

National Academy of Osteopathy Required Books for Manual Osteopathy Program

AN101 Human Anatomy

Professor: Dr. Lhamo Dolkar, MD (general medicine)

Books:

- 1) The Concise Human Body Book; an illustrated guide to its structure, function, and disorders
- 2) The Concise Book of Muscles

BM220 Clinical Biomechanics

Professor: Dr. Enkhee Jigjid, MD, Ph.D. (rehabilitation medicine)

Book: The Biomechanics of Back Pain

CP872 Clinical Psychology

Professor: Dr. Behzad Goodarzi, Ph.D. (psychology)

Book: Relaxation, Meditation, & Mindfulness: A Mental Health Practitioner's Guide to New & Traditional Approaches

PA366 Clinical Pathology

Professor: Dr. William Weiben Zhang, MD, M.Sc., Ph.D. (surgeon)

Book: Differential Diagnosis Pocket

PH414 Systems Physiology

Professor: Dr. Lhamo Dolkar, MD (general medicine)

Book: The Concise Human Body Book; an illustrated guide to its structure, function, and disorders

OR680 Orthopaedics

Professor: Dr. Enkhee Jigjid, MD, Ph.D. (rehabilitation medicine)

Book: Clinical Tests For The Musculoskeletal System: Examinations-Signs-Phenomena

DS720 Diagnosis & Symptomatology

Professor: Dr. William Weiben Zhang, MD, M.Sc., Ph.D. (surgeon)

Book: The 5 Minute Osteopathic Manipulative Medicine Consult

NE762 Neurology

Professor: Dr. Enkhee Jigjid, MD, Ph.D. (rehabilitation medicine)

Book: Introduction to Clinical neurology

NU820 Clinical & Sports Nutrition

Professor: Dr. Abazar Habibinia, MD (sports medicine)

Books:

- 1) Staying Healthy With Nutrition
- 2) The Family Guide to Vitamins, Herbs, and Supplements

TE910 Therapeutic Exercise

Professor: Dr. Abazar Habibinia, MD (sports medicine)

Books:

- 1) Stretching Anatomy
- 2) The Anatomy of Exercise: A Trainer's Inside Guide to Your Workout

MO221 Manual Osteopathy Skills

Professor: Dr. Shahin Pourgol, DC, DMO, CDTT, CCE (chiropractor, osteopath, decompression therapist, ergonomist) & associates

Books:

- 1) Trigger Points & Muscle Chains in Osteopathy
- 2) Facilitated Stretching: PNF Stretching and Strengthening Made Easy
- 3) Massage Anatomy: A Comprehensive Guide
- 4) The Muscle & Bone Palpation Manual: With Trigger Points, Referral Patterns, and Stretching

MO246 Osteopathy Principles & professional Ethics

Professor: Dr. Shahin Pourgol, DC, DMO, CDTT, CCE (chiropractor, osteopath, decompression therapist, ergonomist) & associates

Book: The Philosophy & Mechanical Principles of Osteopathy

MO318 Manual Osteopathy Clinical Practice

Professor: Dr. Shahin Pourgol, DC, DMO, CDTT, CCE (chiropractor, osteopath, decompression therapist, ergonomist) & associates

Book: Osteopathy: Models for Diagnosis, Treatment & Practice

MO420 Manual Osteopathy Techniques

Professor: Dr. Shahin Pourgol, DC, DMO, CDTT, CCE (chiropractor, osteopath, decompression therapist, ergonomist) & associates

Books:

- 1) Atlas of Osteopathic Technique
- 2) Joint Mobilization/Manipulation: Extremity & Spinal Techniques

MO517 Manual Osteopathy Practice: Business, Law, Jurisprudence

Professor: Dr. Shahin Pourgol, DC, DMO, CDTT, CCE (chiropractor, osteopath, decompression therapist, ergonomist) & associates

Books:

- 1) A Running Start For Your Practice Before You Even Start
- 2) Building Your Ideal Private Practice

Some of the above books may be purchased at Chapters or Indigo bookstores. All are available online through Amazon (www.amazon.ca).











