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# AAOJ Call for Submissions



Time is precious and article writing is often triaged for busy physicians. In an effort to help guide the journal and stimulate interest in academic and scholarly activity, we are providing some broad topics that can be “reserved” for you. These are by no means the only topics

for the journal, but it helps to eliminate the writer’s block that so many of us may face.

Below are topics available to reserve if you would like to support your portfolio with academic writing:

- Osteopathic approaches to treating patients with pelvic dysfunctions
- Osteopathic approaches for the cardiac patient
- The body triune: osteopathic treatment of mind and spirit for today’s patient

- Beyond Spencer technique: OMT for shoulder overuse
- Using OMT to treat patients with long-term side effects of radiation for cancer treatment

If you are interested in any of these topics, send an email to [communications@academyofosteopathy.org](mailto:communications@academyofosteopathy.org) and reserve your topic today. Manuscripts should be submitted to PeerTrack within three months of reserving a topic. See the AAOJ’s [Instructions for Contributors](#) for more information on submitting manuscripts.

In addition, we are asking for peer reviewers to assist us in producing the best journals we can. Contact the AAO Publications Administrator at [communications@academyofosteopathy.org](mailto:communications@academyofosteopathy.org) if you can help in this capacity. No experience is required, and training resources will be provided. Peer reviewers are expected to review at least 2 manuscripts per year.

If you have any questions, please email us at [editoraaoj@gmail.com](mailto:editoraaoj@gmail.com).

## Continuing Medical Education

### Continuing Medical Education Quizzes

The purpose of the continuing medical education quizzes are to provide a convenient means of self-assessing your comprehension of the scientific content in each article.

To apply for 0.5 credits of AOA Category 2-B continuing medical education, fill out the applicable questions of the Continuing Medical Education for each article you read.

Submit completed quizzes to the American Academy of Osteopathy via paper or digitally.

The AAO will check your quizzes against the answers, and quizzes with a 75% or higher result per quiz will be submitted for 0.5 CME credit to the American Osteopathic Association’s Division of Continuing Medical Education.

Quiz answers will be published in the next issue of *The AAOJ*.

Submit CME quizzes online at [aao.memberclicks.net/aaoj-cme](http://aao.memberclicks.net/aaoj-cme) or send completed CME quiz page(s) to:

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# December 2022 Continuing Medical Education Answers

**Name of article:** “The Role of Osteopathic Manipulative Medicine in the Rehabilitation of a Competitive Dancer after a Major Abdominal Surgery”

**Author:** Gabriel Berenbeim, DO; Jose Figueroa, DO, FACOPMR, FAAPMR

**Publication:** *The AAO Journal*, Vol. 32, No. 4, December 2022, pages 12-19

1. Which of the following is true of the common compensatory pattern?

**Answer: a. Specific findings of alternating fascial motion preference at transitional regions of the body**

Explanation: The common compensatory pattern is series of functional, near-physiologic, alternating body torsions which are maintained by muscle and fascia located at transitional areas of the body.

2. The abdominal diaphragm can be considered a three-way pump because it facilitates the movement of:

**Answer: b. lymph, blood and air**

Explanation: The abdominal diaphragm drives a negative

pressure within the thoracic cavity that promotes a pressure gradient to draw in air, lymph and blood.

3. The case demonstrates the utility of the following treatment modalities except:

**Answer: c. Electric stimulation**

Explanation: Treatments in this case relayed heavily on the application of muscle energy, HVLA and the fascial distortion model among other treatment types.

4. Osteopathic manipulative medicine can affect wound healing by all the following except:

**Answer: d. Provide negative pressure at wound site**

Explanation: To date, there is no study to suggest that OMM can generate a negative pressure gradient at the wound site. The use of negative pressure describes the benefits of wound vacuums.

**Name of article:** “The Touch Taboo: Origins for the Prohibition of Touch in Psychiatry and a Rational Osteopathic Approach”

**Author:** Teodor Huzij, DO, FACN

**Publication:** *The AAO Journal*, Vol. 32, No. 4, December 2022, pages 19-32

1. The clearest roots of an abandonment of touch within the field of mental health are found in:

**Answer: a. The paradigm of psychoanalysis**

2. Which sense has been called the ‘mother of the senses’?

**Answer: c. Touch**

3. Which of the following factors was found to help make touch

therapeutic in psychotherapy?

**Answer: a. Discussion with the therapist of the touch itself, the boundaries of the relationship and sexual feelings.**

4. What were the recommendations for the inclusion of touch in osteopathic psychiatry?

**Answer: b. Consent, Context, Competence.**

**Name of article:** “Integrating Osteopathic Principles into Patient Care. An Approach for All Specialties”

**Author:** Karen Snider, DO, FAAO, FNAOME

**Publication:** *The AAO Journal*, Vol. 32, No. 4, December 2022, pages 33-47

1. The primary management strategy of the osteopathic approach to patient care focuses on which of the following?

**Answer: b. Management of all stressors impacting patient condition**

2. The Radiological Society of North America identified that intraarticular steroid injection for osteoarthritis of the knee were associated with an increased incidence of which of the following conditions compared to osteoarthritic knees that had

not been injected with steroids?

**Answer: a. Accelerated osteoarthritis progression with loss of the joint space**

3. Within the neurological model of osteopathic treatment, the primary goal of the suboccipital release technique is which of the following?

**Answer: c. Normalize vagal parasympathetic tone**

# March 2023 Continuing Medical Education

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## CME Certification of Home Study

This is to certify that I, \_\_\_\_\_, read the following articles(s) for AOA CME credit.  
(type or print name)

**Name of article:** “Still’s Osteopathy”

**Author:** Nicholas Handoll, DO (UK)

**Publication:** *The AAO Journal*, Vol. 33, No. 1, March 2023, pages 22-28

1. What did A.T. Still say of osteopathy in his definition?
  - a. Osteopathy is the science of the structure and function of the human body
  - b. Structure and function are reciprocally related
  - c. Osteopathy is a system of movements
  - d. Osteopathy is that science of the structure and functions of the human mechanism
2. What did Turner Hulett D.O. say should be the effect of osteopathic care?
  - a. To guide the body towards health
  - b. To modify the vital processes in the body
  - c. To remove conditions which are interfering with the vital processes
  - d. To help the body heal itself
3. According to H. H. Gravett, DO, what did Still say was the first step in osteopathy?
  - a. The body is a unit
  - b. The body contains self-regulatory mechanisms
  - c. A belief in our own bodies
  - d. Structure and function are reciprocally related

**Name of article:** “Osteopathic Findings and Treatment of Patient with Crohn’s Disease and Post-Ileocecal Resection: A Case Report”

**Author:** Daniel Shulman, OMS III; Mikhail Volokitin MD, DO; Anthony Song, OMS IV; Denise Burns, DO

**Publication:** *The AAO Journal*, Vol. 33, No. 1, March 2023, pages 14-21

1. Which of the following statements regarding Crohn’s disease is true?
  - a. a chronic inflammatory disease that damages the lining of the digestive tract.
  - b. symptoms may vary in severity, and patients can present with abdominal pain, fever, and signs of diarrhea or obstruction.
  - c. can manifest at any portion of the GI tract, from the mouth to the anus, but is most commonly found at the terminal ileum and colon.
  - d. the distinguishing features include transmural inflammation, which can cause strictures and fistulas.
  - e. all of the above.
2. The main indication for surgical resection of the affected segment is:
  - a. presence of abdominal Chapman’s points.
  - b. presence of enlarged and tender abdominal celiac ganglion.
  - c. intractability of symptoms.
  - d. constipation.
  - e. diarrhea.
3. Which of the following postoperative risks and complications of ileocecal resections before committing to the surgery patients should NOT be made aware of:
  - a. prolonged ileus.
  - b. ascites.
  - c. pneumonia/atelectasis.
  - d. wound infection.
  - e. urinary tract infections.
4. Which would be the best treatment approach from osteopathic perspective:
  - a. balance sympathetic and parasympathetic systems and improve lymphatic drainage.
  - b. visceral manipulation.
  - c. counterstrain techniques to affected areas.
  - d. HVLA to diagnosed viscerosomatic dysfunction.
  - e. Lateral fluctuation for temporal bones imbalance.