

# Gait and the Cranium: Mitchell meets Sutherland

**Date: April 19-21, 2024**

**Location: AAO Offices (Indianapolis, IN)**

**Course Director: Charles A. Beck, DO, FAAO**

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



## Course Description

This course will integrate the work of two great osteopaths - Fred Mitchell, Sr (founder of muscle energy and the Mitchell model of the pelvis) and William Garner Sutherland (founder of cranial osteopathy). These two osteopathic leaders are anatomically connected via the dura mater, yet have not met in the classroom. This class will explore the movement patterns that occur during the pelvic gait cycle and how these movements transfer into the bones of the cranium. Students will learn how to diagnose and treat gait restrictions and their concomitant moment patterns in the skull. Finally we will explore the correlations between Sutherland's cranial strain patterns and Mitchell's pelvic diagnoses. The information presented in the course also adds an explanation and treatment to help the patients who seem to always come back with the same dysfunctional patterns.

## Continuing Medical Education

20 credits of AOA Category 1-A CME anticipated

## Course Location

AAO Office  
3500 DePauw Blvd., Pyramid 1  
Indianapolis, IN 46268

## Course Dates & Times

Registration begins at 7:30 am daily.

- April 19, 2024, 8 am-5:30 pm
- April 20, 2024, 8 am-5:30 pm
- April 21, 2024, 8 am-12 pm

## Meal Information

Morning coffee/tea provided each day.

Lunch provided Friday and Saturday.

## Course Director

**Charlie Beck, DO, FAAO** graduated from the Pikeville College School of Osteopathic Medicine (now the University of Pikeville) in 2004. He was one of Pikeville's first undergraduate fellows, staying an extra year in medical school to study osteopathic manipulation more in depth. Taught by Edward G. Stiles, DO, FAAODist, Charlie was given an excellent foundation for learning manipulative medicine. He is the first resident

in Neuromusculoskeletal Medicine in the history of his hospital and his state (Westview Hospital in Indianapolis, Indiana). Charlie has taken numerous classes across the US and Canada and is skilled in multiple techniques and modalities. He has taught courses and given presentations here in the U.S. for the American Academy of Osteopathy, the Osteopathic Cranial Academy, the Indiana Academy of Osteopathy, and numerous medical schools. He has also taught in Canada, Japan, Eastern and Western Europe as well as in Australia and New Zealand, where he works yearly as a locum osteopath. He is the president of the Indiana Academy of Osteopathy and a member and lecturer of the ALF InterFACE Academy. He is a published author and researcher. As his learning deepens by working with others he is always searching for the commonalities between different practitioners and healing styles. This has allowed him to bring together osteopathy with dentistry and vision to give a unique perspective on your illness/injury. He continues to strive to integrate this learning into principles that are easily taught to others. His primary practice is in Lebanon, IN.

Registration Fees	On or before 2/19/2024	2/20-4/18/24	After 4/19/24
Academy member in practice*	\$750	\$800	\$900
Resident or intern member	\$550	\$600	\$700
Student member	\$350	\$400	\$500
Nonmember practicing DO or other health care professional	\$1,250	\$1,300	\$1,400
Nonmember resident or intern	\$1,050	\$1,100	\$1,200
Nonmember student	\$500	\$550	\$550

\* The AAO's associate members, international affiliates and supporter members are entitled to register at the same fees as full members.

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

