Dear class of 2022,

Hello future osteopathic physicians in the class of 2022, welcome to Touro University! In an effort to make the transition into medical school as easy as possible we are providing you the opportunity to get a jump-start on one of your mandatory assignments due this fall.

“A.T. Still – from Dry Bone to Living Man” by John Lewis provides tremendous context for the profession you are about to enter and the man who started it all. Purchasing and reading this book now will not only be the best way to prepare you and orient you into the osteopathic profession, but also lift some of the workload from your shoulders in the fall. It will be difficult to read the book and complete the assignment (see below) if you wait until August to start. Start reading as early as possible.

Recognizing that the book is not easy to obtain, a student organization on campus (Student American Academy of Osteopathy) has bought a large number of books from the publisher and is selling them to you at a discount. The price is $70 for New book for non-members and $60 for a Used book for non-members ($10 and $5 reimbursements will be given in fall to those that sign up for SAAO and become members). Pick up on campus is easiest, but an SAAO member can alternatively ship you the book only $5 extra. This is a fundraiser for the SAAO whose mission is promote osteopathy for the students by bringing speakers, holding reviews, etc. so really, it is an investment in you.

The book is available directly from the publisher (http://www.atstill.com/product/at-still-book/), but may take a while to arrive from the UK. There are also a couple of copies on reserve and for checkout at the library, which I’m sure will be in high demand.

If interested in purchasing the book from the SAAO, please visit this link (A.T. Still Book Orders), fill out the appropriate information, and submit your payment (instructions in spreadsheet). Contact SAAO VP, Sarah Davis (sarah.davis2@tu.edu) or 831-214-5773 for questions.

Assignment Details
This assignment is worth 4% of your OPP1 Didactic Skills Subdiscipline. To receive full credit, you must accomplish the following:

- Submit, in Microsoft Word format, an essay providing 2 examples of each of the 4 osteopathic tenets listed below (8 total quotes and 8 unique explanations) based on quotes from the book: “A.T. Still – from Dry Bone to Living Man” by John Lewis
- Each example should have an appropriate page reference for each quote and explain in at least a couple of sentences in your own words how this is an example of the designated osteopathic principle
- Only 1 quote/example from each chapter is allowed (and cannot be example quotes – see below)
- Correct syntax and grammar are required
- There is no word count or page requirement, simply that you must adequately convey your understanding of the principle, with examples from the book (2 for each principle)

- According to the American Osteopathic Association, the Tenets of Osteopathic Medicine are:
  1) The body is a unit; the person is a unit of body, mind, and spirit.
  2) The body is capable of self-regulation, self-healing, and health maintenance.
  3) Structure and function are reciprocally interrelated.
  4) Rational treatment is based upon an understanding of the basic principles of body unity, self-regulation, and the interrelationship of structure and function.

- **The assignment is due no later than 12pm (noon) on Wednesday, October 3rd** and must be received in electronic format, uploaded to Canvas

Please see the grading rubric for clarity as well as the examples. The example quotes **MAY NOT** be used for credit.

Victor Nuño, D.O.
Grading Rubric for Dry Bone to Living Man Assignment

| 8 Quotes from different chapters of the book | 8 points (1 point for each unique chapter referenced) |
| 2 unique sentences explaining each quote that does not contain quoted material | 1 point per quote for 8 points total |
| Explanation is coherent and reasonable | 1 point per quote for 8 points total |
| **Total** | **24 maximum points** |
| Bonus – for those who have exceptionally salient insights, transitions, and overall do a great job | 1 extra credit point available |

The below examples are provided for context and are by no means the only way to satisfy the assignment.

Examples:

*The body is capable of self-regulation, self-healing, and health maintenance.*

Several experiences led Still to marvel at the body’s inherent ability to maintain health. Most notable among them were the more dramatic recoveries. In a situation where amputation was highly recommended, Still relied upon this principle to spare his patient’s leg. He observed that “with appropriate hygiene, even in such an extreme case, an unimpeded supply of arterial blood has an extraordinary power to repair broken bones and heal mutilated tissue” (Ch.3 p.39). Though the man’s thigh had been shot twice, Still took advantage of the blood supply from the still-intact femoral artery and provided the man with the most favorable conditions for healing. Because Still paid special attention to hygiene, he was able to facilitate the body’s search for health by removing adverse factors. Doing so optimized the patient’s healing process, and the man was eventually able to walk again. This anecdote clearly demonstrates the body’s natural ability to heal on its own.

*Structure and function are reciprocally interrelated.*

“In Wadesburg a Captain E. V. Stall presented with a large bladder stone that Still estimated, by palpation and percussion, to be two and a half inches long and one and half inches wide. When drugs had no effect he corrected a deranged joint in the “lower spine,” with the unexpected result that the concretion broke up to pass in the urine as fine as a sand.”—Chapter 11, page 128

The third osteopathic principle reflects the notion that the musculoskeletal system can reflect changes in and produce changes in other body systems. The body can be likened to a machine: if the machine is not working properly, then different components can be adjusted to ensure proper functioning. Internal organs communicate with the outside world through the musculoskeletal system. The basis of this phenomenon lies in the interconnectedness of the body’s interneuron network: almost every interneuron that receives visceral nociceptive input also receives input from a somatic source. Thus, somatic input can affect visceral function and visceral input can affect somatic function.

This interrelationship between structure and function is a foundational basis of Osteopathic manipulation, in which the physician can use his/her knowledge of the musculoskeletal system to enact changes in other components of the body, which is precisely what Dr. Still did to relieve his patient of a bladder stone.