

# An Exploration of the Fulford Approach

**Date: September 25-27, 2026**

**Location: AAO Office, Indianapolis, IN**

**Course Director: Rajiv L. Yadava, DO**

**Register online at [www.academyofosteopathy.org](http://www.academyofosteopathy.org)**



## Course Description

Much of what Dr. Fulford did remains a mystery. How did he generate a sensation of tissues gyrating under his hands, a sensation that has yet to be duplicated? How did he decide to sequence the treatment of different body parts? How did he take care of himself to accomplish what he was able to do? His work leaves us with more questions than answers. In this course we want to understand the principles that govern human life. This will help us navigate patient complaints. Learning how to assist in the reprogramming of the human mechanism can help us with patient and personal care on various levels. Osteopathy, in essence, is the study of life in all its forms, functions, and dimensions.

Depending on time and interest these are some of the areas that can be covered:

- Learn the influences of Dr. Fulford's life and work as an osteopathic physician.
- Understand the mechanism of action of Fulford percussion.
- Understand how and when to use and not to use Fulford percussor.
- Learn hand techniques of Dr. Fulford.
- Appreciate the importance of improving of our own health as it applies to the practice of osteopathy.
- Develop an understanding of the human mechanism and how to it can be influenced to improve our effectiveness of osteopathic treatment.
- Develop a better understanding of the process of perception as it applies to osteopathy.
- Develop an understanding of the energetic anatomy and function as it relates to the physical anatomy and function.
- Develop an understanding of the formation of shock, diagnosis, and its treatment.

- Understand the process of breath as it relates to health.
- Understand the significance of polarity in osteopathic diagnosis and treatment
- Be aware of different anatomical relationships of the body that can be used diagnostically and therapeutically.
- Be aware of the timeline of events in relation to trauma and embryological events and how they can relate to the osteopathic lesion.

## Course Materials

Percussion hammers will be provided for participants; however, participants are recommended to own or have access to a percussion hammer in order to practice what is learned. Arrangements can be made to purchase percussion hammers at the course, with a significant discount, when paid in advance of the course.

Please contact (314)821-7577 if interested.

## Prerequisite

Participant should be a student or graduate of a DO, MD, or DDS school. Also, learners should be comfortable with the more subtle techniques of osteopathy like cranial osteopathy, biodynamics, or myofascial technique.

## Continuing Medical Education

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

## Course Location

AAO Office  
3500 DePauw Blvd, Suite 1100  
(Pyramid 1, Floor 10)  
Indianapolis, IN 46268  
Closest airport: IND

## Course Dates & Times

- Friday, September 25, 8:00 am–5:00 pm
- Saturday, September 26, 8:00 am–5:00 pm
- Sunday, September 27, 8:00 am–12:00 pm

## Meal Information

Lunch provided Friday and Saturday (gluten-free and vegan options available). Coffee and hot tea provided daily.

## Course Director

**Rajiv L. Yadava, D.O.** is board certified in NNM/ OMM, co-chaired the part of the 1999 AAO convocation having to do with Dr. Fulford. Osteopathy is the fulcrum of his private practice upon which he utilizes, homeopathy, acupuncture, functional medicine, IV/ozone/prolozone ect. in St. Louis, Missouri for the last 30 plus years. Before graduating from CCOM in 1990, he completed a teaching fellowship in OMM. He started assisting Dr. Fulford's percussion course in 1989. The teaching experience continued with increasing frequency until Dr. Fulford's passing on June 27, 1997. Dr. Fulford wanted to leave his ailing body after his scheduled presentation in June of 1997. At Dr. Fulford's last course of May 1997, he asked Dr. Yadava and Dr. Koss to continue teaching his work to the osteopathic profession from which Dr. Yadava until recently, had to pause to due health reasons. Dr. Yadava has authored the subchapter on "Fulford Percussion" in the 3rd, 4th and to come 5th edition of the "Foundations for Osteopathic Medicine" textbook, a CD on Dr. Fulford, and has a forthcoming book on Dr. Fulford. He is practicing with his daughter, Shivi Yadava DO

Registration Fees	On or Before April 23, 2026	April 24 - August 25, 2026	On or After August, 26 2026
Academy members in practice*	\$810	\$900	\$1,000
Resident/Postgraduate	\$630	\$700	\$800
SAAO Member	\$360	\$400	\$500
Non-member practicing DO, MD, DDS	\$1,170	\$1,300	\$1,400
Non-member Resident/Postgraduate	\$990	\$1,100	\$1,200
Non-member Student	\$810	\$900	\$1,000

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

Questions or need additional information? Contact event planner Dreonna Howard at [eventplanner@academyofosteopathy.org](mailto:eventplanner@academyofosteopathy.org)