and application of the techniques of Osteopathic Cranial Manipulative Medicine (OCMM) to the treatment of somatic dysfunctions of the primary and secondary respiratory systems. Effective treatment varies for patients with complex presentations.

This course will offer participants the opportunity to gain a deeper understanding of the primary and secondary respiratory systems, how somatic dysfunction can adversely affect their optimum physiologic function, and how OCMM can be used to help restore the patient's health to its most optimum level. This course will meet the needs of interested physicians who want to increase their knowledge of the anatomy and physiology of the primary and secondary respiratory systems. They will also learn how to apply the osteopathic concepts of body unity, self-healing and self-regulation to the assessment and treatment of somatic dysfunctions that affect the primary and secondary respiratory mechanisms, including assessment of existing and emerging therapies, and the development of customized treatment plans for their patients.

Learning Objectives

Upon completion of this course, the participant will be able to:

1. Describe:
 - ❖ The components of the primary and secondary respiratory systems and how they interface, influence, and interact with each other.
 - ❖ The osteopathic principle of body unity and how it applies to the complex

interactions of the primary and secondary respiratory systems.

- ❖ The concept of potency in terms of the osteopathic principle of self-healing and self-regulation.

2. Assess the applicability of OMT procedures for the primary and secondary respiratory systems for their particular practice and integrate them in the care of their patients.

Core Competencies Addressed:

1. Osteopathic Philosophy/Osteopathic Manipulative Medicine
2. Medical Knowledge
3. Patient Care
4. Practice-Based Learning and Improvement

Target Audience

This activity is for osteopathic and medical physicians (DO/MD), Dentists (DDS/DMD), Medical Students (DO/MD), and International Osteopaths.

Prerequisites

There is no prerequisite for this course.

Instructional Format

Internet (live) or internet (on-demand) webinar with slides and audio.

Instructional Method of Participation

To participate in the activity, physicians will be required to take the following steps:

1. Read the brochure with Statement of Need, Educational Learning Objectives, Faculty Disclosures and Agenda.
2. Complete Pre-Activity Test. (Via your account online.)
3. Participate in the activity.
4. Attest to the satisfactory participation in the activity. OPC verifies attestation against the live sign-in sheets and your CME attestation via your account.
5. Complete Post-Activity Test via your account. (A grade of 75% or above is required to pass the quiz.

Attempts allowed are 3. And the grading method is the highest grade achieved.)

6. Complete the Post-Activity Speaker and Course Evaluation and the Outcome Survey.

7. You will receive CME credit upon successfully passing the Post-Activity Test and completing all Post-Activity Evaluations and Surveys..

8. Your Certificate of Completion (or Certificate of Attendance) can be accessed in your account via the orange Certificate button after ALL these steps are complete.

Evidence-based Resources

Primary and Secondary Respiration:

Frymann VM. The core link and the three diaphragm – unit for respiratory function. In: The 1968 Yearbook of Selected Osteopathic Papers. Indianapolis: The Academy of Applied Osteopathy, 1968:13-19.

Research in OCMM

Frymann, VM. Relation of disturbances of craniosacral mechanisms to symptomatology of the newborn: study of 1250 infants. JAOA. 65:1059-1075, June 1966.

Meaningful Perceptive Palpation

Frymann VM. Palpation – its study in the workshop. In: The 1963 Yearbook of Selected Osteopathic Papers. Indianapolis: The Academy of Applied Osteopathy, 1963:16-31.

Accreditation Statement/Credit Designation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the American Osteopathic Association (AOA). This education program is designed to provide CME for osteopathic physicians and other health care professionals who practice OMM/OMT.

[Osteopathy's Promise to Children \(OPC\) is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians.](#)

Osteopathy's Promise to Children (OPC) designates this activity for a maximum of 3.75 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

OPC Faculty Disclosure Declaration

Osteopathy's Promise to Children has implemented a policy to comply with the AOA and ACCME standards for Commercial Support requiring resolution of all conflicts of interest. Faculty declaring a relevant commercial interest must be identified in the activity syllabus and/or program.

In accordance with disclosure policies of AOA and the ACCME, every effort has been made to ensure all CME activities are balanced, independent, objective, and scientifically rigorous. These policies include complying with ACCME's Standards for Commercial Support and resolving all possible conflicts of interest for the Planning committees, Authors, Faculty and staff.

The following faculty, presenters and planning committee members have indicated that they have no relationship that could be perceived as a potential conflict of interest:

Name of Faculty or Presenter	Role(s)	Reported Financial Relationship
Raymond J. Hruby, DO, MS, FAAO	Course Director and Planning Committee	Dr. Hruby is a CME Consultant and Publications Editor to OPC.
Hollis H. King, DO, PhD, FAAO	Faculty, Content	Dr. King is a research consultant to OPC.
R. Mitchell Hiserote, DO	Faculty, Content	Dr. Hiserote is a CME consultant to OPC.

The following faculty member has indicated that they have a relationship that could be perceived as a potential conflict of interest:

Name of Faculty or Presenter	Role(s)	Reported Financial Relationship
There are no recorded conflicts of interest.		

Course Cancellation & Refund Policy

By applying for this course, the applicant ("Applicant") agrees that the application fee is non-refundable and represents the administrative cost of determining the Applicant's eligibility ("Application Fee"). The application shall require the payment of the Application Fee and the registration fee for the cost of attending the course ("Registration Fee"). In the event an Applicant is denied admission to a specific course, the Registration Fee shall be refunded. An accepted Applicant shall be registered for the course and the registration fee payment shall be credited against the Registration Fee for the specific course. If after registration the Applicant desires to cancel his or her registration for the course, the Applicant must notify Osteopathy's Promise to Children ("OPC") of their CANCELLATION in writing, ("Notice of Cancellation"), at least fourteen (14) days prior to the initial start date for the course. If the Applicant timely and properly provides OPC with a Notice of Cancellation, OPC will issue a refund of the Registration Fee to the Applicant. If OPC receives a Notice of Cancellation less than fourteen (14) days prior to the initial start date for the course, or an Applicant fails to attend the course, OPC will not issue a refund of the Registration Fee. In the event an Applicant attends the course but feels that the course did not provide the material or training advertised, an Applicant may request a refund of the Registration Fee. All such requests shall state the course name, date and times of Applicant's attendance and the specific reasons for the

requested refund. The Applicant's inability to attend a portion of the course shall not constitute a valid reason for a refund. All refund decisions shall be made by the Executive Director whose decision shall be final.

Course Director

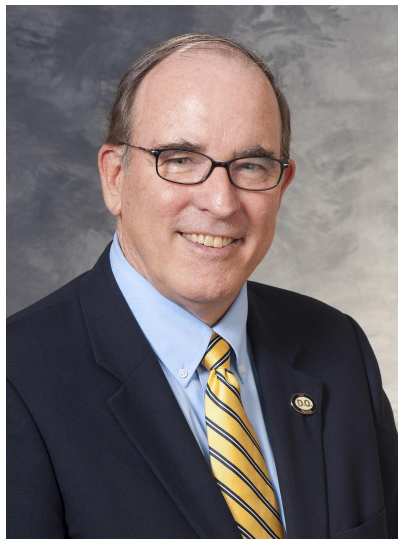


Raymond J. Hruby, DO, MS, FAAO (Dist)

Dr. Raymond J. Hruby, DO, MS, FAAO (Dist) will speak on "Primary and Secondary Respiration". Dr. Hruby is a graduate of the College of Osteopathic Medicine and Surgery in Des Moines, Iowa. He is board certified in Family Medicine/OMT by the American Board of Osteopathic Family Practice and Osteopathic Manipulative Medicine by the American Osteopathic Board on Special Proficiency in Osteopathic Manipulative Medicine. Dr. Hruby completed a traditional internship at Osteopathic Hospital of Maine, Portland, ME and was in private practice for sixteen years. He is retired as a Professor and Chair of the Department of Osteopathic Manipulative Medicine at COMP, he continues consulting with the school's Department of NMM/OMM on teaching, research, curriculum analysis and development, new faculty mentorships

and Predoctoral OMM Fellows. He is involved with WUHS's Interprofessional Education program, and lectures part-time in the Graduate School of Basic Medical Sciences, among others. He is a fellow of the American Academy of Osteopathy. He holds a Certificate of Proficiency in Osteopathy in the Cranial Field from the Osteopathic Cranial Academy. His memberships include: AOA, AAO, ACOFP, OCA, OPSC.

Course Faculty



Hollis H. King, DO, PhD, FAAO

Dr. Hollis H. King, DO, PhD, FAAO will speak on "The Challenge of Research for Osteopathy". Dr. King is a graduate of Texas College of Osteopathic Medicine, Fort Worth, TX. He is board certified in Family Medicine/OMT from the American Osteopathic Board of Family Physicians and certified with Special Proficiency in Osteopathic Manipulative Medicine from the American Osteopathic Board of Neuromusculoskeletal Medicine. He is a Founding Diplomate of the American Board of Holistic and Integrative Medicine. His postdoctoral training was at Dallas Memorial Hospital, Dallas, TX. His

internship was at the VA Hospital & Univ. of Kentucky Medical School, Lexington, KY. His Ph.D. in Clinical Psychology is from Trinity University, San Antonio, TX. He is a Fellow of and Past-President of the American Academy of Osteopathy. He is a Fellow of the Osteopathic Cranial Academy. Dr. King is currently a Clinical Professor of Family Medicine at the University of California San Diego School of Medicine. He also has a private practice at Osteopathic Center San Diego. His memberships include: AOA, AAO, OCA.



R. Mitchell Hiserote, DO

Dr. R. Mitchell Hiserote, DO will speak on "Fundamentals in the Practice of Osteopathy Meaningful and Perceptive Palpation". Dr. Hiserote is a graduate of Western University College of Osteopathic Medicine in Pomona, CA. He is board certified in Neuromusculoskeletal/ Osteopathic Manipulative Medicine from the American Osteopathic Board of Neuromuscular Medicine, Osteopathic Cranial Academy Certification of Proficiency, and is a Midwestern University -- Chicago College of Osteopathic Medicine Costin scholar. Dr. Hiserote completed his post-graduate training at the Arrowhead Regional Medical Center

in Colton, CA. Dr. Hiserote is a veteran director of courses at Osteopathy's Promise to Children, He currently practicing osteopathic physician in Sebastopol, CA and Associate Professor/past Chairman of the Touro University California College of Osteopathic Medicine - Osteopathic Manipulative Medicine (OMM) Department. Memberships: AOA, AAO, OCA. Cranial proficiency by OCA.

Disclaimer

The information in this educational activity is for general medical education purposes only and is not meant to substitute for the independent medical judgment of a physician relative to diagnostic and treatment options of a specific patient's medical condition. The viewpoints expressed in this CME activity are those of the authors/ faculty. They do not represent an endorsement by OPC. In no event will OPC be liable for any decision made or action taken in reliance upon the information provided through this CME activity.

Commercial Support Statement

The AOA requirements for category 1-A CME require notice of commercial support. If monetary or in-kind contributions are given to a CME sponsor that are used to pay for all or part of the costs of a CME activity, it must be reported that the program event was commercially supported. OPC attests that no commercial support was received for this program.

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