



PHILADELPHIA  
COLLEGE OF  
OSTEOPATHIC  
MEDICINE™

## Osteopathic Neuromusculoskeletal Medicine (ONMM)

Philadelphia, PA

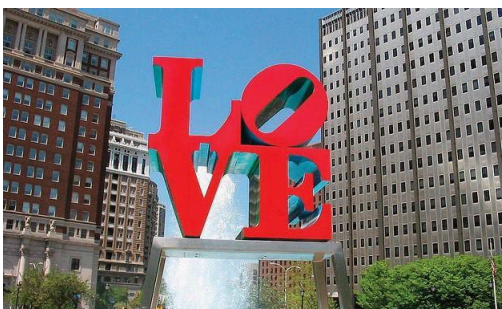
Program Director: Lauren Noto-Bell, DO

Program Coordinator: Mary Wilson

### Offering

- ONMM2 pathway – “Traditional” program; total 3 yrs
  - 2 yrs after successful completion of accredited PGY-1, ideally with Osteopathic Recognition (OR)
- ONMM3 pathway – “Plus-1” program; 1 additional year
  - After successful completion of accredited residency in any specialty, ideally with OR
- Seven (7) full-time OMM faculty members
  - With varied training backgrounds and 100+ years of combined expertise
- Friendly and cooperative administrative and clinical office staff
- Robust didactic schedule in small-group format
- Ample opportunities for teaching, research, and collaboration with other PCOM residents
- Excellent benefits package, including money allotted for CME or educational travel/expenses
- The diversity of Philadelphia and its suburbs
  - Culture, food, events, nightlife, sports, the arts; easy travel to beaches and mountains; access to regional rail and Amtrak; close international airport; housing options for country, suburban, or urban settings

Program Director:  
Lauren Noto-Bell, DO



Please note: Because we are self-funded, we can only accept one (1) trainee at a time, in either the ONMM2 or ONMM3 pathway. We do not participate in the Match.

\*\* Please send inquiries to Program Coordinator, Mary Wilson ([MaryMc@pcom.edu](mailto:MaryMc@pcom.edu))\*\*

### Useful websites for more information

- General PCOM website: [PCOM: www.pcom.edu](http://www.pcom.edu)
- OMM Dept in Philadelphia: <https://www.pcom.edu/academics/academic-departments/omm-philadelphia/>
- PCOM Graduate Medical Education website (programs/benefits/how to apply): <https://www.pcom.edu/academics/graduate-medical-education/>
- ACGME requirements for ONMM: [https://www.acgme.org/globalassets/pfassets/programrequirements/275\\_osteopathicneuromusculoskeletalmedicine\\_2023.pdf](https://www.acgme.org/globalassets/pfassets/programrequirements/275_osteopathicneuromusculoskeletalmedicine_2023.pdf)

### Overall educational objectives of the ONMM programs at PCOM

- Provide the trainee with a large, diverse patient population, with a broad variety of pathology, to develop the knowledge and skills to recognize the structural changes and reflex patterns which accompany disease processes, and design treatment plans which integrate a variety of both direct and indirect OMT into the total osteopathic medical management of all disease processes
- Provide the trainee with longitudinal acute and chronic outpatient opportunities as well as inpatient consultation experiences to develop the knowledge base, diagnostic and management skills, and administrative abilities to practice with ONMM in all aspects of medical care
- Provide a structured educational curriculum that will enable the trainee, upon completion of training, to demonstrate expertise in clinical proficiency and in the technical skills to successfully achieve certification in Neuromusculoskeletal Medicine/Osteopathic Manipulative Medicine (NMM/OMM)
- Develop physicians who are qualified to teach osteopathic principles and practice, to implement these concepts, and to integrate them into undergraduate and post-graduate clinical programs
- Provide physicians with significant exposure to the evidence base underlying the field of ONMM and the unique issues associated with research, to expand that evidence base

## OUTLINE OF ONMM RESIDENT SCHEDULE

### ONMM2

Residents in the ONMM2 pathway will complete a total of 26 four-week rotations/blocks over two years. The equivalent of one (1) block per year will be allotted for paid-time-off (vacation).

The requirement for rotations at the ONMM2 level are as follows (areas in **bold** are required by the PCOM ONMM program):

- Minimum of 800 hours **ONMM outpatient**, under the supervision of an ONMM faculty member.
- Minimum of 400 hours **ONMM inpatient** consultation, under the supervision of an ONMM faculty member.
- One (1) block each, in at least two (2) of the following ambulatory settings [note that one (1) must be done as an elective, to meet the requirement]:
  - Neurological surgery
  - Occupational medicine
  - Orthopedic surgery
  - Podiatric medicine
  - **Sports medicine**
- One (1) block each, in at least two (2) of the following ambulatory settings:
  - **Neurology**
  - **Physical medicine and rehabilitation**
  - Rheumatology
- One (1) block, in at least one (1) of the following:
  - Diagnostic radiology
  - **Musculoskeletal radiology**
  - Pain management
- Elect the remaining rotations as approved by the PD (e.g. medical acupuncture, family medicine, pediatrics, integrative medicine, obstetrics/gynecology, etc)

### ONMM3

Residents in the ONMM3 pathway will complete a total of 13 four-week rotations/blocks over one year. The equivalent of one (1) block will be allotted for paid-time-off (vacation).

The requirement for rotations at the ONMM3 level are as follows (areas in **bold** are required by the PCOM ONMM program):

- Minimum of 400 hours **ONMM outpatient**, under the supervision of an ONMM faculty member.
- Minimum of 200 hours **ONMM inpatient** consultation, under the supervision of an ONMM faculty member.

- Minimum of six (6) blocks of the following, as agreed upon by the PD and based on prior residency experience [note that two (2) must be done as electives, to meet the requirement]:
  - **Sports medicine**
  - **Neurology**
  - **Physical medicine and rehabilitation**
  - **Musculoskeletal radiology**
  - Rheumatology
  - Diagnostic radiology
  - Neurological surgery
  - Occupational medicine
  - Orthopedic surgery
  - Podiatric medicine
  - Pain management
- Other elective rotations as approved by the PD (e.g. medical acupuncture, family medicine, pediatrics, integrative medicine, obstetrics/gynecology, etc)

## DIDACTIC SCHEDULE OVERVIEW

### **ONMM2 and ONMM3**

Weekly didactics (average 4 h/week over the course of each month), with a mixture of the following:

- Faculty Development or guest lecture
  - Faculty Dvpt topics including (but not limited to): PowerPoint development, group lecturing, giving and receiving feedback, leadership skills, cultural competency, conflict resolution, the art of “pimping”, the difficult patient, how to assess and evaluate PBLI & SBP, test-writing
  - Guest lectures on topics including (but not limited to): Sports Medicine, Neurology, Interventional Pain Mgmt, Anatomy, Private Practice Models, Biomedical Sciences investigations
- Discussion of topical osteopathic readings
- Journal Club
- Atlas of Osteopathic Technique review
- Radiology review
- Oral case review
- Musculoskeletal ultrasound
- Practice management, billing/coding
- “Nicholas’ Pearls”
- Wellness
- Technique workshop
- “Fuller’s Friday”
- Neuropathology
- Osteopathic research
- Topical educational PowerPoint presentations with discussion
- OMM Scholar lecture

**SAMPLE MONTHLY ONMM DIDACTIC SCHEDULE (Daily, 1-2 pm)**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Wk 1	Technique Workshop	Osteopathic Text Discussion	Radiology Review	Faculty Dvpt or Guest lecture	Wellness
Wk 2	Neuropath Lecture	Journal Club I (Res/Scholars)	Journal Club II (M4s)	Research Lecture	Oral Cases
Wk 3	PowerPoint Presentation I (M4s)	PowerPoint Presentation II (M4s)	PowerPoint Presentation III (Scholars)	Clinical Dept Meeting	Nicholas' Pearls
Wk 4	PowerPoint Presentation IV (Scholars)	Documentation, Billing, Coding	Resident Lecture	MSK US	Fuller's Friday

**SAMPLE BLOCK SCHEDULE OF ONMM RESIDENT**

ONMM2 Sample 4-wk Block Schedule (representative of rotations, *not* the order of rotations)

<b>Block 1</b>	<b>Block 2</b>	<b>Block 3</b>	<b>Block 4</b>	<b>Block 5</b>	<b>Block 6</b>	<b>Block 7</b>
MSK Rad	Neuro	Elective	Elective	Elective	Elective	Elective
<b>Block 8</b>	<b>Block 9</b>	<b>Block 10</b>	<b>Block 11</b>	<b>Block 12</b>	<b>Block 13</b>	<b>Block 14</b>
Elective	Vacation/PTO *	Elective	Elective	Elective	Elective	Sports Med
<b>Block 15</b>	<b>Block 16</b>	<b>Block 17</b>	<b>Block 18</b>	<b>Block 19</b>	<b>Block 20</b>	<b>Block 21</b>
PMR	Selective	Elective	Elective	Elective	Elective	Vacation/PTO *
<b>Block 22</b>	<b>Block 23</b>	<b>Block 24</b>	<b>Block 25</b>	<b>Block 26</b>	<b>Longitudinal Rotations</b>	
Elective	Elective	Elective	Elective	Elective	ONMM Outpt	ONMM Inpt Elective Academic (OMM lab)

\* Vacation/Paid-time-off of 20 weekdays may be spread out over the year. This is essentially equivalent to 1 block rotation.

ONMM3 Sample 4-wk Block Schedule (representative of rotations, *not* the order of rotations)

<b>Block 1</b>	<b>Block 2</b>	<b>Block 3</b>	<b>Block 4</b>	<b>Block 5</b>	<b>Block 6</b>	<b>Block 7</b>	<b>Block 8</b>
Sports Med	PMR	MSK Rad	Neuro	Elective	Elective	Elective	Elective
<b>Block 9</b>	<b>Block 10</b>	<b>Block 11</b>	<b>Block 12</b>	<b>Block 13</b>	<b>Longitudinal Rotations</b>		
Vacation/PTO*	Elective	Elective	Elective	Elective	ONMM Outpt	ONMM Inpt	Elective Academic (OMM lab)

\* Vacation/Paid-time-off of 20 weekdays may be spread out over the year. This is essentially equivalent to 1 block rotation.

**SAMPLE WEEKLY SCHEDULE OF ONMM RESIDENT**

ONMM2 and ONMM3 Pathways

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM</b>	Rotation	Rotation	Rotation	Hospital	Rotation
<b>1-2 pm</b>	Didactics	Didactics	Didactics	Didactics	Didactics
<b>PM</b>	M1 lab / Office Pts	Rotation	Office Patients	M2 Lab / Office Pts	Office Patients