



Course Syllabus

2024 Primary Care Update

June 1, 2024

Honolulu Country Club
1690 Ala Pu'umalu Street
Honolulu, Hawaii 96818

**The Hawaii Association of
Osteopathic Physicians and Surgeons**

Michael Jaffe, D.O., HAOPS Program Chair

Spencer Lau, D.O., HAOPS President

www.hawaiiosteopathic.org



OSTEOPATHIC PLEDGE OF COMMITMENT

As members of the osteopathic medical profession, in an effort to instill loyalty and strengthen the profession, we recall the tenets on which this profession is founded – the dynamic interaction of mind, body and spirit; the body’s ability to heal itself; the primary role of the musculoskeletal system; and preventive medicine as the key to maintain health. We recognize the work our predecessors have accomplished in building the profession, and we commit ourselves to continuing that work.

I pledge to: *Provide compassionate, quality care to my patients;*

Partner with them to promote health;

Display integrity and professionalism throughout my career;

Advance the philosophy, practice and science of osteopathic medicine;

Continue life-long learning;

Support my profession with loyalty in action, word and deed; and

Live each day as an example of what an osteopathic physician should be.

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Link available on-site only:

Conference & Speakers Evaluation Survey

CME Attendance Attestation Survey

Both are required to earn AOA 1-A CME Credits

PROGRAM-at-a-GLANCE: SATURDAY, JUNE 1, 2024

7:30a	<i>Registration, Continental Breakfast, Visit with Vendors</i> Welcoming Remarks and Housekeeping Announcements <i>HAOPS Program Chair Michael Jaffe, D.O.</i>
7:45 - 8:45a	A Clinical Approach for the Treatment of Low Back Pain <i>Michael Jaffe, D.O., FSMB, AAOE</i>
8:45 - 9:45a	Neurology Updates on Parkinson's Disease and Movement Disorders <i>Fay Gao, M.D.</i>
9:45 - 10:00a	<i>Coffee Break</i>
10:00 - 11:00a	Concussion Update: Current Best Practices <i>Jennifer King, D.O., FAAP, CAQSM</i>
11:00a – Noon	Update on the Profession including Physician Wellness <i>Ira P. Monka, D.O., FACOFP</i> <i>President of the American Osteopathic Association</i>
Noon – 1:00p	<i>Break, Lunch & Visit Display Booths</i>
1:00 - 2:00p	What Primary Care Physicians Need to Know About Reading Spine MRIs <i>Matthew E. Harris, M.D.</i>
2:00 - 3:00p	Lifestyle Medicine in Primary Care <i>Sarah Canyon, M.D., Ph.D.</i>
3:00 - 3:45p	Cervicalgia and Low Back Pain - Family Medicine Pearls <i>Robert S. Gitlin, D.O. and Karla S. Frey-Gitlin, D.O.</i>
3:45 – 5:00p	Cervicalgia and Low Back Pain - Family Medicine Pearls: OMT hands-on workshop <i>Karla S. Frey-Gitlin, D.O. and Robert S. Gitlin, D.O.</i>
5:00p	Conference concludes

CONFERENCE INFORMATION

The Mission of the Hawaii Association of Osteopathic Physicians and Surgeons is to:

- Aid and encourage those actively engaged in the practice of osteopathic medicine and surgery in the state of Hawaii to maintain high standards of osteopathic practice;
- Collect and disseminate information for the education and improvement of the profession, as well as, encouraging active participation in the legislative process to advocate for our patients and our profession, and to promote opportunities for fellowship among the osteopathic community in the State of Hawaii; and
- Support and encourage AOA CME activities and programs in the state of Hawaii.

Conference Questions, Comments?

Spencer Lau, D.O., HAOPS President: (808) 382-3366 – drspencerlau@gmail.com

Michael Jaffe, D.O., HAOPS Program Chair: (858) 663-5843 – michael@jaffesd.com.

Conference Audience

This live in-person CME program is designed to provide a well-balanced clinical update on various topics for primary care and specialty physicians including: chronic pain management, update on CDC opiate prescribing practices, occupational medicine, rheumatology, neurology, headache management and a hands-on workshop on manual medicine.

Practice Gaps, Outcomes

Physicians need to comprehend, update, and manage changes in patient care and practice management in order to provide optimal patient care. This activity will help to close gaps in physician knowledge and practices to improve their performance and patient outcomes. This activity was developed based on the needs of physicians identified through:

- evaluation surveys of CME meeting participants
- new advances in treatment and practice management identified in major publications or research studies
- new methods of diagnosis or treatment
- availability of new medication(s) or indication(s)
- development of new technology
- input from experts regarding advances in medical knowledge
- legislative, regulatory or organizational changes effecting patient care
- epidemiological data
- journal articles/literature citations
- among other methods.

Specific learning outcomes for each session are included in the Program Guide of this Syllabus.

Inclusion of Osteopathically Distinct CME

Osteopathically distinct Continuing Medical Education (CME) is evidence or practice-based medical education which includes the body of knowledge and skills essential to the osteopathic profession and patient care, and integrates osteopathic tenets and philosophy

HAOPS CME Committee works to assure the inclusion of appropriate Osteopathic content in the CME activities it presents and to assure their activities will achieve the stated objectives of each session in a setting which is evidence-based, culturally sensitive and free of commercial bias. The Committee will monitor the quality of all activities conducted. The Osteopathic Core Competencies of Osteopathic Philosophy, Principles, Practice and Manipulative Medicine, Medical Knowledge, Patient Care, Interpersonal and Communications Skills, Professionalism, Practice-Based Learning and Improvement and System-Based Practice will also be incorporated into all CME activities.

Conference Handouts

Conference handouts and slides, where available from the speakers, will be posted online at this website: <http://hawaiiosteopathic.org/CME2024>. A copy of this Syllabus will also be posted.

Post-Conference Evaluation

Accreditation requires a Conference Evaluation as well as the Attendance Attestation. We have combined these into one online survey. The link will be provided on-site only and you must complete both sections for CME credits to be processed. See the CME Credits section for additional information.

Internet Access, CME Location

Wireless internet will be available in the conference space. The password will be available on site. The conference space at the Honolulu Country Club will include CME presentations in Room 2.

Exhibitors

Exhibitors will be located in the Foyer, next to the classroom.

Americans with Disabilities Act

HAOPS is committed to making this program accessible to all individuals. Every effort will be made to accommodate requests per the Americans with Disabilities Act. Please contact HAOPS President in advance at (808) 382-3366 or drspencerlau@gmail.com.

Grievance Policy

If you are in any way dissatisfied with your experience at the conference, please contact HAOPS President Spencer Lau, DO at (808) 382-3366 or by email to drspencerlau@gmail.com so that HAOPS may address your concerns.

Unresolved issues regarding compliance with the AOA “Uniform Guidelines” can be brought to the attention of the Bureau of Osteopathic Education in writing to Secretary, Bureau of Osteopathic Education, American Osteopathic Association, 142 East Ontario Street, Chicago, IL 60611.

Disclaimer

This continuing medical education (CME) course is made available by the Hawaii Association of Osteopathic Physicians and Surgeons (HAOPS). The material presented in this CME course is for education purposes only. This material is not intended to represent the best or only methods or procedures appropriate for the medical situation discussed; rather, the material is intended to present an approach, view, statement, or opinion of the presenter(s), which may be helpful, or of interest, to all attendees, including clinical practitioners. The content of any CME presentation is the personal view, statement, or opinion of the presenter and such content is intended for the attending audience as a whole and not to the specific circumstance of any individual attending the CME program. Statements of fact and opinion expressed in any HAOPS CME program are those of the individual presenters and, unless expressly stated, are not the views, statements, or opinions of the co-sponsors. HAOP does not endorse or approve, and does not assume any responsibility for, the content, accuracy, or completeness of the information presented in any HAOPS CME program. The CME program is not intended, nor should it be construed in any way, to replace the independent professional judgment and study of the specific facts and circumstances an attendee may be experiencing. The information presented in any CME presentation is not intended to be, and should not be received as, medical advice or a substitute for medical advice, and attendees are advised to seek an independent, competent medical opinion as to any specific set of circumstances the attendee seeks to address.

All attendees participate in this CME program with the full knowledge and awareness that the attendee waives any claim he or she may have against the CME Program sponsor for reliance on any information presented in the CME program. Furthermore, the attendee waives any claim he or she has or may have against the sponsor for any injury or any other damage whatsoever that may result in any way from his or her participation in the CME program. All of the presentations of the Conference are intended for limited publication only, and all property rights in the material presented, including common-law copyright, are expressly reserved to the speaker or the sponsor. No statement or presentation made at the CME Conference is to be construed or in any way regarded as dedicated to, or intended for, the public domain. Any sound reproduction, transcript, or any other use of the material presented at any CME Conference is prohibited to the full extent of common-law copyright to, and in, such material.

Disclosure Statement

It is the policy of the Hawaii Association of Osteopathic Physicians and Surgeons (HAOPS) to ensure balance, independence, objectivity, and scientific rigor in all of their sponsored educational activities. All faculty participating in a sponsored activity are expected to disclose to the activity audience any real or apparent conflict(s) of interest that may have a direct bearing

on the subject matter of the continuing medical education program, including significant financial interest or other relationship: (1) with manufacturer(s) of any commercial product(s) and/or provider(s) of commercial services discussed in an educational presentation, and (2) with any commercial supporters of the activity. (Significant financial interest or other relationship may include such things as grants or research support, employee, consultant, major stockholder, member of speaker's bureau, etc.)

The intent of this disclosure is not to prevent a presenter with a significant financial or other relationship from making a presentation, but rather to provide listeners with information on which they can make their own judgments. It remains for the audience to determine whether the presenter's interests or relationships may influence the presentation.

Speakers were asked to declare any financial interest/arrangement or affiliation that may be perceived as a conflict of interest in the context of their presentations along with any anticipated off-label use or unlabeled/unapproved uses of drugs or products. The information reported by Speakers is included along with their biographical sketch and their learning objectives in the "Program Guide" section of this Syllabus. Any potential conflicts have been resolved per our review process.

In addition to presenters, the Planning Committee also provided disclosures. These are the members of the Committee with their conflicts and disclosures:

Program Chair Michael Jaffe, DO	no conflicts; nothing to disclose
President Spencer Lau, DO	no conflicts; nothing to disclose
Vice President Sharon Hiu, DO	no conflicts; disclosed stock ownership in Gilead Sciences, Proctor & Gamble, Pfizer, Merck, GSK
Secretary/Treasurer Terri Kakugawa, DO	no conflicts; nothing to disclose
Delegate to AOA Jone Geimer-Flanders, DO	no conflicts; nothing to disclose
Member Ashley Baldauf, DO	no conflicts; nothing to disclose
Member Devin Hazama, DO	no conflicts; nothing to disclose
CME Consultant Elizabeth F. Harano, CHCP	no conflicts; disclosed stock ownership in Abbvie, Ecolab, GE HealthCare Techno, Proctor & Gamble

**Hiu and Harano potential conflicts both resolved by Program Chair through our review process. Both recused themselves from controlling aspects of planning where financial relationship exists*

Acknowledgements & Commercial Support

The Hawaii Association of Osteopathic Physicians and Surgeons Continuing Medical Education programs ensure balance, independence, objectivity and scientific rigor in their educational programs. Individual activities are developed independently of educational grant support. In accordance with the standards of the AOA Bureau of Osteopathic Education, any commercial supporters of this meeting have had no influence over topics or speakers. Acknowledgement of commercial support is provided in conference program materials.

HAOPS did not receive any commercial support for this conference.

CME & CREDIT HOURS INFORMATION

CME Credits Information

You MUST complete, E-sign and submit the *CME Evaluations & Attendance Attestation Survey*. The link to this survey will be provided at the conference only. It must be completed and submitted to HAOPS in order for your CME credits to be granted and submitted to the AOA Continuing Medical Education office. No exceptions are allowed due to accreditation requirements. Please remember to get the link to this online two-part survey before you depart the conference. **The deadline for submitting the online survey is Monday, June 10, 2024.**

The Hawaii Association of Osteopathic Physicians and Surgeons (HAOPS) is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. HAOPS designates this program for a maximum of 8 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's activity in this activity.

CME certificates will be **e-mailed** approximately 2 weeks after the conference, so please be sure we have your correct e-mail address on the evaluations & attendance survey. Certificates **cannot** be processed on-site, and will be held until all fees are paid in full. The last day to submit the survey is MONDAY, JUNE 10, 2024. **Evaluations & Attendance surveys submitted AFTER this date will require a \$25 processing fee in order for credits to be granted. Please be aware that the survey will shut off June 30, 2024.**

Specialty Credits Information

As FYI, CME Policies from the AOA are found here: <https://osteopathic.org/cme/cme-guide/>.

Important – to get your CME Credits:

Learners must complete and submit the online Evaluations & Attendance Survey. Deadline is Monday, June 10, 2024. Certificates of CME Credit Earned will be emailed approximately two weeks following the conference. They will be sent by our CME consultant whose email address is: efharano@sbcglobal.net.

FYI, for D.O. participants, credits will be posted directly to the AOA and will be included in your AOA Report (a benefit for members of the AOA).

PROGRAM GUIDE – HAOPS Primary Care Update 2024

Saturday, June 1, 2024

7:30 – 7:45 am **Registration, Continental Breakfast, and Welcoming Remarks**
Michael Jaffe, DO, HAOPS CME Program Chair

7:45 – 8:45 am **A Clinical Approach for the Treatment of Low Back Pain**



Michael Jaffe, D.O., FSMB, AAOE
comes to us via San Diego where he ran the department of Pain Management and was a

staff physician in Physical Medicine and Rehabilitation at Kaiser Permanente for 21 years. He is board certified in Physical Medicine & Rehabilitation and Chronic Pain Management. Dr. Jaffe moved to Hawaii in 2017 and is in private practice with Hawaii Brain and Spine in Kailua. He is an associate clinical professor at ATSU College of Osteopathic Medicine and Western University of Health Sciences in California.

He contributes to many peer review journals and has written a book on golf and low back pain called, “Play Golf Forever”. He currently serves on the Hawaii Medical Board and is affiliated with Adventist Health Castle Hospital in Kailua, Oahu.

Dr. Jaffe serves on the HAOPS Board and is the Program Chair for this CME Program.

Disclosure

Dr. Jaffe has no conflicts and no disclosures.

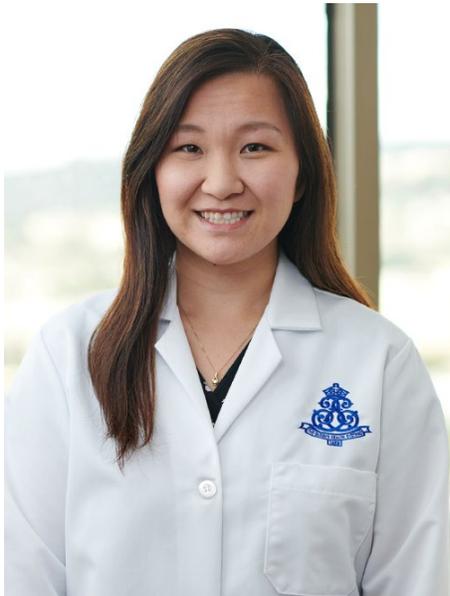
Slides

Will be posted on the conference webpage.

Learning Objectives - At the conclusion of the presentation, the learner will be able to:

- Identify the most common causes for Low Back Pain
- Identify when to order advanced imaging of the spine
- Understand the current American College of Physicians treatment algorithm for acute/chronic low back pain

8:45 – 9:45 am Neurology Updates on Parkinson's Disease & Movement Disorders



Fay Gao, M.D. graduated from Boston University School of Medicine and completed her neurology residency at Beth Israel Deaconess Medical Center, followed by a 2-year fellowship in movement disorders at University of California San Francisco. Currently, she is a practicing Neurologist with the Parkinson's and Movement Disorder Center at the Queen's

Disclosure

Dr. Gao has no conflicts and no disclosures.

Neuroscience Institute. Dr. Gao is the Program Director of Neuromodulation in Movement Disorders and Associate Program Director of the Movement Disorders Fellowship. Her areas of expertise include the diagnosis and treatment of movement disorders such as Parkinson's disease, tremor, dystonia, Huntington's disease, and tics. She has a special interest in using deep brain stimulation to treat Parkinson's disease and other movement disorders, as well as botulinum toxin therapy for treating various neurological disorders. In addition, she is a clinical educator at the University of Hawai'i Mānoa John A. Burns School of Medicine both in the classroom and in the clinic.

She grew up in New England, enjoying skiing and snowboarding, but prefers warmer climate activities like hiking and snorkeling in the ocean. Other hobbies include drawing, painting, and nature photography.

Slides

Will be posted on the conference webpage (will not include videos).

Learning Objectives - At the conclusion of the presentation, the learner will be able to:

- Review the approach to a patient with movement complaints, including a relevant neurologic history and examination
- Review diagnosis and management of Parkinson's disease
- Describe updates on current state of knowledge of Parkinson's disease
- Utilize updates on advanced treatments for Parkinson's disease and other movement disorders

9:45 – 10:00 am Coffee Break

10:00 – 11:00 am Concussion Update: Current Best Practices



Jennifer King, D.O., FAAP, CAQSM

received her medical degree from the Philadelphia College of Osteopathic Medicine in Pennsylvania. She completed her residency in Pediatrics at Cooper University Hospital/Children’s Regional Center in Camden, New Jersey. Dr. King received her Fellowship training in Primary Care Sports Medicine at the Jersey Shore University Medical Center Hovnanian Children’s Hospital in Neptune, NJ and Rutgers University. She is currently Board Certified in Sports Medicine by the American Board of Pediatrics.

Dr. King’s practice is based out of Kapi’olani Bone and Joint Center at Kapi’olani Women

Disclosure

Dr. King has no conflicts and no disclosures.

and Children’s Medical Center in Honolulu where she is one of three pediatric sports medicine physicians. She also has a satellite clinic at Pali Momi Medical Center. Her experience in treating musculoskeletal injuries, fractures and concussions covers a wide age group, from age 5 youth soccer to high school and collegiate athletes. She is a strong advocate for promoting active and healthy lifestyles in our youth, with special interests in pediatric and adolescent sports medicine and dance medicine.

Dr. King is an active member of the American Academy of Pediatrics, AAP Council for Sports Medicine, and American Medical Society of Sports Medicine. She serves on the Sports Medicine Advisory Board for the Hawai’i High School Athletic Association and is a medical advisor and speaker for the Hawai’i Concussion Assessment and Management Program. She is a medical advisor and sports medicine physician at Kamehemeha Schools and provides medical coverage for local collegiate athletes.

Presentation description:

The management of concussions has evolved drastically over the past 15 years. This presentation will cover current best practices for concussions.

Slides

Will be posted on the conference webpage.

Learning Objectives - At the conclusion of the presentation, the learner will be able to:

- Identify red flags for protracted recovery after sustaining a concussion
- Formulate a plan for acute treatment of concussions
- Apply best practices for return to learn/work and return to activity/sports

11:00 am - Noon Update on the Profession including Physician Wellness



Ira P. Monka, D.O., FACOFP, is an AOA board-certified osteopathic family physician who is now the AOA President. His term will end next month at the AOA House of Delegates in Chicago, and he'll continue to serve the profession as Immediate Past President.

Dr. Monka practices at the Medical Institute of New Jersey in Cedar Knolls. He has been named a "Top Doc" by *New Jersey Monthly Magazine* for several years, including in 2013.

Disclosure

Dr. Monka has no conflicts and no disclosures.

Dr. Monka has served the AOA in many capacities including third vice president and President-Elect, member of the Bureau of State Government Affairs and Program Chair for OMED 2012 – the Osteopathic Medical Conference & Exposition. He is past president of the New Jersey Association of Osteopathic Physicians and Surgeons. He has also served in the following positions: Vice Chair Education 2016-2017, Chair of Research and Development 2017-2018, Chair of Business Affairs 2018-2019 and Chair Governmental Affairs 2019-2020. Board member OPAC 2018-present.

Dr. Monka earned his osteopathic medical degree from the University of Medicine and Dentistry of New Jersey – School of Osteopathic Medicine in Stratford, which became part of Rowan University as the Rowan University School of Osteopathic Medicine in July 2013.

He completed an internship at the former Humana Hospital in South Broward, Florida, where he served as chief resident, and a residency at what is now Overlook Medical Center in Union, New Jersey.

Slides

Will be posted on the Conference webpage.

Learning Objectives - At the conclusion of the presentation, the learner will be able to:

- Discuss the growth and impact of the profession
- Identify and address signs of physician burnout
- Summarize the profession's key advocacy activities in State, Federal, and/or International Affairs

Noon – 1:00 pm Break for lunch and visits with exhibitors

1:00 – 2:00 pm What Primary Care Physicians Need to Know about Reading Spine MRIs



Matthew E. Harris, M.D. is a Diagnostic Radiology specialist based in Kailua, Hawaii. A partner in a large practice in Jacksonville, FL, covering seven large hospitals and a full range of hospital-based patient care, since 2014 he has remotely worked the night shift for his group from Hawaii. His personal practice is mostly focused on

emergency and stat inpatient care, with some routine neuroradiology.

Dr. Harris attended and graduated from Vanderbilt University School Of Medicine in 2002, having now more than 22 years of diverse experience. He is board certified in Diagnostic Radiology, with subspecialty certification in Neuroradiology from the American Board of Radiology.

He writes: “I have a 13 year old son and an infant daughter and a beautiful partner who are the center of my world. Favorite hobbies include surfing and Crossfit.”

Presentation description

This presentation will help the learner to maximize the utility of spinal MRI in their practice and to be able review patients' MRIs with confidence that they understand what they are seeing and what the findings mean.

Disclosure

Dr. Harris has no conflicts and no disclosures.

Slides

Will be posted on the Conference webpage.

Learning Objectives - At the conclusion of the presentation, the learner will be able to:

- Understand when MRI is helpful
- Develop a reliable pattern for assessing spinal MRI
- Identify differences between normal and pathologic appearances
- Gain familiarity with lumbar disc nomenclature

2:00 – 3:00 pm Lifestyle Medicine in Primary Care



Sarah Canyon, M.D., Ph.D. started her journey in healthcare when she graduated from the University of Western Australia with Honors in Medicine. She began her training in Internal Medicine and over the years she worked in many rural and outer urban Australian hospitals in Internal Medicine and Emergency medicine. Dr. Canyon moved to Kailua in 2012 and continued training in Family Medicine through the University of Hawai'i Family Medicine Residency Program. In 2017 Dr Canyon started Canyon Primary Care in Kailua and is part of Castle Health Group. She has maintained her clinical skills in rural Emergency Medicine, In-Patient

Disclosure

Dr. Canyon has no conflicts or disclosures.

Medicine and Hospice and through Hawaii Emergency Physician Associates (HEPA) and Mid-pacific Hospitalists. She provides assistance as Medical Director to Navian Hospice (previously Hospice Hawaii) when needed.

Dr Canyon is Board-certified in Family Medicine (ABFM) and Board-certified in Lifestyle Medicine (ACLM) and has a PHD in Myocardial-Ischemia Reperfusion Injury completed with a full scholarship at James Cook University Australia in 2005. In 2023, she started the Olakino Center for Lifestyle Medicine, the first Lifestyle Medicine Center in Hawaii.

Presentation description

Nearly 80% of all chronic diseases are preventable with 40% of premature deaths attributed to lifestyle behaviors. Based on a strong evidence-base, the specialty of Lifestyle Medicine provides an approach to address the root cause of these diseases through proactive patient engagement focused on sustainable prevention, well-being, and improving the overall quality of life.

Slides

Slides will *not* be shared per the speaker. Speaker will provide two handouts that will be posted on the CME webpage.

Learning Objectives - At the conclusion of the presentation, the learner will be able to:

- Define Lifestyle Medicine
- Explain the concept of evidence-based Lifestyle Medicine
- Summarize the importance of Lifestyle Medicine for individuals, society, and healthcare
- Identify how Lifestyle Medicine can be utilized in a Primary Care setting

3:00 – 3:45 pm

Cervicalgia and Low Back Pain - Family Medicine Pearls

3:45 – 5:00 pm

Cervicalgia and Low Back Pain - OMT Hands-on Workshop



Robert S. Gitlin, D.O. is Founder and Medical Director for the Redwood Valley Health Clinic and Redwood Clinic South. He attended Kirksville College of Osteopathic Medicine, Kirksville, Missouri where he completed a 5th year pre-doctoral OMM Teaching Fellowship. His Internship/Residency was performed at Mercy Medical Center, Redding, California. Dr. Gitlin's special interests are Osteopathic Manipulative Medicine, Nutritional Medicine and Preventative Medicine. Dr. Gitlin is Adjunct Clinical Faculty for Touro University, California (1998 to present) and for Western University Health Sciences (1998 to present).

Dr. Gitlin is dually boarded in Family Medicine.

Disclosure

Dr Gitlin and Dr. Frey-Gitlin have no conflicts and neither has anything to disclose.



Karla Frey-Gitlin, D.O. is board certified in Family Medicine and Osteopathic Manipulative Medicine. Since 1999 she has practiced medicine with the Redwood Valley Health Clinic in Redwood Valley and Sebastopol, CA. Beginning in 2016 she has been adjunct faculty in the OMM Department of Touro University College of Osteopathic Medicine in Vallejo, CA.

A 1992 graduate of Kirksville College of Osteopathic Medicine in MO, she completed a 5th year pre-doctoral OMM Fellowship there as well. Her Family Medicine residency was with Shasta-Cascade program in Redding, CA with the University of California, Davis School of Medicine.

Slides

One set of slides will be posted for both Dr. Gitlin's and Dr. Frey-Gitlin's presentations from 3:00 – 5:00 pm.

Learning Objectives - At the conclusion of the presentation, the learner will be able to:

- Recognize and locate common areas of Somatic Dysfunction that cause neck and low back pain

- Utilize multiple Osteopathic Manipulative Treatments (OMT) for common disorders such as cervicalgia, lumbago and hip pain
- Feel more comfortable using their hands as a treatment tool to assist their patients' healing process
- Utilize their Osteopathic skills to understand better when to use physical medicine (OMT, PT and/or Acupuncture) and when to obtain imaging and/or surgical consultation

5:00 pm **Conference concludes**

Worth repeating - to get your CME Credits:

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FYI, for D.O. participants, credits will be posted directly to the AOA and will be included in your AOA Report (a benefit for members of the AOA).

Mahalo

***We hope you will join us again
next year for the
2025 Primary Care Update***



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