

# Collaborative Education Series

## On-Demand: Osteopathic Considerations for Concussions and When to Refer for OMT

### CME 'Enduring' Presentation

### MaineGeneral YouTube

#### 'On-Demand'- Enduring Presentation

**Audience:** Physicians, NP's,  
and PA's

**Date: On-Demand  
Enduring Presentation**

No Tuition

For Registration:

[CLICK HERE](#)

We will send you the YouTube link to the email you registered with once your registration has been processed

**Completion of the Course Evaluation form is required before CME certificates will be awarded! Evaluation link is located in the YouTube video description.**

Please contact **Steve Tosi** with any questions.

[Steve.tosi@mainegeneral.org](mailto:Steve.tosi@mainegeneral.org)

Marketing and registration also located on MGH Connect landing page under "What's Happening".

Program Date: November 3, 2022  
Release as Enduring Date: November 17, 2022  
Expiration Date: November 17, 2025

#### Presenters:

**Anna Veach, DO**

Maine-Dartmouth Family Medicine

Anna Veach is a 2017 graduate of MDFMR's NMM "Plus One" program and assumed the program directorship of the ONMM Residency and medical directorship of MDCCC in January 2021. Dr. Veach earned a bachelor's degree in women's studies from University of California – Santa Cruz and completed osteopathic medical training at Touro University College of Osteopathic Medicine in Vallejo CA, where she was awarded a pre-doctoral osteopathic teaching fellowship. She trained in family medicine at University of Wisconsin's Madison Family Medicine Residency Program and returned to work for the UW Department of Family Medicine and Community Health from 2017-2020. During her employment with the UW, she was the assistant director for statewide osteopathic education in Wisconsin, the osteopathic site director for the Madison family medicine residency, and an assistant clinical professor in University of Wisconsin's Department of Family Medicine and Community Health. Dr. Veach is ABFM, AOBFP, and AOBNNM certified, is trained in prolotherapy, and has special interest in integrative and functional medicine. In her free time, she enjoys traveling, camping, backpacking, mountain biking, and hiking with her husband and dog named Curry.

#### Statement of Need:

- Osteopathic manipulative treatment (OMT) is a hands-on treatment method used to treat mechanical pain, muscle, tendon, and bone pain due to structural imbalance. As an effective tool in treating various sports related injury and dysfunctions. Athletic trainers generally have limited knowledge or experience utilizing these technics. This program will define the 4 tenets of osteopathy, developing and implementing a treatment plan with specific attention to the hip and shoulder. As well as describing when referral to an OMT provider is necessary.

- Quick recognition of when OMT techniques can be utilized can be very beneficial for the athletic trainer especially when treating athletes in season. Utilizing these techniques appropriately can help quickly relieve the pain associated with mechanical issues and return the athlete to normal activity faster and with greater improvement in symptoms. Osteopathic manipulative treatments can also help maintain normal function of the joint to decrease the athletes overall risk of injury.

#### Objectives:

- Differentiate between DO, MD, chiropractic and craniosacral treatments.
- Identify key elements of what Osteopathic medicine is and when to refer.
- Evaluate when concussion symptoms persist and explain when to consider OMM/OMT.

#### Disclosure Statements:

Faculty: Dr. Veach has provided a signed disclosure indicating no financial interest in any commercial interest that affect the content of this program (kept on file in the Medical Education Coordinator Office MGMC).

#### Credits awarded:

CME's awarded: 2

The MaineGeneral Medical Center designates this enduring activity for a maximum of 2 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of MaineGeneral Medical Center and Colby College. MaineGeneral Medical Center is accredited by the ACCME and the Maine Medical Association's Committee on Continuing Medical education to provide continuing medical education (CME) for physicians.

Each physician should claim only those credits that he/she actually spent in the activity.

This activity has been planned and implemented in accordance with the Essentials and Standards of the Maine Medical Association Committee on Continuing Medical Education and Accreditation through the partnership of MaineGeneral Medical Center and Colby College Sports Medicine Department.

#### Cancellation and Refund policy:

It is our priority at MaineGeneral Medical Center to provide quality Continuing Education. For certain events, a fee will be collected during pre-registration or at the event. This fee will be refunded in the event that the course is cancelled or is unable to take place. As part of our policy, we recognize that unforeseen circumstances can occur. Therefore, a refund will be granted to individuals who pre-register but are unable to attend the course.

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