

CONTINUING EDUCATION CERTIFICATE PROGRAMS

National Academy of Osteopathy (NAO) provides manual osteopaths (and others) with easy access to high-calibre programs developed to meet the evolving needs of professional practice. NAO continuing education courses improve knowledge, skills and the quality of patient care. Those who successfully complete these programs are eligible to receive certification.

AOT1026 Auxiliary Osteopathy Therapy

This practical course covers the basic physics, physiological principles, indications, contraindications, instruments operation, electrodes placement and the proper applications of physiotherapy modalities for different medical conditions.

Physiotherapy modalities are used to decrease pain & inflammation of patients with neuromusculoskeletal & joint disorders. They are an integral part of pain management therapy used by many health professionals such as chiropractors, physiotherapists, osteopaths, medical doctors, podiatrists, chiropodists, physiatrists, naturopaths, athletic therapists and registered massage therapists.

The therapeutic modalities used most commonly by manual osteopaths are:

Therapeutic Ultrasound (US)

Interferential Current Therapy (IFC)

Transcutaneous Electrical Nerve Stimulation (TENS)

Percussion Therapy

Thermotherapy

Cryotherapy

Paraffin Wax Bath

Electrical Muscle Stimulation (EMS)

Students will develop the expertise to administer physiotherapy modalities to patients. Manual osteopaths can use these modalities in the clinic setting for pain relief; especially for patients with acute pain and injury who cannot tolerate manual therapy. These modalities can decrease pain and inflammation and make patients ready to receive hands on manual treatment.

Certificate: successful graduates of this course are entitled to use Certified Electrotherapist (CET) designation.

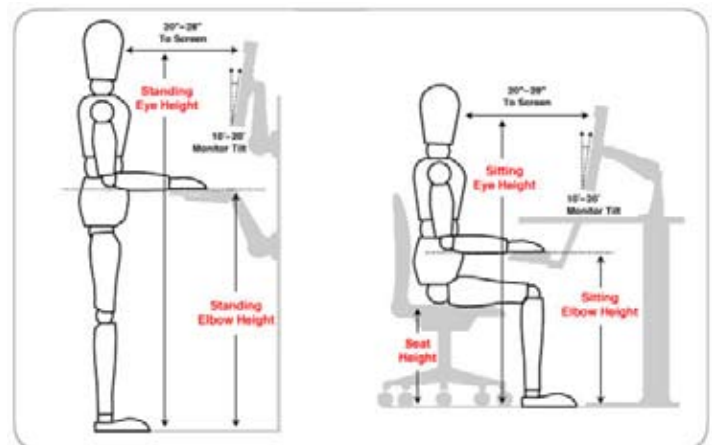
Tuition: \$5000.00 plus HST for NAO students & graduates / Union Ergonomics & Spinal Traction Clinic franchisees & employees. \$7500.00 for all other students.

Student Loan: student loan of \$2500.00 is available to all students.

Schedule: AOT1026 course can be taken in July of each year. Classes are held every Tuesday evenings 6 to 8 pm for 8 weeks.

Registration Requirement: this course is open to all students and practitioners of healing arts such as osteopathy, massage therapy, & athletic therapy.

To register for this course please contact NAO registrar at (416) 635-6550.



DTA428 Decompression Traction Assistant

Non-Surgical Spinal Decompression Traction Therapy is a low back rehabilitation program that uses Food & Drug Administration (FDA) cleared medical technology that gently stretches the spine and decompresses the discs. This technique of spinal decompression traction therapy, that is, unloading due to distraction and positioning, has shown the ability to gently separate the vertebrae from each other, creating a vacuum inside the discs. This “vacuum effect” is also known as negative intradiscal pressure.



The negative pressure can induce the retraction of the herniated or bulging disc into the inside of the disc, and off the nerve root, thecal sac, or both. It happens only microscopically each time, but cumulatively, over six to eight weeks, the results are quite dramatic.

The cycles of decompression and partial relaxation over a series of visits, promotes the diffusion of water, oxygen, and nutrient-rich fluids from the outside of the discs to the inside. These nutrients enable the torn and degenerated disc fibres to begin to heal.

Patients are treated fully clothed and are fitted with a pelvic harness that fits around their pelvis as well as a thoracic harness as they lie face down or face up on a computerized controlled table. The Spinal Traction Clinic health practitioner operates the table from a computerized console. Each treatment takes about 15 to 30 minutes. Most patients find the sessions to be comfortable, and relief of pain can sometimes be noticed in the first few sessions. Of course, this varies depending on the individual condition.

Decompression traction therapy is provided by a licensed chiropractor, osteopath or physiotherapist. Certified decompression traction assistants main duty involves setting the patient on the decompression table and programming the computer as ordered by the health practitioners.

Through this program students learn how to operate the decompression traction table, and how to set up the patient on the table as per health practitioner's requirement. Students also learn basic medical terminology, basic anatomy and basic spinal pathology.

Upon graduation Certified Decompression Traction Assistants find employment in rehabilitation, chiropractic, osteopathy, massage therapy, physiotherapy, & medical clinics as well as hospitals and long term care centres.

National Academy of Osteopathy (NAO) is the official provider of Decompression Traction Assistant training to employees of Spinal Traction Clinic franchises and Union Ergonomics franchise clinics.

Certificate: successful graduates of this course are entitled to use Certified Decompression Traction Assistant (CDTA) designation after passing the required examination.

Tuition: \$1600.00 plus 13% Harmonized Sales Tax (\$1808.00 total) for Canadian & international NAO students & graduates / Union Ergonomics, Gene Lab DNA & Spinal Traction Clinic franchisees & employees. \$3200.00 plus HST for all other students. Tuition is in Canadian dollar and includes all the instructional materials necessary to complete this program. Application fee of \$150 plus 13% tax (total \$169.50) applies to all students.

Student Loan: student loan is not available for this program.

Schedule: DTA428 program is offered 6 times per year in February, April, June, August, October, & December. The course is offered as an interactive, distance education, study at home program. It takes four weeks to complete the program and campus attendance is not necessary. Examination will be administered online.

Registration Requirement: this course is open to all students who have graduated high school (or equivalent). Prior health education is not necessary. To apply for admissions please download the application form and mail it with the application fee of \$169.50 to NAO admissions office in Toronto, Canada. NAO accepts only a limited number of students for this program. You will be notified of the admission decision within a week of receiving your application.

CE521 Clinical Ergonomics

Certified Clinical Ergonomists (CCE) study and apply scientific principles that affect the use of human energy, with a goal of minimizing hazards and maximizing the efficiency of work systems.

The field of ergonomics combines the perspectives of health science and engineering, providing students with interdisciplinary knowledge and practical skills.

Graduates are eligible to use Certified Clinical Ergonomist (CCE) designation. The CCE program offered by National Academy of Osteopathy is available only to licensed health practitioners such as chiropractors, manual osteopaths, massage therapists, occupational therapists, physiotherapists and medical doctors. Clinical Ergonomics program is not open to the general public.

The goals of the program are for health practitioners to have a thorough understanding of the physical environment at the workplace that contributes to musculoskeletal injuries and illnesses, as well as knowledge of the engineering and administrative methods of controlling these risk factors. The highly interdisciplinary nature of the Certified Clinical Ergonomist Program prepares health practitioners for the variety of interactions they will encounter in their daily practice.

Certificate: successful graduates of this course are entitled to use Certified Clinical Ergonomist (CCE) designation.



Tuition: Total cost for the program includes tuition of \$8500.00 plus HST, application fee of \$169.50 and \$565.00 for educational material.

Student Loan: student loan is not available for this program.

Scholarships: Union Ergonomics offers scholarships of \$8,500 to selected applicants. Contact Union Ergonomics at info@unionergonomics.com for more information.

Schedule: CE521 course can be taken 4 times per year in January, April, July, and October. This is a two months long interactive distance education part time program. Campus attendance is not required. All needed material will be shipped to you and through email you may communicate with the instructors.

Registration Requirement: this course is open only to chiropractors, massage therapists, occupational therapists, manual osteopaths, medical doctors and physiotherapists.

To register for this program please download the application from NAO website and mail it with a payment of \$169.50 to NAO head office. If you need more information please email at admissions@nationalacademyofosteopathy.com.



DTT928 Decompression Traction Therapy Decompression

Traction Therapist program is offered by National Academy of Osteopathy (NAO) only to Spinal Traction Clinic (STC) health practitioners such as chiropractors, osteopaths, physiotherapists and registered massage therapists. This program is not open to the general public.

Spinal Traction Clinic health practitioners who undergo this training program will receive the right to designate themselves Certified Decompression Traction Therapist (CDTT).

Decompression Traction Therapist program tuition is paid by Spinal Traction Clinic franchise head office.

For information on how to enrol in this program please contact Spinal Traction Clinic franchise head office at (416) 398-3894 or sales@spinaltractionclinic.com.

CF1092 Certified Fitter – Support Hose

Support hose, also called support stockings or compression socks are made out of strong, elasticized material to increase tissue pressure and improve blood flow in the legs. Compression socks are designed to fit tightly at the feet; the tightness lessens gradually in the knee areas. The socks constantly squeeze the leg muscles, helping to return blood to the heart. Compression socks are an excellent and simple method of treating disorders such as chronic venous insufficiency, varicose veins, lymphedema, post phlebotic syndrome and prevention of blood clots in the leg. Support hose also provide comfort to aching, tired legs and apply gentle pressure to soothe and massage the legs, improving circulation and reducing leg discomfort. This allows patients to walk and stand longer without getting tired. Support hose are generally dispensed by chiropractors, physiotherapists and physicians to help patients with leg conditions.

This hands-on practical course qualifies manual osteopaths to dispense compression socks to patients when it is medically necessary.

Certificate: successful graduates of this course are entitled to use Certified Fitter – Support Hose (CFSH) designation.

Tuition: \$2500.00 plus HST for NAO students & graduates / Union Ergonomics & Spinal Traction Clinic franchisees & employees. \$4500.00 for all other students.

Student Loan: student loan of \$1250.00 is available to all students.



Schedule: CF1092 course can be taken in July of each year. Classes are held every Wednesday evenings 6 to 8 pm for 3 weeks.

Registration Requirement: this course is open to all students and practitioners of healing arts such as osteopathy, massage therapy, & athletic therapy.

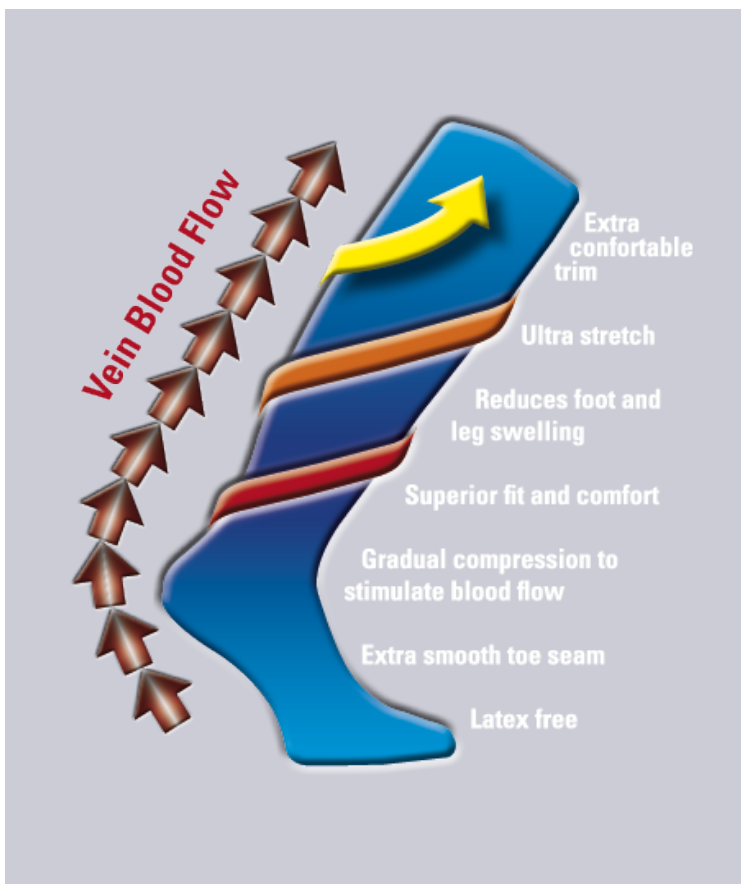
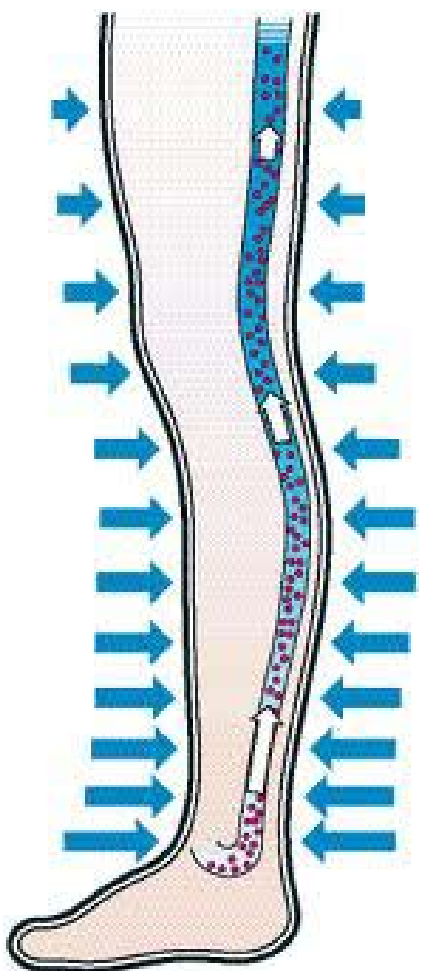
To register for this course please contact NAO registrar at (416) 635-6550.



CF1082 Certified Fitter – Foot Orthotics

Foot orthotics is a medical device that is custom made using a foam cast or plaster. Custom made foot orthotics help feet stay in correct anatomical position and as a result posture improves and pressure is lifted from foot, knees and low back joints. Orthotics are regularly used by many health practitioners such as chiropractors, physiotherapists, physicians, podiatrists, chiropodist and pedorthists to help patients with a variety of foot, knee and low back conditions such as flat feet, plantar fasciitis, heel spurs, and pronation syndrome.

This practical applied course qualifies manual osteopaths to cast feet and dispense custom made foot orthotics for patients suffering from foot or other conditions needing foot orthotics.



Certificate: successful graduates of this course are entitled to use Certified Fitter – Foot orthotics (CFFO) designation.

Tuition: \$3000.00 plus HST for NAO students & graduates / Union Ergonomics & Spinal Traction Clinic franchisees & employees. \$5000.00 for all other students.

Student Loan: student loan of \$1500.00 is available to all students.

Schedule: CF1082 course can be taken in July of each year. Classes are held every Thursday evenings 6 to 8 pm for 4 weeks.

Registration Requirement: this course is open to all students and practitioners of healing arts such as osteopathy, massage therapy, & athletic therapy.

To register for this course please contact NAO registrar at (416) 635-6550.

OMT 0428 Certified Osteopathic Manipulative Therapist

The certificate program in osteopathic manipulative therapy is an advanced one week full time program for health professionals such as manual osteopaths, chiropractors, physicians, surgeons, massage therapists, naturopaths, homeopaths, podiatrists, & chiropodist. Participants study Osteopathic Manipulative Therapy (OMT) which is the application of the distinct osteopathic medicine, structural diagnosis and use of osteopathic joints manipulation in the management of patients with neuromusculoskeletal and joint disorders.

World famous osteopath and chiropractor; Dr. Shahin Pourgol, the leading authority in the field of joint manipulation teaches the scientific gentle osteopathic manipulative techniques necessary to achieve safe and effective manipulation of the cervical, thoracic, & lumbar spine as well as the sacroiliac, rib articulations, shoulder, elbow, wrist, hand, hip, knee, ankle and foot joints.

This one week advanced certificate program includes a combination of hands-on practical training and lecture instruction. The content of this condensed program highlights the osteopathic principles, structural diagnosis and practical hands-on clinical skills required to perform osteopathic manipulation techniques in a competent, gentle and safe manner for all of the spinal regions as well as the upper and lower extremities. Clinical case studies are presented for discussion of diagnosis and management based upon clinical reasoning and the best available empirical evidence.

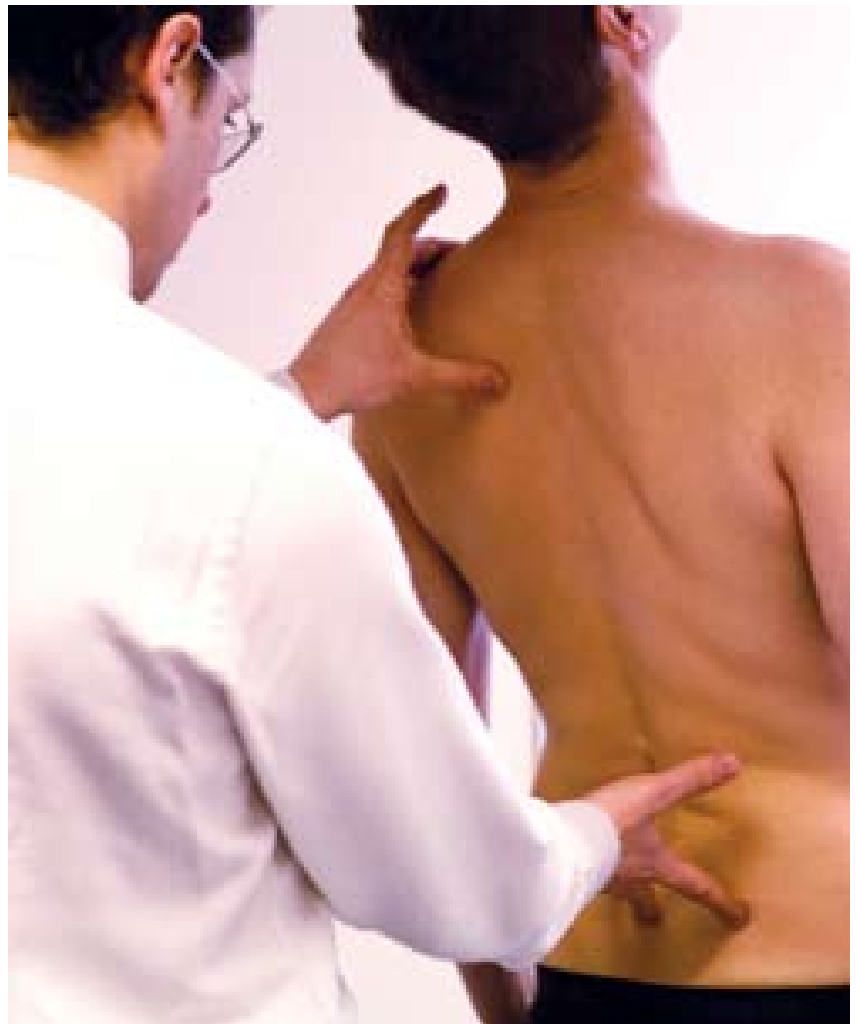
A Certified Osteopathic Manipulative Therapist (COMT) takes into account the physical health of a patient, and how either aspect could be contributing to the disease state. Included in this, a health practitioner is trained to perform a structural diagnosis integrated into the entire history & physical taking process and use osteopathic manipulation when appropriate.

Osteopathic manipulative treatment (OMT) provides an advanced diagnostic and therapeutic tool for the health practitioners in dealing with neuromusculoskeletal and joints disorders. Learning osteopathic manipulative techniques allows for a more accurate diagnosis and provides an additional form of treatment. This course introduces health professionals to the field of osteopathic medicine.

Health practitioners will learn to use osteopathic manipulative therapy to diagnose and treat patients, utilizing osteopathic techniques taught at this course. This course integrates structural examination and osteopathic techniques to increase the accuracy of the health professional's ability to diagnose and treat musculoskeletal and joints disorders.

Upon completion of this course, participants will be able to:

- Understand and perform scientific based gentle osteopathic spinal and joints manipulation
- Identify main diagnostic criteria in structural examination
- Learn to use osteopathic manipulative techniques to diagnose and treat neuromusculoskeletal & joints disorders such as low back pain & neck pain
- Learn the indications and contraindications of osteopathic manipulation
- Provide evidence to support the use of osteopathic manipulation
- Integrate osteopathic manipulation into their present practice.



Certificate: Upon successful completion; participants will be given a Canadian certificate and will be eligible to use the title: Certified Osteopathic Manipulative Therapist (COMT). With a COMT designation participants may provide osteopathic manipulation treatment in their practice immediately for patients suffering from musculoskeletal and joint disorder.

Tuition: Tuition for the full program is \$8650.00.

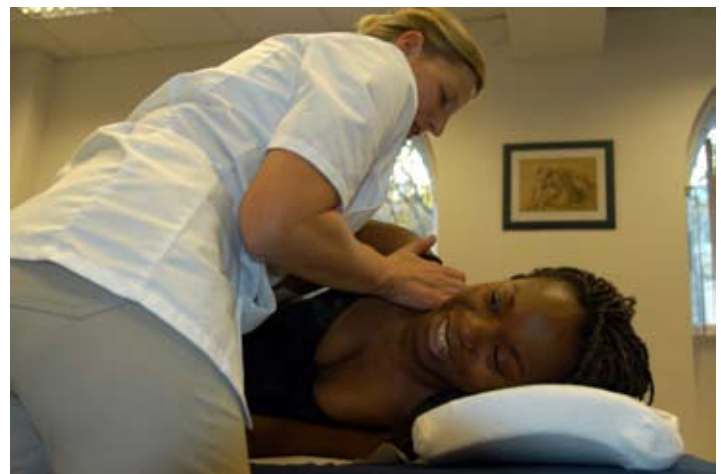
Student Loan: Student loan of up to \$3460.00 is available to all Canadian and International students.

Registration Requirement: This certificate program in osteopathic manipulative therapy is open only to applicants with prior health education. The following health professional may apply for registration to this program: chiropractors, manual osteopaths, physiotherapists, medical doctors, surgeons, massage therapists, occupational therapists, podiatrists, chiropodists, dentists, orthotists, homeopaths, athletic therapists, acupuncturists, traditional Chinese medicine practitioners & naturopaths.

Schedule: Please see the table below for the dates and locations. The course is offered once a year in the chosen locations.

Location (city)	Location (country)	Course Start Date	Course Finish Date
Madrid	Spain	May 01, 2012	May 08, 2012
Paris	France	June 06, 2012	June 13, 2012
Rome	Italy	May 28, 2012	June 04, 2012
Athens	Greece	May 19, 2012	May 26, 2012
Amsterdam	Netherlands	June 15, 2012	June 22, 2012
Lisbon	Portugal	May 10, 2012	May 17, 2012
Tokyo	Japan	November 01, 2012	November 08, 2012
Seoul	South Korea	November 10, 2012	November 17, 2012
Mexico City	Mexico	January 22, 2012	January 29, 2012
Sao Paulo	Brazil	February 10, 2012	February 17, 2012
Los Angeles	USA	February 01, 2012	February 08, 2012
Istanbul	Turkey	October 07, 2012	October 14, 2012
Frankfort	Germany	September 28, 2012	October 05, 2012
Santo Domingo	Dominican Republic	January 04, 2012	January 11, 2012
Caracas	Venezuela	January 13, 2012	January 20, 2012
Toronto	Canada	December 01, 2012	December 08, 2012

To register for this program please contact the registrar at the Canadian office of National Academy of Osteopathy.



CD0428 Certified DNA Sample Collector

The field of genetics and DNA testing is growing exponentially. There is a need for standard education and training for individuals involved in DNA sample collection and handling. For certain DNA testing such as paternity test, maternity test, and siblingship test, for results to be accepted in a court of law; in matters of child custody, child support, wills, and distribution of assets, it is required for the DNA sample collectors to be certified to be able to properly identify the involved parties and to certify identification documents presented prior to taking DNA samples.

The advances in genetic studies now allow individuals to get their Deoxyribonucleic acid (DNA) tested, in order to determine if they are prone to developing many diseases such as Alzheimer's, diabetes (type 1 & 2), heart disease, or breast cancer. As a result of this knowledge, customized nutritional and lifestyle strategies can be created and implemented to take appropriate preventative measures. If executed early enough, individuals can work towards prevention of a disease. DNA samples are also used for paternity test, immigration test, ethnicity test, aboriginal test, ancestry test, identity test, avuncular test, siblingship test, maternity test, twins test, etc. These tests may be ordered by the individuals, health practitioners, family physicians, laboratories, hospitals, paralegals, lawyers and certain government agencies amongst others.

This distance education study at home program qualifies individuals to find employment in genetic and DNA laboratories, clinics, DNA sample collectors & medical couriers. Students learn how to take heredity history and how to safely collect and handle different types of DNA samples (no blood work involved).



Certificate: successful graduates of this course are eligible to become Certified DNA Sample Collectors and use the designation CDSC after their names. A certificate will be issued upon successful completion of the program.

Tuition: total cost for the program is \$1,504.03 (includes course tuition of \$986.00, application fee of \$150.00, harmonized sales tax (\$173.03) and \$195.00 for educational material (book, DVD, DNA sample collection kit). Tuition for this program is non-refundable once educational material has been shipped.

Student Loan: student loan is not available for this course.

Scholarship: Gene Lab DNA, one of the largest global provider of court admissible DNA testing services offers scholarships of \$200.00 to selected individuals to cover the full cost of tuition, tax and the application fee for the DNA sample collection program. To inquire about this award please contact Gene Lab DNA directly at humanresources@genelabdna.com.



Schedule: the DNA sample collection program can be taken anytime as a distance education study at home program. The course generally takes between 20 to 40 hours to complete.

Registration Requirement: the certified DNA sample collector course is open to all students who have at the minimum graduated high school and obtained a grade 12 diploma.

To register for this program please download the application from NAO website (www.nationalacademyofosteopathy.com/documents/nao_application_form.pdf) and mail it with the full tuition payment of \$1,504.03 to NAO admission office in Toronto, Canada. If you need more information please email at admissions@nationalacademyofosteopathy.com.



COOA6626 Certified Osteopathic Office Assistant

The interactive distance education Osteopathic Office Assistant Certificate Program was developed by National Academy of Osteopathy to provide students interested in a career in health care; with the proper skills to manage office procedures required to effectively operate a manual osteopathy office environment. The program covers a wide



variety of administrative concepts, which enable the student to acquire the knowledge needed to facilitate efficient and effective office operations. However, through computer training, students are also empowered to expedite the demands of the administrative positions through the most recent software applications. Students in the program will work with various computer software programs necessary in administration of a manual osteopathy clinic.

The successful student graduates with the knowledge and confidence to remain competitive in the osteopathic administrative environment. The Osteopathic Office Assistant Program is a certificate level course approved

and accredited by the Canadian Manual Osteopathy Examining Board (CMOEB) and International Osteopathic Association (IOA).

The Certified Osteopathic Office Assistant Program prepares students for a wide range of professional administrative careers in osteopathic office settings and elsewhere. The modules of study in this certificate program include:

- Osteopathic Administrative Team Roles and Responsibilities
- Study of Basic Human Anatomy
- Medical and Osteopathic Terminology
- Computer Health Applications
- Data and Systems Management
- Word Processing
- Advanced Documentation
- Private Insurance Billing
- Appointment Book Management
- Osteopathic Procedures
- Manual Osteopathy Ethics and Jurisprudence
- Patient Service and Interpersonal Skills
- Job Search

Osteopathic Office Assistant Career Opportunities

Do you like working in a health clinic?

Are you a people person?

Do you enjoy helping people?

You may be a great fit for employment as a Certified Osteopathic Office Assistant (COOA). Osteopathic office assistant jobs represent a great opportunity, as this job market is expected to be among the fastest growing in the next 5 to 7 years. Training for this field, however, can also help students in a variety of related healthcare and administrative job markets, as osteopathic office assistant jobs encompass a wide variety of work environments and positions. Certified Osteopathic Office Assistant job training at the National Academy of Osteopathy is designed to prepare students for these tremendous career opportunities, by training them in a wide-range of software packages, office situations and theoretical concepts.

Certified osteopathic office assistants generally work in well-lighted, clean environments, with approximately 66% working in osteopathy health clinics. The rest are employed in other facilities such as hospitals, podiatry clinics, long term care facilities, physiotherapy clinics,



insurers' claims department, chiropody centres, naturopathy clinics, psychology offices, decompression treatment centres, pharmaceutical companies, health & nutrition stores, medical assessment centres, medical labs, occupational therapy offices, DNA labs, physical rehabilitation clinics, pharmacies, clinical ergonomic centres, medical & physicians' offices, chiropractic clinics, pain clinics, health clubs, medical spas, massage therapy centres, and optometry clinics.

Osteopathic office assistants are in constant interaction with other people and often have several responsibilities. Most osteopathic office assistants work a regular 40-hour week, although some are hired on part time basis.

Certified Osteopathic Office Assistant Job Duties

The responsibilities of osteopathic office assistants are varied and may involve many different aspects of clinical and administrative work. Osteopathic office assistant employment duties include:

- Maintaining osteopathy patients' clinical & financial records
- Submitting EHP and MVA insurance forms
- Coordinating osteopathic treatment services
- Scheduling, correspondence and billing
- Bookkeeping
- Managing instruments
- Supply inventory
- Clinical and Office equipment purchasing and maintenance
- And more

Certificate: successful graduates of this course are entitled to use Certified Osteopathic Office Assistant (COOA) designation.

Tuition: \$860.00 plus HST (total of \$971.80) for affiliates of NAO, Mobile Osteopathy, Union Ergonomics franchise clinics, Gene Lab DNA & Spinal Traction Clinics. \$1720.00 plus HST (total of \$1943.60) for all other students.

Application fee of \$150 plus HST (total of \$169.50) applies to all students. All payments are in Canadian dollar.

Student Loan: student loan is not available for this program.

Schedule: the Osteopathic Office Assistant program can be taken as a distance education study at home program six times per year (January, March, May, July, September, & November). The course takes about a month to complete on a full time basis (Mondays to Fridays) or 2.5 months part time studying on the weekends.

Registration Requirement: the Osteopathic Office Assistant program is open to all students who have at the minimum graduated high school and obtained a grade 12 diploma (or equivalent).

To register for this program please download the application from NAO website and mail it with the application fee of \$169.50 to NAO admission office in Toronto, Canada.

Enrolment is highly competitive as limited space is available. To assure your spot; apply early. Please email at admissions@nationalacademyofosteopathy.com if you have any questions.

