

# The Art of Finding The Key

August 27-29, 2021

Indianapolis, Indiana

Course Director

Charles A. Beck DO FAAO

## AUDIENCE:

Open to MD, DO, DC, DDS, PT, PTA and Massage Therapist

## MAIN OBJECTIVE:

When looking for where to start treatment in the body, there are many theories... mostly based on a “thought” paradigm (i.e., “this complaint means that this structure is involved and that I should start here”). This approach can give inconsistent results and may be considered by some to be an allopathic approach to osteopathy.

Sequencing, originally developed by Fred Mitchell, Sr and further explained and expanded by Ed Stiles, is a way to palpate the body mechanically to find the key lesion or area to start. It is a principle based approach that is taught using a bony model, but, once learned, can be used to ascertain not only the most restricted layer (muscle bone, fluid, fascia, etc.), but the most restricted part of that layer. This consistently reveals the key lesion.

Being principle based, sequencing always continues to grow and expand. The more you learn as a practitioner, the deeper and more things sequencing can reveal.

**LEARNING OBJECTIVES:** To gain an understanding of the following areas:

### Visual Cues

We will explore what we “see” in a patient and how to begin to interpret that information.

### Visual Diagnosis

Watching movement - like when the patient walks into the room, can reveal a wealth of information. We will examine more about what we “see”.

### Tensegrity

A term coined by Buckminster Fuller, tensegrity is way to explain how the architecture of the body is arranged. It presents a framework for understanding how the body develops an osteopathic dysfunction.

### Blended Palpation

One of the key concepts of developing excellent palpation skills, blended palpation is the art of finding just the right depth of pressure to get the most information from the body.

The basic principles are followed slowly throughout the body (discerning what each palpatory finding means) to locate the key lesion. Clinical correlations will be presented along the way to help further the learning.

This course is heavy on table time. You will be palpating many of the course participants to understand how the sequencing method works and how what you feel leads to a diagnosis and treatment.

### Course Schedule

#### Friday, August 27, 2021

8:00 a.m.	Introductions
8:10 a.m.	Course Outline
8:20 a.m.	History of Sequencing
8:40 a.m.	The Principles of Diagnosis
9:00 a.m.	Tensegrity
9:20 a.m.	Exploring Tensegrity (Lab)
9:40 a.m.	Curved
10:00a.m.	Exploring Curved Tensegrity (Lab)

10:20 a.m.
10:30 a.m.
10:50 a.m.
11:10 a.m.
11:30 a.m.
11:50 a.m.
12:30 p.m.
1:30 p.m.
1:50 p.m.
2:10 p.m.
3:10 p.m.
3:30 p.m.
3:40 p.m.
4:40 p.m.
5:00 p.m.
5:30 p.m.

8:00 a.m.
8:10 a.m.
9:10 a.m.
9:30 a.m.
10:30 a.m.
10:40 a.m.
11:00 a.m.
12:00 p.m.
1:00 p.m.
1:20 p.m.
2:20 p.m.
2:40 p.m.
3:40 p.m.
3:50 p.m.
4:10 p.m.
5:10 p.m.
5:30 p.m.

8:00 a.m.
8:10 a.m.
9:10 a.m.
10:10 a.m.
10:20 a.m.
11:20 a.m.
12:20 p.m.

### Course Schedule

#### Friday, August 27, 2021

Discussion in Small Groups
Visual Diagnosis
Visual Diagnosis (Lab)
Mitchell’s Pelvic Axes
Blended Palpation
Blended Palpation (Lab)
Lunch
Sequencing Overview
Sequencing the Upper Cervicals
Sequencing the Upper Cervicals (Lab)
Sequencing the Lower Cervicals
Discussion in Small Groups
Sequencing the Lower Cervicals (Lab)
Sequencing the Thoracic Spine
Questions and Review of the Day
Adjourn

#### Saturday, August 28, 2021

Questions and Review of Day 1
Sequencing the Thoracic Spine (Lab)
Sequencing the Rib Cage
Sequencing the Rib Cage (Lab)
Discussion in Small Groups
Sequencing the Upper Extremity
Sequencing Upper Extremity (Lab)
Lunch
Sequencing the Lumbar Spine
Sequencing the Lumbar Spine (Lab)
Sequencing the Lower Extremity
Sequencing the Lower Extremity (Lab)
Discussion in Small Groups
Sequencing the Pelvis
Sequencing the Pelvis (Lab)
Mitchell’s Model of the Pelvis Review
Adjourn

#### Sunday, August 29, 2021

Questions From Days 1 and 2
Pelvis 1 (Lab) Innominate Shears
Pelvis 2 (Lab) Pubic Shears
Discussion in Small Groups
Pelvis 3 (Lab) Sacrum
Pelvis 4 (Lab) Innominate Rotations
Adjourn

## Course Director: Charles A. Beck DO FAAO

Charlie Beck, D.O., F.A.A.O. graduated from the Pikeville College School of Osteopathic Medicine (now the University of Pikeville) in 2004. He was one of Pikeville's first undergraduate fellows, staying an extra year in medical school to study osteopathic manipulation more in depth. Taught by Edward G. Stiles, D.O., F.A.A.O. dist, Charlie was given an excellent foundation for learning manipulative medicine. He is the first resident in Neuromusculoskeletal Medicine in the history of his hospital and his state (Westview Hospital in Indianapolis, Indiana).

Charlie has taken numerous classes across the US and Canada and is skilled in multiple techniques and modalities. He has taught courses and given presentations here in the U.S. - for the American Academy of Osteopathy, the Osteopathic Cranial Academy, the Indiana Academy of Osteopathy, and numerous medical schools. He has also taught in Canada, Japan, Eastern and Western Europe as well as in Australia and New Zealand, where he works yearly as a locum osteopath. He is the president of the Indiana Academy of Osteopathy and a member and lecturer of the ALF Inter-FACE Academy. He is a published author and researcher. As his learning deepens by working with others he is always searching for the commonalities between different practitioners and healing styles. This has allowed him to bring together osteopathy with dentistry and vision to give a unique perspective on your illness/injury. He continues to strive to integrate this learning into principles that are easily taught to others. His primary practice is in Indianapolis, Indiana.

## Registration Form The Art of Finding The Key Course

**Registration Fee:** \$950.00

**Register with Alina**

Email: IAOCourses@gmail.com

Phone: 317-228-9270

Indiana Academy of Osteopathy has requested that the AOA Council on Continuing Medical Education approve this program for 20 hours of Category 1-A AOA CME. Approval is currently pending.

Name (Print) \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Degree \_\_\_\_\_

MC/VISA# \_\_\_\_\_

Exp. Date \_\_\_\_\_ Security Code \_\_\_\_\_

Signature \_\_\_\_\_

Paid by: Check # \_\_\_\_\_

**Make checks payable to the IAO**

All cancellations must be received in writing and are subject to an administrative fee of 15% of the total registration fee if received on or before July 15, 2021. Refunds will not be made for cancellations received after July 15, 2021, or for failure to attend. There is no discount for persons not wishing to attend food functions. No personal taping is permitted.

It is the responsibility of ALL participants to use the information provided within the scope of their professional license.

## The Art of Finding The Key

**Course Director  
Charles A. Beck DO FAAO**



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Indianapolis, Indiana**



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