



**ROYAL
CANADIAN
COLLEGE**
of MASSAGE THERAPY

Diploma in Osteopathic Manipulative Practice

**Delivered by Southern Ontario College of Osteopathy
Hosted at the Royal Canadian College of Massage Therapy**

**Royal Canadian College of Massage Therapy
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**ROYAL
CANADIAN
COLLEGE**
of MASSAGE THERAPY

Southern Ontario College of Osteopathy (SOCO)

Diploma in Osteopathic Manipulative Practice (DOMP)

Program Module Overview

Hosted at RCC | Delivered by SOCO

Program Overview:

- Total Duration: 3 Years (Modular Format)
- Total Modules: 25
- Clinical Hours: 400+ (Observation + Supervised Practice)
- Flexible Enrollment: Students may register for the full program or individual modules.

First Academic Term (Modules 1-9)

Module 1: Understanding the Principles of Osteopathy

Introduces the core principles of osteopathy, including assessment, diagnosis, and treatment integration into existing health practices. Students learn foundational anatomy, physiology, postural assessment, and basic osteopathic techniques, while developing clinical reasoning around dysfunction and compensation patterns.

Module 2: Anatomy & Palpation

Focuses on developing fine palpation skills essential to osteopathy and other manual therapies. Students build competency in myofascial chains, neurological connections, somato-visceral relationships, and hands-on identification of complex dysfunctions.

Module 3: Muscle Energy Technique (MET), Myofascial Release & Reflex Techniques

Covers the neurophysiology, indications, and contraindications of Muscle Energy Techniques, Myofascial Release, Techniques of Still, and Chapman Reflexes. Students gain a broader repertoire of approaches to address restrictions in muscle and connective tissues.

Module 4: Counterstrain, Facilitated Positional Release (FPR), & Ligamentous Articular Strain

Teaches indirect release techniques to address pain syndromes, including Counterstrain, Facilitated Positional Release (FPR), Oscillatory Techniques, and Ligamentous Articular Strain. Emphasis is placed on neurophysiological rationale, safety, and appropriate clinical application.

Module 5: Cranial Osteopathy – Part 1

Introduces osteopathic principles applied to the cranium, including detailed cranial anatomy, palpation techniques, and treatment protocols for cranial dysfunctions.

Module 6: Cranial Osteopathy – Part 2

Continues development of cranial assessment and treatment skills, building on Part 1 to address more advanced cranial dysfunctions using osteopathic manual approaches.

Module 7: Ethics, Standards & Treatment Protocols

Reviews ethical considerations, professional standards, treatment planning, informed consent, clinical documentation, and first aid/CPR (Level C) certification.

Module 8: Cervical Region – Part 1

Introduces assessment and treatment of the cervical spine, covering anatomy, pathology, palpation, and safe manual techniques for dysfunctions in this region.

Module 9: Cervical Region – Part 2

Expands on Part 1, offering more complex evaluation and treatment approaches for cervical dysfunctions, emphasizing advanced palpation and clinical reasoning.

Second Academic Term (Modules 10-17)

Module 10: Thoracic Region

Detailed exploration of thoracic anatomy, pathology, and osteopathic treatment techniques for thoracic dysfunctions, including autonomic nervous system involvement. Treatment approaches include myofascial release, MET, FPR, ligamentous articular strain, and mobilization techniques.

Module 11: Lumbar Region

Clinical assessment and osteopathic management of lumbar spine dysfunctions, including differentiation of discogenic, myofascial, and other lower back pain syndromes. Multiple hands-on techniques are taught for individualized treatment approaches.

Module 12: Pelvic Region

Comprehensive review of pelvic biomechanics, anatomy, and pathology. Includes treatment of pelvic ligaments, pelvic floor dysfunctions, and associated musculoskeletal and visceral conditions.

Module 13: Lower Extremity Region

Focuses on osteopathic approaches to hip, knee, ankle, and foot dysfunctions, including osteoarthritis, post-traumatic conditions, and lower limb dysfunctions. Students integrate multiple osteopathic techniques for effective treatment.

Module 14: Upper Extremity Region

Addresses dysfunctions of the shoulder, elbow, wrist, and hand including tendinopathies, frozen shoulder, carpal tunnel, and tennis elbow. Osteopathic assessment and treatment techniques are applied for each region.

“SOCO’s approach has expanded my clinical skills beyond massage therapy. I now have entirely new tools to help my clients with complex pain conditions.”

- RMT & DOMP Graduate

Module 15: Visceral Osteopathy – Part 1

Introduces visceral osteopathy principles, including anatomy, physiology, and palpation of internal organs. Students learn visceral assessment and manipulation techniques to address somato-visceral dysfunctions.

Module 16: Visceral Osteopathy – Part 2

Builds upon Part 1 with advanced visceral manipulation skills, including vascular mobilization techniques, improved visceral assessment methods, and treatment refinements.

Module 17: Muscle Imbalance & Corrective Exercise

Advanced assessment of postural and muscular imbalances, incorporating remedial exercise, corrective movement patterns, and home care programming to complement osteopathic manual treatments.

Third Academic Term (Modules 18-25)

Module 18: Lymphatic System

Detailed anatomy, physiology, and treatment of the lymphatic system. Students learn osteopathic techniques to support lymphatic drainage, reduce edema, and improve tissue health.

Module 19: Peripheral & Central Nervous System

Covers detailed assessment and treatment of both central and peripheral nervous systems. Focus includes cranial nerves, peripheral nerve entrapments, and manual neurofunctional approaches to pain management.

Module 20: Advanced Cranial Osteopathy

Introduces advanced cranial field techniques using both biomechanical and biodynamic models. Techniques include global listening, cranial arcing, and advanced manipulation of neurocranium and viscerocranium structures.

Module 21: Advanced Visceral Osteopathy

Deepens visceral osteopathic understanding through advanced assessment and vascular visceral mobilization techniques, building on knowledge from previous visceral modules.

Module 22: Osteopathic Approach in Systemic Pathologies

Explores osteopathic approaches to systemic conditions in pulmonology, cardiology, gastroenterology, urology, and geriatrics. Emphasizes appropriate clinical reasoning, safety, and referral protocols when treating patients with diagnosed medical conditions.

Module 23: Osteopathic Approach in Obstetrics & Gynecology

Provides specialized assessment and treatment techniques for pregnancy, postpartum care, and gynecological dysfunctions. Includes considerations for treatment safety, contraindications, and interprofessional collaboration.

Module 24: Osteopathic Approach in Pediatrics

Covers anatomy, physiology, and clinical approaches to treating pediatric populations. Special focus is placed on communication, treatment modifications, and safety considerations for infants and children.

“ The weekend format allowed me to continue my practice while developing hands-on osteopathic techniques that I now apply daily. ”

— RCC Graduate & DOMP Candidate

Module 25: Osteopathy and Bioenergy

Explores energetic models within osteopathy, comparing biodynamic cranial and visceral osteopathy with traditional energy medicine approaches (including TCM, Pranic Healing, etc.). Students are introduced to palpation of energy fields, energetic balance, and integrative assessment models.



Clinical Components Summary:

- Clinical Observation: 160 hours total
- Supervised Hands-on Practice: 240 hours total
- Thesis Presentation: Completed in third academic term



Program Schedule (Days of the Week):

Classes are typically delivered on weekends to accommodate working healthcare professionals.

Typical Schedule:

- Friday: 11:00 AM – 6:00 PM
- Saturday: 9:00 AM – 5:00 PM
- Sunday: 9:00 AM – 5:00 PM



Tuition & Payment Options:

- Students may register for the full program or take individual modules at their own pace.
- Tuition is billed **per module** — pay only for the modules you register for.
- **Cost per module:** \$950 + HST
- **Total program tuition (25 modules):** \$23,750 + HST (if completing full DOMP pathway)
- Payment is made directly to Southern Ontario College of Osteopathy (SOCO) upon module registration.
- No upfront financial commitment for the full program is required.

Have Questions? Speak to Us.

As the host location for SOCO's North York campus, RCC is pleased to assist with program details, scheduling, eligibility, and next steps. Prospective students are encouraged to contact us directly to discuss their individual circumstances.

For more information, please contact **Anna Larionova at RCC** at anna@rccmt.com or call **(416) 447-7687**.

Please note: formal enrollment and tuition payments are administered directly by Southern Ontario College of Osteopathy (SOCO).