



THE PROMISE

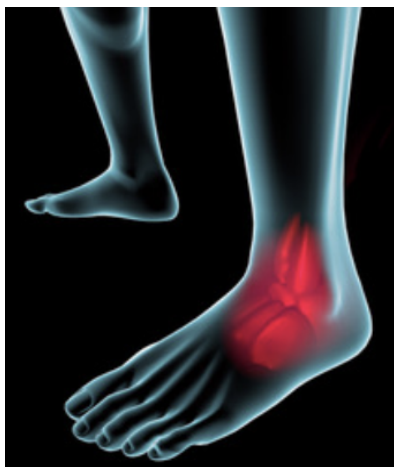
OSTEOPATHY'S PROMISE TO CHILDREN

Osteopathic Center San Diego
3706 Ruffin Road, San Diego CA 92123

Osteopathic Principles and OMT for Foot & Ankle Problems: The Still-Hiss-Tikka Connection

Course Directors:

Raymond J. Hruby, DO, MS, FAAO (Dist)
David Redding, DO, MSHPE, RPT



Core Faculty (in chronological order)

Raymond J. Hruby, DO, MS, FAAO (Dist)
David Redding, DO, MSHPE, RPT

Instructional Format

Live, in-person training with lecture and lab format. All OPC CME activities have a content expert available for any questions on content from CME participants during the life plus one week of

the activity. The content expert will answer participant questions within one week of an inquiry. Contact us at cme@the-promise.org with any questions or comments.

Date: August 26, 2023

Time: 8:00AM - 4:15PM PST

Cost: \$390 (register [here](#))

Location: Osteopathic Center San Diego
3706 Ruffin Rd., San Diego, CA 92123

CME: Maximum of 6.5 of AOA Category 1-A CME credits provided by Osteopathy's Promise to Children. Our courses allow the participant to ask questions of the presenter in either real-time or the presenter will respond to submitted questions within (48) hours of the presentation. Submit your questions to cme@the-promise.org.

Specialty

Neuromusculoskeletal Med/OMM

CME Lodging

Hilton Garden Inn Mission Valley/Stadium
3805 Murphy Canyon Rd, San Diego, CA 92123
Hotel booking link (tba)

Activity Website

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

CME Sponsor

Osteopathy's Promise to Children

Course Description

This course is intended for those practitioners who wish to learn more about osteopathic manipulative treatment for common foot and ankle problems. The unique aspect of this course is that the osteopathic manipulative techniques (OMT) taught are those that are said to have originated with Andrew Taylor Still, MD, DO, the Founder of the osteopathic profession. It is thought that Dr. Still taught his foot and ankle techniques to John Martin Hiss, MD, DO. Who was the director of the Hiss

Clinic in Los Angeles, CA. Rue Tikker, DPM, practiced with Hiss for many years, and has taken it upon himself to teach these techniques to currently practicing osteopathic physicians. The co-directors of this course learned these techniques directly from Dr. Hiss and have designed this course to further Dr. Tikker's mission of passing on these clinically useful methods to others.

This course will include: the pertinent functional and descriptive anatomy of the lower extremity, with emphasis on the foot and ankle; the osteopathic structural examination and general examination of the low back, pelvis, lower extremity and foot and ankle; the osteopathic view of the sprained ankle as a common clinical condition frequently seen; the application of these OMT procedures in the treatment of some common foot and ankle problem, using common clinical examples, such as the acute and chronic sprained ankle. These OMT approaches will be helpful for the clinician when faced with common foot and ankle problems that may be refractory to full resolution using today's most common treatment regimens.

This hands-on course will offer participants the opportunity to learn the neuroanatomic basis for how OMT affects these structure-function interrelationships, and meets the needs of interested practitioners who want to increase their knowledge in this area of medical practice, including assessment of existing and emerging therapies, as they develop customized treatment plans for individual case scenarios. If you have any questions about this educational program, please contact staff at cme@the-promise.org or by calling our office at 619-548-8815.

Professional Practice Gap

Acute ankle sprains are one of the most common musculoskeletal injuries, with a high incidence among physically active individuals. Additionally, acute ankle sprains have a high recurrence rate, which is associated with the development of CAI. Understanding the epidemiology of these injuries is

important for improving patients' musculoskeletal health and reducing the burden of lower limb musculoskeletal conditions. The high incidence rate of acute ankle sprains is due in part to the frequency of reinjury after an initial ankle sprain. Knowledge of this information, along with development of OMT skills for the treatment of acute and chronic ankle sprain, can lead to better long-term treatment outcomes and better ankle sprain prevention protocols.

Educational Need

The activity will address osteopathic clinicians', as well as other practicing clinicians', needs to improve knowledge, competence and/or performance for the treatment of structurally-based foot and ankle problems by leveraging the principles of osteopathic medicine.

Some common foot and ankle conditions often linger beyond what would be an expected recovery timeline, and may be at risk for becoming chronic conditions. Effective treatment varies for patients, but often the missing part of treatment is the ability to diagnose and treat somatic dysfunctions associated with these conditions.

Desired Outcomes

The desired outcome of this course is increased utilization of OMT in the application of osteopathic principles and evidence-based practice in the area of COVID19 patient care, including treatment of patients with COVID19 infection and post-COVID19 syndrome.

Evidence-based Resources

1. Seffinger, MA, Ex. Ed. *Foundations of Osteopathic Medicine 4th ed.* Philadelphia: Lippincott Williams & Wilkins: 2018;673-679;1464-1466.
2. Seffinger, MA, Hruby, R. *Evidence-Based Manual Medicine: A Problem-Oriented Approach.* Philadelphia: Saunders Elsevier, 2007;291-311.
3. Hiss, JM. *Functional Foot Disorders*, 3rd Ed. Los Angeles: The Oxford Press, 1949;370-376.

Educational Objectives

At the conclusion of this activity, learners will be able to:

- Describe the research substantiating the application of evidence based OMT for somatic dysfunction clinically associated with common foot and ankle problems (Osteopathic Philosophy, Principles and Manipulative Treatment; Medical Knowledge and Its Application Into Osteopathic Medical Practice)
- Assess the applicability of OMT procedures in these areas for their practice and integrate them in the care of their patients. (Osteopathic Philosophy, Principles and Manipulative Treatment; Osteopathic Patient Care.)
- Experience live demonstration of the relevant OMT procedures, followed by hands-on training sessions in the application of these procedures. (Osteopathic Medical Practice-Based Learning and Improvement; Osteopathic Patient Care; Systems-Based Osteopathic Medical Practice.)
- Describe the historical evolution of these OMT procedures, from their development by Andrew Taylor Still, his interaction with John Martin Hiss, and the promotion of this knowledge to both the osteopathic and allopathic medical professions by Rue Tikker, DPM, an associate of Dr. Hiss. (Osteopathic Philosophy, Principles and Manipulative Treatment; Medical Knowledge and Its Application Into Osteopathic Medical Practice.)

Target Audience

This activity is for osteopathic and medical physicians (DO/MD), podiatrists (DPM), medical and podiatric DO/MD/DPM) students and residents, International Osteopaths, and International Osteopathic students.

Prerequisites

This course is appropriate for the target audience and students in the target audience training programs, as described above.

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 6.5 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

Instructional Method of Participation

To participate in the activity, physicians will be required to complete all of the following steps:

1. Read the brochure with the Educational Need, Learning Objectives, Faculty Disclosures and Agenda.
2. Complete the Pre-Activity Test via your account online.
3. Participate in the activity (for on-demand and webinar, complete the 100% viewing requirement).
4. Attest to the satisfactory participation in the activity. OPC verifies your CME attestation via your account.
5. Complete the Post-Activity Test. A grade of 80% or above is required to pass the Test. Attempts allowed: 3. Grading method: highest grade. If you do not pass three Post-Activity Test attempts, the office will be notified and will make arrangements to address the issue. The course director or a content expert will contact you within one week to review

any questions on course content. Once you successfully obtain a passing score, you can move onto the next step towards your certificate.

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.

Agenda

Saturday, August 26, 2023

Raymond J. Hruby, DO, MS, FAAO (Dist), FCA
8:00AM - 8:30AM Lecture: Course Introduction and Background

Raymond J. Hruby, DO, MS, FAAO (Dist), FCA
8:30AM - 10:00AM Lecture: Sprained Ankle: an Osteopathic View

Faculty
10:00AM - 10:15AM Small Group Discussion

David Redding, DO, MSHPE, RPT
10:15AM - 12:00AM Lecture: Treatment of the Sprained Ankle: Part I

12:00PM - 1:00PM Lunch

David Redding, DO, MSHPE, RPT
1:00PM - 2:00PM Lecture: Treatment of the Sprained Ankle: Part II

Faculty
2:00PM - 2:30PM Panel Discussion and Q&A
2:30PM - 2:45PM Break

Raymond J. Hruby, DO, MS, FAAO (Dist), FCA
2:45PM - 4:15PM Osteopathic Diagnosis and Treatment of Plantar Fasciitis

Course Director



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

Dr. Raymond J. Hruby, DO, MS, FAAO (Dist). will speak on: Course Introduction and Background, Sprained Ankle: an Osteopathic View, and Osteopathic Diagnosis and Treatment of Plantar Fasciitis.

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.



David Redding, DO, MSHPE, RPT

Dr. David Redding, DO, MSHPE, RPT will speak on Treatment of the Sprained Ankle: Part I, Treatment of the Sprained Ankle: Part II,

Dr. David Redding, DO, MSHPE, RPT will speak on He is a graduate of California State University Long Beach, CA and Western University of Health Sciences College of Osteopathic Medicine of the Pacific, Pomona, CA. He is Board certified in Neuromusculoskeletal Med/OMM and Family Medicine. Dr. Redding completed an internship at Western University of Health Sciences College of Osteopathic Medicine of the Pacific, Pomona, CA and a residency in Family Practice at US Family Care Medical Center, Montclair, CA. He currently practices at Western University of Health Sciences College of Osteopathic Medicine of the Pacific, Pomona, CA. Memberships include: AOA, OPSC, ACOFP, AAO, OCA.

CME Policy Statements

Osteopathy's Promise to Children (OPC) offers both live events and on-demand sessions using the same caliber of speakers who would present at in-person events. OPC offers online opportunities for Continuing Medical Education (CME) credits. Each course or online event offers AOA Category 1-A CME credits. CME sessions are delivered on the CE21 Learning Management System. Once you have used the Learning Center, you will have a profile established that will allow you to access all available sessions, view speaker profiles, track CME credits gained through the system, and generate CME certificates based on the sessions completed. All OPC CME activities have a content expert available for any questions on content from CME participants during the life plus one week of the activity. The content expert will answer participant questions within one week of an inquiry. Contact us at cme@the-promise.org with any questions or comments.

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.

Statement of Professional Ethics & Standards

Osteopathy's Promise to Children CME courses will foster an educational atmosphere of tolerance and mutual respect concerning gender, race, developmental challenges, sexual orientation, and professional background. Furthermore, these courses will adhere to the highest standards of osteopathic medicine's professional ethics especially in regard to patient, student, and physician faculty communication and interactions.

This includes clear informed consent when participating in educational exercises, and only utilizing osteopathic techniques and practices designed to educate practitioners and/or compassionately and appropriately address patient suffering through osteopathic diagnosis, and treatment. Any deviation of these professional standards by physician faculty, staff, or student during a given course will not be tolerated.

Evidence-Based Content

It is the policy of the OPC to ensure that the content contained in this CME activity is valid, fair, balanced, scientifically rigorous, and free of commercial bias. Evidence-based medicine – first “coined” in 1991 (JAMA). “Conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients.” And, “Good doctors use both individual clinical expertise and the best available external evidence, and neither alone is enough.” BMJ 1996).

Disclosure Policy

It is the policy of the OPC Continuing Education Committee to ensure balance, independence, objectivity and scientific rigor in all its educational activities. All persons in a position to control the content of an educational activity (i.e., activity planners, presenters, faculty, authors) participating in an educational activity provided by the OPC are required to disclose to the provider any relevant financial relationships with any commercial interest. OPC must determine if the individual's relationships may influence the educational content and resolve any conflicts of interest prior to the commencement of the educational activity. The intent of this disclosure is not to prevent individuals with relevant financial relationships from participating, but rather to provide learners information with which they can make their own judgments. Faculty disclosures will be made in the syllabus and/or during faculty introductions. The audience is advised that one or more presentations in this continuing education activity may contain references of unlabeled or unapproved uses of drugs or devices.

Resolution/Mechanism of Identified Conflict of Interest

Independent sources of review include the following: All disclosures will be reviewed by the activity Course Director, Physician Leadership Team, and Executive Director for identification of conflicts of interest. Reviewers, working with the activity directors, will document the mechanism(s) for management and resolution of the conflict of interest, and final approval of the activity will be documented prior to implementation.

Any of the mechanisms below can/will be used to resolve conflict of interest:

- Peer review for valid, evidence-based content of all materials associated with an educational activity by the activity director.
- Limit content to evidence with no recommendations
- Introduction of a debate format with an unbiased moderator (point-counterpoint)
- Inclusion of moderated panel discussion
- Publication of a parallel or rebuttal article for an article that is felt to be biased
- Limit equipment representatives to providing logistics and operation support only in procedural demonstrations.
- Divestiture of the relationship by faculty: The reviewer should be a physician or other scientist with knowledge of the specialty area being reviewed and oftentimes the Executive Director will perform this first review and can then appoint a physician as an independent reviewer. The independent reviewer is not involved in the planning of this CME Activity and cannot have a relationship with any corporate entity supporting the CME activity. The reviewer should have a copy of this policy and a copy of the Standards for Commercial Support to fully grasp their responsibilities as the reviewer.

Off-Label or Unapproved Use of Drugs or Devices

It is the policy of the OPC to require the disclosure of all references to off-label or unapproved uses of drugs or devices prior to the presentation of educational content. The audience is advised that this continuing medical education activity may contain reference(s) to off-label or unapproved uses of drugs or devices. Please consult the prescribing information for full disclosure of approved uses.

Cancellation and Refund Policy

OPC reserves the right to change the delivery format, delay, or cancel a CME event due to any unforeseen circumstances. If an event is canceled, OPC will refund your registration fee in full. OPC will not be held responsible for the registrant's travel, hotel or other costs incurred resulting from the cancellation. Substitutions of other CME events may be made at any time without an additional charge; email cme@the-promise.org with your request. Refunds will be issued for all cancellations received two weeks prior to the start of the event. However, an administrative fee of \$100.00 will be charged for all refunds. "No shows" are subject to the full CME event fee. Cancellations/substitutions must be made in writing by email to cme@the-promise.org. No refunds or credits will be issued once the CME event has started.

Grievance Policy

All grievances should be initially directed in writing to the OPC Executive Director by email to director@the-promise.org who will share them with the OPC CME Program Committee. Grievances will receive a response within 30 days of receipt. If you do not receive a satisfactory response, you may notify the Council on Continuing Medical Education, AOA, 142 East Ontario St., Chicago, IL 60611.

Zoom Privacy Notice

When you join meetings and webinars hosted by OPC on Zoom, your profile information, including your name and profile picture, may be visible to other participants. Your name and email

address will also be visible to the account owner, Osteopathy's Promise to Children, and hosts when you join meetings or webinars on their account while you're signed in. The account owner and others in the meeting can share this information with apps and others.

CE21 Online Platform Privacy Statement

In accordance with the Accreditation Council for Continuing Medical Education (ACCME), accredited AOA providers that participate in CME activities on the Internet shall have a separate privacy policy for CME activities. The CME programs offered by the Osteopathy's Promise to Children (OPC) respect and value your privacy and the confidentiality of the information you choose to share with us. We are committed to the protection of this information and will ensure your privacy when participating in CME activities on our website. You may visit OPC's website without identifying yourself or revealing any personal information. If you choose to provide personally identifiable information (any information by which you can be identified), it will only be used to support your relationship with the Learning Center programs. Read more about OPC CE21 Online Education Privacy Statement [here](#).

Special Assistance

OPC complies with the Americans with Disabilities Act §12112(a). If any participant is in need of special assistance or has any dietary restrictions, please email us at cme@the-promise.org or call 619-548-8815 for assistance.

Your enrollment in the Program constitutes your release, waiver and consent to the following policies:

Liability Release and Waiver

THIS PROGRAM MAY INVOLVE PHYSICAL ACTIVITY, INCLUDING CONTACT BY AND WITH FACULTY AND OTHER COURSE PARTICIPANTS. THIS PHYSICAL ACTIVITY, INCLUDING BUT NOT LIMITED TO PHYSICAL DIAGNOSTICS AND

MANUAL THERAPEUTICS, COULD POSSIBLY ENTAIL RISK FOR COURSE PARTICIPANTS OF NEW INJURY OR AGGRAVATION OF PRE-EXISTING CONDITIONS. ALL COURSE PARTICIPANTS ACKNOWLEDGE AND AGREE TO ASSUME ALL RESPONSIBILITY AND RISK FOR ALL LOSSES AND DAMAGES, INCLUDING BUT NOT LIMITED TO ANY BODILY INJURY, DEATH, AND PROPERTY DAMAGE, ARISING OUT OF OR INCIDENT TO (I) ATTENDING THE COURSE, (II) PARTICIPATING IN THE COURSE, (III) USING EQUIPMENT OR FACILITIES DURING THE COURSE, AND (IV) USING OR MISUSING ANY KNOWLEDGE OR INFORMATION OBTAINED OR DERIVED FROM THE COURSE.

Indemnity

All course participants acknowledge and agree to indemnify, defend, and hold harmless OPC, OPC's officers, directors, employees, agents, affiliates, licensors, partners, independent contractors, suppliers and subcontractors from and against all claims, actions, suits, proceedings, losses, obligations, damages including but not limited to any bodily injury, death, and property damage, liabilities, costs, debt and expenses, whether known or unknown, anticipated or unanticipated, arising out of or incident to (i) attending the course, (ii) participating in the course, (iii) using the equipment or facilities during the course, or (iv) using or misusing any knowledge or information obtained or derived from the course at or outside of the course location. OPC reserves the right, at course participant's expense, to assume the exclusive defense and control of any matter for which course participant is required to indemnify OPC and course participant agrees to cooperate with OPC's defense of these claims. Course participant agrees not to settle any matter without the prior written consent of OPC. OPC will use reasonable efforts to notify course participants of any such claim, action, suit, or proceeding upon becoming aware of it. It is the responsibility of all participants to use the information provided within the scope of their professional license or practice.

Consent For Use of Photographic Images

Registration and attendance at or participation in OPC meetings and other activities constitutes an agreement by the registrant to OPC's use and distribution (both now and in the future) of the registrant or attendee's image or voice in photographs, videotapes, electronic reproductions, and audiotapes of such events and activities. To opt out of the agreement to consent of use of photographic images you must notify OPC in writing stating your desire to opt out by emailing OPC at cme@the-promise.org prior to the start of the event.

I HAVE READ THIS RELEASE OF LIABILITY AND WAIVER, THE INDEMNITY PROVISIONS AND THE CONSENT TO USE MY IMAGE, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY ENROLLING IN THE PROGRAM AND DO SO VOLUNTARILY.

Contacts

Osteopathy's Promise to Children
3706 Ruffin Road, San Diego, CA 92123
cme@the-promise.org
619-548-8815

For questions regarding the course content of this program, contact: Beth Levendoski, Executive Director at director@the-promise.org.

For questions regarding CME's, please contact: CME Administrator at cme@the-promise.org.



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