



Physical Medicine *(fiz-i-kuhl)*

n. the branch of medicine that deals with the prevention, diagnosis and treatment of disease by essentially manual means, including osseous manipulation, hydrotherapy, and exercise, often with mechanical devices and the application of heat, cold, electricity, radiation and water. This can also include various injection therapies.

Department of Physical Medicine

The courses in the Department of Physical Medicine focus on orthopedic assessment and therapeutic modalities such as touch and palpation, a variety of osseous and soft-tissue techniques, hydrotherapy, and patient case management. Minor Surgery is included in the Department of Physical Medicine

17.5 credits / 230 hours

Nick Buratovich, N.M.D. - Department Chair, Professor

Dr. Nick Buratovich is a founding faculty member at Southwest College of Naturopathic Medicine. He received his medical training at National College of Natural Medicine in Portland, Oreg. Dr. Buratovich's academic studies and clinical practice have concentrated in the areas of orthopedics, musculoskeletal disorders, and pain management. He has served as president of the Arizona Naturopathic Medical Association and as Faculty Senate President at SCNM. He currently serves as the secretary of the Southwest College Board of Trustees. Dr. Buratovich has maintained a private practice in Naturopathic family medicine in the Tempe/Mesa area since 1985. He also serves as a staff clinician, supervising student medical rotations at Southwest Naturopathic Medical Center.

Dan Conner, M.S., D.C., Adjunct Faculty

Sara Hazel, N.D., Adjunct Faculty

Michael Jacobson, D.C., Adjunct Faculty

Ross Kerievsky, N.D., Adjunct Faculty

Quati Makeeta, D.C., Adjunct Faculty

SCNM's ND program offers a well balanced and comprehensive curriculum designed to offer the maximum number of credits in each Naturopathic modality. We believe this provides our students with the broadest education to become managers of total integrated Naturopathic Medicine. As part of the required ND curriculum, students will take 16 credits in the Department of Physical Medicine. Sixteen clinical credits are offered each quarter.



COURSES

PHMD 605 Touch as Treatment (Lecture/Lab 1/5)

This course enables students to palpate bony and muscular landmarks of the spine and extremities and visualize the action of muscles and the location of deeper physical structures. Students also are taught methods of postural analysis and to access joint range of motion. Application of neuromuscular techniques for trigger and tender points using professional therapeutic touch are discussed and practiced. Also included is the topic of nociception, the etiology of injury, inflammation, the fibrosis of repair process, and adaptive remodeling. There is a focus on physical assessment and treatment of tissues based on the sense of touch.

Prerequisites: None

PHMD 615 Principles of Hydrotherapy (Lecture/Lab 1/5)

In this course, students are introduced to the principles and practices of historical and modern therapeutic use of the application of water, including alternating temperature, colon hydrotherapy, constitutional hydrotherapy, cleansing, steam, and sweat.

Prerequisites: None

PHMD 710 Introduction to Physical Medicine and Orthopedics (Lecture/Lab 1/5)

This course examines the study of physical medicine as a diagnostic and therapeutic tool. Students are introduced to muscle energy technique and craniosacral technique. Emphasized is regional physical assessment using orthopedic tests and muscle testing. Orthopedic bio-mechanics, gait analysis, and goals of varying therapeutic treatments of acute and chronic joint dysfunction are examined.

Prerequisites: PHMD 605

PHMD 735 Physiotherapy Modalities (Lecture/Lab 1/5)

This course offers students opportunities to integrate information on physics, physiology, and indications and contradictions of the use of physiotherapy equipment. Evaluation of treatment protocols and applications of major physiotherapy modalities are emphasized.

Prerequisites: None

PHMD 740 Naturopathic Manipulative Treatment – Assessment & Application I (Lecture/Lab 2/1)

PHMD 770 Naturopathic Manipulative Treatment – Assessment & Application II (Lecture/Lab 2/1)

This two-course sequence covers the evaluation of normal and abnormal findings of the spine and extremities through assessment of positional deviations, assessment of joint mobility through static and motion palpation, grading of orthopedic muscular strength and joint range of motion, differential diagnosis of common and special disorders and evaluation of disease and injury of the musculoskeletal patient. Emphasis is on regional orthopedic physical assessment and osseous manipulation (High Velocity Low Amplitude - HVLA). Manipulative treatment includes the sacro-iliac, lumbo-sacral, lumbar, thoracic, ribs, cervical, and occipital spinal areas, extremities and specialty visceral manipulative techniques. Students write narrative reports on musculoskeletal conditions, formulate treatment protocols and demonstrate applications of Naturopathic manipulative treatment (NMT) and patient case management of the musculoskeletal patient.

Prerequisites: PHMD 710 for 740; PHMD 740 for 770

PHMD 820 Orthopedic and Sports Medicine (Lecture 4)

Students evaluate sports and orthopedic injuries. Emphasized are diet, exercise, soft-tissue therapies, physiotherapy, manipulative technique, and medicines used in the treatment of sports and orthopedic injuries. A sports medicine certificate in taping is awarded when this course is satisfactorily completed.

Prerequisite: PHMD 770

PHMD 870 Muscle Energy Counterstrain (Elective)

This course focuses on resolving muscle spasm through use of techniques borrowed from traditional osteopathic manipulation. Emphasis is placed on the diagnosis and treatment of muscular pain and dysfunction, using gentle manipulative techniques that work with only the muscles, rather than HVLA thrusts involving subluxations.

Prerequisites: PHMD 770

CLTR 600 On Site Physical Medicine Rotations (12 credits offered/Quarter)

Buratovich, Jacobson, Kerievsky, Makeeta

CLTR 600 On Site Hydrotherapy Rotations (4 credits offered/Quarter)

Hazel

SCNM occasionally offers electives in the Naturopathic medical degree program. Electives are courses that are not part of the total required curriculum credits and are not part of the required core-course curriculum.