

*Osteopathic College
of Ontario*



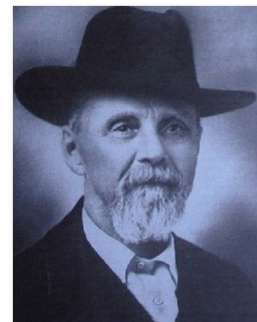
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Why Study Osteopathy ?

Osteopathic medicine is a unique form of American medical care that was developed by Andrew Taylor Still, M.D. Dr. Still was dissatisfied with the effectiveness of 19th century medicine. He believed that many of the medications of his day were useless or even harmful. Dr. Still was one of the first in his time to study the attributes of good health so that he could better understand the process of disease.

In response Dr. Still founded a drugless method of manipulation and philosophy based on ideas that date back to Hippocrates, the Father of Medicine. The philosophy focuses on the unity of all body parts. He identified the musculoskeletal system as a key element of health. He recognized the body's ability to heal itself and stressed preventative medicine, eating properly, and keeping fit.



Dr. Still pioneered the concept of wellness over 100 years ago. Osteopathy has provided the pathway toward healing many types of illnesses that have failed other treatments through restoring blood flow and lymphatic flow and enhancing respiration through the relaxation of body tissues. Sports medicine is also a natural outgrowth of Osteopathic practice because of its focus on the musculoskeletal system, Osteopathic Manipulative Treatment, diet, exercise, and fitness.



Dr. Steven Sanet, D.O. - Physician & Founder

The Osteopathic College of Ontario (OCO) was founded by [Steven Sanet, D.O.](#) as an alternative for those suffering from pain and illness within the current health system, and as an educational center devoted to teaching gentle, osteopathic techniques that allow the body to heal itself.

Dr. Steve Sanet, D.O, is an Internationally acclaimed American Osteopathic physician, lecturer, and founder of the Osteopathic Health and Wellness Institute (OHWI) in the United States and the Osteopathic College of Ontario (OCO) in Canada.

Dr. Sanet distinguished himself as a Summa Cum Laude, Phi Beta Kappa graduate from the Pennsylvania State University and then completed his Osteopathic Medical degree from NOVA-SECOM.

Dr. Sanet has established many Osteopathic programs around the world and has been the Keynote speaker for the British Osteopathic Association, The Finish Federation of Osteopaths, The Brazilian Congress of Osteopathy, and the Australian Osteopathic Association.



He is a frequent lecturer at many prestigious medical colleges and universities around the world and on every continent.



Our Faculty is Diverse

The Osteopathic College of Ontario brings together the highest quality faculty from around the world who share their experiences in our many programs around the globe. All of our faculty are practicing Osteopaths with a variety of pre-Osteopathic backgrounds which brings together a wealth of medical knowledge for our students.

Our faculty are comprised of Osteopathic Physicians, , Medical Doctors, Ph.D's, Registered Massage Therapists's, Physical Therapists's, Chiropractors, Acupuncturists, Oriental Medical Doctors, Nurses, all of whom practice Osteopathy. We are all clinicians.

Why Choose us ? We have prerequisites.

Our program requires that you have a clinical practice and are in the health care profession already. If you are not a health care provider then our program is not for you. Our classes are conducted within our clinic. You will be in a class with professionals and not with people who have with zero health care experience.

Our program is designed for working professionals.

Our program can be completed in 36 months on a part-time basis. This allows busy professionals to study and immediately implement new osteopathic techniques and principles into their practice. Our school will give you all the tools you need to practice Osteopathy in the most cost effective manner from the highest qualified teachers. Dr. Sanet is perhaps one of the most well regarded international lecturers in the world.





Alternative Medicine.

Osteopathy has many tools and skills for the alternative medicine practitioner. Tools such as Cranial manipulation, Organ manipulation and Muscle Energy techniques which can assist the body's natural healing ability.

Counterstrain technique and Myofascial release technique, functional technique, lymphatic drainage and Ligamentous Articular strain technique offer even more gentle approaches to relieving back pain, neck pain and headaches complaints.

Wide range of diseases.

Osteopathy uses a variety of hands on manipulation that can treat difficult cases of pain in any part of the body.

Many other conditions may be treated as well such as neurologic conditions, gastric and cardiovascular conditions, respiratory conditions, infections, and genetic problems.

Osteopathy can treat these diseases because Osteopathic technic is not based on finding the disease, it is more of an

approach of supporting the body's natural healing mechanisms by reducing overall tension in the body.

By directly loosening tension and increasing blood

Often people may have pain for 20 years or longer without successful treatment and Osteopathy may be the solution that provides new answers.



flow, lymphatic flow, cerebrospinal fluid flow and oxygenation, the body can fight off many powerful disease states and infections.

Tension in the body's fascia and muscles also increases tension on many nerves thereby causing many painful conditions.

International Affiliation.

Our graduates qualify for membership in the Society of Osteopaths of Canada as well as the Ontario Federation of Osteopathic Professionals and as members they enjoy international recognition and accreditation for their Osteopathic diploma.



Common Conditions Treated with Osteopathy

Treating Adults and Children

- Back Pain
- Neck Pain
- Chronic Pain
- Failed Back Surgery
- Fibromyalgia
- Post Surgical Adhesions
- Frozen Shoulder
- Carpal Tunnel Syndrome
- Colic, irritable babies
- Herniated Disks
- Irritable Bowel Syndrome
- Arthritis
- Autism
- Attention Deficit Disorder
- Gastric Reflux (GERD)
- Scoliosis
- Shin Splints
- High Blood Pressure
- Jaw Pain (TMJ)
- Lymphedema
- Plantar Faciitis
- Foot pain
- Elbow pain

An Alternate Approach

- Migraine Headaches
- Cluster Headaches
- Neuralgias
- Chronic Ear Infections
- Amblyopia (lazy eye)
- Strabismus (crossed eye)
- Tinnitus
- Hearing loss
- Vertigo
- Dizziness
- Chronic Fatigue
- Seizure disorder
- Infections
- Otagia or Scalp Pain
- Loss of Smell
- Asthma
- Breathing difficulty
- Tennis Elbow
- Golfer's Elbow
- Shoulder pain
- Bursitis
- Hip Pain
- Joint Degeneration

No Drug Side Effects

- Craniosynostosis
- Degenerative Disk
- Plagiocephaly
- Postural imbalances
- Sinusitis
- Sprains and Strains
- Bell's Palsy
- Tendonitis
- Trigeminal Neuralgia
- Vision Changes
- Reflex Sympathetic Dystrophy (RSD)
- Multiple Sclerosis
- Tremors
- Anxiety
- Depression
- Tendonitis
- Premenstrual Syndrome
- Painful Menses
- Infertility
- Genetic disorders
- Global Developmental Delay

Curriculum at a glance

Our program is only for currently licensed health care professionals with a current license to practice their specialty. Thus basic physiology and anatomy has been covered in the students prerequisite study. The necessary physiology, anatomy, biomechanics, and clinical application as it pertains to Osteopathy is covered in the individual quanta of our program.

Our program is composed of 12 quanta with each quanta lasting 3 days for a total contact time of 24 hours per meeting.

Quantum Assessment: This three day tour explores the osteopathic approach to treatment and of course the assessment necessary to engage. It will explore the “find it, fix it and leave it” concepts so commonly referred to in osteopathy by its founder, Andrew Taylor Still. This quantum will broaden your clinical horizon and initiate the thought pattern required to master the osteopathic approach to treatment. A complete review of biomechanical assessment as well as techniques to incorporate assessment into treatment will guide you to success in your therapeutic sessions.

Highlights

- Osteopathic History
- Osteopathic Philosophy
- Osteopathic Nomenclature
- Biomechanical Diagnosis

Quantum Muscle Energy: Elements of MET have been described and documented for many years. Fred Mitchell Sr. D.O., F.A.A.O. is generally given credit for developing the MET system in its modern day form. Muscle Energy offers a complete approach to diagnosis and treating somatic dysfunction with an arsenal of both direct and indirect techniques. With MET, the patient performs an isometric contraction wherein the following physiologic changes occur: Golgi tendon organ activation results in direct inhibition of agonist muscles. A reflexive reciprocal inhibition occurs with respect to the antagonistic muscles. As the patient relaxes, agonist and antagonist muscles remain inhibited allowing the joint to be moved further into the restricted range of motion. Muscle Energy Technique can be used whenever somatic dysfunction is present and/or whenever there is a need to normalize abnormal neuromuscular relationships; improve local circulation and respiratory function; lengthen restricted muscles and or mobilize restricted joints. In this course you will be introduced to history, application, theory and technique of Muscle Energy..... **Continued next page**

Quantum Muscle Energy Continued: The application will be demonstrated and applied in class to all areas of the body. You will be taught proper technique and then guided through practical application with a high teacher to student ratio to promote the full understanding of the material in action.

Highlights

- Muscle Energy I - Introduction & Cervical Spine
- Muscle Energy II - Thoracic Spine
- Muscle Energy III — Ribcage
- Muscle Energy IV - Abdomen, Lumbar, Sacrum & Pelvis
- Muscle Energy V - Oculocephalogyric Reflex
- Upper & Lower Extremities, Isotonic & Isolytic Applications
- Spinal Mechanics I — Cervical
- Spinal Mechanics II — Thoracic
- Spinal Mechanics III - Mechanics of Harrison Fryette, D.O.
- Spinal Mechanics IV — Lumbar
- Spinal Mechanics V — Sacrum

Quantum Visceral: "Visceral Manipulation is used to locate and solve problems throughout the body. It encourages your own natural mechanisms to improve the functioning of your organs, dissipate the negative effects of stress, enhance mobility of the musculoskeletal system through the connective tissue attachments, and influence general metabolism." J.P. Barral DO. In this first encounter of Visceral Manipulation the college will cover the concepts of mobility and motility of the viscera. The organs studied in this quantum include: the liver, gall bladder, esophagus stomach, and the small and large intestines and their respective fixations. Completion of this course is required prior to enrolling in the Quantum Visceral Advanced course.

Highlights

- Visceral Manipulation - Abdomen, Part I (liver and gall bladder)
- Visceral Manipulation - Abdomen, Part II (esophagus stomach)
- Visceral Manipulation — Small and Large Intestines
- Visceral Manipulation — “Sphincter Like Areas”

Quantum Visceral Highlights Continued

- Disc Pathology (Degeneration & Herniation)
- Lumbar Pain & Sciatica
- Irritable Bowel Syndrome
- Gastroesophageal Reflux Disease

Quantum Visceral Advanced: The quanta focuses on manipulation of the viscera of the thorax and pelvis. Global diagnosis of the viscera and inhibition are taught as an expansion of the local and regional diagnostic tools already acquired from the previous visceral quanta. The thorax is unique in that it must provide protection to the vital organs while at the

same time allowing for reasonable movement and protection of highly vascular organs. The course material will cover the thorax using long bone compression, recoil technique, and exploring pulmonary fissures and the axis of the lungs utilizing a motility focus. The focus of treatment will be all structures which pertain to the movement of the thorax and the underlying viscera of life, lungs, trachea, bronchi, mediastinum, heart, pericardium, and diaphragm. The pelvis is explored using both motility and mobility focusing on diagnosis and treatment of the ligamentous support structures as they relate to the uterus, bladder, ovaries, fallopian tubes, vas deferens, ureters, kidney, adrenal glands and more. This course is a wonderful extension of the skill set obtained from the first visceral course and a step closer to the full osteopathic approach to treatment. Quantum Visceral is a mandatory prerequisite to enrolling in this course.

Highlights

- Visceral Manipulation IV (Thorax)
- Visceral Manipulation V (Global Diagnosis)
- Visceral Manipulation VI (Thermal Diagnosis)
- Hua Shan Pa Chi Gung & Visceral Osteopathy
- Visceral Manipulation III (Pelvis)
- Thoracic Cage Compliance
- Sports & Performing Arts Manipulation
- Neuropathy & Complex Regional Pain Syndrome
- Adhesive Capsulitis

Quantum Visceral Advanced Highlights Continued:

- Cervical Radiculopathy & Brachioplexopathy
- Fertility, Infertility & Dysparunia
- Menstruation & Pre Menstrual Syndrome
- Incontinence of the Bowel & Bladder

Quantum Cranial: The Vault — this course is the foundation of cranial osteopathy. As an area of significant focus it will begin with the history of the modality from Dr. Sutherland and Dr. Weaver. The course covers the

five phenomena, of which The Primary Respiratory Mechanism is derived. As the PRM fuels the focus of cranial it will be heavily emphasized as well as all structures involved in the vault and the diaphragms that follow. The course will explore anatomy and theories of causation of the primary respiratory mechanism, the physiology of the PRM as well as contraindications and a protocol for treatment of the vault, diaphragms and sacrum.

Highlights

- Craniosacral Manipulation - Theory
- Craniosacral Manipulation - The Vault
- Craniosacral Manipulation - Sphenobasilar Diagnoses
- Diaphragm diagnoses and treatment
- Cranial Vault Protocol
- Pharmacologic Implications
- Temporal Dysfunction, Dizziness,
- Vertigo & Tinnitus
- Seizure Disorder

Quantum Cranial Advanced: Intraoral, the face, dorsum sellae and specialty techniques will continue our journey through the osteopathic cranial approach. Intraoral techniques will unlock physical maladies such as TMJ and cervical pain as well as emotional lesions via the “avenue of expression.” We will explore the effect of the PRM on the facial bones as well as discuss and demonstrate advanced cranial theories such as “anterior midline and embryologic unfolding” and the role of the dorsum sellae, theories advanced by Dr. Sutherland and Dr. Weaver. Quantum Cranial is a mandatory prerequisite to enrolling in this course.

Quantum Cranial Advanced Highlights

- Craniosacral Manipulation - Intraoral Technique
- Craniosacral Manipulation - The Face
- Craniosacral Manipulation - Anterior Midline
- Craniosacral Manipulation - Global Diagnosis
- Craniovisceral Integration
- Pediatric Integration
- Chronic Sinusitis
- Temporomandibular Joint Dysfunction
- Attention Deficit Disorder & Attention Deficit Hyperactivity Disorder
- Craniosynostosis & Plagiocephaly
- Minimal Brain Injury
- Trauma, Force Vectors, and the Emotional Component

Quantum Lymphatic Activation: The lymphatic system is a vital system of the body that must not be neglected, emphasized Dr Still, who wrote, "We lay much stress on the uses of blood and the powers of the nerves, but have we any evidence that they are of more vital importance than the lymphatic's?" Lymphatic distribution is ubiquitous throughout the body. You will learn original and advanced theories of this low-pressure pervasive system and evaluation and treatment for congestive conditions such as edema and respiratory restrictions including asthma, bronchitis, and the common cold.

Highlights

- Lymphatic activation technique
- Cross fiber lymphatic technique
- Liver & Splenic pumping techniques
- Recoil application for the lymphatic system
- Lymphatic composition and hydration
- Dr. Millard's observations of the lymphatic system

Quanta Ligamentous Articular Strain 1 & 2: LAS is a body of soft tissue techniques that has been preserved by the Dallas Osteopathic Study Group. The study group, at one time organized by Dr. Robert Fulford, Rollin Becker and Allen Becker, described these LAS techniques as “how Dr. Sutherland (known for Cranial osteopathy) treated the rest of the body. It is believed, by some, that Ligamentous Articular Strain, are the actual techniques used by Dr. Still in the origins of osteopathy. Classical techniques such as the “Bootjack technique” will be introduced and perfected. LAS is taught in two quanta which may be taken in any order.

Highlights

- History of LAS
- LAS theory of injury exaggeration
- Classical techniques
- Disengagement
- Tissue balancing

Quantum Myofascial Techniques: Myofascial techniques provide the handshake of interaction and the hands on for insight into somatic dysfunction. You will learn the indication and application of direct and indirect technique as well as its application to release physical and emotional traumas. Fascia is a structure with an incredible tensile strength and piezoelectric properties. This integumentary system is contiguous throughout the body covering muscles, nerves, and separating body cavities and even integral to the immune system.

Highlights

- Biomechanical Whole Body Diagnosis & 10 Step Exam
- Dr. Zink's Common Compensatory Pattern - Fascial Patterns
- Myofascial Release - Cervical, Thorax & Ribcage
- Myofascial Release - Lumbar, Sacrum, Pelvis & Lower Extremity
- Myofascial Release - Shoulder, Upper Extremity, Face & Scars
- The Importance of Fascia
- Gravity & Fascial Compensation
- Travel's Trigger Points
- Homunculi, Dermatomes, Myotomes, & Sclerotomes

Quantum Counterstrain: In this quantum you will learn counterstrain technique, developed by Dr. Lawrence Jones, and its application to the entire body. This body of work is indirect and patient passive, and as such, is particularly useful for patients in acute pain. Facilitated Positional Release developed by Dr. Stanley Schiowitz and Dr. Eileen DiGiovanna will enhance skills learned in counterstrain to make an improved armamentarium of soft techniques applicable in nearly any

situation. Lastly, we will incorporate Functional Technique, developed by Dr. William Johnston, which will give the operator the ability to balance motor units using subtle motions and breath.

Highlights

- Counterstrain I - Cervical, Thorax, Lumbar & Sacrum
- Counterstrain II - Ribcage, Abdomen & Pelvis
- Counterstrain III - Shoulder, Upper & Lower Extremities
- Facilitated Positional Release - Whole Body
- Functional Technique I - Cervical Spine
- Functional Technique II - Thorax, Lumbar, Sacrum & Ribcage • Functional Technique III - Upper & Lower Extremities

Quantum Integration:

This quantum will help the student to integrate the many modalities of osteopathy. Dr. Sanet will provide lecture and practical application of the physical, emotional, and energetic components of osteopathic manipulation, as well as provide much insight into the successful thought processes of osteopathic practitioners and much more.

Advanced Cranial and Advanced Visceral quanta are prerequisites to this quantum.

Tuition Fees & Course Schedule

Please contact J. Yamahata, BSCc., Osteopathic College of Ontario course coordinator for the Japan program about tuition and scheduling for the Diplomate in Osteopathic Manipulative Theory & Practice Program.

Diplomate Application Form Page 1 of 2

1. Personal Information:

First Name:

Last Name

e-Mail:

Street Address:

City:

Province/State

Postal/Zip code

Country

Day Phone

Night Phone

2. Educational Background:

Please use the space below to detail your college or university background.

College/University:

Address:

Degree Earned:

Diplomate Application Form Page 2 of 2

3. Health Care Practitioner Background:

Please use the space below to detail your background as a health care practitioner.:

Practitioner Title:

Type of License Held:

4. Please use the space below to state your desire in pursuing this program or you may attach a separate file or paper document:

5. You may submit **both pages** of this form along with payment or you may visit our facility to pay. There is no application fee for the Quantum Program. Please mail to:

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