



NATIONAL ACADEMY
of OSTEOPATHY®
(Canada)

Academic Calendar 2022–2023

Full time & Part Time Clinically Based Practice Oriented
Scientific Manual Osteopathic Education

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President's Message

National Academy of Osteopathy (Canada) has been the single most reason for the expansion of osteopathy internationally. It is thanks to NAO that millions of people worldwide in Africa, Asia, and elsewhere have now access to this amazing health care.

From its inception, NAO has provided leadership in scientific; evidence-based manual osteopathy education. Our proud traditions of academic and clinical excellence—preparing students for achievement and success—have always been at the core of what we do, and will always remain our higher priorities.

In keeping with our motto, “Clinically Based; Practice Oriented; Scientific Manual Osteopathic Education,” we complement basic and clinical sciences with the art of caring for people.

- NAO is well known as a leader in scientific manual osteopathy education. We only teach techniques that are effective and proven through evidence based research.
- At NAO we place heavy emphasis on business & clinical education. We prepare NAO graduates for the real world by teaching them business principles, including marketing, investment, and tax planning.



- NAO is the only osteopathic college in Canada offering training in orthotics and support hose.
- Because NAO graduates are expertly prepared to work in integrated care settings and to provide the highest quality patient care, they are the most likely to succeed in this new environment. We graduate successful manual osteopaths.
- Our manual osteopathy technique labs average approximately ten (10) Students to each professor (10:1). This kind of low student faculty ration assures you will confidently enter the manual osteopathy profession after graduation, prepared to provide the best treatment for your patients.
- NAO is approved by International Osteopathic Association (IOA) as an accredited manual osteopathy school. NAO students may join IOA upon graduation to receive certificate of registration.

- NAO graduates who are members of IOA may practice in most countries of the world; including Canada, USA, England, Australia, Iran, China, Brazil, India, Jamaica, Russia, Latvia, Ukraine, Poland, Philippines, Venezuela, Costa Rica, Peru, Mexico, and Italy.
- NAO graduates are eligible to receive manual osteopathy malpractice insurance from Holman Insurance at a preferred rate.
- NAO is an accredited member of Canadian Manual Osteopathy Examining Board, International Osteopathy Examining Board, and the College of Osteopathy Manual Practitioners of Ontario. NAO graduates may sit for board exams upon graduation.



CANADIAN

MANUAL OSTEOPATHY

EXAMINING BOARD



Honorable Justin Trudeau,
Prime Minister of Canada,
Honorable Reza Moridi, Minister
of the Training, Colleges
and Universities, Ontario, Dr.
Shahin Pourgol, President of
NAO.

NAO is proud of the leadership and rich heritage it contributes to the manual osteopathy profession. The future of health care will focus on integrating disciplines, preparing competent professionals, providing effective care, and promoting health.

National Academy of Osteopathy (Canada) will prepare you to fill the rapidly evolving role of the manual osteopath. I invite you to become part of our vision of manual osteopathy's growth and a future of serving patients in need of our unique healing art and science.

Dr. *Shahin Pourgol*, DC, DO, PhD
Founder, President & Professor
National Academy of Osteopathy (Canada)

A Letter from a Cabinet Minister to NAO

.....The Academy trains people in a specific skill that is not readily available elsewhere. By doing so, you allow your students to pursue their dreams, enjoying rewarding careers and contribute to the well-being of the people of Ontario.....

-Excerpt from a letter by Honorable Dr Reza Moridi, PhD, MPP, the Minister of Training, Colleges & Universities of Ontario mailed to National Academy of Osteopathy (Canada) (Toronto, 2015)

National Academy of Osteopathy (Canada) has been registered on June 02, 2010 by Dr. Shahin (Shawn) Pourgol, who since then continues to be its president and one of the professors.

Dr. Pourgol's outstanding education and accomplishments began in 1989 when he attended Eastern High



School of Commerce (Toronto, Canada) and became the Toronto & Ontario scholar of 1989.

In his continuous pre-doctoral education at Ryerson University in Applied Chemistry and Biology, he managed to obtain the highest academic average of 97% (A+) between 11,000 university students, for which he was rewarded with the Merit Award, by Honourable David Peterson, the premier of Province of Ontario in Canada.

Subsequently, Dr. Pourgol was accepted 1991 to the Canadian Memorial Chiropractic College where he finished with a Doctor of Chiropractic (DC) Degree in

1995 (Dr Pourgol resigned as a chiropractor on March 06, 2014). Dr. Pourgol also has post graduate training in physical rehabilitation, sports medicine, clinical ergonomics, business management (MBA), work related injuries, and manual osteopathy; including a DOMP (Diploma in Osteopathic Manual Practice), and a DO (Doctor of Osteopathy).

Dr. Pourgol is a member of major manual osteopathy organizations such as: the Ontario College of Osteopathic Rehabilitation Sciences, & International Osteopathic Association. Dr. Pourgol has passed the board exams administered by the College of Osteopathic Manual Practitioners of Ontario, Canadian Manual Osteopathy Examining Board, Canadian Chiropractic Examining Board and the National Board of Chiropractic Examiners.

Dr. Pourgol is also a well-known sports specialist in Portugal and Toronto, where he served as a doctor of Football Club of Porto (FCP) in Portugal and Iftin Football Club and Arya Football Club in Toronto.

Dr. Pourgol established himself as an editor, health spokesperson, and as a well-known international and local author. He is a past founder and editor of the Chiropractic Medicine Journal and past president and founder of Iranian Chiropractic Association (Canada). Dr. Pourgol is an author of numerous published articles everywhere in the world and he is also author of the books "Clinical Ergonomics: Joint Specific Exercises", "Manual Osteopathy Techniques: LUMBAR", and "Canadian Guide to Healthy Feet and Legs". He has also published the poetry book "The Burgeoning Songs of Rain".

Dr. Pourgol appeared as a health spokesperson on radio and Live on TV health shows in Toronto. Dr. Pourgol's continuous involvement with many charities has led him to become a regularly invited spokesperson for seminars presented to seniors, workers and students regarding ergonomics and other health related issues.



POURGOL FAMILY
COAT OF ARMS

Mission Statement

Our Mission is to:

- Be recognized for excellence in osteopathy education;
- Prepare tomorrow's osteopathic manual practitioners to be competent and successful members of the health care team; and
- Offer dynamic and innovative clinical based scientific manual osteopathy program.

Vision

To provide the best possible clinical based scientific osteopathy education in order to improve the health of society.

Dr. Shahin Pourgol teaching Manual Osteopathic Joint Mobilization for the Lumbar area.



Faculty of National Academy of Osteopathy

Dr. Shawn Pourgol MBA, DC, DO, PhD (President: Canadian Union of Osteopathic Manual Practitioners & Osteopathy Chronic Pain Clinics of Canada)
Dr. Ari Man-Yi Chow BBiomedSci (Hons), PhD, DO
Dr. Amir Kazemi DOMP, DO (Spain), RMO, PhD (Chairperson: International Osteopathic Association)
Oleg Bagrin MD (Europe), DOMP, DO (Spain) (Vice-president: COMPO)
Abazar Habibinia MD, DFN, CSDTT
Darren Wigginton RMT, DOMP
Dr. Lhamo Dolkar BSc (nurs), MD
Tze (Sara) Ying Lee RMT, DOMP
Dr. Xiaoyan (Michelle) Xiong BSc, MD
Pamela Crosson-Fournier RMT, DOMP
Dr. Hossein Khorrami PhD, DOMP, RMO
Nancy Ranally RMT, DOMP
Dr Daniel Nuzum NMD (USA), DO (Spain), DN, PhD (President: AAOMP)
Jab Redzuan CFT, CKTT, PES, DOMP
Nicholas Zancai DOMP, BSc (Ost), DO (Spain), RMO
Dr Preeya Chouhan BSc, DC, DO
Ann Shivas DOMP
Dr. Andrew Chan RMT, DOMP, DO (EUR) (President: COMPO)
Dr Ernest Geid MBA, MD, DOMP, DO, RMO
Elias A. Ahad BSc (physiotherapy), DOMP
Shannon Uppington FT, DOMP (Teacher's Assistant)
Jackelyn Hurtado FT, DOMP (Teacher's Assistant)
Caitie Morrissey DOMP
Rachel Orr RMT, DOMP
Alina Turturica RMT, DOMP (Teacher's Assistant)
Dr. George Sandhu DC, DOMP, RMO (President: Canadian Manual Osteopathic Association)
Marylène Audet CAT, DOMP
Walter Chan BSN, DNE, RN(HK), DOMP, RMO (Teacher's Assistant)
Dr. Rozina Badal Munir MBBS, RPVI, RVT, RDMS, POCUS, FASE (Professor)
Dr. Bruno Bordoni DPT, DO, PhD (OCS) (Professor)
Enza Panzeca R.Kin, CAT, DOMP
Steven Green LMT, PhD (candidate) Professor
Dr Saba Khorrami, DOMP, DC (Professor)
Grace So, RCRT, RMT, DOMP (Professor)

Administration Staff

Dasha Veprjitska Manager: DOMP, BSc(Ost), MBA, DO
Stephanie Lim Registrar: D.B.A.
Maria Veprjitska
Sachin Jain Technical Support Director: B.Tech(Computer Science), PgD (MADD)
Liana Mazitova Finance Director: BA (Finance)
Dr Shawn Pourgol President:MBA, DC, DO, PhD

The Osteopathy Oath

This modern version of the Hippocratic Oath for administration to osteopathic college graduates began as a suggestion by Dr. Frank E. MacCracken, DO, of California to his state society. Within a year, the suggestion went from the state to the national association, and a committee was formed under the Associated Colleges of Osteopathy to prepare the text. Members of that committee included Dr. MacCracken, as chairman, and Drs. R.C. McCaughan, Walter V. Goodfellow, and Edward T. Abbott. The first version was used from 1938 until 1954, at which time minor amendments were adopted. This version has been in use since 1954.



Dr. Andrew Taylor Still

Founder of Osteopathy

I do hereby affirm my loyalty to the profession I am about to enter. I will be mindful always of my great responsibility to preserve the health and the life of my patients, to retain their confidence and respect both as a healer and a friend who will guard their secrets with scrupulous honor and fidelity, to perform faithfully my professional duties, to employ only those recognized methods of treatment consistent with good judgment and with my skill and ability, keeping in mind **always nature's laws and the body's inherent capacity for recovery**. I will be ever vigilant in aiding in the general welfare of the community, sustaining its laws and institutions, not engaging in those practices which will in any way bring shame or discredit upon myself or my profession. I will give no drugs for deadly purposes to any person, though it may be asked of me.

I will endeavor to work in accord with my colleagues in a spirit of progressive cooperation and never by word or by act cast imputations upon them or their rightful practices.

I will look with respect and esteem upon all those who have taught me my art. To my college I will be loyal and strive always for its best interests and for the interests of the students who will come after me. I will be ever alert to further the application of basic biologic truths to the healing arts and to develop the principles of osteopathy which were first enunciated by Andrew Taylor Still.

About National Academy of Osteopathy (Canada)

National Academy of Osteopathy (Canada) (NAO), located in Toronto, Ontario is founded as a Canadian institution that would offer an excellent education nationally and internationally, be a catalyst for developing a unified profession, conduct research to further the scientific basis of manual osteopathy, become the home for knowledge related to manual osteopathy and be the face of the profession to governments, third party payers, and the general public.

We are a fully accredited, professional educational institution with professional faculty and staff who are experts in their fields. NAO receives no direct government funding and relies on tuition fees and donations for support.



NAO educates manual osteopathic practitioners with a six months condensed full time and a 12 months part time professional programs leading to a Diploma in Manual Osteopathic Practice (DOMP).

We conduct research that is recognized for its contribution to manual osteopathy. We provide manual osteopathic care for patients in our teaching clinic in North York. We support manual osteopathic practitioners with the

knowledge, resources and services to help their businesses thrive, and we advocate to influence education and health care policies that affect these health care practitioners.

“I would like to thank Dr. Pourgol, founder of National Academy of Osteopathy (Canada) , for trusting in my knowledge and for having me as a member of the teaching team of NAO. I always dreamed of teaching at academic level, as there is so much joy and pleasure in this profession. The applause from the students at the end of each lecture is the fuel that fills up my engine for the rest of my day. To me, to learn and never be filled, is wisdom; and to teach and never be weary, is love! At National Academy of Osteopathy (Canada) , we do our job with love and passion. At the NAO, we teach, we demonstrate, and we practise. Here the students are clinically trained in manual osteopathy, and at the same time they learn basic & clinical sciences & are updated with the latest trend in health sciences. NAO students learn business skills such as marketing, tax planning, investments, patient retention, motor vehicle accident patient management, multidisciplinary referral systems, osteopathy rehab, and other practice related matters directly from Dr. Pourgol; one of the most successful osteopaths in the world. Therefore, if you are looking for a promising profession in health care, you are always welcomed at National Academy of Osteopathy (Canada) ”.

*Dr. Abazar Habibinia, MD, CDTT, CSN
Professor*

Why Choose NAO?

At National Academy of Osteopathy (Canada) (NAO) we teach the art, science and philosophy of osteopathy with passion and pride. We welcome research and support patient centered, evidence informed scientific health care. We attract the best and brightest applicants, hire faculty who are experts in their fields, and work continuously to improve our curriculum. We teach techniques that are scientific & proven effective through evidence based research. We prepare students for the real world by teaching business principles. We aim to make our students the most successful manual osteopaths in the world.

Our Faculty are highly qualified and come from all disciplines and backgrounds to bring students a rich learning experience. Their teaching methods ensure a blend of strong theoretical knowledge with ample application of hands-on experience, providing students with in-depth understanding in a nurturing and dynamic environment.

Our Clinic offers the campus based students an opportunity to gain rewarding hands-on experience within our diverse community based settings. As osteopathy interns, NAO students assume patient care under the supervision of clinical faculty—most of whom also operate clinical practices outside of NAO.



There are more than 25 osteopathy schools in Canada however National Academy of Osteopathy (Canada) is the only Canadian school teaching osteopathy that has all the requirements explained in detail in this blog. Here is a summary of why you should study at NAO:

- 1- We offer a DOMP (Diploma in Osteopathic Manual Practice) program, which is the most accepted Canadian osteopathy title. Most insurers in Canada accept the title of DOMP as it is a Canadian title. NAO is the copyright holder of this title since October 09, 2013 (copyright # 1108241, with Canadian Intellectual Property Office of Industry Canada).
- 2- NAO is affiliated with the Coalition for the Regulation of Manual Osteopathy in Ontario (CRMOO), founded by NAO president, Shawn Pourgol, MBA, DC, DO, PhD. This assures its alumni will be part of the regulation process of manual osteopathy in Ontario.
- 3- NAO alumni can join many associations that are accepted by insurers in Canada, permitting them to bill extended health plan insurers for osteopathic care. Most associations in Canada are founded and chaired by NAO alumni, including the main associations in Ontario, Quebec, British Columbia, Nova Scotia, Manitoba, and Newfoundland and Labrador.
- 4- NAO alumni along with alumni are permitted to join the Osteopathy Chronic Pain Clinics of Canada (www.osteopathypainclinic.com) which has currently 209 locations in 15 countries. OCPCC is the largest chronic pain clinic in the world.
- 5- Most manual osteopaths in all Canadian provinces are NAO alumni. This means NAO alumni have a larger say when dealing with the government, insurers and policy holders in all things related to manual osteopathy in English speaking Canadian provinces.
- 6- NAO has over 200 business management lectures. This is one of the main reasons why its alumni become successful manual osteopaths. Our lectures cover marketing, business management, financial planning, tax strategies, asset protection, wealth creation, public relations, advertising, estate planning, etc. We also have lectures on brain improvement and becoming better. NAO is the only osteopathic college in the world teaching these topics in detail.

7- NAO is accredited by the Council on Manual Osteopathy Education of the International Osteopathic Association (www.internationalosteopathicassociation.org) and the US Council on Osteopathic Manual Practice Education (www.ucompe.org), the accrediting agencies of the manual osteopathy profession in Canada and US.

8- NAO offers 2,270 hours of education, full time (1 year) and part time (2 years). It is the only English speaking school offering a full time complete DOMP program, which can be completed in 1 year for students without prior health education and 6 months for health professionals. Other accredited schools offer the DOMP program in 3 to 5 years part time, one week or weekend a month.



9- NAO has more professors (30 and increasing) than any other school in Canada. It also has more technique instructors than any other Canadian osteopathy college.

10- NAO is dedicated to the profession. We have expanded manual osteopathy to 70 countries and to places that had no access to this wonderful health care, including Nunavut, Yukon, Northwest Territories, Alaska, Hawaii, Bermuda, and many other locations. Our president, Dr Shawn Pourgol founded the World Osteopathy Day, Osteopathy TV, Osteopathy Chronic Pain Clinics of Canada, Canadian Union of Osteopathic Manual Practitioners, and the first and only university in the US that offers manual osteopathic Education.



11- Campus based NAO students receive up to 4 months of clinical internship at NAO teaching clinic in Toronto.

12- NAO alumni can practice in the United States of America. They are eligible to sit for the board exams of the American Osteopathic Manual Practice Examining Board (www.aompeb.org) and upon passing to become Certified Osteopathic Manual Practitioners (COMP) by joining the American Association of Osteopathic Manual Practitioners ([www.fb.com/osteopathicmanualpractice](https://www.facebook.com/osteopathicmanualpractice)).

13- NAO alumni can join the Canadian Union of Osteopathic Manual Practitioners ([www.fb.com/osteopathyunion](https://www.facebook.com/osteopathyunion)) which helps them become preferred providers of osteopathic care to union members.

14- NAO alumni can use the title of DOMP in USA as we are the copyright holder of this title in US as well as Canada.

15- We teach more techniques than any other Canadian osteopathic school, including the Manual Mechanotherapy, the lost techniques of osteopathy. We are the only osteopathy school in Canada teaching this rare set of techniques.

16- Our education is World Health Organization (WHO) compliant as it includes over 1,000 hours of clinical education.

17- We support our alumni for life. Alumni are always welcome to contact us for support if they ever need it. Our support does not finish with graduation.

18- The National Academy of Osteopathy (Canada) is the largest provider of manual osteopathic education in the world, teaching in 70 countries.

19- We are the first and only osteopathy school in Canada that has alumni in every Canadian province (including Nunavut, Yukon and Northwest Territories) and every continent of the world.

Our Students are dedicated, enthusiastic, and dynamic. Being part of this high energy group is motivating and inspiring.

"Your help has been immeasurable. I'm so booked I haven't had time to implement a quarter of your tips from business lectures. Thank you!"

Dani Reid, DOMP
Osteopathy Chronic Pain Clinics of Canada (#32)
700 Richmond Street, Suite 410, London,
ON, Canada N6A 3H1
Tel: (226) 377-6262 dani.m.reid@gmail.com

What is Osteopathy?

Manual Osteopathy could be described in simple, lay terms as “holistic manual medicine”. Manual osteopathy is a system of health care that focuses on osteopathic diagnosis and treatment of the physical body’s structure in order to optimise physiological functioning. Manual palpation and Osteopathic Manipulative Therapy (OMT) are used in conjunction with biomechanical, orthopaedic and neurological clinical assessment.

Manual Osteopathy is best known for treatment of neuro-musculo-skeletal disorders such as back and neck pain, sciatica, sporting injuries and postural strain. Put simply, optimising structural balance allows the physiology to perform optimally.

The practice of Osteopathy combines current medical knowledge with the osteopathic philosophy. Scientific plausibility and evidence-based outcomes have a high priority in patient treatment and case management. Osteopathy is a patient centered approach to health care rather than disease centered.

Osteopathic Manual Practitioners assess and treat the whole person, not just the symptomatic region. So for example, if a patient presents with headache they will be structurally assessed from head to toe. This is because the primary cause may be remote from the symptoms. For example; Unilateral pes planus (flat feet) > functional leg length discrepancy > pelvic torsion > scoliosis > cervicogenic tension headache. This cause would only be detected with a holistic assessment.

Currently there are two types of osteopathy. One is called American style osteopathy also known as osteopathy or osteopathic medicine. This is similar to medicine and osteopathic physicians (also known as osteopaths) have same exact scope of practice as a medical doctor. The other type of osteopathy is also known as European style osteopathy, osteopathy, manual osteopathy (in Canada) and osteopathic manual practice (in the United States). Its practitioners are called osteopaths (in Quebec and most of the world), manual osteopaths (in Canada, except Quebec and British Columbia) and osteopathic manual practitioners (in the United States and BC).

Manual osteopaths use a variety of hands-on physical treatments. These include soft tissue therapy, osteoarticular, cranial osteopathy (osteopathy in the cranial field), visceral manipulation, strain/counterstrain technique, lymphatic drainage, manual mechanotherapy, Still's, facilitated positional release, balanced ligamentous tension, muscle energy techniques, myofascial release technique, trigger point therapy, etc. These techniques are normally employed together with exercise, dietary, and occupational advice in an attempt to help patients recover from pain, disease and injury. Manual osteopathy is specially effective in treating chronic pain. The ability of manual osteopaths in treating chronic pain is one reason why they are so much in demand. Specially after the COVID-19 which caused an increase in incidence of chronic pain as people are cooped inside without much activity, the need for manual osteopathic care has increased. Manual osteopathy is one of the few professions that has seen increase demand after COVID-19 and that is mainly due to its ability in treating chronic pain.

There are eight major principles of osteopathy that are widely taught throughout the international osteopathic community.

- 1) The body is a unit.
- 2) Structure and function are reciprocally inter-related.
- 3) The body possesses self-regulatory mechanisms.
- 4) The body has the inherent capacity to defend and repair itself.
- 5) When the normal adaptability is disrupted, or when environmental changes overcome the body’s capacity for self maintenance, disease may ensue.
- 6) The movement of body fluids is essential to the maintenance of health.
- 7) The nerves play a crucial part in controlling the fluids of the body.
- 8) There are somatic components to disease that are not only manifestations of disease, but also are factors



These principles are thought to be the underpinnings of the osteopathic philosophy on health and disease. Manual Osteopathy is not just a set of techniques; rather it is a philosophy based on these principles. This philosophy is simple and sensible. When applied in practice, osteopathy can make profound changes in a person's health.

The World Health Organization (WHO) recognized the Osteopathic concept of somatic dysfunction as being scientifically proven, and the British Medical Association also recognized Osteopathy as a discrete health discipline.

Osteopathy History

Osteopathy (founded in 1874 by Dr. Andrew Taylor Still in USA) is an established internationally recognized manual medicine system of analysis and treatment, which lays its main emphasis on the structural and functional integrity of the musculoskeletal system. Osteopathy is a heritage of Indigenous Peoples as it has roots in their healing arts and bodywork.

Dr. Still worked over 20 years in the Shawnee tribes reservation as a physician and there he learned the Cherokee Healing arts and bodywork. He organized the physical, hands-on method of treatments into what is now known as osteopathy. He believed that the doctor's role in fighting disease was to restore the body's proper musculoskeletal function.

Still founded the American School of Osteopathy in Missouri in 1892. The School taught manual manipulation, nutrition, and lifestyle modifications rather than surgery and drug therapies.

The American Osteopathic Association was formed in 1901 to regulate the profession. In 1962, doctor of osteopathy (D.O.) was recognized for full practice rights in all 50 states (provided they obtain a license in any given state). By 1973, the California Medical Association invited Osteopaths to join and become voting members.

D.O.s practice in all specialties of medicine ranging from emergency medicine and cardio-vascular surgery to psychiatry and geriatrics. D.O.s trained in various specialty areas take a whole patient (holistic) approach.

According to the American Osteopathic Association, there are more than 64,000 osteopathy physicians practicing in the United States today. Although osteopathic manipulations were once used to treat all forms of disease, now they are considered useful mostly for musculoskeletal conditions (such as back pain).



How does Osteopathy Work?

Dr. Andrew Taylor Still believed that many disease or illness began with structural problems in the spine. Long nerves connect the spine to various organs in the body. According to Dr. Still, when there is a problem with the spine, the nerves send abnormal signals to the body's organs. Still called these spinal problems "osteopathic lesions" ("osteo" for bone and "pathic" for diseased), and created osteopathic manipulation techniques (OMTs) to treat them. These treatments, he believed, would return the nerves to their normal function and allow the blood to flow freely throughout the circulatory system. With structure restored, the body's own natural healing powers would be able to restore full health.



Osteopathy recognizes the relationship between structure and function. A simple analogy is the garden hose. If it is twisted (distorted structure) it can't function optimally. Similarly, if our human structure is compromised. Circulation, nerve supply, hormone secretion etc. are compromised. So when our body is "turned well" it performs well.

An Osteopath's role lies in diagnosing and treating the factors that inhibit health thus restoring balance in the body through natural, non-invasive hands-on techniques.

- 1) Stretching and releasing connective tissues, e.g. muscles, tendons and fascia that inhibit mobility.
- 2) Strengthening unstable joint through muscle conditioning
- 3) Enhancing circulation and lymphatic drainage
- 4) Improving nerve supply
- 5) Educating about diet, exercise and lifestyle choices.

What Happens When You Visit an Osteopath?

1.) A case history is taken:

The osteopathic manual practitioner conducts a thorough health survey listening to the chief complaint, any health issues, and other medical interventions received throughout the patient's life.

2.) A physical assessment is performed:

The osteopathic manual practitioner conducts a physical examination to rule out any major health concerns and ensuring a safe treatment can be provided. The practitioner assesses all systems and structures that may be related to the area of complaint.

3.) A treatment plan is implemented:

After reviewing the examination findings with the patient, the osteopathic manual practitioner creates a treatment plan.

4.) A treatment is given:

Hands-on treatments are administered based on the assessment, and consecutive treatments are administered as needed.



How much does an osteopathy treatment cost? Do health plans and Insurers pay for osteopathy services?

Most private health insurers in Canada cover osteopathic care by NAO graduates who are members of an association that is accepted by insurers, such as the Canadian Alliance of Alternative Medicine (L'Alliance Canadienne de Médecine Alternative - ACMA), College of Osteopathic Manual Practitioners of Ontario (COMPO), College of Registered Manual Osteopaths (Canada), and others. It is worth checking with one's insurance plan, as most extended health plan (EHP) providers pay an annual portion for osteopathy; which is approximately \$300 to \$500 per year in the province of Ontario (coverage varies as per each individual policy). Most employees of private and public sectors as well as most full time university and college students in the province of Ontario are covered for osteopathy treatments through their EHP providers.

Ontario auto insurers cover osteopathy treatments if patient is injured as a result of a motor vehicle accident. The maximum amount payable for osteopathic treatment by auto insurers in Ontario is \$59.00 per session as set by Financial Service Commission of Ontario (FSCO).

Who Can Benefit From Osteopathy Treatments?

Osteopathy is effective for people of all ages, from infants to the elderly. It offers an approach with gentle non-invasive techniques. An osteopathic assessment is so refined that the osteopathic manual practitioner can detect dysfunction without necessarily even having the benefit of a specific complaint, often difficult to obtain from young children.

Osteopathy is equally beneficial to athletes (whether professional or amateur), individuals with problems stemming from a sedentary job or life style, those exposed to occupational hazards, and to people suffering from a wide range of traumas.

Osteopathy can be a complement to medical care for women throughout their pregnancy and to mothers immediately after the delivery. In fact, osteopathy can be very effective in assisting the mother's body to restore and resume function in the post-partum period.

Osteopathy assists patients to "manage" their own health so that "good health" is restored and maintained whenever possible. The philosophy of osteopathy promotes 'health' as opposed to 'illness', teaches people to learn to appreciate a quality of life and encourages opportunities to live it to the fullest.

Osteopathy customizes treatments for each individual according to his or her age, physical characteristics and specific reactions to treatments.

Is Manual Osteopathy Treatments Covered by Insurers?

In certain countries (such as Canada, and most European countries) manual osteopathic treatments are covered by most insurance providers.

In Canada more than 90% of insurers cover osteopathic treatments. Less than 5% of insurers have other guidelines before issuing payment; the main one being that the osteopathy treatment should be provided by a Doctor of Osteopathy (DO).

Why Do We Speak of Osteopathy as a Science and an Art?

It is a science because it rests on developed studies of anatomy, physiology, biomechanics and other sciences.

It is an art because Osteopathic manual practitioners must be able to feel (in osteopathic language we speak of listening) with their hands all the responses to diagnostic tests. They should interpret tensions before normalizing them.

In order to be more effective, their manual therapeutic work should be constantly modulating between the quantity and quality of their touch.



Academic Program

National Academy of Osteopathy (Canada) offers a diploma program in Manual Osteopathy (DOMP). NAO (Canada) offers a Diploma in Osteopathic Manual Practice (DOMP) program, online worldwide, and on-site at its York University Heights campus in Toronto. The curriculum is presented in a series of study modules – each dedicated to a specific anatomical region – with faculty working together to coordinate content and ensure understanding is comprehensive and complete. Combining lectures, labs, case studies and clinical internship provides a smooth transition from academic knowledge to problem solving for treatment and management of patient’s conditions.



In this osteopathy program students learn how the human body works in progressive study modules that focus on back/spine, head/neck, upper and lower limbs. Each anatomical region is explored from all possible angles including anatomy, pathology, biomechanics, osteopathy principles and manual techniques.

Students also explore how the body feels pain and how to treat it, within study modules that focus on specific symptom areas – including acute onset low back pain, thoracic spine pain, upper limb pain, lower limb pain.

Students complete the academic program by taking part in an internship program in NAO’s teaching clinic located in North York, Ontario under the supervision of clinical faculty.

“...Dr. Pourgol’s lectures and clinical classes are all based on his professional experience in this field. Our other professors are also on top of their medical fields. Their patience and dedication to every student is overwhelming. There will be a new generation of Manual Osteopaths coming from NAO and I strongly believe we are being trained to be the best in Canada and perhaps in the world.”

*Jay David
Part-Time Student-Class
of 2011*

Course Curriculum

AN101: Human Anatomy and PH414: Systems Physiology

Consists of lectures covering the human body and incorporates adult human gross anatomical content. All content is presented using a case based, integrated approach. Human Anatomy focuses on the structural and functional relationships within the back, head, neck, upper and lower limb regions. Anatomical content is closely integrated with that of other courses presented.

This course also teaches the physiology of body fluids, blood, and the cardiovascular, respiratory, endocrine, renal, and gastrointestinal systems. The function and control of all major organ systems are discussed, as are cell physiology and mechanisms at the cellular and subcellular levels. Muscle performance, training, and fitness assessments are also discussed. The course encourages problem solving and the application of physiological principles to manual osteopathy practice.

BM220: Clinical Biomechanics

Introduces clinical biomechanical principles and properties of the spine. Students are introduced to the mechanical concepts of basic body mechanics, as well as some advanced topics involving moment calculation. Emphasis is placed on how these principles apply to manual osteopathic therapy. The biomechanics of osteopathy techniques are covered through examination of research publications. The biomechanics of the joints of the upper and lower limbs, lumbar, cervical and thoracic spine are examined to explain how pathologies develop. Due to the preponderance of low back pain, detailed attention is given to lumbar spine functional anatomy, lumbar spine pathomechanics, and the concept of lumbar spine stability. With these topics in mind, treatment and prevention strategies which are supported by laboratory research are examined.

MO246: Osteopathy Principles and Professional Ethics

Introduces the historical and contemporary approach to health emphasizing aspects unique to the osteopathy profession. Different models of health care are explored. This is a program designed to prepare students to explore issues related to the philosophy, art, and science, as well as the sociology of osteopathy. Material on professionalism, informed consent and ethics introduces students to a practical understanding of professional ethics and the terminology, issues, and consequences related to this area of student and professional life. The unique ethical responsibilities of the health professional student and practitioner are explored.

PA366: Clinical Pathology

Presents the basic mechanisms involved in cell death, necrosis, inflammation and repair, and neoplasia. Pathological principles of disease processes are discussed so that students may understand the clinical manifestations of disease and the rationale for treatment.

Clinico-pathological correlations will be emphasized where applicable. This course also provides students with an understanding of disease processes. Specifically, the etiology and pathogenesis of the major diseases affecting each individual body system are presented. Where applicable, areas of current research into the etio-pathogenesis of disease are highlighted.

OR680: Orthopedics

Helps students understand the nature of normal musculoskeletal tissues and their response to injury. Students approach the musculoskeletal system regionally from the perspective of relevant clinical anatomy, pathology, biomechanics, diagnostic categories, current diagnostic tests and treatment strategies. The laboratory section of the course provides the student with skills in performing a focused orthopedic examination as the basis for an accurate diagnosis.

DS720: Diagnosis and Symptomatology

Teaches the general principles of clinical diagnosis through a lecture and laboratory format. Students are taught basic skills in history-taking and physical examination procedures with an emphasis on interviewing skills and vital signs. This course emphasizes therapist-patient interactions, the importance of informed consent, and the use of standard diagnostic procedures.

This course enables students to develop systematic analytical and diagnostic skills. Students work through history, physical examination, special tests, and plan the management of several osteopathic cases under the guidance of a clinician.

Students also study the diagnosis of disorders of the various body systems at an advanced level. Emphasis is placed on etiology, pathology, signs and symptoms, differential diagnosis, and treatment. Areas of study include disorders of the cardiovascular, genitourinary, respiratory, gastrointestinal and endocrine systems, as well as dermatology, eyes, ears, nose and throat (EENT), hematology, allergic reactions, and immunology. Particular attention is focused on knowledge of those disease processes which confront the primary contact osteopathic manual practitioner.



NE762: Neurology

Studies the symptoms and signs of a broad range of common neurological disorders with particular emphasis on those conditions which are frequently seen by osteopathic manual practitioners. Students attain the knowledge and skills required to conduct a neurological examination and to correlate clinical neurological findings with other diagnostic data.

NU820: Clinical and Sports Nutrition

The course discusses the basic principles of health, nutrition and wellness, involving the chemistry and metabolism of carbohydrates, lipids, proteins, vitamins, and minerals. It also presents the basic food groups and the fundamentals of assessing nutritional status, and introduces clinical examples and methods of practice implementation.

OT 303: Advanced Cranial Osteopathy

After an anatomy review of the cranial bones, the intracranial membranes and their connection to the rest of the body, this course offers a step further into the cranial-sacral osteopathic concept. Information on the physiology of cerebrospinal fluid, the principles of the primary respiratory mechanism and the detailed teaching of all cranial nerves leads to a practice part where each individual cranial bone (except facial bones) is discussed anatomically and in its importance to the cranial-sacral mechanism. Choices of treatments are provided for each individual bone. The course material is based on internationally accepted basic concepts of Osteopathy in the cranial field (Harold Magoun, DO).

TE910: Therapeutic Exercise

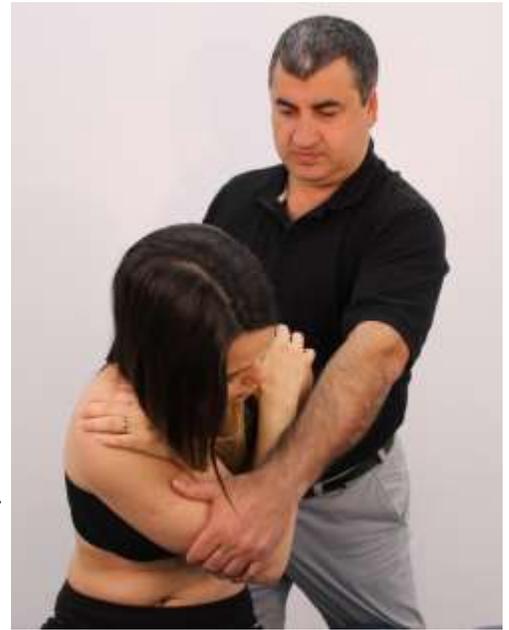
In this course students learn how to prescribe certain joint specific therapeutic exercises accomplish the following goals: Enable ambulation, release contracted muscles, tendons, and fascia, mobilize joints, improve circulation, improve respiratory capacity, improve coordination, reduce rigidity, improve balance, promote relaxation, improve muscle strength and, if possible, achieve and maintain maximal voluntary contractile force (MVC), and improve exercise performance and functional capacity (endurance).

MO221: Manual Osteopathy Skills

Coordinated with Biomechanics (BM220) and provides tutorial laboratory instruction to develop the skills necessary to locate all points of surface anatomy pertinent to a physical examination. Students learn to determine normal and abnormal biomechanics and to perform palpation, motion palpation and static joint challenge.

MO420: Manual Osteopathy Techniques

Provides laboratory instruction to develop proficiency in general and specific spinal and extremity manual techniques. Students learn how to deliver techniques with the focus on control, direction, speed and depth of pressure. Emphasis is placed on competence in conducting an analysis (including all forms of static and motion palpation procedures) of the spine, pelvis, and extremities to arrive at a clinical impression that will enable accurate determination of the appropriate manual procedure. Screening procedures and the importance of informed consent are discussed, and the student is taught soft tissue therapy, joint mobilization, myofascial release, facilitated positional release, proprioceptive neuromuscular facilitation, neuromuscular retraining, lymphatic, osteoarticular and other manual techniques.



MO318: Manual Osteopathy Clinical Practice

Begins with a comprehensive introduction to the structure and function of NAO's clinical teaching environment, followed by instruction in the theory and application of evidence based clinical practice. Students are exposed to the skills required to effectively retrieve, critically appraise, and apply current health care information and literature. Throughout the program, students review selected readings in clinical osteopathy theory. The course's practical component integrates skills and knowledge learned including interviewing, informed consent, and clinical examination skills.

MO517: Manual Osteopathy Practice: Business, law, Jurisprudence

Acquaints students with their rights and obligations together with, and more importantly, the rights and obligations of the patient. Emphasis is placed on risk management, informed consent, osteopathy legal issues, ethics and the law, the patient-therapist relationship, writing a medical-legal report, and practice management. This course familiarizes students with the relationship between manual osteopathy practice and the law.

TH980: Investigative Project – Thesis

Students begin work on an investigative project to be finished prior to graduation. Students register a clinical research topic. The registered research project for this class must be a literature synthesis. This course is self-directed.

CL628: Clinical Internship

As manual osteopathy interns, students assume patient care under the supervision of primary clinical faculty members within NAO's clinic. In addition to developing and maintaining a patient practice under the supervision of registered clinicians, the interns attend and participate in clinical rounds where special interest and topics and investigative research or issues are discussed. Clinical rounds provide opportunities for the intern to engage in enhanced critical thinking and application of the concepts of best practice. Complementary programs are offered, such as those associated with business skills.

Clinical faculty support the development of the interns' written and oral communications, physical examinations and psychomotor skills.

Online On-Demand DOMP

For students who cannot attend campus; NAO offers an online on-demand manual osteopathy program worldwide; including Canada (Montreal, Quebec City, Vancouver, Winnipeg, Calgary, Ottawa, Edmonton), China (Beijing, Shanghai, Hong Kong, Chongqing, Xian, Shenzhen, Tianjin), Iran (Tehran), USA (Los Angeles), Spain (Madrid), France (Paris), Italy (Rome), Mexico (Mexico City), Venezuela (Caracas), Dominican Republic (Santo Domingo), Brazil (Sao Paulo), Japan (Tokyo), South Korea (Seoul), Portugal (Lisbon), Turkey (Istanbul), Greece (Athens), Germany (Frankfort), Netherlands (Amsterdam) and Taiwan (Taipei) through a combination of online teaching sessions through the internet, complete lectures on an external hard drives, and optional campus based classroom osteopathy technique labs.

Complete lecture series (on hard drive) will be mailed to all students upon request (a fee is charged). NAO students have access to watch lectures presented at NAO Toronto Campus in Canada. For the technique labs; NAO sends manual osteopaths to selected cities to provide hands on training of the osteopathic techniques.

Students may take the study at home, distance education online on-demand manual osteopathy program on a full or part-time basis on March or September of each year. They can listen and watch the lectures online through the internet; and on an external hard-drive. The onsite training for the osteopathy techniques are scheduled for 2 weeks twice per year.

Please note all inquiries in regards to admissions should only be directed to the admissions office in Toronto, Canada at info@nationalacademyofosteopathy.com.

Hello Dr. Pourgol,

My name is Darren Weatherbie. I am enrolled in the online DOMP program. Your Ethics and Clinical (Business) Management lectures are worth their weight in gold. My favorite of all your lectures are the ones you teach about life lessons applied professionally and personally. Thanks for your time.

*Darren Weatherbie
Part-time Student Class of 2015*





Accelerated Program for Health Professionals

For health professionals such as physiotherapists, massage therapist, acupuncturists, chiropractors, medical doctors, athletic therapists, pedorthists, dentists, pharmacists, nutritionists, social workers, personal support workers, psychiatrists, kinesiologists, homeopaths, naturopaths, etc. who wish to enter the rewarding health care profession of manual osteopathy; NAO offers the Accelerated Manual Osteopathy Program for Health Practitioners. These health practitioners will be exempted from taking the basic science courses and as such they may finish the Diploma in Osteopathic Manual Practice (DOMP) program in 6 months full-time or 12 months part-time.

NAO offers the DOMP program either as a campus based program at its York University Heights campus in Toronto, Ontario (Canada) or through the online on-demand study at home distance education program with two weeks of condensed practical classroom based training sessions (available in 45 countries) in your city.



Program Schedule

PROGRAM	START DATE	END DATE	ONSITE TECHNIQUE CLASS
September 2022			
September Term (Full Time) Health Practitioners	September 6, 2022	February 18, 2023	February 6—17, 2023
September Term (Full Time) Regular Student without Health Background	September 6, 2022	August 26, 2023	February 6 - 17, 2023 August 14 - 25, 2023
March 2023			
March Term (Full Time) Health practitioners	March 7, 2023	August 26, 2023	August 14 - 25, 2023
March Term (Full Time) Regular Students without Health Background	March 7, 2023	February 17, 2024	August 14 - 25, 2023 February 5 - 16, 2024
September 2023			
September Term (Full Time) Health Practitioners	September 5, 2023	February 17, 2024	February 5—16, 2024
September Term (Full Time) Regular Student without Health Background	September 5, 2023	August 24, 2024	February 5 - 16, 2024 August 12 - 23, 2024

Admissions

Thank you for your interest in the National Academy of Osteopathy (Canada) (NAO). Our Admissions department is eager to help you in any way we can. We invite you to visit NAO and ask us any questions. We are very proud of our campus and our students, and welcome all visitors. National Academy of Osteopathy (Canada) admits as students, women and men of good character and health who are qualified to meet its academic challenges and to become an osteopathic manual practitioner. National Academy of Osteopathy (Canada) seeks to select students who have strong academic records and who demonstrate the motivational and personal characteristics suitable for a career in osteopathy. Willingness to provide service and a caring attitude are important characteristics of a future osteopathic manual practitioner.

The Academy employs a rolling admissions process. Therefore, early application could increase an applicant's probability for acceptance. The Academy encourages campus visits for all applicants and reserves the right to require an interview.

Applications for admissions (as well as current tuition and fees) are available online or they may be obtained by contacting the registrar's office. The application for admissions must be accompanied by a non-refundable application processing fee of **CAD\$ 235.00** (Canadian dollars). It is the responsibility of the applicant to read this information and comply with all provisions and instructions. For both the full time and part time osteopathy program, new students are admitted at the beginning of two semesters of the



“ Dear Dr. Pourgol,

I would like to take this opportunity to tell you how much I am enjoying NAO's manual osteopathy program. After graduating from McGill University several years ago, I have been searching what to study next. Not only do I feel this program is great match for me, but I also feel that it has opened so many doors. I love the well rounded curriculum as well as all of the professors involved. It has truly been a pleasure to study with you.

Sincerely,

*Taylor Marsden
DOMP (Diploma in Osteopathic Manual Practice) Student
Class of February 2014*

Career Prospects

NAO alumni have an annual income of \$150,000, which is \$60,000 more than other manual osteopaths because we teach over 250 business management lectures. Do you enjoy solving challenging problems, interacting with others, and serving the public? Are you interested in science, health, and wellness? Do you have great people skills?



If so, becoming an osteopathic manual practitioner may be in your future. It's one of the fastest growing health professions in Canada, with more than 1,000 osteopaths across the country providing valued health care to many Canadians each year. While European style osteopathy is drug free, non-invasive health care (compared to American style osteopathy that uses surgery and medications), it is a respected health profession recognised by the statute by many insurers in Canada, USA, Australia, New Zealand, and many other countries in Europe and Asia.

Osteopathic manual practitioners are community based, primary contact health care providers. Osteopaths assess disorders related to the spine, nervous system, and joints of the extremities, and provide manual, hands-on treatment for those disorders. Osteopathic care is directed toward restoring, enhancing, improving, or maintaining the quality of life and health of the patient. This is achieved through the use of the osteopathic techniques and related manual medicine therapies, primarily to the musculoskele-

“ Dear Dr. Pourgol,

I want to thank you and other faculty members for providing us this great opportunity. The education, training, and practice that I gained from National Academy of Osteopathy (Canada) allowed an easy and smooth progression from my psychology background to manual osteopathy. The provided curriculum, faculty, and classmates encouraged me to learn and compete more to become successful. Also, your business management lectures and ideas were the best advice and support. I am pleased to tell all that I am an NAO graduate who has found her career less than a week after graduation.”

*Nazanin Eshghi Moghaddam
DOMP (Diploma in Osteopathic Manual Practice) Student
Class of September 2013*

Exciting Career Prospects/Average Salary

In today's society there is an abundance of opportunities for Osteopathic manual practitioners to utilize their professional health care credentials. Manual Osteopathy is one of the fastest growing health professions in Canada and the World. The current employment prospects for osteopathic manual practitioners are good across the country and particularly strong in the province of Ontario, British Columbia, Quebec, and Alberta.



National Academy of Osteopathy graduates in Canada have annual average income of \$150,000 per year (\$60,000 more than what other manual osteopaths make per year). On average NAO alumni charge \$140 per hour while there are some, specially in the United States, who are charging between up to US\$300 per hour of manual osteopathic care. NAO graduates are financially successful for two reasons. One being that they receive over 250 business management lectures given by NAO president, Dr. Shawn Pourgol, MBA, DC, DO, PhD and the other being that NAO is the only school of osteopathy focusing greatly on osteopathic chronic pain management. Many of patients seen by NAO alumni are last resort cases. This ability of our alumni in treating chronic pain so effectively is one reason they get fully booked practices within months of graduation. As a result it is very hard to find an NAO alumni who agrees to work as an employee for someone. Most quickly open their own private osteopathy clinic right after graduation.

“ Dear Dr. Shahin Pourgol,

I wanted to personally thank you and your staff at the National Academy of Osteopathy (Canada) as I toughly enjoyed taking part in the Diploma in Osteopathic Manual Practice DO (MO) Program.

The professors who taught were very informative and I found it quite easy to contact them if I had any questions related to a specific topic.

Can't wait to receive my diploma in the mail and hang it on the wall at my office!

Thanks again.

Sincerely,

Janet Ogden

*DOMP (Diploma in Osteopathic Manual Practice) Student
Class of September 2013”*

Program Length

The Diploma in Osteopathic Manual Practice (DOMP) program of National Academy of Osteopathy (Canada) can be taken either part time or full time. NAO is the only school in Canada that offers in a condensed full time program.

The six months campus based condensed full time program (for students with previous health education) runs full days Mondays to Fridays, for four months followed by two months of clinical internship. Students with previous health education interested in taking NAO's manual osteopathy program on a part time basis may complete the required courses in twelve months. Classes for the 12-months part-time program run every Tuesdays and Thursdays.

Students without previous health education need to study one year full time or two years part-time to complete the DOMP Program.

Entrance Requirements

Applicants must meet the following requirements:

- 1. All students must be at least 18 years of age at the time of admissions.*
- 2. Students must have earned a high school diploma (grade 12), its foreign equivalent, or a General Educational Development diploma (GED). Students are recommended (but not mandatory) to take at least one year each of high school biology, chemistry, physics and mathematics.*
- 3. Students must demonstrate sufficient maturity to undertake a health care profession, including the capacity to ethically and responsibly manage professional boundaries. Admission to National Academy of Osteopathy (Canada) is competitive. The Academy expects that most, if not all, students will exceed the minimum admission.*



Responsibility of Applicant

It is the responsibility of the applicant to be aware of the entrance requirements and to ensure that they are met prior to enrollment. If National Academy of Osteopathy (Canada) determines at any time that requirements are not met in full, the student will not be allowed to enroll or to continue at the Academy.

Qualifications

A student must possess the following abilities, with or without reasonable accommodation, for completion of the professional diploma program in osteopathic manual practice:

- 1) Ability to apply manual techniques and adjunctive techniques over the full range of client's body, including positioning clients, palpating, feeling with hands and fingers, pushing, pulling, kneading, grasping, twisting wrists, and lifting up to 10 pounds, for periods of up to 60 minutes without interruption;**
- 2) Ability to determine depth and intensity of manual pressure and force, as applied in the performance of common manual adjunctive procedures and techniques;**
- 3) Ability to see and hear, with or without reasonable accommodation, sufficient that the student can receive and record client histories; document treatment plans; provide instructions to clients; and provide routine client safety services;**
- 4) Ability to perform in all laboratory and clinical settings without posing a threat to herself/himself, to the safety and well-being of fellow students, or to clients;**
- 5) Ability and willingness to receive hands-on and adjunctive treatment. Much of the technical instruction in the programs requires reciprocal application of the osteopathic techniques, including joint mobilization and soft tissue therapy. In reciprocal laboratory experiences, receiving techniques is necessary in order to learn proper procedures, and to receive and provide learning feedback; reciprocal application of technique is also useful for developing sensitivity to client needs. The Academy may temporarily excuse a student from receiving osteopathy treatments provided that there is a specific medical contraindication, as determined in writing by a licensed health care professional.**

All Students, with or without reasonable accommodation, must carry out laboratory and clinical assignments, including providing osteopathy treatments to clients. Qualified persons with disabilities, with or without reasonable accommodation, must be able to pass oral, written and practical examinations, and meet all requirements of the Academy.

It is in the best interest of both the student and the Academy to assess the degree of limitation caused by disability. However, the Academy will make the final determination of whether or not an individual meets all qualifications for study at the Academy.

Application Procedure

The first step is to submit a fully completed application for admission. You may obtain an application form from the registrar's office or online. The application for admission must include:



- 1) A completed application for admission. Please type or print legibly
- 2) An application processing fee of \$235.00 (Canadian Dollars). This fee is non-refundable and must be submitted with the application
- 3) Official transcripts from all secondary and/or post secondary institutions attended
- 4) Passport-sized picture/s (Students may submit their picture in a .JPG, .BMP, or .PNG format via email);
- 5) Photocopy of valid photo ID (as proof of Identity).

Selection of Candidates

The Admissions Committee, in general, seeks to matriculate students who best suit the philosophies and goals of the Academy. National Academy of Osteopathy (Canada) attempts to select students who have strong academic records and who demonstrate the motivational and personal characteristics suitable for a career in osteopathy. Service and caring attitude are important characteristics of a future osteopathic manual practitioner. The Academy employs a rolling admissions process; therefore, early application could increase the applicant's probability for acceptance. The Academy encourages campus visits for all applicants and reserves the right to require an interview.

Tuition

Tuition amount depends on the type of program being applied and the student's previous education. For students **without previous health education**, the tuition is **\$16,335.00** (Canadian Dollars). Tuition is the same for national and international students taking this program at the York University Heights Campus of NAO in Toronto. Tuition for students **with previous health education** is set at **\$10,967.00** (Canadian Dollars). The fee for the **external hard-drive** containing all the lectures is **CAD\$475.00** (Canadian Dollars). This fee includes the costs of shipping by regular post mail.

Tuition is non-refundable once the classes have started, or when the external hard-drive has been mailed, or when the password to watch the online lectures has been issued. Two weeks of on-site practical training is mandatory for Canadian residents (or those wishing to practice in Canada) for an extra fee of **CAD\$2,730.00** (Canadian Dollars). This training is optional for non-Canadian residents. Non-Canadian residents are able to graduate without attending the two weeks techniques lab classes in Toronto.

Tuition Deposit Policy

Applicants will be notified in writing of the Admission Committee's decision regarding their application following receipt of all application materials and committee review. Within 7 days of receiving notification of acceptance, a candidate must remit a tuition deposit of \$1000 (Canadian Dollars) to reserve a position in the entering class. This tuition deposit is non-refundable but is applied toward the tuition.

Students who have been accepted and paid their \$1000 (Canadian Dollars) tuition deposit must pay the balance of their tuition before the first day of class. It is important to note that because of the limited space available in each class, scheduling priorities, add the cost of education, the institutional refund policy does not apply to the \$1000 tuition deposit.

Financial Assistance

Financing any professional program requires considerable planning and budgeting. All major financial institutions and banks have loan programs and/or lines of credit available to students. Please contact your bank for details such as eligibility requirements, interest rates and applications.

Aboriginal students in Canada may also have access to scholarships provided to them by First Nations or Métis people.

Canada Student Grants and Loans

The Canada Student Financial Assistance Program offers student grants and loans to National Academy of Osteopathy (Canada) full-time and part-time DOMP students. Grants and loans help NAO students pay for their osteopathy education.



- NAO students should apply for grants and loans, directly with their province of residence. Please note NAO students are not eligible for provincial student grants & loans. They are accepted only for the federal grants and loan. But they have to apply through provincial application which is both for provincial and federal student grants and loans. Their provincial application would be rejected but if they qualify the federal portion would be given to them.
- Students don't need to repay grants they receive
- They need to repay loans after finishing school, with interest
- They may be eligible for more than 1 type of grant - when they apply through the province, their eligibility will be assessed for all available grants. There are different grants for students with dependents, disabled, etc.

The amount of student grants and loans an NAO student can receive is dependent on several factors:

- the province or territory of residence
- the family income
- if they have dependents
- The tuition fees and living expenses
- if they have a disability

NAO student should visit the student grants and loans service of their province to:

- find out if they are eligible for student grants and loans
- know how much they could get
- apply for student grants and loans in one application

By clicking on the link below you will see the website addresses of the Financial Aid Offices of each province, such as OSAP, Alberta Student Aid, etc:

<https://www.canada.ca/en/services/benefits/education/student-aid/grants-loans/province-apply.html>

To find out how much you can receive in grants and loans please visit the link below:

<http://certification.esdc.gc.ca/lea-mcl/eafe-sfae/eafe-sfae-h.4m.2@-eng.jsp>

Students may also apply through their respective provincial student loan institution. NAO is happy to help the student to fill-up all necessary documents required for his or her loan.

To receive more information please contact NAO at: info@nationalacademyofosteopathy.com.

CRA Tuition, Education, and Textbook Tax Credit

Our Canadian students are eligible to receive up to \$5,000 in Tuition, Education, and Textbook tax credits from Canada Revenue Agency (CRA). The tax form will be issued by NAO and given to students in February of each year.

Foot Orthotics?

Professor Majid Javadifar, an orthotist & Prosthetist and a manual osteopath, is a graduate of National Academy of Osteopathy (Canada) (Canada) teaches custom made foot orthotics & orthopedic shoes casting, making, modification & dispensing at NAO to the manual osteopathy, physiotherapy and pedorthics students. He also owns one of the best orthotics manufacturing labs in Canada, while also having a multidisciplinary clinic in North York, Ontario. Shahla & Sara, two NAO graduated manual osteopaths work with Dr Javadifar in his clinic.



We congratulate Professor Javadifar on becoming a Doctor of Osteopathy and wish him continued success. Any of our graduates who needs an orthotics lab, please contact him directly at: info@canadaorthomedix.com. NAO graduates receive discounts.

Notes and Lectures

Some students have transcribed and typed many of our courses for easy review. The list of courses and the student names and contact info are posted in NAO private alumni group on Facebook (<https://www.facebook.com/groups/naoalumni/>).

If you are interested please search this Facebook group and you can purchase them directly from the students for extremely reasonable prices. No need to waste your time typing the lectures. It has been done before! For more details please contact: admissions@nationalacademyofosteopathy.com

How can get bodies to practice osteopathic techniques on?

An easy way to get volunteers to allow you to practice osteopathic techniques is to post a notice on your personal Facebook page as well as Facebook groups of your city, asking for volunteers.

Aside from getting bodies to practice on, a benefit is many of them end up becoming your patients once you graduate and open your own clinic. Many of our students have done this successfully. They got tons of volunteers while also getting many of them to come back as patients. But please make sure you make it clear that you are not providing manual osteopathic care and treatments. You are just practicing techniques. You are not a manual osteopath yet and as such you cannot provide treatments. You can however practice techniques on others as long as they know they are not receiving treatments.

Good Afternoon Dr. Pourgol,

I hope all is well! I have seen some very exciting news of a campus in Florida opening in the near future! Congratulations! I would like to start my programs at NAO as soon as possible as I am very eager to extend my knowledge. Please let me know your thoughts.

Just to update you on how my practice is coming along... I am now 7 months into practicing at an established clinic in Tecumseh, Ontario (suburb of Windsor, ON) alongside 2 chiropractors, a radiologist, a medical doctor, etc. I have established a very powerful network of health care professionals whom include multiple physicians, orthopedic surgeons, massage therapists, physiotherapists, etc. This network has brought along attention from a Canadian Hospital that has recently asked me to discuss the potential of working in the hospital on a part time basis which I would be treating patients as well as the hospital employees!



I have grossed over \$75,000 in the 7 months of practicing and have an average daily patient visit of 20 patients per day while working 6 days per week. I have also been asked to work in Plymouth, Michigan in a clinic on a part time basis as well; however, I am unsure of the specifics on how I would be able to practice in the states. Would you be able to give me some advice on that? I would love to hear your opinion on everything and would love to initiate the DO/MBA program as soon as possible. Please direct me further with the next steps. Thank you for everything,

SPENCER JEAN, DOMP, CBIS

*Practitioner of Osteopathic Manual Medicine
National Academy of Osteopathy (Canada) graduate*

Immigrating to CANADA? Become a MANUAL OSTEOPATH & Increase your chances

Having a Diploma in Osteopathic Manual Practice (DOMP) from a Canadian college of Osteopathy & a job offer in Canada can help and increase your chance of immigrating to Canada as a skilled worker and becoming a Canadian permanent resident, leading to Canadian Citizenship and a Canadian passport in 3 years following arrival in Canada.



You can study manual osteopathy at National Academy of Osteopathy (Canada) (a Canadian college registered with Industry Canada & Ministry of Consumer Affairs) through a 6 to 12 months online study at home program. For selected NAO graduates with good academic standing we may be able to obtain a job offer as well from a Canadian osteopathic clinic.

International NAO graduates from Iran, India, Pakistan, Malaysia, Brazil, Argentina, Mexico, Colombia, Venezuela, China, Taiwan, South Korea and other countries are able to apply under the Skilled Workers category of Citizenship and Immigration Canada.

National Academy of Osteopathy (Canada) (NAO) offers a diploma program in osteopathic manual practice (DOMP) either campus based at our York University Heights campus in Toronto or online across 70 cities in 45 countries. NAO is the largest manual osteopathic college in the world. This diploma program is 12 months full time for regular students without any health background (it is 6 months full time for students with prior health education).

Osteopathy is a health profession much in demand in Canada (province of Ontario needs over 2500 manual osteopaths). Manual osteopaths in Canada make an average of \$90,000 per year. They are usually hired at the starting salary of \$30 per hour. All manual osteopaths find employment or open their own clinics. There is zero unemployment in this profession. In the report "Top 25 Occupations in Demand in Canada" prepared by the Canadian Imperial Bank of Commerce (CIBC) manual osteopathy is ranked #13 out of 25 occupations in demand.

Fully Booked After 2 Months of Work!

Lots Of Gratitude And Appreciation. I have been practicing Osteopathy for about 5 months now and have been almost fully booked from the second month. ...

It makes me very happy to be able to help people become naturally pain-free and balanced and improve their health and wellbeing.

With the knowledge I acquired at NAO I have been able to live a lifestyle that I enjoy and create a beneficial balance between self-care, serving the society and ethically earning a proper livelihood.

I am enormously thankful to NAO's caring professional team and faculty and strongly recommend their programs.

NAO is accredited by the Council on Manual Osteopathy Education of the International Osteopathic Association. NAO graduates are permitted to write the board exams administered by the Canadian Manual Osteopathy Examining Board (CMOEB) and the College of Osteopathic Manual Practitioners of Ontario (COMPO). NAO graduates are permitted to work anywhere in the world including all provinces of Canada and all states in the US, Australia, New Zealand, India, China, Taiwan, Pakistan, Brazil, Argentina, Colombia, Mexico, Venezuela, Philippines, Malaysia, Thailand, Japan, South Korea, South Africa and Europe.

Futurpreneur Canada Loans

Our graduates of the Diploma in Osteopathic Manual Practice (DOMP) program, 18—34 years old who are Canadian Citizens or Permanent residents are eligible to apply for business development loans of up to \$15,000 (at prime posted by CIBC plus 3% interest rate) under the Futurpreneur Canada program of the Canadian government.



You must have already been graduated as a manual osteopath and have already opened your own private osteopathy clinic. Your clinic must be less than one year old and you have to agree to work with a mentor for up to 2 years and prepare a business plan. For further details please check their website at: <http://www.futurpreneur.ca/>

Smart Start Seed Fund Grants

Ontario NAO graduates who are between 18 and 29 years old are eligible to apply for up to \$60,000 in non-payable grant, and those who are 30 years old and over are eligible to apply for up to \$30,000 under the Smart Start Seed Fund from the Ontario Centres of Excellence (OCE).



The money must go to start up costs of your osteopathy clinic and is non-payable (this is a grant, not a loan). Each grant comes with its own criteria and rules, but they all require that a start-up osteopathy clinic be endorsed and that the cash investment be matched by a third, non-government source (such as the manual osteopath).

Your clinic must be located in Ontario, and be incorporated. You must be the director or majority shareholder of your osteopathic clinic. The clinic must be less than 3 years old and you must be a Canadian citizen or a permanent resident. For further information please check their website at: <http://www.oce-ontario.org/>

BDC Loans

Our Canadian DOMP (diploma in osteopathic manual practice) graduates are eligible to apply for up to 50,000 in loan money from Business Development Bank of Canada (BDC) if they are residents of the province their osteopathy clinic is located.



The graduates must be the clinic owner, and be a Canadian citizen or permanent resident. The osteopathy clinic must have been in operation for two years or longer. Clinics less than two years old are not eligible to apply. The loan must be repaid within 4 years and the current interest rate is 5.7%. The application process is completely online, eliminating any need for personal visits and meetings. For further information please check their website at: <https://www.bdc.ca/EN/Pages/home.aspx>.

Bigstone Cree Nation & Métis Nation of Ontario

Osteopathy has roots in Shawnee and Cherokee Tribes traditional medicine. It is a heritage of Indigenous Peoples.

Bigstone Cree Nation Education Authority accepts National Academy of Osteopathy (Canada) for financial aid.

National Academy of Osteopathy (Canada) has been accepted by the Bigstone Cree Nation Education Authority in Alberta. They have paid scholarships to a Cree Nation person to study at NAO.



We are also accepted by the Metis Nation and some other First Nation education authorities in Canada. Métis Nation of Ontario has offered a number of full scholarships to Métis Nation members in Ontario to study manual osteopathy at National Academy of Osteopathy in Toronto.

Students of National Academy of Osteopathy (Canada)

A poem

We are the chosen.
Ordinary people
from different places
training for extraordinary work,
under the benevolent gaze
of Dr. Shahin Pourgol,
the president and professor.
We are diamonds in the rough,
cut and polished
with words of wisdom
spoken by our teachers,
and the techniques taught
online and in-class.
We are coached
to be valiant fighters
and skilled archers
who are battle ready
to attack the army of pain.
We are students
of National Academy of Osteopathy (Canada) ,
learning the great art
of manual osteopathy,
eager to serve
the people of Canada
and all the countries
around the world.
We are the past, present
and future students
with flames
of healing power
in our hands.



Student Testimonials



We graduate successful manual osteopaths because we teach them everything we know about business management. Here is a post from Amy Jacobsen, a massage therapist from Whitehorse in Yukon Territory (Canada) who studied osteopathy at National Academy of Osteopathy (Canada) :

*".....One of the first lines I heard from Dr. Pourgol was "I have been successful and learned a lot in business over the years and I'm going to teach you everything I know" TERRIFIC, I'M ALL EARS! Who knew that the business courses would be my favorites? I've already put many of the things into practice and I feel I've matured 10 years. I've increased my passive income. I've listened to financial advice and advertising advice and I only wish I had heard this advice ten years ago! My time is now *less* wasted with nothings, but very much enhanced with newfound energy to learn about all subjects to make me richer and more successful....."*

Students like our new professor!

Professor Hossein Khorrami, PhD, DOMP has recently joined our faculty. He has quickly become popular with students. Here is a letter we received from National Academy of Osteopathy (Canada) student, Daniel Fow:

I just wanted to say the afternoon teacher Dr Hossein Khorrami is doing a great job at NAO. He is very well liked by students and he is very knowledgeable about the osteopathic techniques, anatomy, and physiology. He is really making a big difference for a lot of us and he is a really intelligent person. I am glad you hired him! I know you always trying to improve the school. So I just wanted you to know students like him. This makes a big difference for students and he does a great job. It also looks really great on NAO to have someone of his caliber of intelligence on campus. We were talking about proprioception today and he really helped me understand it.



Registered massage therapist and manual osteopath Daniel Sheppard, RMT, DOMP writes about NAO:

Choosing National Academy of Osteopathy (Canada) was an easy choice. Dr. Pourgol and staff are caring and they go to extreme lengths to make sure you know the techniques, hand placements, body positions, and theory behind our work. I applaud that the school, professors, and assistants want you to succeed through advice, various business management lectures, and practical skills shown by example.

Dear Dr.Pourgol,

First of All ,My humble gratitude to you and the team for providing me with an informative online course which I was looking forward for as a Yoga therapist. I thought it is equally important for a profession of my kind to be informed on the anatomical aspect of Human Body in a fairly detailed manner, to be able to make a good alternative medicine health professional and therefore chose to join this course

I have thoroughly enjoyed the lectures sessions particularly all of yours and Dr.Habibinia's on Nutrition. They have been very informative and helping my family, students and myself in maintaining a reasonably good health.

Warm regards,

Lalitha Viswanath - lalitha77.devaki@gmail.com



Student Testimonials

Dr. Shahin Pourgol, Amir Kazemi, Dr. Amir Ghafari, Abazar Habibinia, Darren Wigginton, Pamela Crosson-Fournier

I learned a lot from them and I loved my experience in NAO... I met many students from all over Canada and U.S. in the campus with many different academic backgrounds, all sharing their knowledge and helping one another. Chiropractors, Medical Doctors, Massage Therapists, Kinesiologists, Yoga teachers, Acupuncturists, Professional Athletes, Nutritionists, Naturopathic Doctors, Psychologists, Rolfers, Fitness Instructors and many more.

NAO has the most complete, practical and diverse curriculum. From Joint Mobilization, Muscle Energy Techniques to Visceral and Craniosacral, Soft Tissue Therapy, Nutrition, Therapeutic Exercises and Orthopedic Tests to the best information in Clinical management and Marketing.

It is a great opportunity to learn so much in an intensive and cost effective diploma program.

Thank you NAO for providing this opportunity worldwide, to train professional and successful osteopaths, to increase public awareness of osteopathy profession and to serve humanity through making this holistic and drug free, art and science accessible to all, around the globe.

*Yazdan Raees, DOMP
National Academy of Osteopathy (Canada) Graduate -
Class of September 2014*



A post from Elizabeth Felix, an NAO student from Kitchener, Ontario:

The National Academy of Osteopathy (Canada) offered the specific education and training that I needed to make a difference in someone else's life. NAO is remarkable in that it heavily focuses on empowering its students to challenge themselves to be better and more knowledgeable healers.



Osteopath, Ann Shivas (an ex-member of Canada's national soccer team) has sent the following message to Dr Pourgol:

Thanks for the continual support Dr Pourgol. I'm so happy you were my professor - I don't think you know how life changing you were for me.

Ann is a member of Osteopathy Chronic Pain Clinics of Canada (www.osteopathypainclinics.com). She is quite successful in treating complex chronic pain cases. We received a number of testimonials from patients who had seen many other osteopaths without help who became pain free after being treated by Ann. One of these patients who is a massage therapist became one of our students as well after many other osteopaths failed to treat his shoulder pain.

Dear Dr. Pourgol and NAO staff,

My name is Oleg Bagrin and I am enrolled in the online DOMP program. I have to say that Dr. Pourgol is a great teacher and an amazing promoter of professional Awakening. You've created a gold standard for Excellent Clinical management. I know that I am getting my education at the best school of Osteopathy.

Thanks for putting together such an awesome program!!! To the professors, thank all of you for your efforts of teaching National Academy of Osteopathy (Canada) students. NAO is the best osteopathic school....Thank you again.

*Best regards,
Oleg Bargin, MD (from Moldova)*

Student Testimonials

We have many students who chose to study osteopathy with us because of the treatments they received from National Academy of Osteopathy (Canada) graduated manual osteopaths. Our alumni provide amazing osteopathic care.

A post from our Adrienne Wolfe-from Montreal:
"After receiving a treatment from an NAO graduate, I was hooked! I'm currently finishing up my studies and look forward to helping others in the near future."



National Academy of Osteopathy graduate in Alberta, osteopathic manual practitioner, Paolo Manalo, DOMP:

Osteopathy Works!
 Thank you Jesus for the opportunity and the ability to help people have a Pain Free Life! And to restore their body's normal function!
 Thank you National Academy of Osteopathy for introducing me to Osteopathy! Now I have the most rewarding career. There's nothing that can beat helping people experience solutions for their Chronic Pain.
 If you want to become a health practitioner, I highly recommend becoming a Manual Osteopath and to experience Osteopathy.
 Please study at NAO! Because it's the best Manual Medicine school out there. No bias! Osteopathy has a holistic approach to treatment and finds the root cause of your pain.
 Thank you Dr. Shawn Pourgol for always going extra miles for us to become a better Osteopathic Manual Practitioner in practice, business, and in life! Thank you for pushing us to dream big, but at the same time to have fun in life and to appreciate God's goodness!



Shuai Wang-Zappitelli, DOMP a recent graduate of National Academy of Osteopathy (Canada) who is enjoying a successful practice in Niagara Falls, Ontario, Canada.

"Dr. Pourgol! I wanted to thank you again for being an awesome teacher and mentor. Your business lectures are the key. I followed a lot of stuff you mentioned in them to a T. Investing 80% of my income back into the business the first year and looking at every patient as a million dollar patient. Thank you for all the wonderful and useful information!"

How do we graduate successful manual osteopaths?

Because we teach them everything we know about business management. Our students receive about 200 business lectures on marketing, public relations, tax planning, asset protection, accounting, investing, brain development, financial planning, improving focus, time management, meditation, mindfulness and other topics related to improving self and business.

From NAO student in Amman, Jordan; physiotherapist Hadi Samaneh, PT, MS, OSC:

"Dr. Pourgol, really thanks. I would like to comment that I have never seen any professor teach his students the way you do. You are amazing and WOW! DOC I love you and I believe joining National Academy of Osteopathy (Canada) was an excellent decision. Really thanks doc, for giving us the opportunity to grow through NAO. Thanks, thanks, thanks!"



National Academy of Osteopathy (Canada) student, Julia Ballantyne, from Halifax, Nova Scotia writes about her studies at NAO:

The institution has an outstanding reputation for their commitment to their students, their ability to produce successful leading manual osteopaths, and to the global development of the field of osteopathy. My experience studying osteopathy with the NAO thus far has been wonderful. The amount that I have learned in a few short months is incredible, and I attribute much of that to the excellent instructors and resources I have been provided with through the academy.

Student Testimonials

.....the lecture on Human Growth Hormone was very interesting and I would love to recommend such supplementation to my clients, over 60% of my clients are over 50 years old.....I love Dr. Habibinia's lectures, his passion about his subject is so evident and it's a pleasure to ...study along with his enthusiasm, I would like to take all the courses he teaches, perhaps you could let me know what other courses he teaches after the BSc and DO programs.
Thank you very much.

Vera Bojnec, DOMP
National Academy of Osteopathy (Canada) graduate
– Alberta, Canada



We have many chiropractors as alumni.
Here is a post from Dr. Tanja Braun Smith:

"I graduated from Logan College of Chiropractic in Chesterfield, Missouri in 2004 as a Doctor of Chiropractic. I licensed in both Canada and the United States. However I returned to Ontario to practice as that is home and where all of my family lives.

The scope of practice in both countries varies greatly. Although I thoroughly enjoy practicing Chiropractic and love helping and educating people I always felt like I wanted to offer more knowledge and treatment options to patients in their care.

I began researching Osteopathy, which I knew a bit about, as well as schools as a possibility of pursuing and furthering my education. There are many similarities in Chiropractic and Osteopathy, in their principles and philosophy.

I was very excited to learn more about the National Academy of Osteopathy (Canada) and the programs they offer, as well as the opportunity to study in their program for Health Professionals. ++With much excitement I began the program in March and have enjoyed learning more about Osteopathy, techniques, Business Management and starting to formulate how I want to start practicing and helping others as an Osteopathic Manual Practitioner in the near future!"

We Change Your Life for the Better

A post by Sean Waldie (counterstrain.ca) a National Academy of Osteopathy (Canada) student in Toronto:

Awesome, Awesome, Awesome! I can't wait to be a member of the Osteopathy Chronic Pain Clinics of Canada.

Someone asked me the other day who was the teacher that most influenced my life. And without a doubt Dr Pourgol, your name was first on my mind! The exposure you've opened me up to about manual osteopathy, business and beyond, and how to think about one's goals has already drastically changed my life and improved it.

The next phase of my life will be ever brighter as I continue to use the concepts you and Professor Kazemi have shared with me. Thank you also for Dr Kazemi. His passion is exhilarating and he's a great teacher of techniques. Thank you both!



Number One Osteopathy Clinic in Waterloo

Guarav Singra, MD (Ind), DOMP, a graduate of the National Academy of Osteopathy (Canada) who is also a team member of our Osteopathy Chronic Pain Clinics of Canada is the proud manual osteopath of this clinic that has been chosen the best in Waterloo, Ontario (Canada).

Here is what Dr Singra said about his outstanding achieving:

"Thank you very much Dr Pourgol. All credit goes to you. It's your hard work and guidance which has helped me and also helping tons of other Manual Osteopaths to be successful in life."



Student Testimonials

NAO president, Dr Shawn Pourgol: "I am grateful to receive a beautiful card filled with such kind words from one of his students, Daniel Fow, DOMP who thanked me for changing his life. This is what we do. We change lives. Our business lectures and our scientific approach to osteopathy are what make us so popular with students."

Daniel also wrote a letter about his education at NAO:

First off, I must say that I have no health background. I have always been interested in Osteopathy and natural medicine, however I never thought I would be able to afford a professional training in this field. When I first seen the advertisement for NAO, I couldn't believe it was real, there just HAD to be a catch. I called a number of graduates and even met with a NAO graduate at his clinic to see what they had to say about this education and they had nothing but great things to say about the school. I received a treatment that was extra-ordinary and it was very clear that these practitioners had received a high quality education and had all become entrepreneurs and clinic owners in a short span of time after graduation. I immediately threw aside everything in my life and decided I would start this education even if I did not feel ready, and what a great decision it was!

From the very first day Dr. Pourgol's opening speech set the stage that something great was going to unfold in my life. We started practicing hands on techniques and learning anatomy, common conditions, and palpation on the VERY FIRST DAY of class and this continued day in and day out for the rest of my time at the academy. The NAO's education format is simple and straight-forward and cuts out all the unneeded aspects of education. The premise is simple: When you are in class you MUST practice techniques and palpation over and over again, hundreds of times until it becomes second nature. This sounds mindless but actually it becomes very mindful - As you practice with your fellow practitioners and professors you really begin to develop the palpation and touch that only hours and hours of dedication can bring. You will talk again and again about the joints, muscles, ligaments and other structures being affected, you will talk again and again about what kinds of conditions these techniques are good for. It really makes learning anatomy easy even as a non-healthcare practitioner when you repeat techniques and discuss anatomy with your fellow students for hundreds of hours at a time. By the time I had graduated I had already felt like I had been a Manual Osteopath my whole life because these techniques were imprinted into my nervous system again and again.

When you are practicing techniques in class: You watch hours and hours of lectures and videos. These cover topics such as anatomy, pathology, osteopathic philosophy, business, ethics, and more. All of the techniques we learn are also included in video format and given on a hard drive for you to keep. This means years from now if you forget a technique you can look it up at any moment and its right there for you to re-learn. Admittedly, some of the videos for some parts of the coarse were old and boring - A few students complained that parts of the course were hard to watch - But another great thing about NAO is that it is constantly updating its education and adding new content. Portions of the course were updated, tweaked, and even redone in the 2 years I was there. In my second term a few students had complained about certain elements of the education - The school responded immediately by hiring new professors, implementing new rules and halfway through my time there even bought a whole new building that was 10x better (and 10x the size) of the original.

Professor Amir Kazemi is an amazing and knowledgeable technique teacher. He comes to class in rain or snow, in ill and in health, and always teaches us the best he can. He devotes time (and I have even seen him devote some of his own money out of pocket) to making sure each student gets the best possible education. He highlights each of the students individual strength and weaknesses and makes sure to keep challenging you individually so that you will grow as a practitioner. He gives unparalleled business advice and has years of experience running clinics and practicing osteopathic techniques. Osteopathy is a very complex subject that requires many years to fully understand but Professor Amir makes it very simple and teaches in such a way that any student can learn - even those like my who don't have prior health background.

Dr. Pourgol also gives so much amazing business advice on running clinics that he could charge big money for an entire stand-alone business course if he wanted - and he gives it to us all for free. He wants his students to truly succeed and his support for his graduates doesn't end after graduation - He always goes above and beyond to make sure each and every graduate succeeds not just in passing exams but in finding work and being a successful practitioner afterwords. His positive attitude and fatherly approach to teaching really shines and when he speaks students always listen and smile as his lectures are so much fun.



-Continued on next page

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Professor Khorrami, the afternoon teacher was a God-send. There were some topics that students felt NAO just didn't cover well enough, and I had heard a few complaints about certain portions of our on-campus education. All of this stopped after they hired Dr. Khorrami, who with 30 years experience teaching in medical schools, has the answer to almost every question you could ever ask. Not only is he a wise and humble man, with a very genuine personality, but an amazing Osteopathic Manual Practitioner who truly understands the many interconnected aspects of Osteopathy and Natural Medicine. His addition to the school was much needed and he improved the quality of education for all students greatly. He is truly one of the best in the field and I am proud to have met such a man.



All of the staff, especially Stephanie, the NAO registrar, were incredibly helpful. If you ever needed time off, paperwork sent to you, had a question about the course schedule or really ANYTHING done - Stephanie and office staff would respond IMMEDIATELY. There was never a time I did not feel supported and I was actually quite shocked how lightning fast my emails and questions were answered after I had sent them. If you ever need anything from the NAO staff they will have the problem solved before you even have the time to ask for help. This is super important because as students with busy lives when something comes up its important for you to have your questions answers promptly. This was always my experience at NAO. I think anyone who has contacted NAO can attest to how great the customer service is and how professional the front desk staff take care of things.

I have now gone from someone without any health background at all - to feeling completely ready to start my own practice. I am renting a room in a clinic and going straight into private practice, and without hardly a hint of nervousness. NAO sounded all too good to be true - But it lived up to all expectations. I will always feel like NAO will always have a place in my heart, and it is a fact that NAO graduates are bound together as 1 and are in fact a family. I will never forget the experience, the friends made, the lessons learned, and most of all the future given to me.

Thank you so much National Academy of Osteopathy (Canada) ! You are the best!

Daniel Fow, DOMP
Yoga Teacher & Manual Osteopath

I received this heartfelt message from manual osteopath Ali Haghghi, DOMP who works at the Osteopathy Chronic Pain Clinics of Canada. Ali is a graduate of National Academy of Osteopathy (Canada)

".....Because of good direction from you I can travel anywhere any time I want. Thank you Dr Pourgol and thank you NAO. I love you and love my life."

Thank you Ali for so much love. You made my day. When I recall your message a rush of gratitude feels my heart. It is such a great feeling when you help others help themselves. And it feels so good when your students love you! :)

I will continue to do my best to improve the lives of my students for the better.

Dr Shawn Pourgol



American National Academy of Osteopathy (Canada) student, Kristen Poe says:

"I have the best professor teaching me today! You honestly give some of the best lectures I've ever had. Sometimes an hour goes by and I feel like it's been 5 minutes!"

Student Testimonials

"4 years ago I went through a rather wild knee injury and was told that I would most likely spend the rest of my life walking with a cane. It has taken an enormous amount of hard work, self-discipline and diligence to claw my way back on top and to have proven those words to be false...

I... recently decided to enrol back in school in pursuit of a career that will allow me to help others recover through devastating injuries... I am now in my 2nd week at the National Academy of Osteopathy (Canada) and could not be more ecstatic about the changes that are already happening around me!

*Thank you Dr. Shahin Pourgol for allowing this new step in my life to be possible!
Dream Big, Take Action, Be Self-Motivated!"*

*Trevor Cragg
NAO Student, Class of September 2015 (Toronto, Canada)*



The business lectures of Dr Pourgol help students become more successful in life.

Here is a post from the Facebook page of Dr Shawn Pourgol: <http://www.facebook.com/DrShawnPourgol>

Student and manual osteopath [Edward Moore](#) who has a clinic in Nova Scotia:

Thanks for the info! I regularly get compliments on my business structure (hold-co/op-co) from financial advisers, accountants, and lawyers. They tell me I had a knowledgeable person advise me to get set up like this. I always say yes I did!



Students love our business lectures.

Here is a post from Nusha in Berlin, Germany about Dr Pourgol's business lectures:

<http://drpourgol.blogspot.com/2018/10/students-love-my-lectures.html>



Increasing Bank Account While Decreasing Weight!

National Academy of Osteopathy (Canada) student manual osteopath Sherry Essnaasahri, DOMP, who is a member of Osteopathy Chronic Pain Clinics of Canada has sent Dr Pourgol a letter about her success.

Here is part of her letter:

Hi Dr. Pourgol,

How are you? I hope things are going smoothly for you in your exciting and new adventures in Panama! I wish you every bit of success and happiness.

I am delighted to let you know, my hard work is starting to really pay off, and I am busy with clients.

.....Never thought, I would increase my bank account and decrease my weight all at the same time! I have lost well over 20 pounds and a few dress sizes, but most of all, my mind feels fresh. Joining your school was the best thing for me, and it changed my life. Not only did I learn a whole new skill, but I implemented some of the things you mention in your business lectures. I have gained a lot more confidence... I find this work so beautiful and quiet and humbling... I am truly grateful for my life.

Thank you for your help.

Wishing you and your loved ones, every good wish.

Sherry

Student Testimonials

Not all manual osteopaths are the same. Many rely on outdated "classical" or "traditional" method of treatments that are not backed by research.

Our alumni provide osteopathic care that is proven through research. If you had treatments from manual osteopaths with no success, please visit one of our alumni. Our clinic has 235 locations in 16 countries (www.osteopathypainclinics.com). We specialize in treating last resort cases.

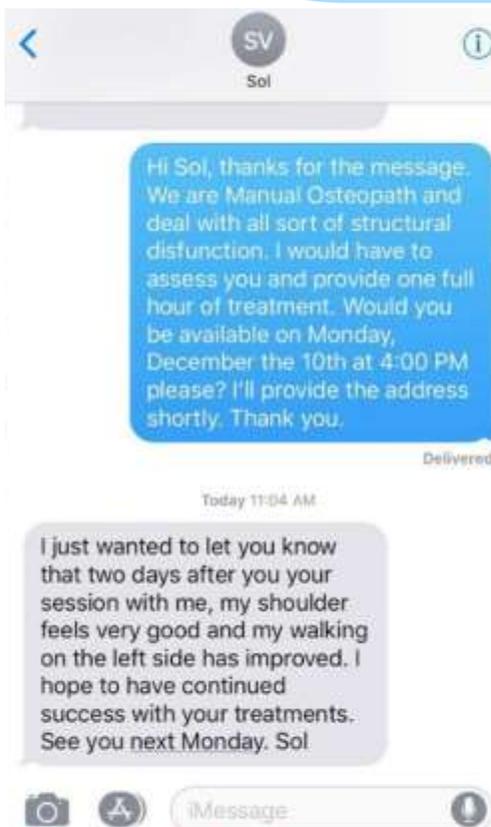
Here is a post from Dr Pourgol's public figure Facebook page: <http://www.facebook.com/DrShawnPourgol> :

Our scientific style of osteopathy, that mobilizes everything is quite successful in treating last resort cases. Here is a text my sister manual osteopath, Dr Shirin Pourgol, BA, DOMP, DO (Spain) sent me about a patient who had chronic pain for many years and had unsuccessful treatments from a lot of practitioners with no help.

We teach our students to treat based on scientific principles, not the outdated dogma and myths. What others said and done 100 years ago is not necessarily good. The parts that are good and proven by research we accept and the parts that are not good we throw away. To blindly accept what someone said 100 years ago does not make you a good practitioner.

I always get angry letters from some students of ours who are manual osteopaths from other colleges. They say but so and so said this 130 years ago. It is part of our foundation.

To these students I say but so and so also said to cure influenza in a baby, you have to hold him/her under the armpits, lift him/her up to your eye level and shake him/her vigorously making his/her head move back and forth!!!! If you do this now you will be charged with child abuse!!!!



This is what makes us different from other schools. We base our style of treatment on research proven scientific principles! We do not have blind faith in osteopathy. We love osteopathy but this does not mean we accept everything that was said and done over 100 years ago.

Many manual osteopaths still practice the way osteopathy was done over 100 years ago. I believe this is a dis-service to our patients. We have to grow. We have to shed the bad things and focus on the good things that are proven through research.

For me the most important thing is that patients get better faster. And this we have achieved. We have testimonials from patients who have been to other manual osteopaths with no result and they get better after seeing our alumni.

Our scientific system is the best type of manual osteopathy. The success of our alumni proves this everyday in practice.

Student Testimonials



We graduate successful manual osteopaths! Here is a beautiful letter from one of our students at NAO, who is also a member of OCPCC:

Choosing National Academy of Osteopathy (Canada) was the best decision I made. I studied in two other osteopathy colleges for close to three years before switching to NAO. The other colleges had too much theory, a lot of useless philosophy, not enough techniques and no business lectures at all. They were also a lot more expensive than NAO.

I am always grateful for having Dr Pourgol in my life. Through his 200 business lectures he shared his experience and knowledge with me and other students. These lectures changed my life for better.

After NAO I enrolled, while working as a manual osteopath in York region with Osteopathy Chronic Pain Clinics of Canada (clinic # 60). Since 2 years ago our clinic received over 116 positive reviews from patients! We are in the top of Google review list in East Gwillimbury and Newmarket area! I want to thank NAO for teaching me osteopathy and Dr Pourgol for making me a successful manual osteopath. I want to thank the OCPCC for becoming the leader in osteopathic care.

If you want to become a successful manual osteopath NAO is your best choice. No other osteopathy college in Canada teaches you about business. No other school teaches you so many osteopathic techniques.

Ali Haghghi, RTP, DOMP

Manual Osteopath, Osteopathy Chronic Pain Clinics of Canada, clinic # 60

45 Gristmill RD, unit 9, Holland landing, ON L9N 1M7

Phone: 905-251-0162 Email: ali@ultimatehealthclinic.ca

Some reviews I received from happy patients!:

Barb Everatt:

I've never been to a manual Osteopath until now. I've had terrible aches and pains for over 10 years and have tried many different therapists over the last 2 years; ranging from chiropractic, massage, and lastly 6 months of physiotherapy which have all helped in their own way and still use some of them, it seems that after 4 visits now that my chronic pain has left. I have never felt so reassured, not rushed and confident that I will make a full recovery as I have with Ali Haghghi. He's honest about what he can and cannot fix, what I need to do i.e stretches. He takes his time, he comes across as very humble, very confident and I truly feel his professionalism and authenticity. I've been sharing my experience with everyone. Give him a try, what do you have to lose but less pain! Thanks from Barb in Holland Landing!

Really satisfied with my experience, very friendly staff and easy to book appointments which is key for me. I've been going to see Ali for osteopathy to try and heal my back pain. Ali is so thorough with what he does and takes the time to explain what he is doing and why he is doing it which is extremely helpful. He makes you understand your body and how to heal it. I felt so much better after just 1 appointment. It's a very relaxing office and I highly recommend you give them a try!

Diane Falls:

I booked an appointment the end of Dec with Ali who does Osteopathy. My main concern was lack of mobility in my neck and daily headaches. In 3 sessions my neck has mobility again and the headaches are gone. He is now working on better mobility in my hips and movement in my wrist from a break. Each treatment has positive results. I highly recommend seeing Ali!

Colin Lea:

I came to the clinic with restricted range of motion in my left knee accompanied by sharp pain. I had been struggling to walk for 3 weeks. Two osteo visits later, the symptoms were gone and I'm back to being pain free and physically active.

Katherine Gow:

Love osteopathy. I can't believe how terrific treatments have made me feel (had back surgery at 21).

Brenda Tomasso :

The manual osteopath Ali is amazing!!! Very knowledgeable and experienced...I've had results already after only a few visits!!!!

Student Testimonials

From Alexandra Wilson, a National Academy of Osteopathy students in Fredericton, NB (Canada):

Dr. Pourgol,

..... I would like to share something that I am very proud of with my NAO studies. There's not a SINGLE female manual osteopath in the entire city of Fredericton, NBI feel so lucky to have found NAO, and to be able to make people's lives better.

Thank you so much for opening National Academy of Osteopathy; I am positive I will be successful because such little advertising already filled my extra time... with my attitude, I know I can build a practice quickly and successfully.

In a way, you have also inspired a friend of mine. Your business and ethics lectures have been helping to build me up as a person, in becoming business smart AND in lifting people up, through your advice and encouragement... qualities which I have been using.

I was able to help convince my friend she has a future, if she stays alive, and she even decided to return to college through the love and wisdom I have absorbed from your lectures. The statements you mentioned from the Cheshire Cat in "Alice in Wonderland" about knowing where to go were extremely helpful for her (she didn't watch the videos, of course, I just reiterated the wisdom).

Please excuse my boldness, but thanks where thanks is due is advice my grandfather always gave to me. I am seeing how much good I can learn from your lectures (I initially thought these lectures were pointless time fillers.... but I was very, VERY mistaken -- it is the knowledge of conscientious success).

Please continue to expand NAO throughout the world so others can learn to help people through osteopathy and your wisdom. I hope you can excuse my possibly too-enthusiastic feelings. They're unbecoming from a stranger, but I see you every day, so you are not much of a stranger to me.



Million Dollar Osteopathy Clinic in Trinidad & Tobago!

Dr Pourgol made a video a few days ago for manual osteopaths who are not his students on how to set up a million dollar manual osteopathy clinic.

He was pleasantly surprised to hear from one of his students Dr Randy Nagir, who represents Osteopathy Chronic Pain Clinics of Canada in the Caribbean Islands of Trinidad and Tobago that he now owns a million dollar clinic in that island. This is what he wrote:

"Already a million dollar clinic two years in a row, after graduating in 2017, all praise to my God Yahweh Elohim and to the NAO and CRMO team, and a special thank you to Dr. Pourgol, may God continue to guide and bless him and his family."

The link to Dr Pourgol's the video is: <https://www.youtube.com/watch?v=qhQ6im7ipt4&feature=youtu.be&fbclid=IwAR3g8Nkdc73l68gg3Tj3XYRmVK5l>



British Columbia based National Academy of Osteopathy student, Don Desrosiers:

Dr. Pourgol,

You are a true ambassador for osteopathy. Your vision is leaving a permanent imprint in the field of wellness. Thank you for all your continual efforts.



Student Testimonials

Published on LinkedIn by NAO student, osteopath, Hep (Alvin) Rebellon who works in Dubai, UAE.

Previously, mainstream osteopathic schools and their alumni thought of Dr. Pourgol's vision for online osteopathic education was inadequate by providing its schools curriculum all online.

In my opinion those schools are not visionaries as they failed to harness the full potential of digital learning in their osteopathic educational programs and have chosen to stay with the traditional classroom learning setting. Dr. Pourgol is leading by years away in providing online osteopathy education.

Honestly, I chose to study under Dr. Pourgol's institution (National Academy of Osteopathy) due to the proactive effort to uplift the osteopathic profession, their continuous innovations in education and learning platform, the professional support that they provide to their graduates, and to get a cost-effective education (which other schools are shying away from). Kudos to Dr. Pourgol and the faculty of both schools in Canada and Spain.

Dr Pourgol, Thank you for your vision. Please do share this in your network - so more people can have the privilege to benefit from your vision, knowledge, experiences, and teachings. Many thanks Dr. Pourgol. Looking forward to meeting you in person one day.



Dr. Pourgol,
I can honestly say that you are one of the nicest and most caring professors I have ever had the pleasure of meeting.
Your words of encouragement and willingness to help is so inspirational. Not to mention your teaching abilities!
Thank you so much for everything!

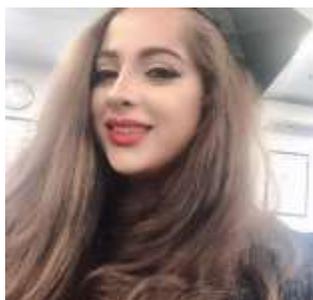
Melissa Devers



We graduate successful manual osteopaths!

Here is a Facebook post from manual osteopath / physiotherapist Azzyl Serrot Aulipre who is a graduate of National Academy of Osteopathy (Canada):

"The advanced cranial osteopathy program of NAO helps a lot. Most of my patients give amazing feedback about how it feels after treatment. I'm always fully booked now with a waiting list, and doubled my patient numbers. I love osteopathy + physiotherapy treatments which equal to amazing results. Thanks NAO Family."



A beautiful letter from another successful manual osteopath!

Dear Dr. Pourgol:
I hope you're doing well...I will always admire you and you'll always be my role model. When I graduated last year from National Academy of Osteopathy, my goal was to become as successful as you are. I followed every step you thought me and wouldn't believe I would get to the point I am in just a year!
It was all because of such a great professor and mentor like you, you thought me well. I will still follow your foot steps and I love you so much.

Pegah Jamali, DOMP

Student Testimonials



You can study osteopathy in many schools across Canada. However, to become a successful manual osteopath, there is only National Academy of Osteopathy! Our DOMP program has over 200 business management lectures. These lectures are the reason why NAO graduates make \$150,000 per year, \$60,000 more than other manual osteopaths.

Here is a letter from Teresa Nieman, DOMP, RMO, Graduate in Qualicum Beach, British Columbia who has a fully booked practice after graduating from NAO:

Greetings Dr. Pourgol!

I've been practicing osteopathy for four years now. I am good at what I do and I represent NAO well.

I AM BOOKED THREE MONTHS IN ADVANCE! Thank you!

-Teresa

Completely Booked for 2020. Booking appointments for 2021!

NAO student, manual osteopath, Karin Ann Lorento, MSc., DOMP (a recent graduate of National Academy of Osteopathy) who practices in London, Ontario (Canada):

"Dr Pourgol;

Thanks to all your business lectures, I'm currently booking into 2021 Not a single time spot left in 2020!"

We graduate successful manual osteopaths because we teach them everything we know about business in over 250 business management lectures. That is why NAO students have annual gross income of \$150,000 which is \$60,000 higher than what other manual osteopaths make.



What makes our education different is our 250 business management lectures. They are the reason why National Academy of Osteopathy graduates make \$150,000 per year which is \$60,000 more than other manual osteopaths. Here is a beautiful letter from a National Academy of Osteopathy student in Brampton, Ontario:

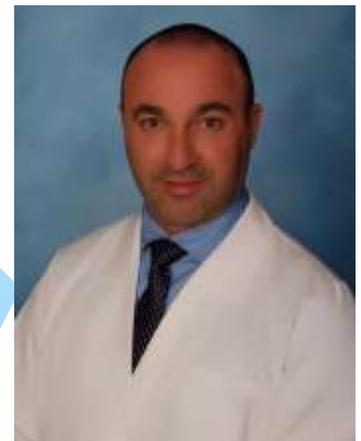
Also Dr. Pourgol, I just wanted to thank you for your business lectures, I've learned so much from them & you changed my viewpoint of everything in life in a positive way! You are not just an osteopathy teacher and doctor. You are also a psychologist, motivational speaker, lawyer, accountant, stand up comedian, all in one. So thank you!

Take care Doctor!

- Onkar Bedi

Thank you so much NAO! My time spent with NAO was a very enjoyable experience . I found online was very beneficial as I could see the classes as many times as I wanted. And whenever I asked questions they were always answered. The forums and private groups all the students worked to help one another. It was a great learning experience. I enjoyed it so much and continued my studies! The business classes are extremely beneficial and after graduation whenever I had questions or issues the private groups and staff were always there to help. I plan to continue learning with them as now they are like family . Even currently I continue to improve my work as an osteopath.

Thomas Elisseou, PhD, DO, BScO, DOMP



Student Testimonials

RMO has 3 Months Waiting List!

NAO alumni have average annual income of \$150,000 which is \$60,000 more than other manual osteopaths. We graduate successful manual osteopaths because we teach them more techniques than other schools as well as teaching them over 250 business management lectures.

Registered manual osteopath Elizabeth Felix, DOMP, RMO who practices in Harriston, Ontario is a National Academy of Osteopathy graduate and a member of the College of Registered Manual Osteopaths. She is so happy with her education that she referred her daughter to study osteopathy at NAO. Referring a family member is the utmost show of trust and happiness in what NAO offers. Here is her letter:

"Dr. Pourgol; I just wanted to say thank you.

My daughter, Emma is a student at NAO, she loves it. She practices on my patients and they've been very impressed with her skill and knowledge.

Emma is also autistic, actually, she was none verbal until around seven years old. The pediatrician said she, when asked what I could expect her life to be, replied she would have to live in a group home... You wouldn't know it today though. She's so incredibly talented. The sky truly is the limit.

Anyway, I wanted to thank you because I don't know if she would have gotten this opportunity elsewhere. Working as a manual osteopath increases her earning potential and her quality of life. She will be independent and will one day take over the business. Which, by the way is thriving. I have a three months waitlist and patients that drive from St. Catherine's, Oakville, Hamilton, Guelph and Collingwood to see us!

I want to share Emma's story because honestly anything is possible. I'm so grateful to NAO not only for Emma's opportunities but for mine, my business grew exponentially and I now get referrals from physicians.

Thank you again! PS. 50 percent of my patient base is on cash basis as you recommended!"



A post by National Academy of Osteopathy student, Dr. Hadi Jahan:

Yesterday was the longest day in my entire life! I completed 10 exams in 14 hours!

Although I am a physiotherapist, and I have a master's and PhD in Rehabilitation but the knowledge I have learned was new and different, especially the Business lectures.

Thank you Dr. Pourgol and the NAO for this unforgettable experience.

From Karin Ann, graduate practicing in London, Ontario writes:

Hi Dr. Pourgol:

I was nominated as the Gold winner in the best manual osteopathy clinic in London (Ontario). NAO graduates are taking London by storm!!!

There is a clinic belonging to graduates of Canadian Academy of Osteopathy a block from me and in the last 90 days, 19 of their patients have found me and switched to my care Completely unprompted by me. They're just finding I have higher empathy, I'm kind, I get quicker and longer results and overall provide better care.

I cannot thank you enough You have literally changed the trajectory of my life.



"You are the best Dr. Pourgol. I have never seen an educator, owner of any institution care so much for their students and graduates well being. You exemplify fully the laws that govern the universe wherein you should prosper and in turn you help those who helped you. I have never seen such care ever. I tell everyone about your business classes and how accurate you were. These are information for successful business foundations."

My 250 business lessons are what makes our osteopathy education unique and one of the reasons why my students make \$150,000 per year, which is \$60,000 more than what other manual osteopaths make annually.

Dr. Shawn Pourgol, MBA, DC, DO, PhD
NAO President

Student Testimonials

Here is a beautiful post from registered manual osteopath/ Yoga teacher Yazdan Raees, DOMP, RMO who practices in the beaches area in Toronto.

National Academy of Osteopathy is amazing!!

My experience in NAO was very interesting and I learned a lot. The approach used by the founder of NAO, Dr. Pourgol is very unique. Not only you learn a lot during the course but your learning never stops after.

Most importantly you grow in many ways, not only as a therapist and practitioner but also as a business person, as a clinic owner, as an educator, even as a better and more positively impactful human.

You learn the skills to help people live pain free but also how to improve your own quality of life. The curriculum is very diverse and always improving that comes with the flexible and scientific approach that keeps getting better year after year. The support of NAO does not stop after graduation and you keep getting genuine support for as long as you are open to it. The skills you learn about managing your clinic, growing your practice and also in investment is extremely valuable.

I went to NAO wanting to learn a very specific aspect of Osteopathy but it opened my mind into so many tools Osteopathy offers us as practitioners to help others.

I would say NAO is a great place to start or continue your journey and you become a part of a global family that is very unique, modern and filled with interesting people you meet and things that you learn to always keep you ahead and make a better version of yourself.

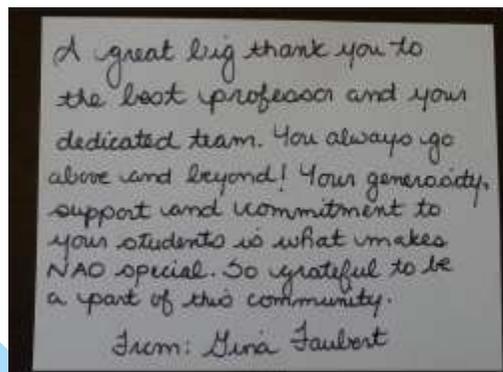
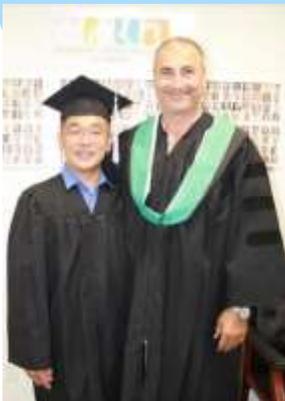


A post by National Academy of Osteopathy student Joshua Sibley:

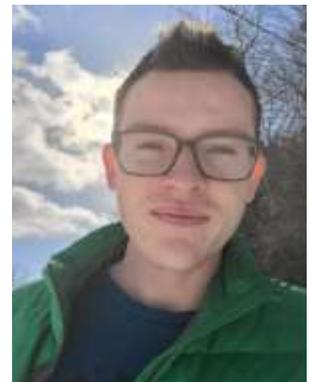
The community of NAO is one I am proud to be part of. During my studies I have met amazing Health Professionals that share their love for Manual Osteopathy and this has only encouraged me to go full out into this profession! I am excited to continue my journey, but I am most excited about the amazing members that support each other throughout this environment Dr Pourgol has established for us!

I would like to thank National Academy of Osteopathy for offering me a new career path in healthcare. The school has allowed me to take care of my health and related family members' health on an expert level. I have used the techniques I learned in school to alleviate back pain for my brothers, neck mobility for my sister, visceral therapy to assist my father during his terminal illness and many others. The school has improved and expanded my skill set to become a knowledgeable therapist. Now I am on my journey to pursue my own clinic; the Spine Mobility and Osteopathy. NAO also has a strong support group that allows you to continue learning and growing the vision of owning a successful business. Thank you Dr Pourgol for giving me a new journey in my life that I am truly passionate about and truly enjoy.

Loi Hua, BSc, DOMP: 1658 Asgard Drive, Mississauga, Ontario Tel.: (647) 448-6655 info@spine-mobility.com



NAO president, Dr. Shawn Pourgol received this beautiful postcard (along with some Italian goodies) from [Gina Faubert](#), one of our Diploma in Osteopathic Manual Practice (DOMP)



Student Clinic and Internship



Our campus based programs are held at the York University Heights campus of National Academy of Osteopathy (Canada) (NAO) in Toronto (Ontario, Canada). NAO has a student clinic offering manual osteopathic care to patients. NAO students enrolled in the on-campus osteopathy manual practice programs are eligible for two months of clinical manual osteopathic internship in the NAO student clinic once they pass the clinical internship practical test.

What to Expect on Your First Visit to the Student Clinic

Your intern may be treating your muscle or joint pain, but he or she needs to understand how your body functions as a whole. In particular he or she will focus on your spine, joints, muscles, and nervous system. Your intern needs a complete picture of your health history and overall current health in order to provide the best possible manual osteopathic treatment for you. Set aside at least 60 minutes for your first visit to the student clinic. Future visits typically last 30 to 60 minutes (depending on your condition), and this may vary from time to time and is affected by the type of treatment you require. Here's what you might expect.

Types of Manual Osteopathic Care

- Acute pain relief is provided for relief of immediate pain, restricted mobility, and discomfort. Depending on the manual osteopathic assessment, your age, physical condition, how long you have had the current complaint, and previous injuries, a few or several visits over a relatively short period of time, may be necessary.
- Corrective manual osteopathic care treats conditions that are more severe, recurring or have existed with or without pain for some time. These may require a longer, more complex period of care. Once the severity of your condition has decreased through relief care, corrective care helps to restore normal function to your spine, muscles, supporting tissues, and the nerves affected by them.
- Supportive manual osteopathic care helps you maintain and preserve the benefits you've achieved from relief and corrective care. Osteopathic manual practitioners are trained to detect conditions in their early stages, often before you feel pain or reduced mobility. Continuing to work with your intern and having periodic spinal check-ups and treatments, if needed, will keep your spine and you as healthy as possible. Your intern will work with you to find a maintenance schedule that suits your condition, health care goals, and lifestyle.



Fees

The manual osteopathic care offered at the NAO teaching clinic is free of charge for everyone. Each session includes an osteopathic assessment and treatment lasting from 30-60 minutes.



Clinic Location

The student clinic is operated by the Faculty of Osteopathy of National Academy of Osteopathy (Canada) to prepare the interns with practical clinical experience by providing excellence in manual osteopathic patient care to various community populations. The clinic is located at:

National Academy of Osteopathy (Canada)
York University Heights
375 Canarctic Drive, Suite 21 and 22
Toronto, Ontario M3J 2P9
Tel.: (416) 635-6550

Clinic hours: *Will vary depending on the semester between Mondays to Fridays 9AM to 3PM*

Booking Appointment

To make an appointment for a free manual osteopathic treatment, please call the student clinic at 416 -635-6550 or send an email to info@nationalacademyofosteopathy.com. The clinic is open to the public as well as our students, employees and faculty. Treatments are provided by National Academy of Osteopathy (Canada) students and interns.



Equal Opportunity

NAO promotes a positive, safe and health work, educational and clinical environment. NAO respects the dignity and worth of every person and prohibits discrimination within the institution and/or its clinic.

NAO offers equal opportunity to all persons without regards to race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, age, marital status, family status, or disability.

This policy, subject to appropriate exceptions, applies to all matters, including: admission and education of students; availability of student loans, and job opportunities; and employment and promotion of teaching and administrative staff.



Non Discrimination

Every member of the NAO community has the right to study, work and conduct his or her activities in an environment free of discrimination and harassment, and supportive of academic achievement, dignity, and self esteem. NAO is committed to providing and maintaining such an environment through its policies, regulations and education programs. This policy applies to all members of the NAO community in their interaction with other members of the NAO community and supersedes the Sexual Harassment Policy and Procedures and the Equal Opportunity Policy, except where those policies are incorporated by specific reference in an agreement with a unionized group and/or dealt with by legislation. The NAO community includes employees, students, patients, visitors, volunteers, and other individuals who work, visit, or study at NAO.

Privacy Policy

Access to applicant or student information by a third party is prohibited except where signed consent from the applicant or student is provided. The signed consent will allow for access to information but cannot authorize the delegation by the applicant and/or student for decisions to be made on his or her behalf by any other party.

As an example, a student may authorize in writing that a parent receive the grades of the student or obtain the status of a student enrolled at NAO. The authorization cannot be used for the parent to make decisions with respect to such matters as appeals or financial arrangements without the student being present and agreeing to the decision.

A third party who has received signed authority on behalf of an applicant and/or student may only advocate on behalf of the student in the presence of that student. This policy applies only to persons not directly involved in the application or education process.



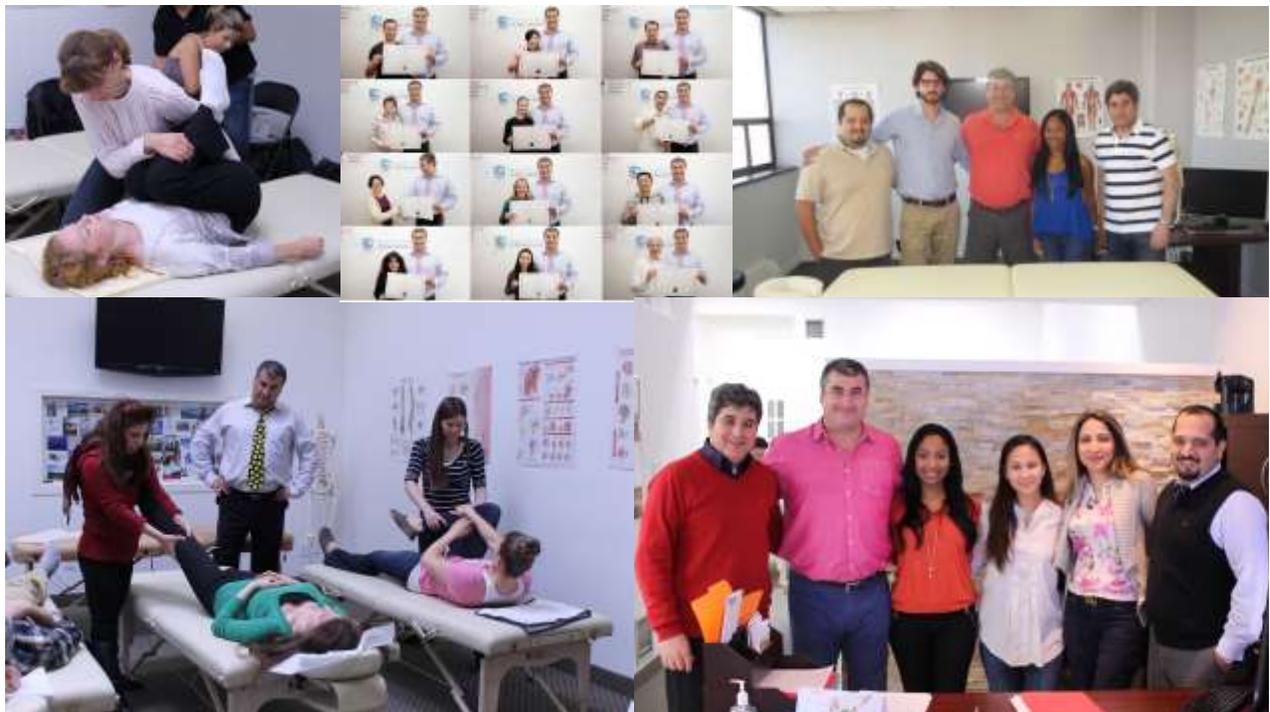
Professionalism

All students enrolled at NAO are prohibited from providing manual osteopath treatment, advice, or acting in a clinical manner, as it relates to a health profession for which he or she is not licensed or registered in Ontario, with any person inside or outside of NAO unless under the supervision and direction of a clinician. Each student enrolled at NAO is strictly prohibited from practicing and/or holding himself/herself out as an osteopathic manual practitioner. Student is subject to the laws, regulations and conduct set out by NAO.

Failure to comply with this regulation may lead to disciplinary action, which may include expulsion or suspension from NAO, and further civil, administrative and/or criminal action being commenced against the offending student. Consent of an individual is not justification for inappropriate conduct by a student. A student or intern with a concern or question regarding the above policy is advised to contact the registrar to ascertain NAO's position with respect to any potential issue.

Disclaimer

The National Academy of Osteopathy (Canada) assumes no liability whatsoever for direct or indirect loss or damage suffered or incurred by any student or third part as a result of matters beyond its control, including but not limited to delays, interruption, suspension or cancellation is caused by natural disasters, fire, water, theft, strike, lockout, protest, government action, civil unrest or disobedience, financial exigency, inability to procure materials or trades, utility interruptions, or damage to NAO property. NAO reserves the right to change to institutional rules and regulations from time to time without notice.



FAQ (Frequently Asked Questions)

Does NAO offer diploma or degree programs?

National Academy of Osteopathy (NAO) is a private Canadian college of osteopathy, with a campus at York University Heights. NAO is not registered as a university and it does not offer any degree programs. NAO only offers diploma and certificate programs in the field of manual osteopathy. None of NAO programs lead to any degrees in osteopathy. NAO programs are not part of any degree programs.

Being a student of NAO will not offer an easier way to enrol in any programs offered by these universities. NAO alumni who are interested in applying to any of the degree programs offered by these universities must contact them directly and fulfill their admission requirements. NAO has no information on the degree programs offered by these universities and these universities do not operate at NAO campus in Toronto. The practical technique classes of these universities are located in Panama.



Can manual OSTEOPATHS open an MVA REHAB clinic?

Before National Academy of Osteopathy was founded in 2010, the Motor Vehicle Accident (MVA) rehabilitation field was usually the territory of chiropractors, physiotherapists and medical doctors. We changed that! Now a number of our students are setting up MVA rehab clinics.

This video explains how an MVA rehab clinic can be set up by manual osteopaths to become a million dollar manual osteopathy clinic generating \$500,000 or more in gross annual income. https://youtu.be/R-YApQ_77nM

What are the 4 Reasons how OSTEOPATHY may help against CORONAVIRUS infection?

About 100 years ago, during the pandemic flu that killed over 20 millions (one of the worst pandemic in human history), those who received manual osteopathy and chiropractic care were spared death and serious complications.

A century later researcher understood a few reasons why patients have improved immune system following manual osteopathic care.

This video explains the research behind how manual osteopathy improves the immune system and how it helps people have stronger immune systems and as a result help to prevent an infection or decrease the severity of the infection and help people recover faster if they become infected with any infectious disease such as flu or Coronavirus.

It is noted that currently there is no research done on efficacy of manual osteopathy on preventing Coronavirus and this is just a hypothesis based on the assumption that an improved immune system is better equipped to handle and overcome an infection. <https://youtu.be/Gle6BaQ9VD4>

Why OSTEOPATHY is the Best Treatment for Chronic Pain?

In this video, NAO president, Dr. Shawn Pourgol, MBA, DC, DO, PhD speaks about osteopathy's effectiveness for chronic pain management. https://www.youtube.com/watch?v=BqXtKWkThbA&feature=youtu.be&fbclid=IwAR1ajn9gPTKzuO8Xyjq-W0-XuKtB_SprniW8yRg2L06nBfjP-Q204QnowE

What is CANADIAN style OSTEOPATHY and why is it safer than EUROPEAN style OSTEOPATHY?

The Canadian style osteopathy (modified from European style osteopathy) is safer for osteopathy patients as well as manual osteopaths who provide manual osteopathic care.

This video explains what Canadian style osteopathy is, why it was created and how it differs from European style osteopathy. <https://youtu.be/XZyvnwH6-lc>

What is a Cost Effective LUCRATIVE Way to Open an OSTEOPATHY CLINIC?

One of the best ways for newly graduated manual osteopaths in Canada, United States, or elsewhere who wish to open their own manual osteopathy clinic is to rent a room inside an established medical clinic run by a family physician or general practitioner.

This video shows you how to do so. <https://youtu.be/XyySpUNy1BQ>

FAQ (Frequently Asked Questions)

How to get hired by OSTEOPATHIC PHYSICIANS in the USA as a salaried MANUAL OSTEOPATH?

This video explains how osteopathic manual practitioners (also known as manual osteopaths in Canada and osteopaths outside North America) can find a salary based position within an osteopathic medical clinic in the United States of America.

https://youtu.be/0_S_mLPLIH

How to Work in HOSPITALS as a Manual OSTEOPATH

Because of our alumni, for the first time in history manual osteopathy is now available in hospitals in South Korea, Iran, Vietnam, China, Malaysia, United Arab Emirates and a number of other countries.

This video explains how manual osteopaths can find employment within a hospital. <https://youtu.be/y0kIS26ruz4>

What Types of Manual OSTEOPATHY INSURANCE Benefits are Available to our Alumni in Canada?

This video explains the most common types of insurance that pay to our alumni for manual osteopathic care they provide to the Canadian public. <https://youtu.be/NljXJC28yo>

Out of many insurers that cover manual osteopathic treatments; Many accept the DOMP diploma offered by National Academy of Osteopathy (NAO has the copyright to the DOMP title). However even though insurers accept the DOMP title issued by NAO, to receive reimbursement by insurers, an NAO graduate must apply for membership to an association that accepts NAO graduates; such as the Canadian Association of Alternative Medicine (<http://acma-association.com>), College of Registered Manual Osteopaths (<http://www.manualosteopaths.org>), or College of Osteopathic Manual Practitioners of Ontario (<http://www.compontario.com>) and that issue license numbers that may be used to bill insurers for manual osteopathic treatments rendered.

How do we use Science to Consistently Create SKILLED WEALTHY Manual OSTEOPATHS?

Becoming a wealthy skilled manual osteopath is not based on luck. It is based on science and following a systematic approach to have a predictable result.

This video how we use a scientific systematic approach to ensure our students become skilled manual osteopaths. It is also explained how we teach over 200 business management lessons to our students to ensure they can scientifically replicate what successful people do, in order to become wealthy.

<https://youtu.be/H9dTnhZ1cyM>

How can you Become a WEALTHY Manual OSTEOPATH?

This video explains what is needed by manual osteopaths to help them become rich, wealthy and financially successful. It includes the two most common method of accumulating wealth (long term and short term).

<https://youtu.be/xgdBROfWoiM>

What is the Most Lucrative OSTEOPATHY SPECIALTY Program?

Manual osteopaths can specialize in fertility management and open Osteopathy Fertility clinics, which is financially and emotionally highly rewarding. This video gives information about osteopathic fertility specialty program.

<https://www.youtube.com/watch?v=GQTFb0M9gKI&feature=youtu.be&fbclid=IwAR3vuzJkZEKkiRWuP6sU0K5GIMh0RHN7mJBs5tehhDE5d2WCV37B0k922IE>

Benefits of Becoming an OSTEOPATHY FOOT SPECIALIST: More Cash Patients, Higher Hourly Rates

By becoming an osteopathy foot specialist, manual osteopaths can have more cash patients, can charge more for their services and can built a big financially rewarding osteopathic practice quickly.

This video explains how they can do so.

<https://youtu.be/aP380sJEWm>

FAQ (Frequently Asked Questions)

What is an easy way for MANUAL OSTEOPATHS to eliminate competition?

This video explains what manual osteopaths can do to eliminate competition within their community for the services they provide. <https://youtu.be/jAf3xtUQUoE>

What is the true Origin of Osteopathy?

A video by NAO (Canada) president, Dr Shawn Pourgol, MBA, DC, DO, PhD on the origin of osteopathy

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=yp0sZhrfRu0&feature=youtu.be&fbclid=IwAR3fqVfngRky90l6_47rZfcj6TZ58ac3KGdZ0a9F7sSKpvEd8Xk6liM5gQ)

[v=yp0sZhrfRu0&feature=youtu.be&fbclid=IwAR3fqVfngRky90l6_47rZfcj6TZ58ac3KGdZ0a9F7sSKpvEd8Xk6liM5gQ](https://www.youtube.com/watch?v=yp0sZhrfRu0&feature=youtu.be&fbclid=IwAR3fqVfngRky90l6_47rZfcj6TZ58ac3KGdZ0a9F7sSKpvEd8Xk6liM5gQ)

What are benefits of becoming an OSTEOPATHY TMJ SPECIALIST?

This video the three main benefits for manual osteopaths to specialize in TMJ pain management.

<https://youtu.be/NeuBC6mOlrA>

What is missing in osteopathy?

This video explains the difference between 30 minutes, once per week osteopathic sessions some manual osteopaths use and the one hour, three times per week osteopathic sessions most of our students use for common chronic low back pain conditions. <https://youtu.be/Xb5Y5X8qY0I>

What are the 4 Principles of Osteopathy?

This video explains the four principles of manual osteopathy.

<https://youtu.be/NJZcqNeqjrU>

Can Manual OSTEOPATHS Work in the United States?

This video explains how osteopathic manual practitioners can work in all states across the US by following applicable states laws and regulations.

We now even have 14 Osteopathy Chronic Pain Clinics of Canada in different states such as California, Dallas, Texas, Washington & New York!

This is what we do. We expand osteopathy. We love osteopathy. Osteopathy is our life. We live and breath osteopathy.

<https://youtu.be/m6Rsfo5ntk>

How did Chiropractic, Naprapathy, & Physiotherapy Manual Therapy Originated From Osteopathy?

This video explains how chiropractic, naprapathy and the manual therapy part of physiotherapy originated from osteopathy.

<https://www.youtube.com/watch?v=PORE3SvP2EI>

How can you Work as a Manual OSTEOPATH in a Caribbean Resort Spa?

Do you dream of working as a manual osteopath in an exotic island? Many of our alumni do work in the Caribbean islands, and other exotic locations in Europe, Asia, and the Latin America. This video explains how you can go about finding employment in a Caribbean resort spa as a manual osteopath.

<https://youtu.be/EeGxIMzk41Q>

What is the OSTEOPATHY WELLNESS Protocol?

NAO president, Dr Shawn Pourgol, MBA, DC, DO, PhD is the creator of the Osteopathy Wellness Protocol. This video explains what Dr Pourgol's Osteopathy Wellness Protocol is and what benefits it has for manual osteopaths and their clients.

https://youtu.be/bmUAursVj_c

FAQ (Frequently Asked Questions)

What is the Osteopathy Scope of Practice in Canada?

This video is about manual osteopathy scope of practice in Canada. Things manual osteopaths can and cannot do in Canada. https://youtu.be/Th6R_MFnK7Q

What is Mechanical Based Osteopathy & how it differs from Vitality Based Osteopathy?

This video explains what is the mechanical based osteopathy and how it differs from vitality based osteopathy which is also known as traditional or classical osteopathy.

<https://youtu.be/1Px8Oievl8Y>

Can Manual Osteopaths use Therapeutic Modalities in Canada?

This video explains how manual osteopaths in all Canadian provinces (except Quebec) can use modalities such as laser, ultrasound, electrical muscle stimulation, and decompression traction tables in their practices.

<https://youtu.be/d07DJG0TkZE>

How can you join Sports Teams as a Manual Osteopath?

This video explains how manual osteopaths can join professional sports teams and athletic clubs and what benefit this has for them. <https://youtu.be/8vfpx8ui70s>

What is the Manual OSTEOPATHS Income, Salary & Hourly Fees in Canada?

This video gives information about financial aspects of manual osteopathy profession in Canada.

https://youtu.be/dl5K_OIWZwl

Why Should You Study Osteopathy?

This video explains why students choose to study manual osteopathy. <https://www.youtube.com/watch?v=cRxn9ERh0So>

Can You Learn OSTEOPATHY Through Online Education?

This video explains why osteopathy can be learned through online education. <https://youtu.be/4OTDlxyHbR0>

What is the #1 Reason Students Choose National Academy of Osteopathy?

In this video NAO president, Dr Shawn Pourgol, MBA, DC, DO, PhD speaks about the number one reason students choose National Academy of Osteopathy for their osteopathic education. <https://www.youtube.com/watch?v=7obeirybtlc>

Is NAO accepted by the Employer Training Grant programs in Canada?

Yes, it is. If your employer (which it can be your own incorporated clinic) pays 25% of the NAO tuition, and if the program is used to upgrade your education in your own field, then the Canada government pays a grant for 75% of the tuition plus cost of books and other necessary costs. This money is grant, not a loan meaning you do not have to pay it back. Each province has something similar to the link posted below about British Columbia. Also as a clinic owner you can also sponsor someone else to study osteopathy (you pay 25% and that student gets Canada to pay 75%). Here is the link to the BC Employer Training Grant program:

https://www.workbc.ca/Employer-Resources/BC-Employer-Training-Grant/What-is-the-B-C-Employer-Training-Grant.aspx?fbclid=IwAR2AF_ppnxZurIC057rwKcymDWsePR4Nlu5HEy6SItc8ybkOEe-FIAdGmfA

How can I view the Osteopathy TV videos?

Here is the link to Osteopathy TV YouTube channel. All the Osteopathy TV videos are found at this link: <https://www.youtube.com/channel/UCHhU7XitO6x363YWUAEVHOA>

FAQ (Frequently Asked Questions)

Who can join the NAO Million Dollar Osteopathy Club?

The worth of a clinic is measured by its gross income per year multiplied by two. So a million dollar osteopathy clinic is a clinic, owned by a manual osteopath that generates half a million dollars or more per year in gross income. The NAO Million Dollar Osteopathy Club is an exclusive club founded by the National Academy of Osteopathy (Canada). Only NAO graduates who have confirmed annual gross income of \$500,000 or more can join this club.

Who are members of the NAO Million Dollar Osteopathy Club?

The NAO Million Dollar Osteopathy Club is an exclusive club reserved for NAO graduates who have confirmed gross income of \$500,000 or more per year. All club members are NAO graduates.

An example of a club member is manual osteopath / naprapathy, Dr. Matt Gibbons, DOMP, BSc (Ost), DO(Spain), DN, PhD (PMR), president of the Osteopathic & Naprapathic Association of Newfoundland & Labrador.

Dr. Gibbons is practicing osteopathy since 2016 and currently owns the most successful manual osteopathy clinic in the Canadian province of Newfoundland and Labrador.

We graduate successful manual osteopaths because we teach them everything we know about business. Our students receive over 250 business management lectures. Our alumni on average make \$150,000 per year as manual osteopaths, which is \$60,000 more than other manual osteopaths in Canada.

How did the 2012 Miss North Ontario Made \$300,000 During 2020 COVID Pandemic?

From the moment I saw NAO student, Nichelle Thomson (2012 Miss North Ontario) at the York University Heights campus of National Academy of Osteopathy (Canada) I knew she is someone special. She had an aura of intelligence around her and I knew she was destined for greatness.

A year after graduating from NAO she made about \$300,000 in gross income as a manual osteopath! In 2020 even after 3 months of lockdown she had the same income!

While NAO graduates make \$150,000 per year on average (which is \$60,000 more than what other manual osteopaths make in Canada), Nichelle is making double the average! I have no doubt that in time she will make over \$500,000 to join the NAO Osteopathy Million Dollar Club.

Is a one year waiting list possible for manual osteopathic care?

A National Academy of Osteopathy student in Morden, Manitoba has a one year waiting list and is looking to bring other manual osteopaths to his town! Many of our students have weeks to months long waiting lists, such as Tiffanie Bruneau (president of Manitoba Osteopathic Association) who has a 5 months waiting list but this is the first time we hear about a student having a year long waiting list! Any NAO graduate interested in working in Manitoba please contact manual osteopath, Florida Lassnig, who also works as a professor at NAO teaching advanced cranial osteopathy. We graduate successful manual osteopaths because Dr Pourgol teaches them all he knows about business in 250 business management lectures as part of their osteopathy program. These lectures are the reason why our students have annual income of \$150,000 which is \$60,000 more than what other manual osteopaths make in Canada.

Can NAO graduates bill insurers for naprapathy?

National Academy of Osteopathy DOMP graduates who have a degree in naprapathy can now bill Canadian extended health plan insurers for manual osteopathy as well as naturotherapy if they are a member of the Quebec based national association, the Canadian Alliance of Alternative Medicine (ACMA). NAO graduates who have already joined ACMA as a manual osteopath will receive free ACMA naturotherapy membership.

Does the Canadian Armed Forces VRPSM program accept NAO?

Yes, it does. The Canadian Armed Forces Vocational Rehabilitation Program for Service Members (CAF-VRPSM) has accepted the Diploma in Osteopathic Manual Practice program (DOMP) of National Academy of Osteopathy (Canada). CAF-VRPSM covers the tuition and others fees of approved programs for eligible service members.

FAQ (Frequently Asked Questions)

Can NAO students apply for Canada Student Grants and Loan?

The Canada Student Financial Assistance Program offers student grants and loans to National Academy of Osteopathy (Canada) full-time and part-time DOMP students. Grants and loans help NAO students pay for their osteopathy education.

- NAO students should apply for grants and loans, directly with their province of residence. Please note NAO students are not eligible for provincial student grants & loans. They are accepted only for the federal grants and loan. But they have to apply through provincial application which is both for provincial and federal student grants and loans. Their provincial application would be rejected but if they qualify the federal portion would be given to them.
- Students don't need to repay grants they receive
- They need to repay loans after finishing school, with interest
- They may be eligible for more than 1 type of grant - when they apply through the province, their eligibility will be assessed for all available grants. There are different grants for students with dependents, disability, etc.

The amount of student grants and loans an NAO student can receive depends on several factors, including:

- the province or territory of residence
- the family income
- if they have dependents
- The tuition fees and living expenses
- if they have a disability

NAO student should visit the student grants and loans service of their province to:

- find out if they are eligible for student grants and loans
- know how much they could get
- apply for student grants and loans in one application

By clicking on the link below you will see the website addresses of the Financial Aid Offices of each province, such as OSAP, Alberta Student Aid, etc: <https://www.canada.ca/en/services/benefits/education/student-aid/grants-loans/province-apply.html>

To find out how much you can receive in grants and loans please visit the link below:

<http://certification.esdc.gc.ca/lea-mcl/eafe-sfae/eafe-sfae-h.4m.2@-eng.jsp>

How Much Can NAO Students Receive from Federal Government's Canada Student Grants & Loan Program?

National Academy of Osteopathy (Canada) students are now able to apply for Canada Student Grants & Loan program. How much they receive depends on a few factors (province of residence, having a dependent, disability, etc) and can be estimated by using the Student Aid Estimator website linked below:

<http://certification.esdc.gc.ca/lea-mcl/eafe-sfae/eafe-sfae-h.4m.2@-eng.jsp>

NAO students, single, with no dependents, living in Ontario, who have annual income of less than \$20,000 per year and are not disabled can receive a loan of up to \$11,900 towards the NAO tuition.

Is NAO accredited by the ACTMD?

Yes, it is. National Academy of Osteopathy is accredited (since July 2022) by the Association Canadienne des Therapeutes en Medecines Douces (a national Quebec based association - founded in 2002). ACTMD is accepted by most Canadian private health plan insurance companies and NAO alumni in all Canadian provinces can apply for membership to ACTMD if they wish to do so.

What is the Manual Osteopaths Patient Loyalty Rate?

Research showed manual osteopaths with 97% rate have the highest patients loyalty rate in Canada between 25 health professions. This video explains about why patients are so loyal to manual osteopaths in Canada: <https://www.youtube.com/watch?v=MIRcnXBmLyA>

Why OSTEOPATHY is the Best Treatment for Chronic Pain?

In this video, NAO president, Dr. Shawn Pourgol, MBA, DC, DO, PhD speaks about osteopathy's effectiveness for chronic pain management. https://www.youtube.com/watch?v=BqXtKWkThbA&feature=youtu.be&fbclid=IwAR1ajn9gPTKzuO8Xyjq-W0-XuKBtB_SprniW8yRg2L06nBfjP-Q204QnowE

FAQ (Frequently Asked Questions)

How much NAO graduates charge for an hour of osteopathic services?

The 2020 survey of National Academy of Osteopathy graduates shows that the majority are charging \$100 to \$200 per hour in Canada. Five years ago the average was \$80 to \$140 similar to other manual osteopaths. We are so happy to see the average has risen up so much in the past 5 years. NAO alumni are now charging a lot more than what other manual osteopaths charge in Canada. NAO alumni are chronic pain specialists. They see last resort cases others cannot help. As such they are in high demand and it is reasonable for them to charge higher than other manual osteopaths for their services.

Do manual osteopaths in Canada charge HST/GST?

Yes, as per Canada Revenue Agency (CRA) requirements, manual osteopaths in Canada must charge HST/GST. The rate they charge differs in each province. In Ontario they must charge HST (which is 13%) and in some other province such as British Columbia, GST is charged.

In which year NAO was chosen as the best career training school in Toronto?

The Toronto Star newspaper, the largest newspaper in Canada has chosen the National Academy of Osteopathy (Canada) as the best career training school in Toronto in 2020.



In which states manual osteopaths can practice without a license?

In the states listed below the diploma in osteopathic manual practice (DOMP) graduates of National Academy of Osteopathy (Canada) can work without any license as long as they get the clients sign a specific form indicating that they are not providing medical care, they are not doctors, physiotherapists, chiropractors, massage therapists, and that they do not provide electrotherapy, manipulation or massage.

California, Colorado, Maine, Minnesota, Nevada, New Mexico, Rhode Island There are a few other states that have specific exemptions bypassing the requirement for manual osteopaths to get licensed. The list is provided elsewhere in our FAQ section.

Who is the manual osteopath for Toronto Football Club?



Rehabilitation specialist, Marcelo Casal, is the health practitioner who amongst rehabilitation services will also provide manual osteopathic care to the Toronto FC team members. Manual osteopathy has become popular with professional athletes and those who treat them. NAO (Canada) has a number of alumni who are the team osteopathic manual practitioners for national & Olympic level Karate, Taekwondo, Volleyball, Football, boxing, wrestling, dancing, & swimming in Canada & other countries as well as the Porsche Car Racing teams in Atlanta, Georgia (USA). While most professional sport teams these days have athletic therapists, chiropractors and physical therapists, not so many have OMPs. Becoming an OMP is a sure easy way to join professional teams for those who wish to provide care to athletes.

FAQ (Frequently Asked Questions)

How Can Massage Therapists Bill \$300/Hour?

One way is to offer osteopathic chronic pain management. Massage therapist / osteopathic manual practitioner, Tanja Seagraves, MT, DOMP, an NAO graduate in Los Angeles, California has a fully booked practice now charging \$300 per hour after she started offering osteopathic chronic pain management.

We offer an accelerated 6 months DOMP program for massage therapists online or on-site at our York University Heights Campus. Our program focuses greatly on chronic pain management education.

NAO is accredited by the US Council on Osteopathic Manual Practice Education in the United States. In Canada our alumni can join the College of Registered Manual Osteopaths to become an RMO with the ability to bill most health insurers.

Our DOMP program includes 250 business management lectures offered by Dr. Shawn Pourgol, MBA, DC, DO, PhD on topics related to clinic management, accounting, self improvement, marketing, tax planning, investment, and asset protection. Dr. Pourgol is founder of OCPCC which operates over 370 chronic pain clinics in the United States, Canada and 31 other countries.

Join us, study at NAO and secure your future.

How Can Personal Trainers Make \$500,000 Per Year?

One way is to offer osteopathic chronic pain management. Manual osteopath, Matt Gibbons, president of Osteopathic & Naprapathic Association of Newfoundland & Labrador was a personal trainer before enrolling at NAO. He has a fully booked practice now grossing over \$500K per year after he started offering osteopathic chronic pain management.

We offer a DOMP program for personal trainers online or on-site at our York University Heights Campus. Our program focuses greatly on chronic pain management education.

Alumni in the US can join the American Association of Osteopathic Manual Practitioners to become a COMP. In Canada our alumni can join the College of Registered Manual Osteopaths to become an RMO with the ability to bill most health insurers.

Our DOMP program includes 250 business management lectures offered by Dr. Shawn Pourgol, MBA, DC, DO, PhD on topics related to clinic management, accounting, self improvement, marketing, tax planning, investment, and asset protection. Dr. Pourgol is founder of OCPCC which operates over 370 chronic pain clinics in the United States, Canada and 31 other countries.

Join us, study at NAO and secure your future.

How Can Nutritionists Make \$240,000 Per Year?

One way is to offer osteopathic chronic pain management. Nutritionist / Manual osteopath, Andrew Chan, president of College of Osteopathic Manual Practitioners of Ontario was a nutritionist before enrolling at NAO. He has a fully booked practice now grossing over \$240K per year after he started offering osteopathic chronic pain management.

We offer a DOMP program for nutritionists online or on-site at our York University Heights Campus. Our program focuses greatly on chronic pain management education.

Alumni in the US can join the American Association of Osteopathic Manual Practitioners to become a COMP. In Canada our alumni can join the College of Registered Manual Osteopaths to become an RMO with the ability to bill most health insurers.

Our DOMP program includes 250 business management lectures offered by Dr. Shawn Pourgol, MBA, DC, DO, PhD on topics related to clinic management, accounting, self improvement, marketing, tax planning, investment, and asset protection. Dr. Pourgol is founder of OCPCC which operates over 370 chronic pain clinics in the United States, Canada and 31 other countries.

Join us, study at NAO and secure your future.

News

Charity Work in Bali

Manual osteopath, Jeannie Dhun a graduate of National Academy of Osteopathy and a member of our Osteopathy Chronic Pain Clinics of Canada has joined the Hands with Heart Foundation of NAO professor, osteopath, Jorge Aranda in Bali, Indonesia to offer free osteopathic care to those in need.



The First Honorary Diploma of NAO

Since 2010, this is the first time we have issued an honorary Diploma in Osteopathic Manual Practice (DOMP). This was done due to the request of one of our alumni in Ottawa. This manual osteopath treated a young lady for chronic pain. This 19 years old patient was so impressed with manual osteopathy that she decided to enroll at the National Academy of Osteopathy to become a manual osteopath. Unfortunately, she was diagnosed with an aggressive form of cancer. This made her dream of becoming a manual osteopath impossible.



We however decided to issue an honorary diploma to her. This was done at the NAO graduation ceremony in Toronto on February 16, 2019. The first honorary NAO diploma is issued to Ms. Ailish Shelby Devine of Ottawa, Ontario, Canada.

Osteopathic Psychosomatic Techniques

Did you know National Academy of Osteopathy is the only osteopathy school in Canada teaching osteopathic psychosomatic techniques? Manual osteopath, Professor Elias Abdel-Ahad is our technique professor covering these interesting techniques that have many benefits including helping people with chronic pain.



Asociación de Osteopatía de Panamá - Osteopathy Association of Panama

National Academy of Osteopathy (Canada) student in Panama City (Panama), Claudia Saldaña has been hired as the registrar for the newly formed Asociación de Osteopatía de Panamá - Osteopathy Association of Panama. To keep updated with AOP news please visit <http://www.facebook.com/panamaosteopathy>.

New Chair of Council on Naprapathy Education of the Canadian Naprapathic Association.

Congratulations to National Academy of Osteopathy graduate, manual osteopath/naprapath, Dr. Matt Gibbons, president of the Osteopathy & Naprapathy Association of Newfoundland & Labrador who has been chosen as the new Chair of Council on Naprapathy Education of the Canadian Naprapathic Association.

American College of Physical Medicine Accepts NAO

We are happy to announce that National Academy of Osteopathy students can now join the American College of Physical Medicine. The American College of Physical Medicine is a medical association open to manual osteopaths and other health professionals.

To apply for membership please contact ACPM directly at: <https://www.acopm.org/>



Asociación de Osteopatía de Panamá



The first osteopathy association in Panama, Asociación de Osteopatía de Panamá - Osteopathy Association of Panama is currently being set up. NAO president, Dr. Shawn Pourgol, MBA, DC, DO, PhD is the first president of this association.

Did you know National Academy of Osteopathy DOMP program at over 2270 hours is one of the most in-dept osteopathy programs in Canada?

There are a number of schools in Canada offering 3 to 5 years osteopathy programs but their total teaching hour ranges between 300 to 1500 hours as they teach one weekend a month, 6 months per year. NAO graduates can join the College of Registered Manual Osteopaths to become an RMO which gives them the ability to bill most private health insurers in Canada. Additionally Dr Pourgol teaches them all he knows about business in over 250 business management lectures which enables them to have annual average income of \$150,000 which is \$60,000 more than what other manual osteopaths make in Canada.

You can study osteopathy anywhere. But to become a successful manual osteopath, there is only NAO.

News

Dr Pourgol with two South African students of NAO in Toronto.

Robert O’Friel is a retired professional golfer who traveled from South Africa to study at NAO and Deshna Shah, a medical assistant from Kenya. Such dedication! These two students traveled all the way from Africa to study manual osteopathy at NAO. NAO is expanding osteopathy in Africa. We already have two Osteopathy Chronic Pain Clinics of Canada in Nairobi and Morocco. We have alumni in many African countries such as Tanzania, Nigeria, South Africa, Cameroon, Egypt, and others.



Our Professors



Professors Dr Hussein Eid, MD (Egy), DOMP and Dr Hossein Khorrami, PhD, DOMP teaching visceral techniques of osteopathy at the York University Heights campus of National Academy of Osteopathy in Toronto. NAO has more technique instructors than any other school of osteopathy in Canada.

Ultimate Sign of Satisfaction

We love to see couples practice manual osteopathy together. It is financially and emotionally a wise decision. At the National Academy of Osteopathy, we have a number of couples as alumni.

The most recent one is Saideh Shahbazi who was accepted to the National Academy of Osteopathy DOMP program in 2019. Her husband Ahmadreza Hanaei, DOMP is one of our alumni who practice in clinic 75 of Osteopathy Chronic Pain Clinics of Canada in West Vancouver.



We are grateful that Ahmadreza (Adam) referred his wife to study manual osteopathy at NAO. This is a sign of trust and his happiness with the education he received at NAO. It makes us proud to have referrals from our alumni.

New president of the Canadian Naprapathic Association (CNA)

Congratulations to NAO graduate, manual osteopath & naprapath, Dr. Dasha Veprjitska, DOMP, BSc (Ost), MBA, DO (Spain), DN for being chosen as new president of the Canadian Naprapathic Association (CNA). Dr. Veprjitska is a graduate of the diploma in osteopathic manual practice (DOMP) program of National Academy of Osteopathy (Canada) as well as the doctor of osteopathy (DO) & the doctor of naprapathy (DN) programs of National University of Medical Sciences.



Osteopathy TV

The Osteopathy TV has started its first project which is to make 100s of YouTube videos on specific muscle stretches. The first video has been uploaded today and it is about 7 different Biceps stretches. We hope these videos introduce the public, indirectly to the profession. Manual osteopath/naprapath, Dr. Dasha Veprjitska, DOMP, BSc (Ost), MBA, DO (Spain), DN is making these videos for Osteopathy TV. The Osteopathy TV YouTube channel. Please subscribe and click LIKE on its videos and share it. <https://www.youtube.com/channel/UCHhU7XitO6x363YWUAEVHOA>

NAO graduates & ACMA Naturotherapy

National Academy of Osteopathy DOMP graduates who have a degree in naprapathy can now bill Canadian extended health plan insurers for manual osteopathy as well as naturotherapy if they are a member of the Quebec based national association, the Canadian Alliance of Alternative Medicine (ACMA). NAO graduates who have already joined ACMA as a manual osteopath will receive free ACMA naturotherapy membership.

Dr. Ann Shivas, PhD, MT, DOMP publishes I Am Human Again

We wish to congratulate National Academy of Osteopathy student, Dr. Ann Shivas, PhD, MT, DOMP for publishing her first book, now on sale on Amazon. Dr Shivas is an ex member of the Canada's National Soccer Team. She currently lives in New Zealand but continues managing her successful osteopathy clinics in Quebec. We remember receiving an email once from one of her patients, Mark MacNeil, a massage therapist in Quebec. He had a shoulder condition and even though had treatments from 5 Quebec osteopaths he did not get better. After seeing Dr Shivas for just one visit his pain was gone. Mark was so impressed with the effectiveness of her style of orthopedic osteopathy that he also enrolled at NAO to become an osteopath.



News

New Chair of Council on Naprapathy Education of the Canadian Naprapathic Association.

Congratulations to National Academy of Osteopathy graduate, manual osteopath/naprapath, Dr. Matt Gibbons, president of the Osteopathy & Naprapathy Association of Newfoundland & Labrador who has been chosen as the new Chair of Council on Naprapathy Education of the Canadian Naprapathic Association.



Best Selling Books in Thailand/New Book in Ireland

Two of our osteopathy and naprapathy students have published books.



Dr. Vorachot (Ike) Karunyasopom and Dr. Neil Sheehan are graduates who have joined a number of my other students who have published books.

Dr. Karunyasopom has published a number of book on anti-aging and other wellness topics that have quickly become best sellers in Thailand.

Dr. Sheehan has just now published the "Orthopaedic and Manipulative Therapy"; available on Amazon. Congratulations!



Osteopathy Association of Panama - Asociación de Osteopatía de Panamá registered in Panama!

NAO wishes to congratulate the Osteopathy Association of Panama - Asociación de Osteopatía de Panamá for being registered in Panama as of August 10, 2021. One of the mandates of this association is to regulate the profession of osteopathy in Panama and become its licensing authority.

First Osteopathy/Naprapathy Hospital in the World

Dr Gaurav Singra, MD, DOMP, DO, DN (candidate), a graduate of the National Academy of Osteopathy (Canada) is opening up a multispecialty hospital in India with its own Department of Osteopathy. Dr. Singra plans to add a Department of Naprapathy to this hospital in 2022. This is the first time in history a manual osteopath & future naprapath has become owner of a hospital. Congratulations Dr Singra. We are so proud of you!



The hospital is located at: Novumax Multispecialty Hospital

#2, Main Road, Ror Colony, Sector-33, U.E, Karnal - 132001 (India) Contact number is +91 0184 2280998, +91 75872 11111 <https://www.facebook.com/novumaxhospital>



Naprapathy clinic in the Philippines

I wish to send a big congratulations to my student, Dr. Alcantara for opening a naprapathy clinic in the Philippines. We are working to expand the profession of naprapathy worldwide. Naprapathy is now practiced in the Philippines!

The link below is to his Facebook page: <https://www.facebook.com/jamieridgealcantara>

Dr Abazar Habibinia: Medical Consultant for the National Wrestling Federation of Iran

Dr Abazar Habibinia, a popular professor of sports nutrition at National Academy of Osteopathy (Canada) has been chosen as a medical consultant for the National Wrestling Federation of Iran. Dr. Habibinia is a world famous expert in the field of sports nutrition and has written many books on this subject. In the past he was the medical doctor of Iran's national wrestling and weight lifting teams, while also competing at national level in weight lifting. We have some of the most distinguished professors in the field of osteopathy. In this photo, he is seen with Dr Farjoud Shokouhi the president of Iranian Osteopathic Association.



Relatives of Dr. Andrew Taylor Still.

Ian & Melanie Still, two relatives of Dr. Andrew Taylor Still, the founder of osteopathy have sent NAO president, Dr. Shawn Pourgol, MBA, DC, DO, PhD kind words! We are grateful that words of what Dr. Pourgol does for osteopathy has reached the founder's family. It is such an honor.

"I am so amazed at everything you are doing for osteopathy. I am only a cousin to AT Still but how proud I am to be related to someone who had such a remarkable impact for people globally. I am sure AT would probably have lots of cheers and congratulations for you!!" - Melanie Still

News

Champion joins NAO!

We are happy to announce that Iranian/German/Canadian Bodybuilder, Pedram Dadollahi is now studying osteopathy at the York University Heights campus of National Academy of Osteopathy in Canada. Pedram was the 2018 Bodybuilding champion in Canada as well as #5 in the world. Osteopathy is becoming so popular with bodybuilders. We have a number of bodybuilding champions as alumni.



Jaime Evans awarded 2021 Newfoundland and Labrador's Organization of

Women Entrepreneurs (NLOWE) Young Entrepreneur of the Year!



Congratulations to National Academy of Osteopathy graduate, Jaime Evans for receiving the 2021 Newfoundland and Labrador's Organization of Women Entrepreneurs (NLOWE) Young Entrepreneur of the Year Award. National Academy of Osteopathy graduates successful manual osteopaths because our students receive over 250 business management lectures by Dr Shawn Pourgol, MBA, DC, DO, PhD. These lectures are the main reason why NAO alumni have average annual income of \$150,000 which is \$60,000 more than what other manual osteopaths make in Canada!

CRMO is recognized by the Alberta Blue Cross and Medavie Blue Cross:

The College of Registered Manual Osteopaths received the following statement from Alberta Blue Cross Insurance Company in regards to reimbursement for manual osteopathic care provided by Registered Manual Osteopaths (RMOs):

"Alberta Blue Cross does not have an approved provider list, we simply verify the credentials of practitioners as claims come in. Since the College of Registered Manual Osteopaths is located in Ontario, we would recognize them as a body for manual osteopaths practicing in Ontario. The approval or denial of claims will depend on the specific benefits of the member's plan."



The College of Registered Manual Osteopaths has gotten registered manual osteopaths accepted by the Medavie Blue Cross in Canada. This is a big achievement for RMOs!

Toronto Football Club Rehab Specialist Enrolls at National Academy of Osteopathy



We are honored that Marcelo Casal, the Rehabilitation Specialist for Toronto FC has enrolled in the DOMP program we offer at National Academy of Osteopathy.

Osteopathy has become quite popular with athletes and those who treat athletes. We have a number of alumni who are the team manual osteopaths for national level Karate, Taekwondo, Volleyball, Football, boxing, wrestling, dancing, & swimming in Canada & other countries as well as the Porsche Car Racing teams in Atlanta, Georgia (USA).

While all teams these days have athletic therapists, chiropractors and physiotherapists, not so many have manual osteopaths. Becoming a manual osteopath is a sure easy way to join athletic teams for those who wish to provide care to professional athletes.

Our 12 Years Anniversary

National Academy of Osteopathy (Canada) was founded 12 years ago, June. NAO changed my life as it introduced me to the profession of teaching. From a small school it went to become the largest school of manual osteopathy in the world with alumni in 72 countries. Now most manual osteopaths in Canada, the United States and many other countries are NAO graduates.

This happened because the focus was on creating wealthy manual osteopaths. I taught them all I knew about business and made our education focused on chronic pain which is very hard to treat. I knew if my students become financially successful the profession gets expanded worldwide, which is my goal in life. I want to ensure every town has a manual osteopath as my students do wonders treating chronic pain and people deserve to have a safe, alternative, pain free system of treating chronic pain.

Focusing on chronic pain and wealth creation worked greatly. My students have now annual income of \$150,000 which is \$60,000 more than what other manual osteopaths make per year. I am grateful to God for allowing me to create NAO (Canada) and to expand the beautiful profession of manual osteopathy worldwide.



- Dr. Shawn Pourgol, MBA, DC, DO, PhD
NAO President

30/08/2022

News

Happy World Osteopathy Day!

When I founded the World Osteopathy Day 11 years ago, the profession had no day of its own after 130 years of providing care to people! I designed the logo and even got the Canada Post to publish some custom stamps with World Osteopathy Day logo!

Osteopathy does wonders treating chronic pain and my goal in life is to ensure every town has a manual osteopath in it. When I designed the logo manual osteopathy was not well known even in Canada and it was non-existent in the United States. Now there are over 5000 manual osteopaths in Canada and over 2000 in the United States, with many of them being my students!

I am grateful to God for allowing me to expand this miraculous healthcare profession worldwide.

Dr. Shawn Pourgol, MBA, DC, DO, PhD

NAO President



Canada Student Grants & Loan Program

National Academy of Osteopathy (Canada) students are now able to apply for Canada Student Grants & Loan program. How much they receive depends on a few factors (province of residence, having a dependent, disability, etc) and can be estimated by using the Student Aid Estimator website linked below:

<http://certification.esdc.gc.ca/lea-mcl/eafe-sfae/eafe-sfae-h.4m.2@-eng.jsp>

NAO students, single, with no dependents, living in Ontario, who have annual income of less than \$20,000 per year and are not disabled can receive a loan of up to \$11,900 towards the NAO tuition.

Canadian Armed Forces VRPSM Accepts NAO

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Accredited by the Association Canadienne des Therapeutes en Medecines Douces

National Academy of Osteopathy has been accredited by the *Association Canadienne des Therapeutes en Medecines Douces* (a national association based in Quebec, founded in 2002). This association is accepted by most extended health plan insurers in Canada and NAO alumni in all Canadian provinces can apply for membership if they wish to do so.



Professor Abazar Habibinia as the Sports Physician for the National Wrestling Team of Iran



Professor Abazar Habibinia, who teaches sports nutrition & orthopedic testing at National Academy of Osteopathy has been chosen as the sports physician for the national wrestling team of Iran. He will be in Iran for a month to prepare the team for the World Wrestling Championship being held in Serbia in September 2022. Previously he was the sports physician for the Olympic powerlifting team in Iran.

Dr George Sandhu, DC, DOMP

Student, good friend and one of our professors, Dr George Sandhu, DC, DOMP president of the Canadian Manual Osteopathic Association just passed away this weekend in a boating accident in British Columbia. He was a chiropractor who became a manual osteopath. He became one of the busiest, most successful manual osteopaths in Canada with a 6 months waiting list in his clinic. He referred so many people to become manual osteopaths including his patients and this term his cousin who just finished the practical training at NAO past Friday. He was such a kind, helpful and gentle soul. He leaves his wife and three children. Our deepest condolences to his family, friends and patients for losing a loved one and one of the best manual osteopaths in Canada. May his soul rest in peace. NAO will never forget about him. He was one of a kind, simply a great human being and an amazing manual osteopath.

God bless him.

