

The Six Month Plan

Month 1

General Principles

- General Principles
 - Video
 - Worksheet
- Treatment Techniques
 - Video
 - Worksheet
- Begin General Principles Anki Deck

Fibular & Radial Head

- Fibular Head
 - Video
 - Worksheet
- Radial Head
 - Video
 - Worksheet
- Begin Fibular & Radial Head Anki Decks

Ribs

- Intro to Ribs
 - Video
 - Worksheet
- Rib Dysfunctions
 - Video
 - Worksheet
- Begin Ribs Anki Deck

Miscellaneous

- Take Practice Exam to Establish Baseline Knowledge

The Six Month Plan

Month 2

Weeks 1 & 2

Sacrum

Intro to Sacrum

Video

Worksheet

Sacral Shears

Video

Worksheet

Sacral Torsions

Video

Worksheet

Bilateral Pathologies & L5

Video

Worksheet

Begin Sacrum Anki Deck

Continue Anki Reviews From Month 1

Weeks 3 & 4

Pelvis

Intro to Pelvis

Video

Worksheet

Anterior & Posteriorly Rotated Innominates

Video

Worksheet

Upslips, Downslips & Flares

Video

Worksheet

Pubic Dysfunctions

Video

Worksheet

Begin Pelvis Anki Deck

Begin OMM based questions on topics already reviewed

The Six Month Plan

Month 3

Weeks 1 & 2

Cranial

- Intro to Cranial
 - Video
 - Worksheet
- Cranial Holds & Palpatory Techniques
 - Video
 - Worksheet
- Physiologic Cranial Conditions
 - Video
 - Worksheet
- Pathologic Cranial Conditions
 - Video
 - Worksheet
- Continue months 1 & 2 Anki Reviews & Begin Cranial & Spine Anki Decks

Weeks 3 & 4

Spine

- Intro to Spine
 - Video
 - Worksheet
- Cervical Spine
 - Video
 - Worksheet
- Thoracic & Lumbar Spine
 - Video
 - Worksheet
- Special Tests of the Vertebral Column
 - Video
 - Worksheet
- Scoliosis
 - Video
 - Worksheet

The Six Month Plan

Month 4

Weeks 1 & 2

Viscerosomatics & Chapman's Points

- Segmental Innervation
 - Video
 - Worksheet
- Chapman's Points
 - Video
 - Worksheet
- Treatment of ANS Dysfunctions
 - Video
 - Worksheet
- Begin Viscerosomatics & Chapman's Points Anki Decks

Weeks 3 & 4

Counterstrain

- Cervical Counterstrain
 - Video
 - Worksheet
- Thoracic Counterstrain
 - Video
 - Worksheet
- Lumbar Counterstrain
 - Video
 - Worksheet
- Begin Counterstrain Anki Decks

- Continue Anki Reviews from months 1-3
- Continue OMM based Questions / Take 2nd Practice Exam
- Rewatch Videos on topics from questions answered incorrectly

The Six Month Plan

Month 5

Weeks 1 & 2

Miscellaneous

- Lymphatics
 - Video
 - Worksheet
- Rare Infections
 - Video
 - Worksheet
- Begin Miscellaneous Anki Decks
- Begin Upper Extremity Anki Decks
- Continue Anki Reviews from months 1-4
- Continue OMM based Questions
- Rewatch Videos on topics from questions answered incorrectly

Weeks 3 & 4

Upper Extremity

- OMM for the Shoulder
 - Video
 - Worksheet
- OMM for the Wrist
 - Video
 - Worksheet
- Special test of the Upper Extremity
 - Video
 - Worksheet
- Epicondylitis
 - Video
 - Worksheet
- Thoracic Outlet Syndrome
 - Video
 - Worksheet

The Six Month Plan

Month 6

Medical Law & Ethics

- Hospice & End of Life Care
 - Video
- Healthcare Law & Policy
 - Video
- Latin Medical Terms
 - Video
- Advanced Directives
 - Video
- Begin Medical Law & Ethics Anki Decks

Final Points

- Continue Anki Reviews for Months 1-6
- Continue OMM based questions / Take 3rd Practice Exam
- Review Any challenging topics by rewatching videos
- Rest & Relax !