

## **KNES 441/443/445 – PRACTICUM COURSE**

**Practicum Position Title:** Osteopath Assistant

**# of Positions Available:** 1

**Industry/Company Description:** Calgary West Osteopathic Wellness Centre

Osteopathy is a form of drug-free non-invasive manual medicine that focuses on total body health by treating and strengthening the musculoskeletal framework. This includes the joints, muscles and spine, as well as the internal organs, and fluids of the body. The aim is to positively affect the body's nervous, circulatory and lymphatic systems.

This therapy is a unique holistic (whole body) approach to health care. Osteopaths do not simply concentrate on treating the problem area, but use manual techniques to balance all the systems of the body, to provide overall good health and wellbeing.

The philosophy of Osteopathy is what sets it apart from other medical disciplines. The key principles are based on all parts of the body functioning together in an integrated manner. If one part of the body is restricted, then the rest of the body must adapt and compensate for this, eventually leading to inflammation, pain, stiffness and other health conditions. When the body is free of restrictions in movement, Osteopathic treatment assists the body with pain minimization, reduced stress and greater mobility providing the body with the opportunity to heal itself.

Osteopathic Manual Practitioners study for years to develop very sensitive palpation skills. Many gentle tests and techniques are used to find and treat the root causes of dysfunction and not just chase the symptoms.

**Location:** 2640 24 Street SW, Calgary

**Required Hours:** 60-72 hours per term – evenly dispersed throughout term:

- 5-6 hours per week during fall and winter terms (13 weeks); 10-12 hours per week during spring term (6 weeks)

**Academic Session:** Fall, Winter or Spring terms

**Specified Schedule:** Mon-Fri 8am-5pm -Practicum hours flexible around student's academic schedule

### **Project Duties/Responsibilities:**

- Observe the osteopathic hands on treatments of clients. This will include soft tissue stretching, deep tactile pressure, and mobilization or manipulation of joints and organs.
- Assist in the formulation of treatment plans by gaining a deeper understanding of the relationship between the structure of the body and the connection between all of the body's tissues, fluids, organs and systems.
- The student will: review clinic resources to better understand the field of osteopathy and will do the following:
  - Select two disorders or rare ailments to investigate using current literature and resources at clinic
  - Prepare two, 3-page summary/literature reviews on findings related to osteopathy. The summaries should include a) an overview of the disorder or ailment b) an overview and explanation of how the disorder or ailment affects the overall body's structure, tissues, fluids and organs and c) proposed treatment plan
- Arrange and facilitate a 15-minute presentation for all clinic staff at the end of the term to discuss findings. The student will:
  - Develop a power point presentation which summarizes the two selected areas of investigation
  - Send an email to all clinic staff with two proposed dates and time for the presentation and follow up with another email confirming date/times of presentation
  - Ensure appropriate space and equipment is available during the chosen date/time
- Learn business and clinic marketing operations by investigating current marketing practices and strategies/ The student will:
  - Develop one strategy that the clinic could use in the future (e.g., social networking, brochure, website, etc.)
- Network with other professionals in the clinic. These may include Osteopaths, Osteopathic students and Acupuncturists.

### **Student Qualifications:**

- Required: KNES 260/261 Strong recall of anatomy. Review of notes prior to beginning placement is necessary
- Asset: KNES 263 (Quantitative Biomechanics)
- Must be able to work independently or in a group
- We are seeking a student that will learn and grow with us. An interest in Osteopathy is an asset. Strong inter-personal communication skills and a collaborative nature are necessary requirements for success in this experience.

### **On-Site Supervisor**

Chris Reiach D.O.M.P.

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