

**HARRY D. FRIEDMAN D.O., F.A.A.O.**  
**1520 Parkmoor Ave**  
**San Jose CA. 95128**  
**408.247.1169**  
**email:hdf5876@pol.net**

#### CURRICULUM VITAE

Dr. Friedman, a recent Fellow of the American Academy of Osteopathy, is an Osteopathic Specialist who employs a multi-disciplinary approach to pain management and optimal health. His practice incorporates traditional Osteopathic manipulative methods to help diagnose and treat health problems of all types; musculoskeletal, neurological, vascular, digestive, cardio-pulmonary, genitourinary, and infectious.

Osteopathic manipulative methods involve highly specialized palpatory skills to assess and treat the health and vitality living within the patient. Such palpation focuses on the function of all tissues as expressed in posture, movement and all forms of homeostatic balance.

Dr. Friedman incorporates many types of hands-on methods in his practice including cranial, visceral, and myofascial release, functional, counterstrain, muscle energy, and high velocity thrust techniques. Additional therapeutic approaches include exercise and proprioceptive retraining, postural correction, levitor orthotic brace, prolotherapy and trigger point injections. Dr. Friedman's Osteopathic care is often provided in conjunction with other complementary practices including homeopathy, Orthomolecular nutrition, physical therapy, bodywork, acupuncture, biofeedback, and psychotherapy.

Dr. Friedman teaches internationally and has helped to set up Osteopathic programs for physicians in Germany and France. He is co-founder of San Francisco International Manual Medicine Society (<http://www.sfimms.com> e-mail: [admin@sfimms.com](mailto:admin@sfimms.com)). He has co-authored Functional Methods and a series of three instructional manuals; Counterstrain Approaches in Osteopathic Manipulative Medicine, Myofascial and Fascial-ligamentous Approaches in Osteopathic Manipulative Medicine, and Osteopathic Manipulative Medicine Approaches to the Primary Respiratory Mechanism. Dr. Friedman has contributed chapters to numerous textbooks, conducts clinical research and has published articles in multiple journals.



St. Mary's Medical Center  
San Francisco, CA.

Assistant Clinical Professor                      1991 - present  
Family Medicine  
College of Osteopathic Medicine  
Michigan State University  
East Lansing, MI.

Assistant Clinical Professor                      1997 - present  
Family Medicine  
Touro Univesity  
College of Osteopathic Medicine  
Vallejo, CA.

### **MEDICAL PRACTICE/WORK HISTORY**

Private Practice                                      2002 - 2005  
Asante Health Center  
455 Los Gatos Blvd #107  
Los Gatos, CA. 95032

Private Practice                                      1998 - 2002  
300 Tamal Plaza Suite 120  
Corte Madera, CA. 94925

Co-Founder    1994 - present  
San Francisco International  
Manual Medicine Society (SFIMMS)  
4104 - 24th Street, Suite 504  
San Francisco, CA 94114

Staff Physician                                        1990 - 1999  
St. Mary's Spine Center  
James F. Zucherman, M.D., Director  
One Shrader Street  
San Francisco, CA 94117

Staff Physician                                        1990 - 1992  
Marin Clinic of Preventive Medicine  
Elson M. Haas, M.D., Director  
25 Mitchell Street, Suite 8  
San Rafael, CA 94903

Associate Physician Rhema Medical Associates, Ltd. Primary Care Musculoskeletal Specialists Richard A. Feely, D.O., President 46 E. Oak Street, Suite 401 Chicago, ILL 60611	1989 - 1990
Graduate Research Assistant Educational Council on Osteopathic Principles Dr. Robert C. Ward, Principal Investigator College of Osteopathic Medicine Michigan State University East Lansing, MI 48824	1984 - 1986
Assistant Lab Technician, Microbiology Dept. of Pathology Cedars-Sinai Medical Center Beverly Hills, CA	1982 - 1983
Practitioner Trager Psychophysical Integration (Home Office) Los Angeles, California	1981 - 1984
Head Administrator Trainee Ed Cruchley, D.D.S. San Jose, CA	1980 - 1981
Owner/Operator Retail Sales Business Water Related Environmental Design Santa Monica, CA	1978 - 1980

**PUBLICATIONS:**

Johnston, W.L., Friedman, H.D., Functional Methods, A Manual for Palpatory Skill Development in Osteopathic Examination and Manipulation of Motor Function, American Academy of Osteopathy, 1994.

Friedman, H.D., Gilliar, W.G., Glassman, J.H., SFIMMS Series in Neuromusculoskeletal Medicine, 1. Counterstrain Approaches in Osteopathic Manipulative Medicine, 2. Myofascial and Fascial-ligamentous Approaches in Osteopathic Manipulative Medicine, 3. Osteopathic Manipulative Medicine Approaches to the Primary Respiratory Mechanism, SFIMMS Press, 2000.

“Osteopathic Approach to the Athlete”, in Sports Medicine of the Lower Extremity, Second Edition, Ed. Subotnick, S., Churchill Livingstone, 1999. 758-766,

“Medical Records in Clinical Research”, in Foundations for Osteopathic Medicine, Ed. Ward, R.C., Williams and Wilkins, 1997, 1077-86

“A Feasibility Study for Documentation of Spinal Somatic Dysfunction During Routine Hospital Admitting Examination”, JAOA 1989:89:1355.

"Standardization of the Hospital Record for Osteopathic Structural Examination, Part I; Recording Musculoskeletal Findings and Somatic Dysfunction Diagnosis", JAOA 1995; 95:90-96.

“Standardization of the Hospital Record for Osteopathic Structural Examination, Part II; Effects of an Educational Intervention on Documentation of Palpatory and Structural Findings and Diagnosis”, JAOA 1996, 96:529-536.

“Viscero-somatic Reflexes, A Functional Perspective”, Still Point Journal of Osteopathy (Germany), Oct. 1999, 7-9.

“Osteopathic Developments in Wholistic Medical Education”, Still Point Journal of Osteopathy (Germany), Jan. 2000, 16-20.

“Osteopathic Approaches to Infants and Children”. Still Point Journal of Osteopathy (Germany), April and July 2000.

## **RESEARCH:**

Received American Osteopathic Association Bureau of Research Burroughs-Welcome Osteopathic Research Fellowship 1987-88, 1989-90, for: “Feasibility Study for Documentation of Spinal Somatic Dysfunction During Routine Hospital Admitting Exam” and “Effects of an Educational Intervention on the Quality and Frequency of Osteopathic Structural Documentation on Hospital Admitting Examinations.” Included writing, producing and narrating the videotape, "A Standardized Record for Osteopathic Health Care: The Screening Exam."

"Hospital Based Osteopathic Manipulative Treatment and the General Practitioner: Record Keeping, Reimbursement, and Referral" (Unpublished). American College of General Practitioners in Osteopathic Medicine and Surgery. 1989.

“Functional Influence of Costovertebral Linkage Dysfunction on Posture, Movement, and Balance”, Submitted as partial fulfillment for Fellowship in the American Academy of Osteopathy, 2001.

## **PRESENTATIONS: LECTURES**

"Osteopathic Manipulation Mini-Courses." American Academy of Family Physicians Annual Assembly, 1994-2001.

"Standardized Records for Musculoskeletal Examination: Principles and Practice", and "Functional Influences of Costovertebral Linkage Dysfunction on Posture, Movement, and Balance", International Federation of Manual Medicine, Triannual Congress.

"Osteopathic Approach to Infants and Children", "Osteopathic Developments in Wholistic Education", European Osteopathic Congress, Hamm, Germany.

"Muscle Energy Techniques for the Rib Cage", and "Viscerosomatic Linkage: A Functional Perspective" Osteopathic Physicians and Surgeons of California, Annual Convention.

"Indirect Approaches to Osteopathic Manipulative Medicine", Nevada Osteopathic Medical Association, Annual Convention.

"Sacroiliac Dysfunction", "Craniosacral Manipulation". American Back Society, San Francisco, California.

"Advanced Techniques of Conservative Care for Cervical Spine." Health Professional Lecture Series, St. Mary's Spine Center, San Francisco, California.

"Advanced Techniques of Conservative Care - Manual Medicine and the Osteopathic Approach." Lecture to the Bay Area Orthopedic Physical Therapists Society, San Francisco, California.

"Effects of an Educational Intervention on Quality and Frequency of Osteopathic Structural Documentation on Hospital Admitting Examination." Report of Research at Research conference of the American Osteopathic Association Bureau of Research.

"A Feasibility Study for Documentation of Spinal Somatic Dysfunction During Routine Hospital Admitting Exam." Report of Research at Research Conference of the American Osteopathic Association Bureau of Research.

"The Role of Research in Osteopathic Residency Training." Symposium of the Bureau of Research, American Osteopathic Association Annual Convention.

"Upper Extremity Syndromes." Sophomore Lecture at The Chicago College of Osteopathic Medicine.

"Lymphatics - Structure and Function." Freshman Lecture at the Chicago College of Osteopathic Medicine.

"Short Leg Syndrome." Freshman Lecture at the Chicago College of Osteopathic

Medicine.

"Visual Imagery and Relaxation." City Hermitage, Chicago, Illinois.

"Shoulder Pain, An Osteopathic Approach" and "Life Style Choices for Optimum Health." Two radio shows with Dr. Linda Rosenberg, host of "Call the Doctor" WJOB, Hammond, Indiana.

"Strategies for Well Being: Health Crisis, Disease Prevention, and Health Promotion." Lecture for Illinois Manufacturers Association.

### **PRESENTATIONS: TUTORIALS**

Developed and twice Implemented a 460 hour Osteopathic Curriculum Program for Physicians of the German Society of Osteopathic Medicine (DGOM), 1997-2001.

Osteopathic Curriculum Development and Implementation, German Academy for Osteopathic Medicine, Gottfried-Gutmann Academy, 1990-present.

Instructor for Physicians of French Osteopathic Society (GEOS), Mulhouse, France, 2000-2002.

Instructor for "Functional Methods" with William L. Johnston D.O., F.A.A.O., for the American Academy of Osteopathy

"Craniosacral Technique." Basic 20 hour tutorial. Chicago College of Osteopathic Medicine.

"Optimal Infant and Child Development Workshop - Recognizing and Treating Altered Growth and Development." Workshops at Myo, Inc. Myofascial Pain Clinic, and at The Life Center, Chicago, Illinois.

"Muscle Energy Diagnosis and Treatment of Low Back Pain." Chicago College of Osteopathic Medicine.

### **ADDITIONAL TRAINING**

- Participant: 30 hour Advanced Visceral Manipulation Tutorial, Jean-Pierre Barral D.O. (E.U), Instructor
- Participant: 30 hour Advanced Trauma & Emotional Treatment Tutorial, Jean-Pierre

Baral, D.O. (E.U.), Instructor

- Participant: 40 hour Beginning and Intermediate Visceral Manipulation Tutorial Daniel Bensky, D.O., Instructor
- Participant: 40 hour Beginning and 16 hour Intermediate Trager Psychophysical Integration Workshop, Milton Trager, M.D., Instructor.
- Participant: 30 hour Myofascial Release Tutorial, Robert C. Ward D.O., FAAO, Instructor.
- Participant: 40 hour Basic Cranial Tutorial, Viola Frymann, D.O., FAAO, Instructor.
- Participant: 20 hour Functional Technique Tutorial, William L. Johnston D.O., FAAO, Instructor.
- Participant: 20 hour Extremities Tutorial, Myron C. Beal D.O., FAAO, Instructor.
- Participant: 20 hour Muscle Energy Tutorial, Fred C. Mitchell D.O., FAAO, Instructor.
- Participant: 20 hour Advanced Craniosacral Tutorial, Jim Jealous, D.O., Instructor.
- Participant: 20 hour Advanced Craniosacral Tutorial, Herbert Miller, D.O., F.A.A.O., Instructor.
- Participant: 20 hour High Velocity Low Amplitude Tutorial Phil Greenman D.O., F.A.A.O., Instructor.
- Participant: 40 hour Strain-Counterstrain Tutorial, Harold Schwartz D.O., F.A.A.O., Instructor.
- Participant: (2) 16 hour Percussion Hammer Tutorials, Robert Fulford, D.O., and Max Hostetler, D.O. Instructors.
- Participant: 16 hour Levitor Orthotic Device Certification Course, Michael Kuchera D.O., F.A.A.O., Instructor.
- Leadership and Group Facilitation Training, University of California, Santa Cruz, California.

#### *ASSISTANT INSTRUCTOR*

- Basic and Intermediate Visceral Manipulation Tutorial. Daniel Bensky, D.O., Instructor.
- Basic 40 Hour Cranial Tutorial. Viola Frymann, D.O., F.A.A.O., Instructor.
- Basic 40 Hour Cranial Tutorial. Fred Mitchell, D.O., F.A.A.O., Barbara Briner, D.O., F.A.A.O., and Carl Steele, D.O., P.T., Instructors.
- Advanced 20 Hour Cranial Tutorial - Pediatrics. Viola Frymann, D.O., F.A.A.O., Instructor.
- Two - 30 Hour Myofascial Release Tutorials. Robert C. Ward, D.O, F.A.A.O., Instructor.
- Three - 20 Hour Functional Orientation for Manipulative Technique Tutorials. William L. Johnston, D.O., F.A.A.O., Instructor.
- 16 Hour Intermediate Trager Psychophysical Integration Workshop. Betty Fuller, Instructor.

#### **ASSOCIATIONS**



American Osteopathic Association (AOA)  
American College of Family Physicians (ACFP)  
Osteopathic Physicians and Surgeons of California (OPSC)  
American Academy of Family Physicians (AAFP)  
American Academy of Osteopathy (AAO)  
American Academy of Pain Management (AAPM)  
American Academy of Orthopaedic Medicine (AAOM)  
Northern California Academy of Osteopathy  
Federation International Manual Medicine (FIMM)  
Cranial Academy  
National Levitor Center