

**Boards & Beyond's OMM Series** offers video lectures, taught by a physician who is board certified in osteopathic medicine and neuromusculoskeletal medicine, tailored to osteopathic students who are preparing for the COMLEX exams, and providing key information on osteopathic principles and specific techniques, in an easy-to-understand format.



## Content Coverage

Our OMM Series comprises 22 video lectures with 5 questions for each video, covering a comprehensive grouping of critical osteopathic topics.

### Introduction

- ▶ **4 video lectures** that cover an introduction to osteopathic medicine, an overview of the use of palpation, the philosophy and principles of osteopathic techniques, and an explanation of the standard billing and coding practices followed by osteopathic physicians.

### Osteopathic Techniques

- ▶ **9 video lectures** that cover a wide range of OMM techniques, including muscle energy, myofascial release, cranial osteopathy, and more.

### Osteopathic Principles in Anatomic Approach

- ▶ **9 video lectures** that help students understand how osteopathic physicians use their knowledge of anatomy to assess and address structural imbalances, joint dysfunctions, and postural issues that may contribute to health problems.

