



OMT in Motion

Tuesday, April 28, 2026

Pre-Conference Schedule-at-a Glance

(Subject to change, times in Pacific Time)

Course Director: Priscilla Tu, DO, FAOASM

Course Lecturers: Kate Quinn, DO, Ann Marie Zeller, DO, and Brett DeGooyer, DO

Course Description: OMT in Motion™ is a hands-on OMT course where participants can hone their manual medicine skills in a small group format. Common musculoskeletal complaints will be featured and include a review of anatomy, key history, examination and appropriate hands-on application of OMT led by Primary Care Sports Medicine physicians. Body regions that will be included are cervical, thoracic and lumbar spine, shoulder, elbow, wrist, hand, hip, knee, foot and ankle.

Morning Session: Cervical, Thoracic, Shoulder, Elbow, Wrist and Hand

7:00 am – 7:55 am	Registration Open **
7:55 am -8:00 am	Introduction
8:00 am – 8:10 am	Approach to Patients
8:10 am – 8:20 am	Cervical/Thoracic Spine Case Based Differential Diagnoses
8:20 am – 9:00 am	Cervical/Thoracic OMT Techniques and Hands on Instruction (Sports Related Concussion, Brachial Plexus Injuries/Stingers/Burners, Scoliosis, Scheuerman's Kyphosis)
9:00 am – 9:10 am	Break
9:10 am – 9:20 am	Upper Extremity Shoulder Case Based Differential Diagnoses
9:20 am – 10:00 am	Upper Extremity Shoulder OMT Techniques and Hands on Instruction (Tendinopathies/Tears, Impingement Syndrome, SC Joint Dysfunction)
10:00 am – 10:10 am	Break
10:10 am – 10:20 am	Upper Extremity Elbow Case Based Differential Diagnoses
10:20 am – 11:00 am	Upper Extremity Elbow OMT Techniques and Hands on Instruction (Epicondylitis, Nerve Entrapment Syndromes, Radial Head Subluxation)
11:00 am – 11:10 am	Break
11:10 am – 11:20 am	Upper Extremity Wrist and Hand Case Based Differential Diagnoses
11:20 am – 12:00 pm	Upper Extremity Wrist and Hand OMT Techniques and Hands on Instruction (DeQuervain's Tenosynovitis, Carpal Tunnel, Mallet Finger, Dupuytren's Contracture)
12:00 pm – 1:00 pm	Lunch

Afternoon Session:

1:00 pm – 1:10 pm	Thoracic/Lumbar Spine Case Based Differential Diagnoses
1:10 pm – 1:50 pm	Thoracic/Lumbar OMT Techniques and Hands on Instruction (Fractures, Spondylosis/Spondylolisthesis, Strains/Herniations, Leg Length Discrepancies)
1:50 pm – 2:00 pm	Break
2:00 pm – 2:10 pm	Lower Extremity Hip Case Based Differential Diagnoses
2:10 pm – 3:00 pm	Lower Extremity Hip OMT Techniques and Hands on Instruction (Impingement, Iliotibial Band Syndrome, Tendinopathies, Strains)
3:00 pm – 3:05 pm	Break
3:05 pm – 3:15 pm	Lower Extremity Knee Case Based Differential Diagnoses
3:15 pm – 3:50 pm	Lower Extremity Knee OMT Techniques and Hands on Instruction (Ligament Injuries, Tendinopathies, Meniscal Injuries, Apophysitis)
3:50 pm – 3:55 pm	Break
3:55 pm – 4:05 pm	Lower Extremity Foot and Ankle Case Based Differential Diagnoses
4:05 pm – 4:45 pm	Lower Extremity Foot and Ankle OMT Techniques and Hands on Instruction (Ankle Sprain, Tendinopathies (Achilles, Tibialis Anterior, Peroneus), Tarsal Tunnel Syndrome, Plantar Fasciitis, Apophysitis, Posterior Tibialis Tendon Insufficiency)
4:45 pm – 5:00 pm	Summary and Wrap Up

