



# INSTITUTO PORTUGUÊS DE OSTEOPATIA CLÁSSICA

(NIF.: 513 482 121)

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## SPECIALIZATION COURSE IN CLASSICAL OSTEOPATHY (2024/2025)

### BEGINNING OF THE COURSE

Monthly Plan - 8-9 November (Torres Vedras)

Bimonthly Plan - 20-23 November (Torres Vedras)

### NUMBER OF VACANCIES

18 Students

### COORDENATION

Prof. Marco Silvestre

### PRESENTATION

The Specialization course in Classical Osteopathy is a course taught in a model format following the models taught in England, Spain and Canada with an **integrated internship for a period of 3 months**.

The two finalists\* who achieve the best results will receive a **scholarship of €250** to attend other courses taught by IPOC.

Note: all classes taught in English have simultaneous translation into Portuguese.

### OBJECTIVES

- Integration of the Concepts and Principles of Osteopathy according to its founders: Andrew T. Still & John M. Littlejohn.
- Understanding Physiology in the Function vs. Function equation. Structure addressing the biomechanics of lines and arches according to Littlejohn.
- Obtain the mechanical – physiological reasoning that exists “behind” the pathology.
- Enable the trainee to evaluate the patient and apply Body Adjustment, in practice, at a safe level of competence.

### RECIPIENTS

Osteopaths, Physiotherapists, Occupational Therapists and Doctors.

\* A scholarship if the finalist group is made up of less than 15 students.

## CERTIFICATION

Students with good performance: ***Certificate of aptitude in Classical Osteopathy*** and respective ***Diploma in Classical Osteopathy***.

Students with poor performance: ***Certificate of Attendance in Classical Osteopathy***.

## TEACHING MATERIAL

Mandatory: gown and suitable footwear.

Recommended: bibliography recommended by teachers.

## TEACHING MODEL

In Person.

## STUDY PLAN

### Module I - Monthly Plan

<b>Module</b>	<b>Designation</b>	<b>Hours</b>
1 <sup>st</sup> Seminar	- Neuro-anatomofisiologia Aplicada	14
2 <sup>nd</sup> Seminar	- Osteopathic Principles & Osteopathic Injury	14
3 <sup>rd</sup> Seminar	- Applied Biomechanics & Movement Physiology	14
4 <sup>th</sup> Seminar	- Embryological Development & Vertebral Arches	14
5 <sup>th</sup> Seminar	- Postural Models & Compensatory Patterns	14
6 <sup>th</sup> Seminar	- Osteopathic Injury: Theory & Practice	14

### Module I - Bimonthly Plan

<b>Module</b>	<b>Designation</b>	<b>Hours</b>
1 <sup>st</sup> Seminar	- Applied Neuro-anatomophysiology - Osteopathic Principles & Osteopathic Injury	28
2 <sup>nd</sup> Seminar	- Applied Biomechanics & Movement Physiology - Embryological Development & Vertebral Arches	28
3 <sup>rd</sup> Seminar	- Postural Models & Compensatory Patterns - Osteopathic Injury: Theory & Practice	28

## Module II -Monthly Plan

<b>Module</b>	<b>Designation</b>	<b>Hours</b>
1 <sup>st</sup> Revision Day	- Revision	7
1 <sup>st</sup> Seminar	- Circulatory System	14
2 <sup>nd</sup> Seminar	- Physiological Centers & Osteopathic Centers	14
3 <sup>rd</sup> Seminar	- Constitutional Conditions: Protoplasm & Bioplasm	14
2 <sup>nd</sup> Revision Day	- Revision	7
4 <sup>th</sup> Seminar	- Gastrointestinal System: Osteopathic Dysfunctions	14
5 <sup>th</sup> Seminar	- Urogenital & Renal System: Osteopathic Dysfunctions	14
6 <sup>th</sup> Seminar	- Cardio-respiratory system: Osteopathic dysfunctions	14

## Module II - Bimonthly Plan

<b>Module</b>	<b>Designation</b>	<b>Hours</b>
1 <sup>st</sup> Revision Day	- Revision	7
1 <sup>st</sup> Seminar	- Circulatory System - Physiological Centers & Osteopathic Centers	28
2 <sup>nd</sup> Seminar	- Constitutional Conditions: Protoplasm & Bioplasm - Gastrointestinal System: Osteopathic Dysfunctions	28
3 <sup>rd</sup> Seminar	- Urogenital & Renal System: Osteopathic Dysfunctions - Cardio-respiratory system: Osteopathic dysfunctions	28
2 <sup>nd</sup> Revision Day	- Revision	7

## Module III - Monthly Plan

<b>Module</b>	<b>Designation</b>	<b>Hours</b>
3 <sup>rd</sup> Revision Day	- Revision	7
1 <sup>st</sup> Seminar	- Chest	14
2 <sup>nd</sup> Seminar	- Abdomen	14
3 <sup>rd</sup> Seminar	- Extremities (Ms.Ss. and Ms.Is.)	14
4 <sup>th</sup> Seminar	- Differential Diagnosis & Complementary Exams	14
Internship	- Integrated Clinical Internship	16
5 <sup>th</sup> Seminar	- Obstetrics & Pediatrics	14
Internship	- Integrated Clinical Internship	16
6 <sup>th</sup> Seminar	- Applied Nutrition	14
Internship	- Integrated Clinical Internship	16
4 <sup>th</sup> Revision Day	- Revision	7
7 <sup>th</sup> Seminar	- - Exams	

## Module III - Bimonthly Plan

Module	Designation	Hours
3 <sup>rd</sup> Revision Day	- Revision	7
1 <sup>st</sup> Seminar	- Chest - Abdomen	28
2 <sup>nd</sup> Seminar	- Extremities (Ms.Ss. and Ms.Is.) - Differential Diagnosis & Complementary Exams	28
Internship	- Integrated Clinical Internship	32
3 <sup>rd</sup> Seminar	- Obstetrics & Pediatrics - Applied Nutrition	28
Internship	- Integrated Clinical Internship	16
4 <sup>th</sup> Revision Day	- Revision	7
4 <sup>th</sup> Seminar	- Exams	

Teaching Hours	328
Interim Work, Tutorial Hours and Exams	52
<b>Total</b>	<b>380</b>

## TEACHERS

Prof. Francisco Toscano	Prof. Chris Batten	Prof. Miguel Oliveira
Prof. Sérgio Santos	Prof. Mervyn Waldman	Prof. Miguel Otero
Prof. Sören Sögaard Jörgensen	Prof. Hélder Cunha	Prof. Marco Silvestre
Prof. <sup>a</sup> Isabel Fonseca	Prof. Ass. Abel Santos	Prof. <sup>a</sup> Ass. Cláudia Santos
Prof. Pedro Maria		

Teachers are appointed by the IPOC coordinator respecting the following paragraphs:

- Theoretical classes take place under the guidance of one (1) previously appointed teacher.
- Practical classes take place under the guidance of one (1) appointed teacher and one (1) assistant teacher.
- For appointed teachers who, for reasons of force majeure, cannot honor their commitment, the IPOC coordinator has the right to reappoint another substitute teacher with prior notice to the students.

Note: all students will have access 5 days in advance of the schedule with the syllabus and teachers appointed for the seminar in question.

## EVALUATION

The assessment of knowledge within the scope of the curricular modules must be carried out in three components:

- a) Continuous assessment;
- b) Final work (Case Study or Bibliographic Review of a pathology, according to the principles and practice of classical osteopathy);
- c) Practical final exam in a real environment;

Within the scope of continuous assessment, the following elements must be considered, among others:

- d) Class attendance – attendance in at least 85% of scheduled classes;
- e) Preparation and presentation of individual or group work on topics suggested or approved by teaching staff.
- f) Commitment to practical classes;
- g) Oral interventions;

The defense of the written work and the final practical exam take place in the 19th module after the completion of the academic part of the course, with a single period being foreseen for its completion, which comprises two calls that will take place at least thirty days apart. breaks and to which any registered student can have access.

The final grade of the course corresponds to the weighted average of the grades given in relation to the continuous assessment, final work and the final practical exam, worth 20%, 35% and 45% respectively.

All classifications are expressed on a scale of 0 to 20 values.

Students who obtain a minimum final classification of 10 out of 10 are considered approved.

## SCHEDULE

9h00 - 12h30 and from 14h00 – 17h30

## DURATION

The specialization course in Classical Osteopathy has a total of 380 hours.

## FEE

### Monthly Plan

Registration: €180 (Includes insurance, gown and teaching material)

Module I: €225 per Seminar

Module II: €250 per Seminar

Module III: €300 per Seminar

### Bimonthly Plan

Registration: €180 (Includes insurance, gown and teaching material)

Module I: €450 per Seminar

Module II: €500 per Seminar

Module III: €600 per Seminar

## PAYMENT METHOD

€405 (€180 registration + €225 1st Seminar) - Monthly Plan

€630 (€180 registration + €450 1st Seminar) - Bimonthly Plan

Subsequent seminars: up to 5 days before the start of each seminar by bank transfer, MB or by MBway.

If you choose to pay for the Module in full, it has a 5% discount.

APOC members have a 5% discount.

## DOCUMENTATION

Citizen card **or** Passport + Taxpayer Card

Certificate of qualifications (Basic course in Osteopathy, Physiotherapy, Occupational Therapy or Medicine)

Completing the registration form

1 passport photograph on digital media

## CONTACTS

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