

AOBNMM Practical Certification Board Prep



Date: August 22, 2026
Location: Virtual (Zoom)
Course Director: K. Emily Redding, DO
Register online at www.academyofosteopathy.org



Course Description

The presentation for the virtual board preparation for the practical portion of the AOBNMM will be presented virtually and in a similar format that is performed at the AOBNMM practical boards. There will be a 30-40 minute initial presentation discussing the general format of and required knowledge for the AOBNMM practical boards. There will be pre-recorded 10 minute interactions between a mock tester and a set of mock candidates that will demonstrate the flow of the testing in each tested modality. The modalities reviewed will be Osteopathic Cranial Manipulative Medicine, Strain-Counterstrain, Muscle Energy, High-Velocity Low Amplitude and Myofascial Release.

Course Objectives

- Familiarize the learner with the AOBNMM practical exam format
- Familiarize the learner with proposed preparation materials
- Expose the learner to pre-recorded mock practical for OCMM, CS, ME, HVLA, and Myofascial Release

Continuing Medical Education

2.5 credits of AOA Category 1-A CME are anticipated.

Course Location

Online (Zoom link to be provided the week of the course)

Course Dates & Times

Saturday, August 22, 2026, 12 pm- 2:30 pm EDT

Course Faculty

K. Emily Redding, DO is the Director of the Northern Light Eastern Maine Medical Center (NL EMMC) ONMM3 Residency and faculty at the NL EMMC Family Medicine Residency. She is on the ACGME ONMM Residency Board of Appeals and the Board of the Maine Osteopathic Association. She was awarded her Doctor of Osteopathic Medicine degree from the West Virginia School of Osteopathic Medicine. She completed her Family Medicine and NMM/ OMM Plus One Residency training at NL EMMC. She holds the following board certifications: American Osteopathic Board of Family Physicians (Family Medicine/OMT) and American Osteopathic Board of Neuromusculoskeletal Medicine (ONMM). She lives in Bangor Maine with her family where she loves all 4 seasons of outdoor activities and cozy evenings reading and cross-stitching.

Registration Fees

Academy Members (Any Member Type)*	\$110
Non-member Rate	\$175

* AAO Associate Members, International Affiliates and Supporter Members are entitled to register at the same fees as Academy Members.

Questions or need additional information? Contact the event planner at eventplanner@academyofosteopathy.org