

**Daniel A. Shadoan, DO**  
**2299 Post St. Ste 308**  
**San Francisco, CA 94115**  
**415-255-5729 • drshadoan@do-sf.com**  
**www.do-sf.com**

Dear Student:

Thank you for your interest in my practice. I am an Osteopathic Physician board certified in Osteopathic Manipulative Medicine/Neuromusculoskeletal Medicine. I utilize Osteopathic Manipulation with all of my patients. Before spending time in my office, it is essential for you to have background information to understand what you will see.

Please start by reading the Brief Guide to Osteopathic Medicine as well as Chapter 2, Right In My Own Backyard, from Andrew Weil's book *Spontaneous Healing* that are linked below the link to this letter. Then read the About Osteopathy page of my website, [www.do-sf.com/aboutosteopathy/](http://www.do-sf.com/aboutosteopathy/). In addition, please read at *minimum*, one or two of the recommended books ([www.do-sf.com/aboutosteopathy/reading/](http://www.do-sf.com/aboutosteopathy/reading/)) and visit the suggested websites ([www.do-sf.com/onlineresources/](http://www.do-sf.com/onlineresources/)). I highly recommend the biography of Andrew Still written by John Lewis, available here: [www.atstill.com](http://www.atstill.com)

If you are considering attending Osteopathic Medical School, it makes sense to have an idea of its unique aspects. This will also give us a starting point for discussion as well as prepare you for an interview at a D.O. School.

Once you are finished with the above reading, please email me a copy of your CV/resume along with a brief statement about your interest in Osteopathy and how you found me. Once I have reviewed this I will let you know if you should contact my office to set up a lunchtime interview. Please sign and email me the Privacy Agreement prior to our first meeting and we can proceed from there.

Sincerely,

Daniel A. Shadoan, D.O.  
Osteopathic Physician

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**Location:**

2299 Post Street, Suite 308 - South side of the street between Scott & Divisadero

Our office is located in the Lower Pacific Heights/Western Addition neighborhood near UCSF Mt. Zion Hospital. There is a front entrance at 2299 Post with a back entrance from a public parking lot (Abm Parking) at 2186 Geary Blvd. between Scott and Divisadero streets. The lot charges \$20 per day.

We have no on-site reception. When you enter our suite, # 308, there is a waiting room to the left.

**Directions by Public Transportation:**

BART: from Montgomery St. take MUNI Bus #38 Geary to Divisadero and Geary. Walk ¼ block east on Geary to the first parking lot and walk across it to the back entrance to our building.

MUNI: #38 and #24 stop on Geary and Divisadero. The #1 and #2 also stop nearby on Divisadero.

Transit Terminal: Take the #38 Geary to Divisadero and Geary. Walk ¼ block east on Geary to the first parking lot and walk across it to the back entrance to our building.

GOLDEN GATE TRANSIT: #92 goes from Manzanita Park & Ride to Geary and Divisadero. Or take any GG Transit bus to the Golden Gate Bridge and transfer to the #92 there. Or take a GG Transit bus to Lombard and Fillmore and change to Muni #22 Fillmore to Post St. Then walk about 4 blocks west on Post St. to our office.

**Directions By Car:**

80W (from East Bay) or 101N (from the Peninsula): Take Octavia St. exit off of 101 and go straight 4 blocks and turn left onto Fell. Go 7 blocks and turn right onto Scott and continue to Geary. Turn left onto Geary to get to the paid lot behind the building at 2186 Geary. The main entrance to the building is on Post between Scott and Divisadero.

280N (from Peninsula): Entering city, stay to left towards Hwy 1 Northbound and 19th Ave. Continue with main traffic flow veering left onto 19th Ave. In Golden Gate Park, stay to right and continue onto Park Presidio Blvd. Turn right onto Geary Blvd. and continue about 16 blocks, then turn right past Kaiser at St. Joseph's Avenue. Turn left onto O'Farrell and then turn left on Divisadero to get to the main entrance or, to get to the back lot, turn left at the next block, Scott and then turn left onto Geary. Enter the last parking lot before the corner of Divisadero, at 2186 Geary Blvd.

101S (from Marin): Take Golden Gate Bridge and continue to Lombard St. exit to the right ½ mile. After freeway ends, continue on Richardson as it veers left to become Lombard. Turn right onto Divisadero, go 16 blocks up and over the hill and turn left onto Post St. The office is halfway down the block on right (South) side. To get to the paid lot in the back of the building, continue to Scott and turn right and then turn right onto Geary to the lot at 2186 Geary.

**Parking:**

- Meters ([map here](#)) in the area are 8 minutes per quarter and meter maids check often and some side streets have 2-hour free neighborhood parking and a few have no limits ([map here](#)) but watch for street cleaning hours.
- Public Paid Parking Lots:
  - Closest lot – Enter at 2186 Geary which is on the back side of our building
  - See a more complete list on our website under [Parking and Directions](#)

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*Privacy Agreement and Ground Rules for Pre-Med Student Observers*

- 1) All interactions between patient and physician are strictly confidential. No mention of any identifying information to anyone else is permissible.
- 2) Students are only allowed to observe the evaluation and treatment with the patient's specific consent. Please wait in the waiting room until the physician has obtained verbal consent from the patient, and instructs you to come in. If the patient requests that you not be present for the treatment, please wait quietly in the waiting room. You may take a brief walk outside if the waiting room is crowded.
- 3) Students shall not disrupt or interrupt the treatment process. If the patient or physician addresses you directly, please answer briefly and avoid extended responses. Unless directed otherwise, please hold all questions until after the patient has left.

I understand and agree to the above directions.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name