



Paul Mintken PT, DPT, OCS, FAAOMPT
Board Certified in Orthopaedic Physical Therapy
Fellowship Trained in Orthopaedic Manual Physical Therapy
Assistant Professor
University of Colorado at Denver
School of Medicine
Physical Therapy Program, C244
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Education

- Regis University Fellowship in Manual Therapy, Denver, Colorado
Fellow in the American Academy of Orthopaedic Manual Physical Therapy 2008
- University of Colorado Health Sciences Center, Denver, Colorado
Doctorate of Physical Therapy, August 2004
- University of Colorado Health Sciences Center, Denver, Colorado
Master of Science in Physical Therapy, May 1994
- University of Northern Colorado, Greeley, Colorado
Bachelor of Arts in Kinesiology and Exercise Physiology, May 1991
Graduated Magna Cum Laude

Licensure Information

- Colorado Physical Therapy License #4788 August 1994 to present.

Board Certification

- Board Certified Clinical Specialist in Orthopaedic Physical Therapy (OCS) by the American Board of Physical Therapy Specialties

Academic Experience

- University of Colorado at Denver Physical Therapy Program
 - Assistant Professor June 2007-present
 - Senior Instructor April 2005-June 2007
 - Assistant Clinical Professor April 2001-2005
 - Adjunct Faculty September 1997 to 2001

Current Teaching Duties University of Colorado at Denver Physical Therapy Program

- Course Coordinator and Primary Instructor DPTR 5401 Musculoskeletal Conditions I (upper extremity)

- Course Coordinator and Primary Instructor DPTR 6402 Musculoskeletal Conditions II (lower extremity)
- Course Coordinator and Primary Instructor DPTR 6403 Musculoskeletal Conditions III (spine)
- Course Coordinator and Primary Instructor DPTR 7701 elective Biomechanical Lower Extremity Examination/Foot Orthotics
- Course Coordinator and Liaison for DPTR 8212 Radiology (with Bob Boyles PT, DSc, OCS, FAAOMPT)
- Course Coordinator and instructor for DPTR 7701 Advanced Spinal Manipulation Course (with Bob Boyles PT, DSc, OCS, FAAOMPT)
- Faculty Liaison for Prosthetics and Orthotics
- Instructor DPTR 5588 and 6612 Patient Care Seminar I & II
- Instructor DPTR 5203 Clinical Skills: Therapeutic Intervention
- Lecturer for Clinical Anatomy and Motor Control and Motor Learning

Professional Experience (still actively treating patients 12-15 hours per week)

- Wardenburg Health Center at the University of Colorado Boulder
Physical Therapist III (Lead Clinician) November 1994 to present
 - Evaluate and treat outpatient orthopaedic and sports medicine patients.
 - Designed and implemented a direct access physical therapy clinic (Musculoskeletal Injury Clinic) in 2000 that has treated over 8,000 patients to date
 - Clinical Coordinator for Clinical Education (CCCE)
- Ground Works Physical Therapy Incorporated (Owner)
Self employed small business (part time) May 1999 to December 2006
Job Duties: Custom orthotics and evaluation and treatment of muscle imbalances.
- Concentra
Physical Therapist in Occupational Medicine May 2001-April 2005
Job Duties: Direct access physical therapy services to injured workers at United Parcel Services (on-site occupational health)
- Goode Therapy Services
Contract Physical Therapist May 1994 to December 1995
Job Duties: Provide contract physical therapy services in a variety of settings.

Peer Reviewed Publications (published, in review or in preparation)

- **Mintken PE**, Glynn P, Cleland JA. Psychometric Properties of the Shortened Disabilities of the Arm, Shoulder and Hand Questionnaire (QuickDASH) and Numeric Pain Rating Scale in Patients with Shoulder Pain. In review. *Journal of Shoulder and Elbow Surgery*.
- Carpenter KJ, **Mintken PE**, Cleland JA. Evaluation of Outcomes in Patients with Neck Pain Treated with Thoracic Spine Manipulation and Exercise: A Case Series. In review *Journal of Manual and Manipulative Therapy*.
- Whitman JM, Cleland JA, **Mintken P**, Keirns M, Bieniek ML, Albin SR, Magel J, McPoil TG. Predicting Short-Term Response to Thrust and Non-Thrust Manipulation and Exercise in

- Patients Post Inversion Ankle Sprain. In press. *Journal of Orthopaedic & Sports Physical Therapy*.
- Puentedura E, Louw A, **Mintken P**. Neurodynamic Interventions for the Management of Patients with Headache. In: Physical Therapy for Tension Type and Cervicogenic Headache: Physical Examination, Muscle and Joint Management. Fernández de las Peñas C, Arendt-Nielsen L, Gerwin R, editors. Sudbury, MA: Jones and Bartlett; In Press.
 - Louw A, **Mintken P**, Puentedura L. Neuro-physiological Effects of Neural Mobilization Maneuvers. In: Physical Therapy for Tension Type and Cervicogenic Headache: Physical Examination, Muscle and Joint Management. Fernández de las Peñas C, Arendt-Nielsen L, Gerwin R, editors. Sudbury, MA: Jones and Bartlett; In Press.
 - **Mintken P**, Metrick L, Flynn T. Upper Cervical Ligament Testing in a Patient with Os Odontoideum Presenting with Headaches. *Journal of Orthopaedic & Sports Physical Therapy*. 2008 38(8): 465-75.
 - **Mintken P**, DeRosa C, Little T, Smith B. A Model for Standardizing Manipulation Terminology in Physical Therapy Practice. *Journal of Orthopaedic & Sports Physical Therapy*. 2008; 38(3): A1-6.
 - **Mintken P**, DeRosa C, Little T, Smith B. A Model for Standardizing Manipulation Terminology in Physical Therapy Practice. *The Journal of Manual & Manipulative Therapy*. 2008; 16(1): 50–56.
 - **Mintken PE**, Carpenter KJ, Kohrt WM, Eckhoff D, Stevens JE. Early Neuromuscular Electrical Stimulation to Optimize Quadriceps Muscle Function Following Total Knee Arthroplasty: A Case Report. *Journal of Orthopaedic & Sports Physical Therapy*. 2007 37(7):364-71.
 - **Mintken P**. Grandma. *Fetishes* (A Literary Journal of the University of Colorado Health Sciences Center). 1996; (2): 19.

Peer Reviewed Scientific and Professional Presentations (Platform and Poster)

- Carpenter KC, **Mintken PE**. *Examination, Intervention, And Outcomes For Three Patients Treated With Mechanical Traction Per The Treatment Based Classification: A Retrospective Case Series*. Poster presentation at Combined Sections Meeting American Physical Therapy Association February 2009. Las Vegas, NV.
- Burns S, **Mintken PE**. *Sign Of The Buttock In A Patient Status Post Total Hip Arthroplasty: A Case Report*. Poster presentation at Combined Sections Meeting American Physical Therapy Association February 2009. Las Vegas, NV.
- **Mintken PE**, Cleland JA, Bieniek ML, Glynn P, Keirns MA, Whitman JM. *Short Term Outcomes In Patients With A Primary Complaint Of Shoulder Pain Treated With Cervicothoracic Manipulation: A Preliminary Report*. Platform presentation Annual Meeting American Academy of Orthopaedic Manual Physical Therapists (AAOMPT) 2008. Seattle, WA.
- **Mintken PE**, Carpenter KC, Whitman J. *Use Of Manipulation In A Patient With Acute Low Back Pain With Radiating Symptoms And A History Of Spondylolisthesis*. Poster presentation Annual Meeting American Academy of Orthopaedic Manual Physical Therapists (AAOMPT) 2008. Seattle, WA.
- Whitman J, Cleland JA, Bieniek ML, **Mintken P**, Keirns M, Magel JS, Albin S, Pinto D, McPoil T. *Exam Factors Identifying Patients Status-Post Inversion Ankle Sprain who are Likely to Benefit from Manual Physical Therapy Interventions and Exercise*. Platform

- presentation at Combined Sections Meeting American Physical Therapy Association February 2008. Nashville, TN.
- **Mintken P**, Boyles R. *Examination and Management of a Patient with an Undiagnosed Lisfranc Injury in a Primary Care Physical Therapy Practice*. Poster presentation at Combined Sections Meeting American Physical Therapy Association February 2008. Nashville, TN.
 - **Mintken P**, Carpenter K, Whitman J. *Management of a Patient with Acute Low Back Pain using the Lumbopelvic Region Manipulation Clinical Prediction Rule and the Treatment Based Classification System*. Poster presentation Annual Meeting American Academy of Orthopaedic Manual Physical Therapists (AAOMPT) 2007.
 - **Mintken P**, Metrick L, Flynn T. *Clinical Examination of a Congenital Upper Cervical Instability in a Patient with Cervicogenic Headaches*. Poster presentation Annual Meeting American Academy of Orthopaedic Manual Physical Therapists (AAOMPT) 2007.
 - Carpenter KJ, **Mintken PE**, Kohrt WM, Eckhoff D, Stevens JE. *Early Neuromuscular Electrical Stimulation for Quadriceps Muscle Strengthening Following Total Knee Arthroplasty: A Case Study*. Poster presentation Annual Meeting American Physical Therapy Association 2007.
 - **Mintken P**, Whitman JM. *Implementation of Region Specific Functional Outcome Measures in an Outpatient Orthopaedic Clinic*. Platform presentation Annual Meeting American Physical Therapy Association 2007.
 - **Mintken P**. *Implementation of a direct access musculoskeletal injury clinic in a university setting*. Platform presentation at Combined Sections Meeting American Physical Therapy Association February 2007. Boston, MA.
 - **Mintken P**, Stelzner D, *The Role of the Therapist in a Crisis*. Invited Speaker for the Public Health Service Annual Conference. Denver, Colorado May 2006.
 - **Mintken P** *Direct Access Physical Therapy in a College Health Setting*. Poster Presentation at the American College Health Association Meeting. Fort Collins Colorado: October 2003

Abstracts

- Carpenter KC, **Mintken PE**. Examination, Intervention, And Outcomes For Three Patients Treated With Mechanical Traction Per The Treatment Based Classification: A Retrospective Case Series. *Journal of Orthopaedic & Sports Physical Therapy*. 2009 39(1).
- Burns S, **Mintken PE**. Sign Of The Buttock In A Patient Status Post Total Hip Arthroplasty: A Case Report. *Journal of Orthopaedic & Sports Physical Therapy*. 2009 39(1).
- **Mintken PE**, Cleland JA, Bieniek ML, Glynn P, Keirns MA, Whitman JM. Short Term Outcomes In Patients With A Primary Complaint Of Shoulder Pain Treated With Cervicothoracic Manipulation: A Preliminary Report. *The Journal of Manual and Manipulative Therapy*. 2008; 16(3).
- **Mintken PE**, Carpenter KC, Whitman J. Use Of Manipulation In A Patient With Acute Low Back Pain With Radiating Symptoms And A History Of Spondylolisthesis. *The Journal of Manual and Manipulative Therapy*. 2008; 16(3).

- **Mintken P**, Boyles R. Examination and Management of a Patient with an Undiagnosed Lisfranc Injury in a Primary Care Physical Therapy Practice. *Journal of Orthopaedic & Sports Physical Therapy*. 2008 38(1): A38.
- Whitman J, Cleland JA, Bieniek ML, **Mintken P**, Keirns M, Magel JS, Albin S, Pinto D, McPoil T. Exam Factors Identifying Patients Status-Post Inversion Ankle Sprain who are Likely to Benefit from Manual Physical Therapy Interventions and Exercise. *Journal of Orthopaedic & Sports Physical Therapy*. 2008 38(1): A33.
- **Mintken P**, Carpenter K, Whitman J. Management of a Patient with Acute Low Back Pain using the Lumbopelvic Region Manipulation Clinical Prediction Rule and the Treatment Based Classification System. Abstract published in *The Journal of Manual and Manipulative Therapy* 2007 15(3), 177.
- **Mintken P**, Metrick L, Flynn T. Clinical Examination of a Congenital Upper Cervical Instability in a Patient with Cervicogenic Headaches. Abstract published in *The Journal of Manual and Manipulative Therapy* 2007 15(3), 177-178.
- **Mintken P**. Implementation of a direct access musculoskeletal injury clinic in a university setting. Abstract published in *Journal of Orthopaedic and Sports Physical Therapy*, 2007 37(1):A-30-31.
- Whitman JM, Cleland JA, Bieniek ML, Magel JM, **Mintken PE**, Keirns MA, Childs JD. Outcomes Achieved by Patients Status Post Ankle Sprain Treated With Manual Physical Therapy and Exercise Interventions: A Preliminary Report. Abstract published in *The Journal of Manual and Manipulative Therapy* 2006 17 (3): 184-185.
- **Mintken P**. Use of Taping to Maintain Centralization of Low Back Pain. Abstract published in *Journal of Orthopaedic and Sports Physical Therapy*, 2006 36(1):A-51.

Grants Funded/In Review

- Orthopaedic Section, American Physical Therapy Association (APTA): *Epidural Steroid Injection versus Epidural Steroid Injection and Physical Therapy in the Management of Lumbar Spinal Stenosis; a Randomized Clinical Trial*. In Review.
- Cardon Rehabilitation Grant from the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT): *Development of a Clinical Prediction Rule to Identify Patients with Neck Pain Likely to Benefit from Cervical Spine Manipulation*. \$6,000; Awarded: 2008. Role: Co-Investigator.
- Orthopaedic Physical Therapy Products (OPTP) Grant from the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT): *Manual Therapy and Exercise versus Home Exercises in the Management of Patients Status Post Ankle Sprain: A Multi-Center Randomized Clinical Trial*. \$4000; Awarded: 2008. Role: Co-Investigator.
- Orthopaedic Physical Therapy Products (OPTP) Grant from the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT): *An Evidence-Based Paradigm: Student Perceived Barriers to Learning and Practicing Spinal Manipulation*. \$4,000; Awarded: 2007. Role: Co-Investigator.
- Cardon Rehabilitation Grant from the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT): *Development of a Clinical Prediction Rule to Identify Patients with Shoulder Pain, Likely to Benefit from Cervicothoracic Manipulation*. \$5,000; Awarded: 2006. Role: Primary Investigator.
- Orthopaedic Section, American Physical Therapy Association (APTA): *Development of a Clinical Prediction Rule to Identify Patients Status Post Inversion Ankle Sprain Likely to*

Benefit from Manual Physical Therapy Interventions and Exercise. \$7,500; Awarded: 2006.
Role: Co-Investigator.

Current Research Projects

- **Co-investigator**, Manual Therapy and Exercise versus Home Exercises in the Management of Patients Status Post Ankle Sprain: A Multi-Center Randomized Clinical Trial.
 - Orthopaedic Physical Therapy Products (OPTP) Grant (\$4,000 Award) from the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT)
- **Co-investigator**, Development of a Clinical Prediction Rule to Identify Patients with Neck Pain Likely to Benefit from Cervical Spine Manipulation.
 - Cardon Rehabilitation Grant Support (\$6,000 Award) from the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT)
- **Primary Investigator**, Establishing Minimal Clinically Important Differences for Scores on the Shortened Disabilities of the Arm, Shoulder and Hand Questionnaire (QuickDASH) in Patients with Shoulder Pain.
- **Co-investigator**, An Evidence-Based Paradigm: Student Perceived Barriers to Learning and Practicing Spinal Manipulation.
 - Orthopaedic Physical Therapy Products (OPTP) Grant (\$4,000 Award) from the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT)
- **Co-investigator**, Validation of a Clinical Prediction Rule to Identify Patients with Neck Pain Likely to Benefit from Thoracic Spine Thrust Manipulation.
 - Grant Support from the Orthopaedic Section of the APTA
- **Primary Investigator**, Development of a Clinical Prediction Rule to Identify Patients with Shoulder Pain, Likely to Benefit from Cervicothoracic Manipulation
 - Cardon Rehabilitation Grant Support (\$5,000 Award) from the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT)
- **Co-investigator**, Optimizing Lower Extremity Muscle Function After Total Knee Arthroplasty.
 - Grant Support from the Orthopaedic Section of the APTA

Non-Peer Reviewed Presentations

- Mintken P. *Evidence Based Bracing for Musculoskeletal Conditions*. Invited Speaker For Continuing Medical Education Course For Primary Care Physicians. University Of Colorado at Boulder. March 2008.
- Mintken P. *Clinical Prediction Rules*. Invited Speaker For Continuing Medical Education Course For Primary Care Physicians. University Of Colorado at Boulder. September 2007.
- Mintken P *Orthopaedic Physical Therapy Update Course*: Hosted by the UCDHSC Physical Therapy Alumni Association: Saturday April 28th, 2007
- Mintken P *Low Back Pain – Bridging the Gap: An Evidence-Based Approach to the Patient with Low Back Pain*. Inaugural Interdisciplinary Lecture Series: University of Colorado School of Medicine April 2007.
- Mintken P. *Evidence Based Management of Elbow Disorders*. Invited Speaker For Continuing Medical Education Course For Primary Care Physicians. University Of Colorado At Boulder. March 2007.
- Mintken P, Stelzner D, *The Role of the Therapist in a Crisis*. Invited Speaker for the Public Health Service Annual Conference. Denver, Colorado May 2006.

- Mintken P. *Evidence Based Low Back Examination*. Invited Speaker For Continuing Medical Education Course For Primary Care Physicians. University Of Colorado at Boulder. March 2006.
- Mintken P. *Foot Biomechanics and Orthotic Therapy*. Invited Speaker For Continuing Medical Education Course For Primary Care Physicians. University Of Colorado At Boulder. March 2005
- Mintken P. *Manipulation and its Application to Physical Therapy*. Invited speaker for inservice University of Colorado Boulder Sports Medicine Clinic. Boulder Colorado. January 2005
- Mintken P *Fit Feet*. Lecture for community wellness program. University of Colorado Boulder: March 2004.
- Mintken P *Management of Common Foot and Ankle Problems*. Lecture for community wellness program. University of Colorado Boulder: September 2003.
- Mintken P *Managing Common Shoulder Injuries*. Lecture for community wellness program. University of Colorado Boulder: February 2002.
- Mintken P *Back Pain*. Lecture for community wellness program. University of Colorado Boulder: September 2002
- Mintken P *Fit Feet*. Lecture for community wellness program. University of Colorado Boulder: February 2002.
- Mintken P *Healthy Shoulders*. Lecture for community wellness program. University of Colorado Boulder: September 2001.
- Mintken P *Foot Biomechanics and Dysfunction*. Lecture for community wellness program. University of Colorado Boulder: February 2001.
- Mintken P *Knee Pain*. Lecture for community wellness program. University of Colorado Boulder: September 2000.
- Mintken P *Exercise and Injury*. Lecture for community wellness program. University of Colorado Boulder: September 1999.

Membership in Scientific/Professional Organizations

- Member, American Physical Therapy Association (APTA)
 - Orthopaedic Section
 - Research Section
- Member of the American Academy of Orthopaedic Manual Therapists (AAOMPT)
 - Chair task force charged with standardizing manual therapy terminology

Community Service

- Represented APTA headquarters at a nomenclature working group at an interdisciplinary symposium 3/30/08
- Chair of task force working towards the standardization of manual therapy language for the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT)
- Chair of the awards committee for the Colorado chapter of the American Physical Therapy Association
- Manuscript Reviewer: Clinical Journal of Pain 2007-present
- Past Member of the Human Research Committee (Institutional Review Board) member University of Colorado at Boulder 2000-2004
- President of the CU Physical Therapy Alumni Association 1997

- Board of Directors CU Physical Therapy Alumni Association 1994 to 2004
- Clinical Coordinator for Clinical Education (CCCE) for the University of Colorado at Boulder
- Clinical Instructor (CI) to thirty four physical therapy students to date
- Participant in Body in Balance screening for the 9 Health Fair for over 10 years
- Yearly lectures on wellness to the Boulder campus community for over 10 years

Awards

- Outstanding Clinical Instructor University of Colorado Health Sciences Center 2000
- Herbert Levy Humanitarian Award in Physical Therapy 1994
- Departmental Scholar in Kinesiology 1990 University of Northern Colorado
- Dean's List 1987-1991 University of Northern Colorado

Continuing Education Courses/Conferences (Last 10 Years)

- American Physical Therapy Association's Combined Sections Meeting February 2008. Nashville, TN.
- American Academy of Orthopaedic Manual Physical Therapists Annual Meeting. October 2007. St.Louis, MO.
- American Physical Therapy Association Annual Meeting. June 2007. Denver, CO
- *Spinal Manipulation: Fourth Annual Update for Physical Therapists, Osteopathic Physicians and Medical Doctors: Level 2.* Phillip Gibbons and Peter Tehan. March 8-9 2007. University of Oklahoma Health Sciences Center, Tulsa campus.
- *Anatomical Basis of Resistance Exercises for Mechanical Shoulder Disorders.* Carl DeRosa. March 3rd, 2007. Denver, CO.
- American Physical Therapy Association's Combined Sections Meeting 2007. Boston, MA
- American Academy of Orthopaedic Manual Physical Therapists Annual Meeting. October 20-22 2006. Charlotte, NC.
- Colorado Chapter of the American Physical Therapy Association Fall Convention 2006. Denver, CO
- *Current Concepts Knee Surgery and Rehabilitation* (Kevin Wilk)Boulder, CO September 15, 2006.
- *Differential Diagnosis and Manual Therapy of the Cervicothoracic Junction:* International Academy of Orthopaedic Medicine. August 18-20 2006. Denver, CO
- *Evidence in Motion: Cervicothoracic* Taught by Dr. John Childs. UCHSC Physical Therapy Program, Denver, CO August 2006.
- *Evidence in Motion: Lumbopelvic/Hip* Taught by Dr. Jake Magel. UCHSC Physical Therapy Program, Denver, CO April 2006.
- Colorado Chapter of the American Physical Therapy Association Spring Convention 2006. Denver, CO
- American Physical Therapy Association's Combined Sections Meeting 2006. Feb 1-5, 2006. San Diego, CA
- *The Management of Headache* Taught by Dr. Gwendolen Jull Therapy Concepts Inc, Denver, CO October 2005
- *Manipulation in First Professional Physical Therapy Programs* Regis University, Denver, CO July 2004
- *Current Concepts Shoulder Surgery and Rehabilitation* Boulder, CO April 2003

- *Maitland Workshop Advanced Spinal Workshop(IV)* Roland Lucas. San Ramon, CA March 28-30 2003.
- *Maitland Intermediate Spinal Workshop (III)* Bob Sprague PT, PhD. Denver, CO. October 2002
- *Current Concepts Knee Surgery and Rehabilitation* Boulder, CO April 20, 2002
- *When the Foot Hits the Ground, Everything Changes (level II)*. 2001.
- *International Foot Biomechanics and Orthotic Therapy Conference* Vancouver, BC November 2000
- *Assessment and Treatment of Segmental Spinal Stabilization for Low Back Pain* (Paul Hodges) Denver, CO October 2000
- *Maitland Basic Spinal Workshop (II)*. Denver, CO. March 2000.
- *Diagnosis and Treatment of Musculoskeletal Imbalances Level III*. Shirley Sahrman. 1999
- *Maitland Basic Spinal Workshop (II)*. Bob Sprague PT, PhD. Denver, CO. March 1999.
- *Foot Biomechanics and Orthotic Therapy*. Michael Wooden. Denver, CO. February 20-21, 1999
- *Functional Orthopaedics*. (Trudy Goldstein)Lebanon, NH. October 1998
- *Maitland Extremity Mobilization Workshop (I)*. Bob Sprague PT, PhD. Denver, CO. May 8-10 1998.
- *Adverse Neural Tension*. Nancy Quick. Denver, CO. Feb 1-2 1997.
- *Myofascial Release II*. Denver, CO. September 1997
- *Diagnosis and Treatment of Musculoskeletal Imbalances Level II*. Shirley Sahrman Denver, CO. April 28-30,1997
- *Diagnosis and Treatment of Musculoskeletal Imbalances Level I*. Shirley Sahrman Denver, CO. March 1-2, 1996

Areas of Research Interest:

- Regional Interdependence
- Manual therapy and manipulation of the spine and extremities
- Lower extremity biomechanics, pathology and pathokinesiology
- Foot orthotics
- Mechanical low back pain
- Physical therapy outcomes