“OMT for the OB/GYN Patient”

Moderator: Kurt Ludwig, DO, FACOOG
Speaker: Anita Showalter, DO, FACOOG (Dist)

9:00-12:00

Objectives

a. Discuss osteopathic philosophy as it pertains to OB/GYN practice
b. Learn osteopathic pearls for structural exams and for labor patients
c. Learn techniques appropriate for OB/GYN patients in the different osteopathic modalities
d. Apply principles to OB/GYN cases

   Historical Use of OMT in Osteopathic Obstetrics
   The Gynecologic Exam from an Osteopathic Perspective
   OMT Modalities for the OB/GYN Patient

a. HVLA
b. Muscle energy
c. Counterstrain
d. Myofascial release
e. Balancing ligamentous tension
f. Facilitated Positional Release
g. Range of Motion
h. Fascial Distortion Model

   Pearls for Labor and Delivery
   Case studies