



Meet our School



Made in Hamilton Since 2003

The CAO was established in 2003 and is the leader in Osteopathic Education in Canada. We are one of the original osteopathy schools in Ontario and the only one of those original schools that is still standing. We are now celebrating over 22 years leading osteopathic education! We grew from 8 students around a treatment

table into Canada's largest osteopathic school and one of the largest in the world. We have over 500 students currently enrolled in the program across both campuses.

Our Principal, Robert Johnston

Our principal Robert Johnston, has worked in manual therapy for over 30 years, and in osteopathy for over 24 years. He has 20,000 hours of teaching experience. He has trained in Canada, the US, and the UK. Mr. Johnston has written 7 books on osteopathy. Some of which are used in Osteopathic schools around Canada and the world. Mr Johnston steers all curriculum at the CAO ensuring all subjects dovetail into one another and come together on the treatment table. Learn from a thought leader in the field of osteopathy who understands where osteopathy came from, but more importantly . . . where it's going!



Depth & Breadth of our Faculty

The CAO faculty consists of a team of over 30 professors & clinical supervisors. We also have interns in our teacher training program currently. In our sciences our professors are Doctors/Phd's and experts in their fields, in our osteopathy related subjects all professors are working osteopathic manual practitioners who have full

private practices outside of their teaching time. This means you will be learning from professionals who are actually successful at osteopathy. It makes such a difference! Our osteopathy faculty also undergo regular Professional Development training to stay on top of new innovations in osteopathic teaching and treatment. At the CAO, we expose our students to as many faculty as possible over the 4 years they are with us, so that they may benefit from varied knowledge and expertise.

What makes us different?

The Difference in Collective Mechanics™

The CAO teaches the same techniques as other schools, of course, but it also teaches the principals (laws) of osteopathy, immersing the student in osteopathic thinking and methodology. Principles-based osteopathy is an elite specialty within osteopathy. In addition, the CAO has the only Principles-based osteopathy curriculum in Canada that is taught through Collective Mechanics™.

We attract students from across Canada because of our dedication to pure osteopathy, our in-depth curriculum and superior graduate outcomes. The CAO's principles-based curriculum goes far beyond techniques alone and teaches you the principles that govern technique and treatment plus, how to apply them, alter them, and customize them for your patient. Collective Mechanics™ - a movement model created by our Principal Robert Johnston - is exclusive to the CAO. It's what sets our graduates apart. It's what allows our graduates to assess efficiently and treat effectively. As a CAO student you learn to think osteopathically and treat patients in a truly customized way. Our principal Robert Johnston lectures around the world because we are the only school teaching this way. Nothing is watered down at the CAO, we teach complete osteopathic thinking & practice

Comprehensive Hands-on and Clinical Training

The CAO has a hands-on lab and hands-on clinical experience that is unmatched in Canada. Students get 500 hours of lab instruction where they learn technique and treatment. Then they do 1000 hours of supervised clinical training in dedicated school teaching clinics (not private office placements) which is so important! Our under-year students hone their skills in the student practice clinic. Our upper level students train in our public charity clinics in Hamilton and Calgary. Each upper year student takes the lead on 96 patients each over a full year of public clinic training. This ensures that they are ready to step into professional practice; easily and successfully.

Discussion Based Learning

Our graduates call us the “montessori” of Osteopathy schools because everything is hands-on and discussion-based. Even the Sciences and Theory classes take a turn on the tables and involve problem-based learning and discussion. Students really learn to think osteopathically through our curriculum.

Varied Students Demographic

Our students come from a variety of academic backgrounds. One third come through the university health science pathway, another third comes through college health programs, and the last third come from the non-health sector. Each pathway is unique, and each one has its own customized entry requirements. The age groups of our student body is varied as well, with recent college/university students, those 10-15 years into a career looking for an upgrade, and empty nesters looking to start a new career altogether!

Professional School

Graduating from the CAO isn't just about passing all the courses in the program. At the end of the program, students also have to demonstrate exceptional competency on the treatment table. Students must be able to assess and treat osteopathically with skill and accuracy. We won't graduate a student without this skill set because it is the COMPETENCY LEVEL that secures success in private practice. Simply having an osteopathy diploma is meaningless in the world of patient care. Patients know when a treatment is getting results! Professionals will only be able to build a successful practice if they have the clinical competency to treat patients effectively.

Modified Schedule

We condense our curriculum so students only need to come to campus one session a month. This allows all of our students to maintain full or part-time employment while studying at the CAO. It also allows remote students to come in from afar for classes, without having to move to Hamilton or Calgary. A large portion of our students fly into campus monthly or drive in from a distance - even though they have osteopathy schools in their city. This is because the CAO is so unique! Between in-person sessions there is online learning and seminars and assignments. Its a regular homework load you would expect at college or university.

International Standard Curriculum

Our program has undergone extensive independent education audits in an effort to meet or exceed the International Standard in osteopathic education for Type 1 level, the gold standard internationally. The curriculum covers structural MSK, NAVL, visceral and cranial components.



Fast Facts

- 22 years teaching osteopathy
- 3 year and 4 year program options
- Study in Hamilton or Calgary - Exchange between campuses
- Financial Aid / Payment Plans available
- Direct entry for KIN, RMT, Health Science and Health Care
- PREP pathway for Non-health applicants and adult learners
- 4200 hours program inline with Highest International Standards
- 1500 hours of hands-on Lab and hands-on Clinic is supervised and in-person
- Fully insured classrooms and teaching clinics
- Only school teaching the Collective Mechanics™ approach to treatment
- Extensive faculty of working osteopaths, PhD's and MD's
- Connected with leading Osteopathic Medical Schools in the USA
- Full insurance billing after graduation - with membership in OSTCAN
- Charity Community Clinics serving the public and training senior students
- Work & Learn schedule for in-person classes

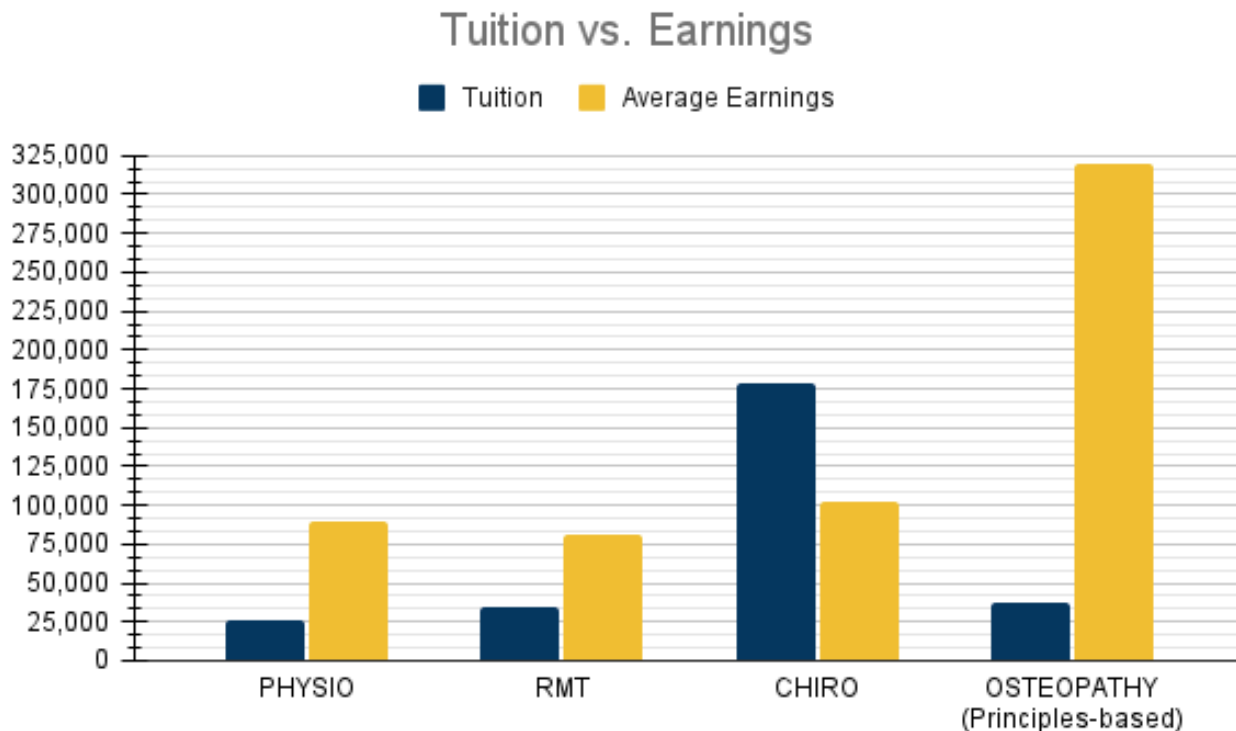
Elevated Income Potential

Collective Mechanics™ trained Osteopathic Manual Practitioners (OMPs) earn in a higher income bracket compared to regular entry level OMPs or therapists. This is for 2 reasons;

1. Principles-Based Osteopathy treatments are billed by the treatment, not by time. Patients do not book a 30, or 60 or 90 minute treatment with a Principles-based OMP.
2. Principles-based osteopathic treatments are short, 20 minutes or less. Principles-based OMPs are highly skilled and can diagnose and treat within 20 mins. They can make significant changes in a patient in much less time. The more skilled the practitioner, the shorter the treatment. This means Principles-based OMPs see 3 patients an hour. This translates into a higher volume of patients. For example, where a regular OMP would see 8 patients a day, a Principles-based OMP would see 24 patients a day. You can do the math, the average treatment fee is \$85 a treatment, the average CAO graduate sees 70 patients a week.

Investment vs Earnings

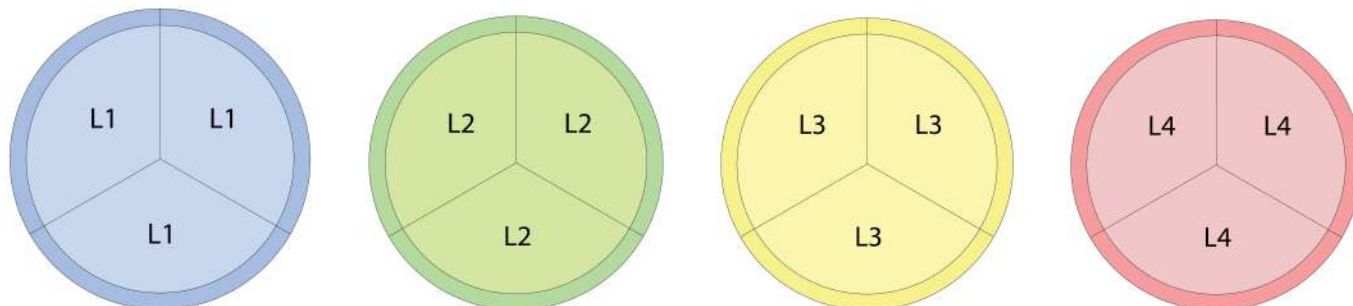
Principles-based OMPs earn higher than most manual therapies and many healthcare fields. CAO tuition is lower than most graduate programs. It's an incredible investment of time and money!



CHOOSE YOUR FORMAT

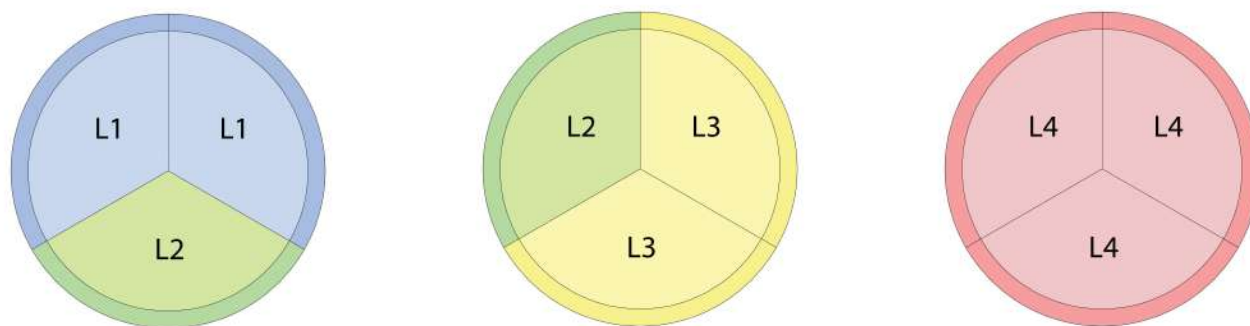
Modified Full-time Program Delivery (4-Year Program)

The regular program is 4 years long and runs year-round. During the classroom semesters, students need to attend in person each month. The time in person varies between, 2, 3 or 5 consecutive days. This works beautifully as most of our students continue to work full-time or part time while in the program.



Concurrent Program Delivery (3-Year Program)

The concurrent stream of the program enables students to complete the entire 4200 hour program in 3 years instead of 4 years. Students are required to attend in person every month. The time in person varies between, 2, 5 or 7 consecutive days. Clinical rotations are done concurrently with classroom semester modules (extending the 5 day intensive to 7 days), thus eliminating the under year clinical semesters. This program's pace is more intense. This concurrent program is only available at Hamilton Campus for the Fall Start. It is not eligible for OSAP funding but is eligible for loans from financial institutions.



Comparing Osteopathy Schools

Has the school produced any graduates? Have they stayed in practice longer than 5 years?

The CAO has 22 years of teaching osteopathy. Grads from our first graduating class in 2006 are still in practice today! We give you skills that last a lifetime.

Does the curriculum meet the highest education standards for osteopathy?

The CAO aims to meet or exceed the highest osteopathic education benchmarks as set by the World Health Organization (Type 1) and other international standards to deliver a complete and comprehensive osteopathic curriculum. This helps you know what you are getting and that the school is transparent in what it teaches.

Does the curriculum EXCEED 1000 hours of TOTAL hands-on training?

- At the CAO our students do 1500+ hours of total hands-on training.
- With over 500 hours in lab instruction and 1000 hours of supervised clinical training
- Graduates of the program have a high level of competency in dealing with various patient scenarios

Does the curriculum include 1000 hours of Supervised Clinical Training & Practice?

- At the CAO our students do 1000 hours in supervised clinical environments.
- This is divided between our Upper Year & Under Year clinics
- Our Upper Year students take the lead on 96 patients of their own in our public clinic, this has an incredible effect on their ability to transition into professional practice and succeed and is why our graduate outcomes are so superior.

Does CLINICAL training take place in a TEACHING CLINIC?

- CAO students treat patients themselves, in dedicated teaching clinical environments where they are supervised by faculty. Clinical training should not take place in private placements or offices. Shadowing is a separate curriculum component and should not be confused with clinical training hours.

Is CLINICAL TRAINING supervised by osteopathy professionals?

- CAO Clinical Supervisors are Osteopathy Professionals, not simply osteopathy professionals OR professionals of another modality like physiotherapy, massage or chiropractic.



Are the CLASSROOM and CLINIC facilities fully insured, or does the school require you to have your own license in healthcare to participate in the classroom?

- The CAO does not require applicants to have a "license" in health care to become a student. This is because we have secured the insurance coverage necessary to operate our classrooms and clinics safely.

Does the school teach a Technique-based curriculum or a Principles-based curriculum?

- The competency outcomes after graduation are drastically different between technique programs and principles programs!
- The CAO's principles-based curriculum goes far beyond techniques alone and teaches you the principles behind the techniques so you don't have to memorize lists of techniques but instead can create and customize techniques on the fly for the patient in front of you.
- Principles also underlie the methodology of osteopathy that pulls techniques together into an integrated treatment. As a CAO student you learn to look through an osteopathic lens and think osteopathically!
- PLUS the CAO is the only school teaching principles through the lens of COLLECTIVE MECHANICS™ a treatment model created by our founder, exclusive to the CAO. It's what our grads are known for!

Are the school's curriculum, testing process, and policies MEASURABLE & TRANSPARENT?

- Transparency is very important where health care is concerned. The CAO follows existing education standards of the highest level in designing our program curriculum.
- The CAO has undergone education audits by both government and independent third party evaluations to be sure we are adhering to best practices in education.

Is the school accredited by government agencies for Financial Aid Eligibility?

- The CAO is recognized in Ontario and Alberta by provincial financial aid authorities, for eligible students.

Is the school certified by the government of Canada to issue the T22 tax receipt?

- The CAO is recognized by CRA to issue the T2202 tax receipt which is only granted to full-time programs. This means you can claim your CAO tuition on your taxes.



All in the Details

Active Student Council

Every class at the CAO has Student Reps that sit on the CAO Student Council. This council brings the community together through special events like; Pancake Breakfast, Potlucks, and Pub Nights. It also raises money for various charities in the community.

One-on-One Tutoring

All students at the school receive unlimited tutoring, in any subject, with no additional cost on tuition. This helps students stay on top of the material. Tutoring can be done over Zoom, and students can partner with other students from any camp

Brightspace Learning Platform

Like many universities, at the CAO we use the Brightspace platform as our Student Portal. All courses are supported with extensive online resources. Our testing is also delivered through Brightspace to ensure students are marked in a fair and objective way and that faculty can gather the metrics they need to continually evolve the program.

The CAO Gives Back!

We use our position in the community to help patients. Our not-for-profit FREE Public Clinics at both campuses, are open to the public for ongoing osteopathic care. Our year 4 students do their supervised clinical training in this environment. The CAO Student Clinic has given away over 200,000 FREE treatments to our local communities!

CAO Grads are Everywhere

The CAO has over 700 graduates. Within Canada, our grads are spread across the country. We also have grads in professional practice around the world!

Post Graduate Specializations

Internship Program (Teacher Training)

Graduates who wish to become teachers at the CAO may participate in our internship program. This program delves into curriculum development and dissemination as well as lesson planning, delivery and evaluation. Interns are paid during their training period.

Animal Osteopathy Graduate Diploma

The CAO also offers an ANIMAL OSTEOPATHY graduate diploma. In this full year program, principles-based osteopathy is applied to anatomy & physiology of several animal species including canine, feline and equine - all in one course! This course includes clinical training with animals.

Exclusive Master Classes for Grads

The CAO provides Advanced level Master Classes for graduates taught by our Principal Robert Johnston and senior CAO faculty. These certificate programs delve into special patient populations and the advanced application of principles and provide treatment demonstrations for CAO graduates.

Research Opportunities

Our graduates who have completed a few years in professional practice are eligible to participate in the CAO's active research initiatives. The CAO is in partnership with ATSU (Andrew Taylor Still University) in Kirksville, Missouri and has several studies that have been published in international journals. Ask admissions for links.

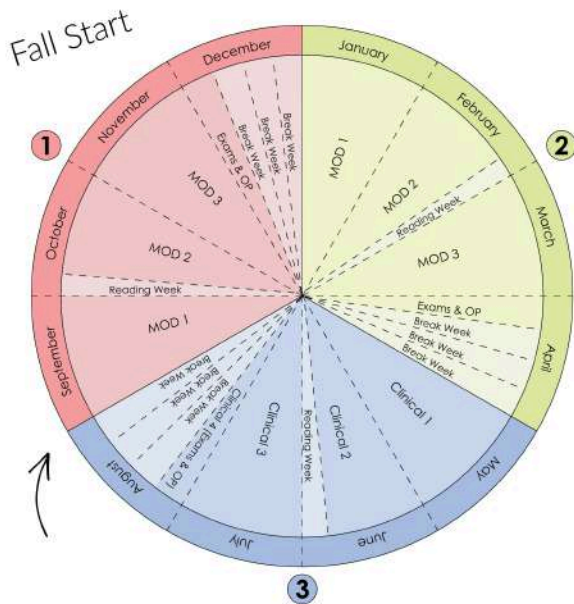
Alumni Lab Auditing

Graduates are welcome to come and sit in on lab classes after graduation. Spend a day with us and refresh your knowledge at no cost! This is a great way to accumulate your CEU requirement for OSTCAN membership renewals.

How Semesters Rotate



Break Weeks (same both starts)



Curriculum at a Glance



Canadian Academy of Osteopathy		
Year	Course Code	Final Course Name
1	ANAT 101	Foundations of Anatomy and Physiology 1
	ANAT 105	Anatomy for Osteopathic Practice 1
	PHYS 105	Physiology: Function and Adaptation 1
	OHST 101	Osteopathic Foundations and Philosophy 1
	OTHY 101	Conceptual themes of Osteopathic Practice 1
	MOPP 101	Osteopathic Principles in Practice 1
	PALP 101	Palpation for Osteopathic Practice 1
	OSPP 105	Osteopathic Practice: Ethics, Quality & Professionalism 1
	CLNC 101	Osteopathic Practice: Critical Analysis to Practical Application 1
2	ANAT 201	Foundations of Anatomy and Physiology 2
	ANAT 205	Anatomy for Osteopathic Practice 2
	PHYS 205	Physiology: Function and Adaptation 2
	OHST 201	Osteopathic Foundations and Philosophy 2
	OTHY 201	Conceptual themes of Osteopathic Practice 2
	MOPP 201	Osteopathic Principles in Practice 2
	PALP 201	Palpation for Osteopathic Practice 2
	OSPP 205	Osteopathic Practice: Ethics, Quality & Professionalism 2
	CLNC 201	Osteopathic Practice: Critical Analysis to Practical Application 2
	NUTR 201	Therapeutic Nutrition and Self-Care for Osteopathy
3	ANAT 301	Foundations of Anatomy and Physiology 3
	ANAT 305	Anatomy for Osteopathic Practice 3
	PHYS 305	Physiology: Function and Adaptation 3
	OHST 301	Osteopathic Foundations and Philosophy 3
	OTHY 301	Conceptual themes of Osteopathic Practice 3
	MOPP 301	Osteopathic Principles in Practice 3
	PALP 301	Palpation for Osteopathic Practice 3
	OSPP 305	Osteopathic Practice: Ethics, Quality & Professionalism 3
	CLNC 301	Osteopathic Practice: Critical Analysis to Practical Application 3
4	ANAT 401	Foundations of Anatomy and Physiology 4
	ANAT 405	Anatomy for Osteopathic Practice 4
	PHYS 405	Physiology: Function and Adaptation 4
	OTHY 401	Conceptual themes of Osteopathic Practice 4
	MOPP 401	Osteopathic Principles in Practice 4
	PALP 401	Palpation for Osteopathic Practice 4
	OSPP 405	Osteopathic Practice: Ethics, Quality & Professionalism 4
	CLNC 401	Osteopathic Practice: Critical Analysis to Practical Application 4
	CLNC 405	Advanced Clinical Applications

Tuition Rates*

[not official - please see tuition contracts]

	Year 1	Year 2	Year 3	Year 4	TOTAL
Fall Central & West 2025	\$8,436	\$8,774	\$9,733	\$10,754	\$37,698
Fall Concurrent 2025**	\$12,500	\$12,500	\$12,698	n/a	\$37,698

Student fees \$330 per year

Books and equipment approx \$3,300 for total program

* Subject to change based on campus and semester start time

** Concurrent program Not Eligible for Student Aid through government but is eligible for loans through banking institutions



Osteopathy Canada

All CAO Graduates are eligible to join Osteopathy Canada (OSTCAN), Canada's Premiere Association for Osteopathic Manual Practitioners for Insurance Recognition.

Many patients use private extended health care benefits to pay for osteopathy treatments. Four years of education tends to be the minimum requirement for most insurance recognition in Canada. But even then, some insurance companies look much deeper than “years” and consider the treatment outcomes that come with different levels of training. Each year the industry tightens the approval restrictions.

After graduation, membership in an osteopathic association is imperative for Insurance recognition. But it is only of value if the association you join is well respected and recognized. CAO graduates are eligible to join OSTCAN (Osteopathy Canada).

This national organization has affiliated provincial associations in every Canadian province. These associations hold some of the highest entrance requirements and professional requirements in the country. This is why OSTCAN is so well respected by Insurance Providers across the country.

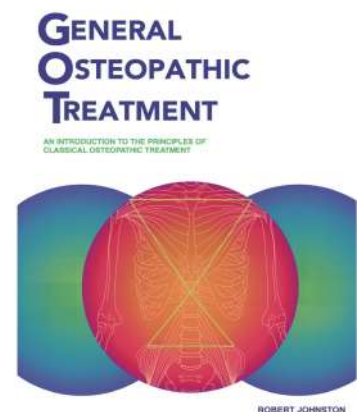
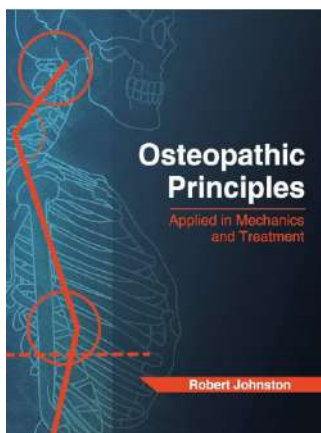
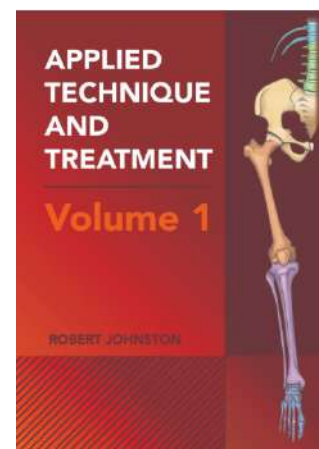
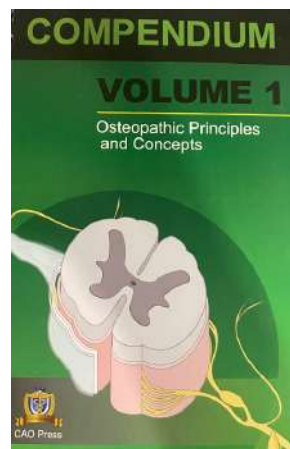
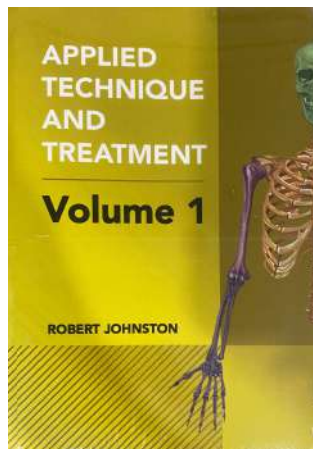
What makes OSTCAN stand out?

- OSTCAN only accepts Type 1 Trained professionals from Canada or other countries
- OSTCAN audits schools that want to be accredited by OSTCAN
- OSTCAN is the only professional association in Canada that requires a Certification exam to test the competency of new members before it allows them into the association
- OSTCAN has provincial affiliates in every province
- All OSTCAN affiliates have the same entry requirements and standards of practice
- Transitioning from one province to another as a professional is easy!

Visit OSTCAN.ca for more information.

Authored by our Principal

Robert Johnston, Principal and Owner of the CAO is the Author of many Osteopathy books that are used in our program and by Osteopathy schools around Canada and the world.



Student Reviews of the CAO

I've had a great experience at the Canadian Academy of Osteopathy. The instructors are incredibly dedicated and knowledgeable—they truly care about the success of each student. The learning environment is supportive and focused, which makes it easy to stay motivated and engaged. The course structure is very well thought out, especially the lab sessions, which are hands-on, practical, and essential for building real clinical skills. I highly recommend this school to anyone serious about pursuing osteopathy. **Siqi Wang**

After four years at the Canadian Academy of Osteopathy, I can honestly say this program changed everything for me. It's a challenging but incredibly rewarding mix of art and science that really speaks to my passion. The instructors like Rob, Wayne, Ian and Marc along with the other faculty are knowledgeable and supportive, and Alex and Adriana on the admin side make everything run smoothly! This is hands down the best osteopathic training out there. I've already been able to help so many people during the clinical training and at home practice which has given me real confidence moving forward. I'm super excited to start my career and make a difference. If you want serious hands-on training and a supportive community, CAO is the place! **Bryana Muir**

I'm just approaching year 2 and I originally picked this school because they have 2 locations. One in Hamilton and one in Calgary (in case I got the opportunity to move), little did I know there was much more to the world of Osteopathy than I thought and I feel like I accidentally got lucky. Mr. Johnston is very knowledgeable and passionate about both Osteopathy and the founder who discovered it, Dr. Andrew Taylor Still. For me, it's obvious that our principal loves his students and will push us to be better and challenge our thinking. The program is extensive but very rewarding. It's a great place to go if you're passionate about helping people heal holistically and want to get a good start in a great career. **Victoria Bandi**

As I conclude my first academic year at the CAO, the institution has exceeded even my most optimistic anticipations! The faculty is phenomenal! The school's dedication to student improvement was clearly evident in the numerous resources offered for practice development days and tutoring platforms. I strongly advocate for any aspiring student of classical Osteopathy to enroll in this program! **Asta Johnston**

I'm currently a first year student at the Canadian Academy of Osteopathy and I have had an amazing experience so far. The program is super hands-on and the professors are incredibly knowledgeable and supportive. The learning environment is challenging in the best way—it pushes you to think critically and grow with each class. **Paige Jeffers**

As a student of the CAO and soon to be graduate, I can absolutely recommend the school for anyone interested in a serious future with Osteopathy. The CAO offers education in safe treatment, incredible and useful detail on the body, and has the highest standards for themselves and their students. It really is the true development of a professional. **Chantalle Fortin**

I'm a Year 2 student at the CAO, heading into Year 3 out of 4, and this program has been both challenging and incredibly rewarding. What I love most is how it trains you to truly think—assessing the person on the table and putting the puzzle pieces together. The teachers are supportive, the education is top-tier, and the experience is unlike any other. **Julia MacGillivray**

The Canadian Academy of Osteopathy has been truly life-changing for me. The education is deep, detailed, and grounded in classical principles that actually make sense in real practice. The teachers care so much about your growth, not just as a student, but as a future practitioner. It's challenging, but in the best way. You're pushed to think critically and really understand the "why" behind everything. I've grown so much personally and professionally here. If you're serious about becoming an osteopathic practitioner, I can't recommend CAO enough. **Emma Tunley**

I can't recommend the Canadian Academy of Osteopathy highly enough. The school's focus is a principles-based education in classical osteopathy. You really learn why you're doing what you're doing and not just memorizing techniques. The faculty are not only incredibly knowledgeable, but also passionate about mentorship and guiding students to think critically, problem-solve, and treat with precision and integrity. The curriculum is challenging but pushes you to grow both academically and professionally. This program truly prepares you to be a confident practitioner! **Taryn Whyte**

This school has provided me with the ability to critically think and focus my skills by treating in principles! It goes beyond the ability to simply memorize information for the sake of tests or exams. The way the school and its curriculum are structured is to really build a hands-on experience that mimics a professional clinic work life. I could not have found a better school to attend as they further broadened my knowledge and experience of the human body as they intelligently break it down but through principles and anatomy bring it back together as a collective. **Adnan Amjed**

I am currently finishing up my second year as a student at the Canadian Academy of Osteopathy and I have really enjoyed this program so far! This school has inspired and sparked my curiosity and excitement to learn osteopathy even more so than when I first began the program. I have been able to grow not only as a student but as an individual as this school has been able to challenge me and teach in a way that focuses on the understanding of the principles of osteopathy rather than the memorization of techniques which allow for an endless skillset. **Taylor Carty**

Check out our Google Reviews!

Admissions Process

