



Canadian College of  
**Osteopathy**

Winnipeg Campus

Informations  
on our programs  
in **Osteopathy**

Academic year

2024-2025



# Welcome to the CCO

We are available every day to answer all of your questions.

You can contact Florent Bartolucci, our registrar, who is available Monday to Friday, from 9:00 a.m. to 4:30 p.m (Montreal local time), by phone at 1-800-263-2816, ext. 229, or by e-mail at [admission@ceosteo.com](mailto:admission@ceosteo.com).

**[www.collegeosteo.com](http://www.collegeosteo.com)**



# Definition of Osteopathy

Traditional osteopathy, as presented by the Canadian College of Osteopathy, is defined as:

“A natural manual therapy which aims to restore function in the body by treating the causes of pain and imbalance. To achieve this goal, the osteopathic manual practitioner relies on the quality and finesse of his palpation and works with the position, mobility and quality of the tissues”.

*The profession of osteopathy was founded single-handedly in 1874 by an American physician, with a mechanical background, named **Andrew Taylor Still** (1828-1917).*



Dr. Still with his students - dissection class, 1901

# Osteopathy is a philosophy



- *The objective is to restore function to the organism by treating causes of dysfunction, pain and imbalance.*
- *The osteopathic manual practitioner (D.O.M.P.) uses the quality and finesse of his/her palpation skills to evaluate and treat patients.*
- *He determines the position, mobility and vitality (quality) of the tissue.*

Philippe Druelle, D.O. (FR, CA)



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# Advantages of the CCO

- At the CCO, our program focuses on the essential features of osteopathic manual practice that sets it apart from other forms of manual therapy.
- The most important of these features is the practitioner's ability to palpate tissue tension, texture, and subtle motions. Time and instructor feedback are the most crucial elements of one's palpation development.
- All of our faculty members have been chosen not only for their competencies, education, and expertise but also because they are passionate about transmitting their knowledge and skill to students.
- The majority of our faculty members and clinical instructors have 10-40 years of experience.



## Other advantages offered by the CCO include the following:



- Students can start their studies at one of our campuses and finish them at another of our campuses across Canada (Vancouver, Winnipeg, Toronto, and Halifax or in Europe (Germany and Switzerland) in English, Montreal and Quebec City in French).
- Our continuing education classes are taught by some of the world's most renowned and skilled osteopathic manual practitioners and physicians. All of our campuses, national and international, offer a wide range of annual continuing education opportunities.
- Students are provided all notes electronically two weeks prior to the start of each course.
- Courses are held over five consecutive days encompassing the weekend, providing our students with the flexibility to manage their schedules.
- Our campus provides students with a library, kitchen for students to enjoy their own lunches, and student clinics where they can receive treatments.
- They also have the flexibility to take a course at any of our other 7 campuses if scheduling conflicts arise or transfer to a different campus if the need arises.

# Why choose to study Osteopathy at the CCO?

Choosing where you will take your education in osteopathic manual practice requires careful consideration.

The CCO was the first osteopathic educational institution to be established in Ontario more than 25 years ago. The CCO was established in Winnipeg in 2010.

Since then, the college has graduated some of the most qualified and accomplished osteopathic professionals in the province.

Although shorter programs at other institutions may seem enticing, it is important to realize that osteopathy is much more than learning techniques.



# Our Study Program

## Our program is divided into two main periods of study:

- First, there is a **four-year and two-month period** during which you will learn and practice all the theoretical and practical osteopathic material. Following the successful completion of your exams, you will obtain a certificate of academic aptitude.
- Then, there is a one-year period during which you will participate in supervised clinical practice overseen by highly experienced osteopathic manual practitioners. During this time, you will also complete an independent study on the topic of your choice. Upon completion of both periods, you will obtain the D.O.M.P. (Diploma in Osteopathic Manual Practice) and the D.Sc.O. (Diploma in the Science of Osteopathy).



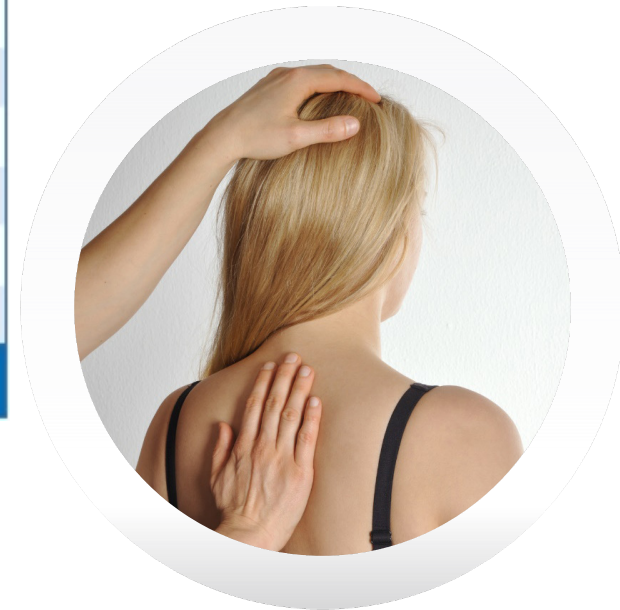


# Learn how to use osteopathic techniques



# First-year program

First Year Program	In-Class	Home Study	Clinical Experience
Palpation Course	40h	—	—
History and concepts of Osteopathy - General Osteopathic Treatment	32h	64h	—
Integration Days	—	—	24h
Pelvis 1: Sacrum, Sphenobasilar Evaluation & Correction	32h	64h	—
Clinical Methodology	—	—	24h
Pelvis 2: Iliac, Public Symphysis, Coxofemoral, Temporal Bone	32h	64h	—
General Pathophysiology 1	16h	32h	—
General Pathophysiology 1 Online Course	—	24h	—
Strain Counterstrain	32h	64h	—
Lower Extremity 1: Foot advanced Sphenobasilar Lesion	32h	64h	—
Oral Presentations	16h	32h	—
Lower Extremity 2: Knee	16h	32h	—
Orthopedic and Neurological Assessment	40h	80h	—
<b>Total hours</b>	<b>288h</b>	<b>520h</b>	<b>48h</b>



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# Second-year program

Second Year Program	In-Class	Home Study	Clinical Experience
Lumbar Spine, Vault Bones	32h	64h	—
Clinical Methodology	—	—	16h
Muscle Energy	32h	64h	—
Embryology	16h	32h	—
Embryology Online Course	—	24h	—
Dorsal Spine and Ribs	32h	64h	—
Advanced Dorsal Spine Lesions, TMJ	40h	80h	—
Cervical Spine	32h	64h	—
Integration Days	—	—	16h
General Revision	8h	—	—
Upper Extremity	24h	48h	—
Lymphatics	8h	16h	—
Pharmacology	16h	32h	—
Oral Presentations	16h	32h	—
Practical Exam	8h	16h	—
Functional Emergency Technics	32h	64h	—
<b>Total hours</b>	<b>296h</b>	<b>600h</b>	<b>32h</b>



# Third-year program

Third Year Program	In-Class	Home Study	Clinical Experience
Occiput/Atlas/Axis	32h	64h	—
Integration Days	—	—	16h
Bones of the Face	32h	64h	—
Cranial Osteopathy - Advance Course	8h	16h	—
Pathophysiology Digestive System	32h	64h	—
Research in Osteopathy	32h	64h	—
Introduction to Digestive System	32h	64h	—
General Revision	16h		—
Small and Large Intestines	32h	64h	—
Hepatic System	32h	64h	—
Review for Practical Exams	16h	32h	—
Written Exam	8h	16h	—
Practical Exam	8h	16h	—
Clinical Days	—	—	16h
<b>Total hours</b>	<b>280h</b>	<b>528h</b>	<b>32h</b>



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# Fourth-year program

Fourth Year Program	In-Class	Home Study	Clinical Experience
Kidneys - Introduction to Gynaecology	32h	64h	—
Annotated Bibliographies	8h	16h	—
Bladder - Gynaecology and Obstetrics	32h	64h	—
Integration Days	—	—	16h
Pathophysiology, Cardio-Respiratory System	32h	64h	—
Radiology	16h	32h	—
Respiratory System: Plura and Lungs	32h	64h	—
Pericardium and Heart	32h	64h	—
Paediatrics and Newborns	24h	48h	—
Advanced Treatment of Children	8h	16h	—
Autoregulation System	32h	64h	—
Research Proposal Presentations	8h	16h	—
Clinical days	—	—	40h
Clinical day (Paediatrics)	—	—	8h
General Revision	16h	—	—
<b>Total hours</b>	<b>272h</b>	<b>512h</b>	<b>64h</b>



# Fifth-year program

<b>Fifth Year Program</b>	<b>In-Class</b>	<b>Home Study</b>	<b>Clinical Experience</b>
Review for Practical Exams	16h	—	—
Written Exam	8h	—	—
Practical Exam	8h	—	—
Research Presentation	8h	—	—
Clinical Days	—	—	80h
Research Presentation Graduation	8h	—	—
<b>Total hours</b>	<b>48h</b>	<b>—</b>	<b>80h</b>
<b>Grand Total Hours</b>	<b>1184h</b>	<b>2160h</b>	<b>256h</b>



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# To meet our admission criteria

## ✓ You hold a bachelor in these health programs

- Medicine
- Physiotherapy
- Occupational therapy
- Sports and athletic therapy
- Chiropractic
- Kinesiology<sup>1</sup>
- Nursing science<sup>2</sup>
- Veterinary medicine<sup>2</sup>
- Midwives<sup>2</sup>

## ✓ You hold one of the following diplomas

- Acupuncture diploma<sup>2</sup>
- Doctorate in Naturopathic Medicine<sup>2</sup>
- Homeopathy diploma<sup>2</sup>
- Practical nursing diploma<sup>2</sup>

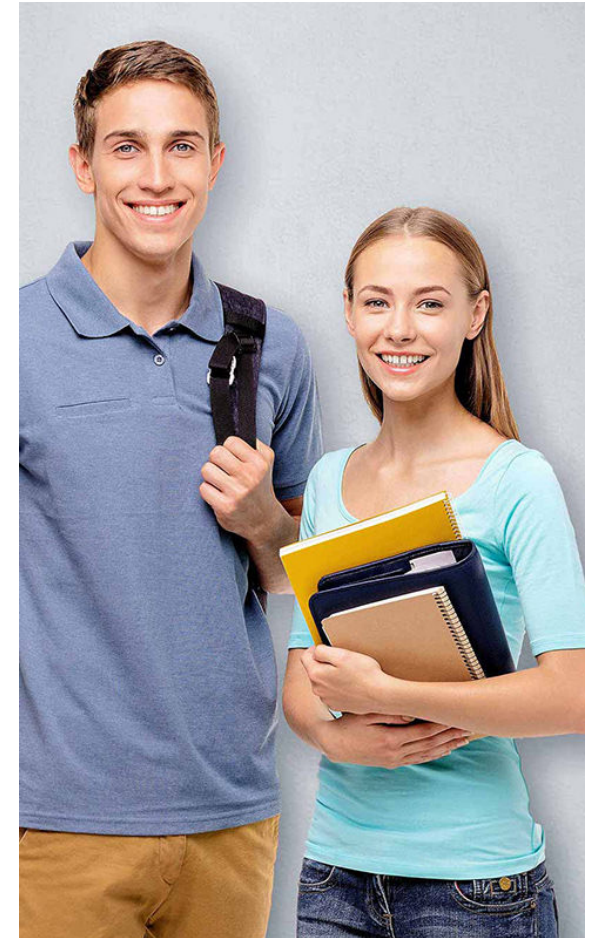
## ✓ You are a Massage Therapist

Massage Therapist		
2600-3000 hour-program	2200 hour-program or more with a university degree	2200 hour-program or more and no university degree <sup>1</sup>

- If you have a degree in a field unrelated to the program, or you only hold a high school diploma, you may be eligible for the full-time basic science program offered at our Montreal campus (please note the program is offered in French only).

<sup>1</sup> Pre-admissions course required (consists of a twenty online lesson course in basic anatomy and physiology).

<sup>2</sup> Pre-admissions course and 120 hours of additional clinic hours required.



# The strength of our Study Program

- Palpation courses
- Learn how to use the right technique in the right way
- Our clinical methodology



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# Osteopathic techniques

## Osteoarticular adjustments

- The objective is to put the joints in motion without using force.
- The benefits: smoothness, precision, efficiency. That is why it is very much appreciated by patients.
- Usually, one technique is sufficient and does not need to be repeated to obtain relief.



# Myofascial

**In history, from the very beginning, osteopaths were the first to discover these excellent techniques.**

- There are many soft tissue methods in osteopathy as:
- The **myofascial release**, by Andrew T. Still and William Garner Sutherland D.O., the **muscle energy**, by Fred Mitchell, D.O., the strain counterstrain, by Laurence Jones, D.O.
- Palpation and knowledge of neurophysiology are important in this field including the work of Irvin Korr, PhD, Denslow, PhD, and Patterson, PhD.



# Cranial

- There is an internal movement that Sutherland called the Primary Respiratory Mechanism (9 to 12 cycles per minute).
- It tells you whether a region has vitality or not. This requires accurate palpation.
- It is very useful after concussions, for young children, after a difficult birth, chronic fatigue, headaches.



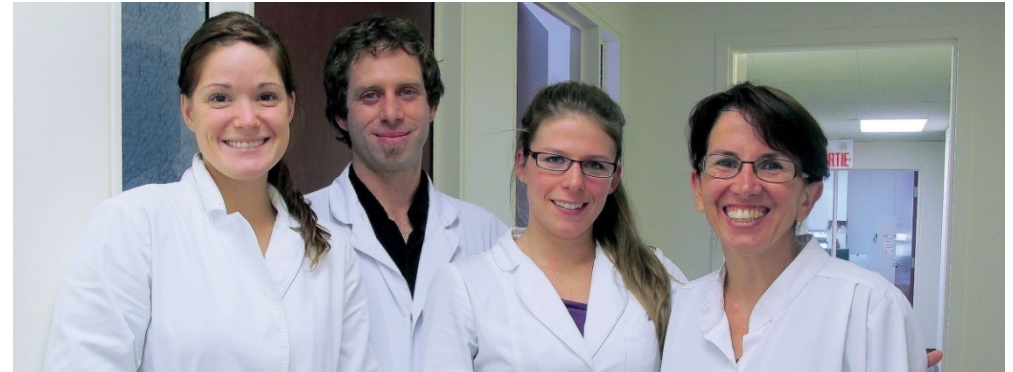
# Visceral

- Since the beginning of osteopathy, many osteopaths and D.O.M.P. have studied and developed therapeutic methods, particularly in gynaecology and obstetrics.
- The viscera are often the cause of dysfunction, inflammation and associated pain.
- We have received the pioneers in this field: Jean Pierre Barral, Philippe Druelle, Bernard Darrailans, René Briend, etc.



# CCO clinical methodology

- Enables the D.O.M.P. to itemize and prioritize global assessment findings by teaching a hierarchy of somatic dysfunction (SD). Your treatments will be more effective.
- The clinical methodology is very successful and we teach it in many countries: Canada, USA, Russia, Japan, France, Italy, Germany, Switzerland.



# Work opportunities



- The people of Ontario and Manitoba are becoming increasingly conscious of the usefulness and efficiency of natural manual therapy ; this social tendency contributes to an increase in the demand for osteopathic care.
- There is a rising need for healthcare professionals, particularly osteopathic manual practitioners, due to the growth and aging of our population, which calls for more healthcare services. This is equally true for professionals practicing in rural areas, where there is a constant increase in demand for this type of service.
- Approximately 1,800 graduates, educated at our campuses across Canada, are actively and successfully practicing osteopathy. The public recognizes their competence and makes their satisfaction known.



# CCO ADMISSION



Admissions Office  
Tel: 1-800-263-2816, ext. 229  
[admission@ceosteo.ca](mailto:admission@ceosteo.ca)  
[www.collegeosteo.com](http://www.collegeosteo.com)



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