



# THE PROMISE

OSTEOPATHY'S PROMISE TO CHILDREN

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

## Rule of the Artery 2/3

### Course Directors:

Maxwell Fraval, LL.B., D.O., M.O.Sc.(Paed)  
Michael Solano, B.Sc, Dip.Ed, BAppSc (Osteo)



### Core Faculty (in chronological order)

Maxwell Fraval, LL.B., D.O., M.O.Sc.(Paed)  
Michael Solano, B.Sc, Dip.Ed, BAppSc (Osteo)

### Instructional Format

Live, in-person training with lecture and lab format

**Date:** May 6-8, 2023

**Time:** 8:00 AM to 5:30 PM PDT

**Cost:** \$1500, register [here](#)

**Note:** Each course registrant will receive a copy of the book, "Osteopathy in the Blood," when the book is published (which may be after the course occurs). Updates on book publication dates will be announced at the course.

**Location:** [Osteopathic Center San Diego \(OCSD\)](#)  
and / or Hilton Garden Inn Mission Valley/Stadium

**CME:** This program qualifies for AOA Category 1-A credit under an exemption approved by the "Bureau of Osteopathic Education of the American Osteopathic Association. The Bureau of Osteopathic Education of the American Osteopathic Association has approved this activity for 24 credit hours of AOA Category 1-A.

### Specialty Credits

Neuromusculoskeletal Med/OMM (pending).

### Lodging

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

### Activity Website

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

### CME Sponsor

Osteopathy's Promise to Children

### Course Description

The aim of this course is to apply the principles and practice of Dr. A.T. Still based on a study of Dr. Still's published works and utilizing the palpatory skills developed whilst following Dr. Sutherland's Teachings within the Science of Osteopathy. Consideration is given to some newly described anatomy associated with the control of cerebral circulation. The course then reviews some of the functional relationships between the heart and other organs.

The course will have a clinical orientation, based on the material presented and the skills developed in ROA 1, and will expand to consider the place of emotion in dysfunction, an approach in the treatment of mother and baby, and hypertension. The course will finish with a new perspective of the CV4 and the many rhythms of life.

1. The Biotensegrity of the Vasculature will explore how vascular fulcra integrate Dr. Sutherland's model of the PRM with Dr. Still's principle of the rule of the artery and vein. The functions of the PRM are expressed through vascular tensions with the heart as a biophysical and biomechanical fulcrum.

2. Invisible Rainbows: Charge and Function – how Electro-Magnetic Fields are affecting health: Dr Still spoke of the body's electrical function as an integral component of its nature. We are living in an increasingly charged environment and some are not coping too well. This lecture introduces 2 models to possibly explain why. The practical session explores the implication of excess EMF on our physiology.

3. The vascular interface with the Cerebrospinal fluid; CSF flow dynamics; CSF peptides and cerebral tone.

4. The periosteal membrane will be presented as a continuous functional membrane which resolves the tensions between voluntary and involuntary movements. This will include the fluctuation and function of bone fluid in relation to the physiology and function of bone marrow and the stem cell niche.

5. The spirals of Life lecture developed from an interest in the Fibonacci sequence. It proposes a model of membranous connection between the RTM and the architecture of the heart. This relationship is explored in the practical session.

6. Heart as Emperor: Understanding and exploring Ventricular vortex mechanics. This will include blood cavitation and blood volume, and the role of the heart's trabecular complexes and Thebrian veins in the development of the heart's code.

7. Kidney and Adrenals: this lecture is an overview of the multiple functions of the kidney and adrenal, and their relationship to the heart and vasculature. This relationship is developed in the practical sessions and will explore the functional dynamics associated with the increasing depth of the vasculature into the glands.

8. The function, anatomy and physiology of the midbrain and cavernous sinus will be investigated in relation to neurodegenerative disorders and brain trauma.

9. The integration of the heart and brain in cognitive function.

Ratio of faculty to students in labs for this course will be 6:1.

If you have any questions about this educational program, please contact staff at [cme@the-promise.org](mailto:cme@the-promise.org) or by calling our office at 619-548-8815.

### Professional Practice Gap

This is an OMM/OMT/OPP activity and as such is exempt from providing a practice gap analysis.

Elements from ROA 2 and ROA 3 have been integrated to allow an intermediate and advanced experience of the rule of the artery principles and practice.

A model is developed to explore the bio tensegrity of the heart and vessels and this serves to validate Dr Sutherland's model of cranial base motion.

The heart and vessels exert formative forces that are responsible for the bending and twisting of the embryo. These formative forces have relevant adult functions and provide a blueprint for health. The vectors of the vascular fulcra in the head and neck are consistent with Dr Sutherland's OCF model of cranial base motion. The axes of motion of the cranial bones and the sacrum and the function of the RTM can also be understood in vascular terms. The PRM expresses its biphasic motion through the vascular fluctuations.

### Educational Need

The activity will address osteopathic clinicians' needs to improve knowledge, competence and/or performance for treating systemic disorders related

to circulation by leveraging the principles of osteopathic medicine.

Participants will review and improve their knowledge of the physiology of circulation and the biophysics of flow. Detailed anatomy of the cerebrospinal venous flows and the sensorimotor functions of venous structures will be investigated. There is important information regarding intravascular communication and the recycling of neurotransmitters and hormones. The physiology of proteinopathies is also viewed in the context of intravascular transport and how this may impact neurodegenerative diseases, PTSD and neuroendocrine disorders.

This understanding will be applied to conditions such as children with learning difficulties, and neuro endocrine disorders that relate to the function of the cavernous sinus.

### Desired Outcomes

Applying the ROA principles to allow practitioners to develop palpatory and perceptual skills to utilize the heart and vessels as fulcra in the diagnosis and treatment of somatic dysfunction.

OMM practitioners will acquire a greater understanding of how and why the forces they apply have the potential to influence somatic dysfunction on many different levels.

### Evidence-based Resources

1. Pollack, Gerald H., The Fourth Phase of Water: Beyond Solid, Liquid and Vapor, Edgescience #16, November 2013, page 14-18.
2. DeSesso, J.M., Vascular ontogeny within selected thoracoabdominal organs and the limbs, Reproduce Toxicol (2016), pages 3-20.
3. McCaig, Colin D., Controlling Cell Behavior Electrically: Current Views and Future Potential, Physiol Rev 85: 943–978, 2005, 943-978.

### Educational Objectives

Andrew Taylor Still, MD, DO, the founder of Osteopathy, made the pronouncement, "*The rule of the artery is universal.*" His student, William Garner Sutherland, DO said, "*The rule of the artery is supreme; the CSF is in command.*" This course, developed by osteopaths in Australia and New Zealand, seeks to teach these principles and the requisite skills for Osteopaths to evince these truths using osteopathic palpatory diagnosis and treatment.

Upon completion, the OMM practitioner will use the ROA 2/3 principles and applications to examine and treat the intricacies of trauma and disease.

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

1. How to palpate the flow of blood in the heart and arteries. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)
2. The quality of spiral flow and turbulent flow. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)
3. Enhance knowledge of embryology and anatomy of the cardiovascular system. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)
4. Identify the routes of venous return and the quality of that palpated blood flow. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)
5. Identify the anatomy of the lymphatics and palpating that flow. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)

Application into Osteopathic Medical Practice, Osteopathic Patient Care)

6. Enhance knowledge of the anatomy of the heart, lungs and mediastinum. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)

7. Learn more about the heart as a generator, the brain as a battery, and the autonomic nervous system as the intermediary. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)

8. Learn how the functions of the primary respiratory mechanism are expressed through vascular tensions with the heart as a biophysical and biomechanical fulcrum. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)

9. Learn two models explaining how the Electro-magnetic fields could be affecting health and palpating those effects in the body. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)

10. Learn more about the vascular interface with the cerebrospinal fluid, including its effects on CSF flow dynamics, CSF peptides and cerebral tone, and palpating those effects. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)

11. Learn more about the periosteum functions as a continuous functional membrane which resolves the tensions between voluntary and involuntary movements, and palpating this effect. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)

12. Learn about a model of the membranous connection between the reciprocal tension

membrane and the architecture of the heart. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)

13. Deepen your understanding of the cardiac ventricular vortex mechanics and the role of physics of the blood fluid and anatomic structures of the heart. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)

14. Identify the relationship of the heart to the functions of the kidneys and adrenals and palpating findings of that functional dynamic. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)

15. Learn about the functional anatomy and physiology of the midbrain and cavernous sinus, and its relation to neurodegenerative disorders and brain trauma. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care)

16. Learn more about the integration of the heart and brain in cognitive function. (Osteopathic Principles and Practice, Medical Knowledge and Its Application into Osteopathic Medical Practice, Osteopathic Patient Care).

### Recommended Reading, Additional Resources and Related Products

See all articles as handouts posted to your account under the course detail.

### Prerequisites

Must show proof of satisfactory completion of an ROA 1 course in a previous year. Email proof of satisfactory completion of a 40-hour as stated to [cme@the-promise.org](mailto:cme@the-promise.org).

### Target Audience

Physician-DO and Physician-MD only.

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

This program qualifies for AOA Category 1-A credit under an exemption approved by the "Bureau of Osteopathic Education of the American Osteopathic Association."

### 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. OPC verifies attestation against the live sign-in sheets and 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.

### 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.

Any relevant financial relationship which occurred in the twelve-month period before the time an individual was asked to assume a role controlling content in this CME activity, and which relates to the content of the educational activity, causing a conflict of interest must be disclosed here. The following faculty, presenters and planning

committee members have indicated that they have no relationships with ineligible companies that could be perceived as a potential conflict of interest.

Name of Faculty/ Presenter/ Planner	Role(s)	Reported Financial Relationship
Maxwell Fraval, LL.B., D.O., M.O.Sc.(Paed)	Course Director/ Speaker	None
Michael Solano, B.Sc, Dip.Ed, BAppSc (Osteo)	Course Director/ Speaker	None

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 Directors/Faculty



Maxwell Fraval, LL.B., D.O., M.O.Sc.(Paed)

Maxwell Fraval, LL.B., D.O., M.O.Sc.(Paed), will speak on the following topics: Bio-tensegrity of the Vasculature (Part 2), Application: Diagnose a pattern of cranial mechanics: Explore the vascular implications, Dr. Still's Carinae, Sensory and Motor Functions of the Veins, I/V Septum: Shifting Suspended Fulcrum, Spleen, GIT and Neurotransmitters, Heart, Brain and Cognitive Functions.

Maxwell Fraval received his undergraduate osteopathic degree in England in 1978 and his masters level degree in pediatric osteopathy in Australia in 1998. He has extensive additional training through post-graduate courses taken in Europe, Australia, and the US. He has been involved in osteopathic teaching throughout his career and in Australia he has been instrumental in the development of several teaching programs and helped found two teaching foundations.

In 2012, he established the Australian Research College of Osteopathic Medicine, Ltd. This is a

non-profit public company with the mission of promoting and carrying out educational and research activities. Mr. Fraval has several published papers in osteopathic journals and has contributed chapters for two osteopathic textbooks. Dr. Fraval is a leading scholar in osteopathic manipulative medicine in general and osteopathy in the cranial field in particular. He, along with his colleagues in Australia and New Zealand, has developed a unique and innovative understanding in his application of osteopathy. He will be sharing this osteopathic knowledge and skills with US physicians who will benefit by being able to incorporate these approaches into their own clinical practices for the benefit of their patients. In addition, many of the US physicians attending the course are themselves teachers in post-graduate education and several of them are faculty at various US colleges of osteopathic medicine. And so there will be significant opportunities for exchange between Dr. Fraval and US faculty from around the country. Another task for Dr. Fraval is to begin to develop a select group of physicians here in the US that can become specialized in this approach and continue a high level of teaching in this subject.



Michael Solano, B.Sc, Dip.Ed, BAppSc (Osteo)

Michael Solano B.Sc, Dip.Ed, BAppSc (Osteo) will speak on the following topics: A Neuro-Vascular Paradigm for Cranial Biomechanics: Biotensegrity of the Vasculature (Part 1), Application: Diagnose a pattern of cranial mechanics: Explore the vascular implications, Structured Water and the Body Electric, Function of the Cavernous Sinus and Midbrain, Matrix Dysfunction and Hypertension, Heart and Vasculature as Therapeutic Fulcrum, and PTSD and Vascular Implications.

Michael Solano received his osteopathic degree in 1992 in Australia. He has extensive additional training through post-graduate courses taken in Australia and the US. He has been very actively involved in post-graduate osteopathic teaching since 2009, including in a number of European countries. He is associated with and teaches for the Australian Research College of Osteopathic Medicine, Ltd. Particular areas of expertise in his teaching are anatomy and embryology. Mr. Solano was an editor of the Australian Osteopathic Journal for five years.

Mr. Solano was a lecturer of the OCF Fundamentals for the Osteopathic Summer & Winter Schools. During the same time, he has been teaching the ROA 1 and 2 courses in Australia, Europe and the USA. Dr. Solano has experience with organizing and lecturing multiple courses, please find a list of these courses in his CV. Mr. Solano is a leading scholar in osteopathic manipulative medicine in general and osteopathy in the cranial field in particular. He, along with his colleagues in Australia and New Zealand, has developed a unique and innovative understanding in his application of osteopathy. He will be sharing this osteopathic knowledge and skills with US physicians who will benefit by being able to incorporate these approaches into their own clinical practices for the benefit of their patients. In addition, many of the US physicians attending the course are themselves teachers in post-graduate education and several of them are faculty at

various US colleges of osteopathic medicine. And so there will be significant opportunities for exchange between Dr. Solano and US faculty from around the country. Another task for Dr. Solano is to begin to develop a select group of physicians here in the US that can become specialized in this approach and continue a high level of teaching in this subject.

Current Covid Policy [here](#)\*

Email [cme@the-promise.org](mailto:cme@the-promise.org) with any questions.

### 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:cme@the-promise.org) or call 619-548-8815 for assistance.

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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 participant 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.

## Contacts

Osteopathy's Promise to Children  
3706 Ruffin Road, San Diego, CA 92123  
[cme@the-promise.org](mailto: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](mailto:director@the-promise.org).

For questions regarding CME's, please contact: CME Administrator at [cme@the-promise.org](mailto:cme@the-promise.org).



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## ACTUAL REVISED (MAY 8, 2023) AGENDA

Day	Agenda Item	Start Date	End Date	Total Credits
1	Day 1: Saturday, May 6, 2023			
1	Registration: check in at registration desk	05/06/2023 07:30 AM	05/06/2023 08:00 AM	
1	Introduction	05/06/2023 08:00 AM	05/06/2023 08:30 AM	0.5
1	Lecture: A Neuro-Vascular Paradigm for Cranial Biomechanics: Biotensegrity of the Vasculature (Part 1)	05/06/2023 08:30 AM	05/06/2023 09:30 AM	1
1	Lab: Application	05/06/2023 09:30 AM	05/06/2023 10:15 AM	0.75
1	Discussion in small groups	05/06/2023 10:15 AM	05/06/2023 10:45 AM	
1	Lecture: A Neuro-Vascular Paradigm for Cranial Biomechanics: Biotensegrity of the Vasculature (Part 2)	05/06/2023 10:45 AM	05/06/2023 11:45 AM	1
1	Lab: Application	05/06/2023 11:45 AM	05/06/2023 12:30 PM	0.75
1	Lunch	05/06/2023 12:30 PM	05/06/2023 01:30 PM	
1	Lecture: Dr. Still's Carinae	05/06/2023 01:30 PM	05/06/2023 02:15 PM	0.75
1	Lab: Practicum	05/06/2023 02:15 PM	05/06/2023 03:00 PM	0.75
1	Lecture: Structured Water and the Body Electric	05/06/2023 03:00 PM	05/06/2023 03:45 PM	0.75
1	Lab: Application	05/06/2023 03:45 PM	05/06/2023 04:15 PM	0.75
1	Break	05/06/2023 04:15 PM	05/06/2023 04:45 PM	

1	Lecture: Sensory and Motor Functions of the Veins	05/06/2023 04:45 PM	05/06/2023 05:30 PM	0.75
1	Lab: Practicum	05/06/2023 05:30 PM	05/06/2023 06:00 PM	0.75
2	Day 2: Sunday, May 7, 2023			
2	Lecture: Review	05/07/2023 08:30 AM	05/07/2023 08:45 AM	0.25
2	Lecture: I/V Septum: Shifting Suspended Fulcrum	05/07/2023 08:45 AM	05/07/2023 09:45 AM	1
2	Lab: Practicum	05/07/2023 09:45 AM	05/07/2023 10:30 AM	0.75
2	Discussion in small groups	05/07/2023 10:30 AM	05/07/2023 11:00 AM	0.5
2	Lecture: Heart and Vasculature as Therapeutic Fulcrum	05/07/2023 11:00 AM	05/07/2023 12:00 PM	1
2	Lab: Practicum	05/07/2023 12:00 PM	05/07/2023 01:00 PM	0.5
2	Lunch	05/07/2023 01:00 PM	05/07/2023 02:00 PM	
2	Lecture: Spleen, GIT and Neurotransmitters	05/07/2023 02:00 PM	05/07/2023 03:00 PM	1
2	Lab: Practicum	05/07/2023 03:00 PM	05/07/2023 03:30 PM	0.5
2	Discussion in small groups	05/07/2023 03:30 PM	05/07/2023 04:00 PM	0.5
2	Lecture: Matrix Dysfunction and Hypertension	05/07/2023 04:00 PM	05/07/2023 05:00 PM	1
2	Lab: Practicum	05/07/2023 05:00 PM	05/07/2023 05:30 PM	0.75

3	Day 3: Monday, May 8, 2023			
3	Lecture: Review	05/08/2023 08:30 AM	05/08/2023 09:00 AM	0.5
3	Lecture: Function of the Cavernous Sinus and Midbrain	05/08/2023 09:00 AM	05/08/2023 10:00 AM	1
3	Lab: Practicum	05/08/2023 10:00 AM	05/08/2023 11:00 AM	1
3	Discussion in small groups	05/08/2023 11:00 AM	05/08/2023 11:30 AM	0.5
3	Lecture: Heart, Brain and Cognitive Functions	05/08/2023 11:30 AM	05/08/2023 12:45 PM	1.25
3	Lab: Practicum	05/08/2023 12:45 PM	05/08/2023 01:45 PM	1
3	Lunch	05/08/2023 01:45 PM	05/08/2023 02:45 PM	
3	Lecture: PTSD and Vascular Implications	05/08/2023 02:45 PM	05/08/2023 03:45 PM	1
3	Lab: Practicum	05/08/2023 03:45 PM	05/08/2023 04:45 PM	1
3	Discussion in small groups	05/08/2023 04:45 PM	05/08/2023 05:15 PM	0.5
	Adjourn		05/08/2023 05:15 PM	
				24hrs



## THE PROMISE

OSTEOPATHY'S PROMISE TO CHILDREN

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