Southern Ontario College of Osteopathy Upper Extremity Region. Osteopathic clinical assessment and treatment including the major osteopathic techniques. (Course outline) 23 hours

- 1. Review of the anatomy and physiology of the upper extremity region
- 2. Biomechanics of the upper extremity region
- 3. Autonomic nervous system
- 4. Peripheral nervous system
- 5. Pathology of the upper extremity region
 - A. Inflammatory processes (tendinitis, bursitis, osteoarthritis, "frozen shoulder", "tennis elbow" etc.)
 - B. Post-traumatic changes
- 6. Radiography of the lower extremity
- 7. Osteopathic and orthopaedic assessment of the upper extremity region
- 8. Osteopathic structural diagnosis
- 9. Muscle Energy Techniques for the treatment of the upper extremity region
- 10. Soft Tissue Techniques for the treatment of the upper extremity region
- 11. Counterstrain for the treatment the upper extremity region
- 12. Oscillatory Techniques for the treatment of the upper extremity region
- 13. Ligamentous Articular Strain Techniques for the treatment of the upper extremity region

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