

Manual osteopathic therapy diploma

TUMS and European School of Manual Therapy

September 2024-September 2025

Home works	Individual Clinical training (clinical work)	Hours	units	subject
50	120	34	2	Test of evaluation, dysfunction, correction and physiotherapy in osteopathy
60	120	34	2	Lower extremity techniques
35	75	17	1	Visceral and cranial techniques
30	50	17	1	TMJ disorders
60	125	34	2	Upper extremity techniques
30	75	34	2	Myofascial techniques
70	75	17	1	Post-partum/pelvic treatment
335	500	187	11	Total

Total :1212 hrs

Scientific director: Professor Ramin Kordi

Instructor : Dr.Gh.Divanbeigi

1. Have you considered adding an additional modality to your practice?

Add to your skillset without putting your life on hold! Tehran University of Medical Science (TUMS) offers an accelerated Manual Osteopathic Therapy diploma (MOT) Training that exceeds the World Health Organization Type II Benchmark for Training in Osteopathic Manual Practice. The program can be completed in 1212 hours and 50 weeks, and graduates receive a Diploma in Osteopathic medicine. Students are only required to attend five days in-class sessions per session, which means you can remain 100% committed to your current practice while you learn. In conjunction with in-class sessions, students will complete a directed home-study and clinic practicum to earn the diploma in just 11 months!

2. What does training as an osteopath involve?

Most osteopathic training is undertaken at degree level, and may be delivered full-time or part-time. Typical full-time programmes take four years, with part-time programmes taking longer. Qualifications generally take the form of a bachelor's degree or master's degree in osteopathy, for example, BSc(Hons), BOst, BOstMed or MOst.

A qualification in osteopathy includes anatomy, physiology, pathology, pharmacology, nutrition, and biomechanics, as well as at least 1,000 hours of clinical training experience with patients.

3. Our course is going through a re-validation: what does this mean?

We are continually looking at enhancing our course to ensure it is up to date and relevant. This means we may update existing modules and the way they are assessed.

This activity is carried out with the University of Derby, which is the University that validates the programme. The programme is deemed as 'subject to re-validation' to make you aware that the course you are looking at is undergoing changes.

Any course listed as 'subject to re-validation' is in the final stages of approval.

In the event the course is significantly amended, we will get in touch to support you in finding a suitable alternative, at another provider.

The course is a modular programme, comprised of three levels of study; Levels 4, 5, and 6, each level becoming successively more academically challenging. There are, broadly speaking, four strands of modules extending over the levels. These strands are 'Hands-on' modules, clinical modules, academic modules and professional modules.

Programme delivery is varied and includes on-line lectures, face-to-face lectures, workshops, self-directed home study and clinic-based learning.

In addition to the academic teaching which takes place at weekends, students have to complete clinical hours and see New Patients over the course of the programme.

The programme can be completed in 1 years.

4. Osteopathy

Osteopathy is a safe and effective form of prevention, diagnosis and treatment of a wide range of health problems. It uses manual therapy, exercise and advice, to promote the optimum environment for health, based on the individual needs of the patient.

5. Working life

Most osteopaths work as self-employed [primary care](#) practitioners in private practice, able to diagnosis and treat a wide range of health issues, although there are opportunities to work within the NHS and in [secondary care](#).

They have expertise in the musculoskeletal system and its relationship to other systems of the body in the promotion of good health.

Osteopaths provide a package of care that includes a varied range of interventions specific to each patient, including:

- manual therapy techniques
- physical therapy (rehabilitation and exercise prescription)
- health advice and
- self-management guidance

6. Who qualifies to become a Osteopath (MOT)?

Osteopaths are trained to work with patients of all ages. They are skilled at identifying a wide range of health conditions, and will refer to other healthcare professionals to achieve the best outcomes for the patient. A significant number of osteopaths work in private healthcare, working closely with other healthcare specialists.

Individuals who hold a diploma or degree in at least one of the following professions qualify to apply:

Acupuncture, Athletic Therapy, Chiropractic Medicine, Kinesiology, Massage Therapy, Occupational Therapy, Physical Therapy or Traditional Chinese Medicine. Please inquire if you would like to verify alternative diploma/degree qualifications.

7. What is Manual Osteopathy in medicine?

Manual Osteopathic Therapy is a gentle hands-on modality that investigates bodily dysfunctions and mechanical disruptions. Treatments examine the body as a whole unit. The focus of a Manual Osteopathic method is to support the body's natural capability to heal, self-regulate, and maintain overall health.

Treatments aim to assess and correct both structural and functional areas of concern. These methods are able to address complex conditions of somatic and visceral origin solely using a hands-on approach. Manual Osteopathic Therapy is complementary to many other modalities, specifically Massage Therapy!

Osteopathy is a way of **detecting, treating and preventing health problems** by moving, stretching and massaging a person's muscles and joints. Osteopathy is based on the principle that the wellbeing of an individual depends on their bones, muscles, ligaments and connective tissue functioning smoothly together.

8. Benefits to becoming an osteopath:

- Receive an additional registration number for a new avenue of billing:
 - 90% of insurance providers cover Osteopathic Therapy, and services are eligible for reimbursement under client's paramedical benefits coverage.
- New treatment options support client and practitioner well-being:
 - Less time-consuming corrections provide quick and long-lasting results to improve the level of client care.
 - Manual Osteopathic Therapy treatments are less physically demanding than other modalities.

Our model of education is comprised of 3 components; classroom sessions, home study, and hands-on clinical homework hours.

9. About subjects:

The osteopathic models:

Osteopathy is based on manual practice and application principles and the five models (biomechanical, neurological, respiratory-circulatory, metabolic-energetic, biopsychosocial), cranio-sacral, visceral system focus the osteopathic approach on the relationship between structure and function and on the activation forces physiological.

Self-healing: Osteopathic treatment eliminates "obstacles" to the body's communication pathways, exploiting its own self-regulation phenomena to achieve healing and find its own balance.

Osteopathic assessment and techniques consist of:

- **Structural techniques,**

are defined as such because they re-establish the mobility of the bone structure, correcting the spatial positions of the joints according to their axes of movement. The specificity of the manipulation allows the recovery of joint mobility. They have a strong neurological influence, as well as a purely mechanical one, as they favor the emission of correct impulses from and to the endings of the treated part

- **Visceral techniques**

It was developed by osteopath Jean-Pierre Barrel who made known the benefits of Visceral Manipulation in a wide range of disorders and pathologies.

Viscera refers to the organs and their soft membranes. The Visceral has slippery surfaces and are attached to the walls of the body cavities and the spine by ligaments.

Every time your spine moves, the organs attached to it have to move. The internal organs must allow the trunk to bow and turn and the diaphragm to move during breathing.

Organs move in certain ways, determined by the ligaments that support them. Adhesions and tensions can alter or restrict these movements and stress the organs and their functionality.

When an organ can no longer move normally, it creates abnormal points of tension that your body now must move. This can happen gradually and only when someone tells you that you are no longer in an upright position is the moment that you realize that you are stiff and that some movements are difficult for you.

Whatever health condition brings you to your Osteopath may also have a visceral component.

Visceral Manipulation is effective in remedying functional and structural imbalances in the body, including musculoskeletal, vascular, nervous, urogenital, respiratory, digestive and lymphatic dysfunctions. It allows the evaluation and treatment of movement and suspension dynamics in relation to organs, membranes, fascia and ligaments. It also increases proprioceptive communication within the body, giving new energy to the subject, alleviating pain symptoms, resolving dysfunction and incorrect posture.

- **Cranial methods**

The cranial osteopathy is defined as such because it makes use of techniques that act in particular on the structure and liquid that surrounds the central nervous system, based on the existence of cranial mobility and motility "primary respiratory mechanism", i.e., that combination of parts bony, ligament, muscular, and fascial which allow the rebalancing and harmony of craniosacral functions.

Through particular skills and specific osteopathic techniques, it is possible to "feel" that imperceptible rhythmic movement which is present in all the tissues of the body and which is defined as involuntary movement.

10. We learned this subjects in course:

- visceral system techniques in osteopathy
- cranial system and techniques in osteopathy
- What is headache, upper cervical object examination and palpation practical practice in osteopathy
- Upper cervical assessment and dysfunction diagnosis C0 –C1 mobilization and MET in osteopathy
- C0-C1 manipulation and exercise therapy in osteopathy

- C1-C2 Assessment and mobilization and MET in osteopathy
- C1-C2 manipulation and exercise therapy and review of upper cervical in osteopathy

- Lower cervical object examination and palpation in osteopathy
- Lower cervical assessment and dysfunction diagnosis mobilization and MET in osteopathy
- RIB 1 ,2 manipulation and exercise therapy in osteopathy

Assessment and mobilization and MET

- RIB 2, 3 manipulation and exercise therapy in osteopathy
- T1-T4 object examination and palpation in osteopathy
- T4-T12 assessment and dysfunction diagnosis mobilization and MET in osteopathy
- Thoracic spine exercise therapy in osteopathy
- Mid and lower thoracic manipulation and exercise therapy in osteopathy
- Lumbar object examination and palpation in osteopathy
- IVF Stenosis / Listhesis /canal stenosis/ discopathy
- Lumbar manipulation and exercise therapy in osteopathy

Assessment and mobilization and MET

- Lumbar manipulation and exercise therapy in osteopathy
- SIJ object examination and palpation in osteopathy
- SIJ manipulation, MET with practice
- Post /ant innominate MET, manipulation, mobilization in osteopathy
- Up down slip in out flare, manipulation, mobilization in osteopathy
- Pubic symptoms examination and palpation in osteopathy
- Hip joint manipulation, MET with practice
- Hip joint assessment MET, manipulation, mobilization in osteopathy

Knee assessment

- Knee complex assessment, mobilization, manipulation in osteopathy
- Foot assessment MET, manipulation, mobilization in osteopathy
- Shoulder joint complex assessment, mobilization, manipulation in osteopathy
- Shoulder joint examination and palpation in osteopathy
- Elbow and wrist manipulation, MET with practice
- Neuro assessment MET, manipulation, mobilization in osteopathy

Below is a break-down of the program and admission requirements.

Osteopathic diploma program delivering 1212 hours instructional hours over a period of 50 weeks.

187 In-class and distance hours

85 Home study hours excluding assignments

250 Case study hours (clinical)

500 Clinical homework hours

Total: 708 instructional hours and 504 clinical homework hours = 1212 hours

7. Tuition fees

Registration fee:	\$250
Tuition:	\$5,250
Books & Supplies:	\$1,295 (After GST and PST) includes books, modules, uniform, online learning management system, course information package, professional success guide, student ID card (provides discount opportunities)
Total:	\$5,500

There is a monthly payment plan available for our students. You are also eligible to apply for full-time funding through Student Loans.