

**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