



DO-Touch.NET



MEMBER SPOTLIGHT

STEPHEN K STACEY, DO, FAAFP

I'm the Director of Osteopathic Education at the La Crosse-Mayo Family Medicine Residency Program, assistant professor of family medicine, and regional research chair. I graduated from Kirksville College of Osteopathic Medicine and completed my family medicine residency at Peak Vista in Colorado Springs. Before residency, I served in the Army, as a paratrooper with the 173rd Airborne Brigade in Italy and later as a flight surgeon for an Apache helicopter battalion in Colorado. The most important thing I learned in the Army was to value relationships. After all, family medicine is a specialty that is defined not by an organ system, age, or disease process, but by a relationship. I was drawn to osteopathic medicine early on, particularly the idea of healing through manual therapy. However, in medical school, I sometimes found OMM disconnected from evidence-based principles. It was jarring to go from studying Bayesian reasoning and statistics to learning discredited theories about cranial techniques and Chapman's points. Still, I couldn't deny the powerful results I witnessed with manual therapy, and now most of my clinical care is as an OMM consultant. Today, as an osteopathic researcher, I aim to bridge evidence-based medicine with manual therapy, challenging assumptions and strengthening our scientific foundation. My current research includes meta-research, examining how research affects clinicians and patients and how we can involve more people in these efforts. I also study myofascial tension and how bodily forces contribute to health or dysfunction. I believe that we best serve our patients by moving beyond outdated beliefs and embracing new, evidence-based insights. Through DO-Touch.NET, I aim to infuse more evidence into osteopathic education, and infuse more osteopathic manipulation into healthcare.



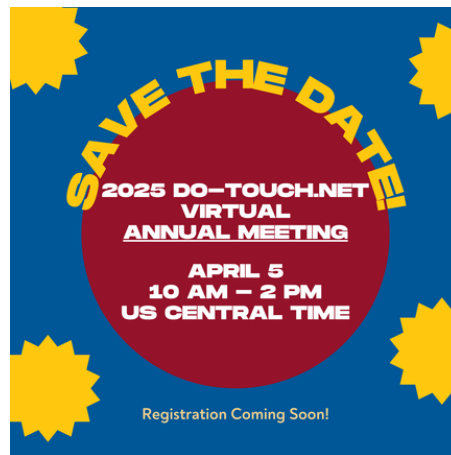
NETWORK UPDATES

- Our **COMPLETELY VIRTUAL 2025 DO-Touch.NET Annual Meeting** has been scheduled! The event will take place on **April 5th, 2025 from 10 AM to 2 PM US Central Time**. Mark your calendars! Registration will be coming soon!
- If you would like to join a Special Interest Group or have questions, please contact us! Our Special Interest Groups are on the topics of:
 - Somatic Dysfunction/Key Lesions in Different Health Conditions
 - Non-musculoskeletal Conditions
 - Pediatrics
 - Comparison of OMT to Other Healthcare Disciplines
 - Women's Health
- **Happy holidays from the DO-Touch.NET Coordinating Center Team!**

UPCOMING EVENTS



"LET'S TALK ABOUT OMM RESEARCH!" SERIES TO RESUME IN JANUARY 2025



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