

20 AOA CATEGORY 1-A CME CREDITS ANTICIPATED

68TH ANNUAL FLORIDA ACADEMY OF OSTEOPATHY CONFERENCE



“OSTEOPATHIC CONSIDERATIONS IN
CHRONIC CENTRAL SENSITIZATION
DISORDERS”

MAY 17-19, 2024

VENUE: ORLANDO COLLEGE OF
OSTEOPATHIC MEDICINE

GUEST SPEAKER:
DR MICHAEL KUCHERA DO
FAAO

REGISTER TODAY AT FAOSTEOPATHY.ORG

IMPORTANT MESSAGE FROM THE FAO PRESIDENT

Dear Colleague,

We very much look forward to your participation in our upcoming conference!

This event is provided as a service of the Florida Academy of Osteopathy (FAO), in partnership and co-sponsorship with the Pinellas County Osteopathic Medical Society (PCOMS).

The FAO has a very rich history that dates back to the 1950s. This year we will unveil the Dr. Margaret Raffa DO Awards, while recognizing and honoring the pioneering work of one of FAO's Founders.

This year, the FAO is very excited to welcome three new Colleges of Osteopathic Medicine to the Sunshine State.

We are very grateful to Dr Robert Hasty DO FACOI and his team at the brand new Orlando College of Osteopathic Medicine for agreeing to host this event in 2024.

We are also very grateful to Dr Michael Kuchera DO FAAO, one of the osteopathic profession's thought leaders in certain aspects of osteopathic

medicine. The topic this year of Chronic Central Sensitization Disorders is an important one and has recently received much attention. We are looking forward to a blockbuster event!

Whether you are a seasoned osteopathic physician or one that would like to introduce new techniques to your practice, we hope to have something for everyone. We hope to see you in Orlando FL in May 2024!

Sincerely,
Bradley Goldstein DO CAQSM MPH MS FAO President

CME AND GENERAL INFORMATION

ACCREDITATION STATEMENT

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the American Osteopathic Association (AOA) through the joint providership of The Florida Academy of Osteopathy (FAO) and The Pinellas County Osteopathic Medical Society (PCOMS). PCOMS is accredited by the AOA to provide continuing medical education for physicians. Physicians should only claim credit commensurate with the extent of their participation in this event.

CME ACTIVITY NEED, GOAL, AND LIMITATIONS

As evidenced by recent literature in the field of the autonomic nervous system and sensitization disorders, the body of knowledge in this field is rapidly growing. In order to have a better understanding of possible future directions in this field, physicians have a need to update their knowledge of this field and how it may affect their patients and their practices. The overall goal this CME activity is to present physicians with an in-depth review of multiple areas of the osteopathic approach to sensitization disorders.

IMPORTANT LIMITATION OF THIS CME ACTIVITY

This CME activity is for continuing medical education purposes only, and is intended only to assist the physician and others in visualizing and understanding the procedures presented. This CME activity is designed to act as an adjunct to other instructional information and one-on-one training and certification that the practitioner may receive.

Importantly, participation in this CME activity does not constitute training or certification to engage in or practice any techniques, services, or processes.

CATEGORY 1 CREDIT

The PCOMS designates this live activity for a maximum of 20 AOA Category 1-A Credits. Please note that 8 AOA Category 1 Credits are designated for May 17, 8 Category 1 Credits are designated for May 18, and 4 AOA Category 1 Credits are designated for May 19. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

OBJECTIVES

Upon completion of this CME activity, participants should be better able to:

1. Integrate effective classic osteopathic (OMT) techniques and patient advice with pertinent concepts from polyvagal theory (Porges) and the neurovisceral integration model (Thayer).
2. Provide a unified osteopathic working approach conveying a better understanding of how autonomic, attentional and affective systems interrelate with somatic and visceral inputs.
3. Link new evidence-based insights with osteopathic approaches & techniques to reduce pain and dysfunction while effectively promoting health and homeostasis.

AMERICANS WITH DISABILITIES ACT AND SPECIAL SERVICES

Organizers fully comply with the legal requirements of the Americans with Disabilities Act and the rules and regulations thereof. If any participant in this educational activity is in need of accommodations, please contact the organizers at INFO@FAOsteopathy.ORG at least 10 days prior to the conference. The FAO does not permit duplication or distribution of materials, or recording of lectures associated with this conference without the express written consent of the FAO. All rights reserved.

ACCOMMODATIONS

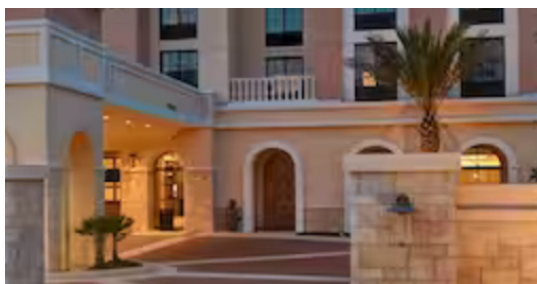
Homewood Suites by Hilton at Flamingo Crossings Town Center

411 Flagler Avenue
Winter Garden, FL 34787
(407) 993-3011 (ask for FL Academy of Osteopathy rate)

Cut-off date: May 16, 2024.

Rates: \$150/ night (studio); \$156/night (one bedroom suite).

Free hot breakfast, free parking, free WiFi included. Located close to OCOM venue.



68TH ANNUAL FLORIDA ACADEMY OF OSTEOPATHY (FAO) CONFERENCE SCHEDULE

Speakers and topics subject to change. All times below are Eastern Standard Time (EST).

THURSDAY, MAY 16 2024: Research Poster Competition

7:00pm – 7:10pm **REGISTRATION/ CHECK-IN VIA ZOOM ENTRANT**
 7:10pm – 9:00pm **PRESENTATIONS VIA ZOOM**
Please see Page 4 for more information

FRIDAY, MAY 17 2024: Main Conference

7:30am – 7:50am **REGISTRATION/ COFFEE/ SPEAKER INTRODUCTIONS (DR MICHAEL KUCHERA DO FAAO)**
 8:00am – 9:00am **Introduction: The Pain Continuum & Chronic Central Pain Syndromes**
 9:00am-10:00am **Stress and Polyvagal Theory - Osteopathic Considerations**
 10:00am-10:30am **BREAK**
 10:30am-12:00pm **Fibromyalgia Syndrome: Central Pain and Polyvagal Strategies**
 12:00pm-1:00pm **LUNCH**
 1:00pm - 2:30pm **Fibromyalgia Syndrome # 1: Considerations Above the Diaphragm**
 2:30pm - 3:00pm **BREAK**
 3:00pm - 4:30pm **Fibromyalgia Syndrome # 2: Lower Body Considerations and Integration**
 4:30pm - 5:00pm **At and Below the Diaphragm: Implication of the Fulford Concept**

SATURDAY, MAY 18 2024: Main Conference

7:30am – 7:50am **REGISTRATION/ COFFEE & THE DR MARGARET RAFFA DO FAAO SERVICE AWARDS**
 8:00am – 9:30am **Overlapping Chronic Central Pain Syndromes and Dysautonomia**
 9:30am - 10:00am **BREAK**
 10:00am - 10:30am **Irritable Bowel Syndrome and integrating Osteopathic Neurovisceral Approaches**
 10:30m - 12:00pm **Polyvagal Theories and Visceral Diagnostic Lab**
 12:00pm - 1:00pm **BREAK**
 1:00pm - 3:00pm **GI & GU Systems: integrating Osteopathic Neurovisceral Approaches**
 3:00pm - 3:30pm **BREAK**
 3:30pm - 5:00pm **Chronic Central Pain Syndromes and Chronic Cephalgia (Additional Integrated Polyvagal Thoughts)**
 5:30pm - 7:00pm **FAO MEMBERSHIP MEETING (VENUE TBD)**

SUNDAY, MAY 19 2024: Main Conference

7:30am – 7:50am **REGISTRATION/ COFFEE/ ANNOUNCEMENTS**
 8:00am - 9:45am **Chronic Central Pain Syndromes , PTSD, and the Whiplash Model**
 9:45am - 10:00am **BREAK**
 10:00am- 11:00am **Chronic Central Pain Syndromes and the Role of the Neck, Jaw, & Face (TMJ Dysfunction)**
 11:00am-12:00pm **Integrating and Moving Towards Optimal Health; Osteopathic Case Management (Applications)**
 12:00pm-1:00pm **QUESTION AND ANSWER PERIOD**

2ND ANNUAL FLORIDA ACADEMY OF OSTEOPATHY (FAO) STUDENT/ RESIDENT/ FELLOW RESEARCH COMPETITION

DATE:

MAY 16, 2024 FROM 7-9 PM EST

VENUE:

HELD VIRTUALLY - over the Zoom platform (link provided to entrants after submission).

REQUIREMENTS:

Entrants must submit two items, each of which should highlight any component of osteopathic medicine:

- 1.a poster suitable for presentation as a PDF file or PowerPoint Slide
- 2.an abstract suitable for presentation

ENTRY SUBMISSION/ QUESTIONS:

Email entries and/ or questions to: INFO@FAOsteopathy.ORG

In the signature line/s of your emailed entry, please indicate your year of study (example: OMS2, PGY4, etc) and program (College of Osteopathic Medicine or Residency or Fellowship Program name)

Entry deadline is: May 01, 2024

PRIZES AND CATEGORIES:

(1st, 2nd, 3rd in parenthesis indicates placing)

Case Study Research

Student/ Resident/ Fellow \$250 (1st), 150 (2nd), 50 (3rd) \$300 (1st), 200 (2nd), 100 (3rd)

PRESENTATIONS & JUDGING SPECIFICS:

The presentations will occur on Thursday May 16, 2024 from 7-9 PM EST virtually over Zoom.

Each entrant will be given a total of 7 minutes to present (5 minutes to present the poster and 2 minutes for questions). Judges will be a panel of practicing osteopathic physicians. Entrants will be judged on: poster quality, layout, presentation, and knowledge of subject.

This environment is meant to be a constructive one and non-threatening. We want all aspiring physicians and practicing physicians to be excited about osteopathic medicine, OMT, and osteopathic philosophy.

Between May 1st and May 10th, 2024, entrants will be emailed an itinerary specifying their presentation time along with the Zoom link.

2024 FAO 68th Annual Conference Registration Form

PAYMENT METHOD

CREDIT CARD

☐ MasterCard
☐ American Express
☐ Check

VISA
 Discover

CREDIT CARD NUMBER

CARDHOLDER NAME

EXPIRATION DATE

SECURITY CODE

CHECK NUMBER

REGISTRANT FEES

Physicians

FAO Member Physician (before Mar 17 2024).....\$400
 Non-Member Physician (before Mar 17 2024).....\$600
 Join the FAO Now (Can Register as Member)Add \$150

Students/ Residents/ Fellows

FAO Member Student/ Resident Fellow (before Mar 17 2024).....\$200
 FAO Non-Member Student/ Resident/ Fellow (before Mar 17 2024).....\$300
 Join the FAO Now (Can Register as Member)Add \$25

MAIL COMPLETED FORM WITH CHECK OR PAYMENT INFO TO:

**FAO, 2366 Sunset Point
Rd, Clearwater FL 33765**

If Registering After Mar 17, 2024, please add \$50 to above registration fees. You can still join the FAO and register at the member rate.

Cancellation Policy

FAO reserves the right to cancel this course upon reasonable notice and will assume no financial obligation to registrants for cancellation for reasons beyond its control. Registration fees may be refunded minus a 3.5% processing fee up until May 1, 2024. Costs incurred by the registrants, such as airline or hotel fees or penalties, are the responsibility of the registrants. FAO requires a 30-day written notice of cancellation. Cancellations must be submitted in writing to info@FAOsteopathy.org by May 1, 2024. Cancellations after May 1 2024 but prior to May 16, 2024 will forfeit 50% of their registration fee + a 3.5% processing fee. No refunds can be made after May 16, 2024.

Total Fees: \$ _____

REGISTRANT INFORMATION

_____ NAME
 _____ CREDENTIALS
 _____ CELL PHONE
 _____ EMAIL
 _____ LICENSE #
 _____ AOA ID #
 _____ AAO ID #

PLACE
POSTAGE
HERE

FAO MAIN OFFICE:

2366 Sunset Point Road
Clearwater, FL 33765

MEETING VENUE:

Orlando College of Osteopathic Medicine
7011 Kiran Patel Drive | Winter Garden, FL 34787

CONTACT INFORMATION:

info@FAOsteopathy.ORG
(727) 581-9069 (FAO Office)

2024

FLORIDA ACADEMY OF OSTEOPATHY
ANNUAL CONFERENCE