



Clusters of acute (blue) & chronic (red) WM pathology following sports-related concussions

Program Description

Untwisting a Distorted Brain Using CSF to Nurture TBI is a 7-hour continuing medical education program that presents an osteopathic framework for understanding and treating traumatic brain injury. The course integrates current concepts in TBI pathophysiology with osteopathic principles, emphasizing the role of cranial strain patterns, dural membrane restrictions, venous congestion, and impaired CSF dynamics in perpetuating neurologic dysfunction.

Participants will engage in a combination of didactic lectures and hands-on technique laboratories focused on practical application.

The program also highlights the importance of optimizing venous drainage and CSF fluctuation. In addition, the course will provide updates in osteopathic and concussion research. These updates aim to bridge the gap between evolving research and clinical application.

**For more information,
Call us at
(415) 895-5859
mhnerman@hotmail.com**

ABOUT THE INSTRUCTORS



Maud Nerman DO, CSPOMM, CA has been in practice for over 40 years, focusing on neurological problems. Using cranial osteopathy, she has developed powerful protocols for the successful treatment of acute and chronic head injury in adults and children. Dr. Nerman studied extensively with Viola Frymann, Herb Miller, Stanley Schiowitz, and Howard and Rebecca Lippincott.

Dr. Nerman is a graduate of Stanford University and the New York College of Osteopathic Medicine (NYCOM). Dr. Nerman practices in Novato, California.

Sheldon Yao, DO, FAAO, is Chair of the Department of OMM at NYITCOM. He has conducted, published, and lectured extensively on the use of OMM in the treatment of concussion. In addition, he has carried out and presented significant research in the field of Parkinson's disease.

Dr. Yao is a graduate of NYITCOM and is board certified in Family Practice/OMM and Neuromusculoskeletal Medicine (ONMM). In addition to his teaching and clinical responsibilities at NYITCOM, he serves as a faculty instructor in the ONMM residency program at St. Barnabas Hospital in the Bronx.



Untwisting a Distorted Brain Using CSF to Nurture Traumatic Brain Injury

**July 29, 2026
Old Westbury, NY
NYITCOM OMM laboratory
Serota Building**

Maud Nerman DO, CSPOMM, CA

Sheldon Yao, DO, FAAO

Approved for 7 hours AOA Cat 1-A
CME

TENTATIVE COURSE
SCHEDULE

Wednesday, July 29, 2026

8:30 – 9:00AM Registration

9:00–10:00AM – Overview of TBI and why osteopathy powerfully treats brain injury pathology - MN

10:00–11:30AM Using the dural membranes to effectively reseal a distorted brain - MN

- 30-minute lecture
- 1-hour technique lab

11:30 AM–1:00 PM – Using the denser parts of the brain (cerebellum and midbrain) to reseal the distorted cerebrum - MN

- 30-minute lecture
- 1-hour technique lab

1:00–2:00 PM – Lunch

2:00–3:00 PM – Research on Parkinson’s disease and osteopathy and its relevance to healing TBI - SY

3:00–3:30 PM – Demonstrating critical intra-oral techniques necessary to treat TBI on the second or third visit - MN

3:30–5:00 PM – Critical venous drainage and amplifying CSF flow to support brain healing (including CV5) - MN

- 30-minute lecture
- 1.5-hour lab

Accreditation

NYITCOM is accredited by the AOA to provide osteopathic continuing medical education for physicians. NYITCOM designates this activity for a maximum of 7 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician’s participation in this activity.

It is the policy of NYITCOM to ensure balance, independence, objectivity, and scientific rigor in all of its sponsored educational activities, and that all contributors present information in an objective, unbiased manner without endorsement or criticism of specific products or services and that the relationships that contributors disclose will not influence their contributions. Presenters are required to disclose to learners all relevant financial relationships with any commercial interests prior to the educational activity.

Cancellations must be made in writing no later than July 15, 2026. Refunds will be issued less an administrative fee of \$75.00. No refunds will be made for cancellations after July 15 2025 unless you find someone to take your spot.

All grievances should be in writing and specify the nature of the grievance. Initially, all grievances should be directed to the NYITCOM CME Department: cme@nyit.edu. If the participant does not receive a satisfactory response, they may then notify the Bureau of Osteopathic Education of the AOA at: 142 E. Ontario St., Chicago, IL 60611-2864.

Participation limited to DO and MD trainees with a prior cranial introductory course preferred.

Tuition

Physician - \$350
NYITCOM Osteopathic Medicine Center and Alumni Members \$300
Residents \$250
(\$50 discount for previous attendees of a Nerman Course on the treatment of TBI)

Additional \$24 Charge for Credit Card

HOW TO REGISTER

FAX: 415-895-5868

EMAIL: mhnerman@hotmail.com

Name _____

AOA# _____

Billing Address _____

Email _____

Credit Card # _____

Cardholder Name _____

Expiration Date _____ **CVS#** _____

Billing Zip Code _____ **Amount** _____

Checks may be sent via US mail, payable to:

Maud Nerman DO
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Novato, CA 94947