

What is Osteopathic Manipulative Treatment (OMT)?

With Osteopathic Manipulative Treatment, physicians use their hands to diagnose illness and injury. They use various treatments to encourage the body to return its natural tendency toward health. OMT is often used to treat pain, but can also be used to promote healing, increase overall mobility and treat other health problems. When appropriate, OMT can complement, and possibly even prevent the need for medications or surgery.

What is a Doctor of Osteopathic Medicine (DO)?

Some people may not be aware that there are two types of physicians in the United States, DOs and MDs. Both DOs and MDs have completed four years of basic medical education, followed by residency, and are fully licensed to practice medicine. D.O.s, also known as osteopathic physicians, have additional training in the musculoskeletal system, the body's complex system of bones, muscles, tissues and nerves. They are taught to assess and understand the ways that illness or injury can affect various areas of the body. DOs focus on the "whole person."

4 Tenants of Osteopathic Medicine

- ⊞ The body, mind and spirit are united
- ⊞ The body is capable of self-healing
- ⊞ Structure and function are related
- ⊞ Treatment should be based on an understanding of the above

What does OMT do?

- Restore balance within the body
- Treat structural abnormalities
- Relieve joint restriction and misalignment
- Promote overall movement of fluids through the body

What can OMT be used for?

- Muscle and joint pains
- Carpal tunnel syndrome
- Migraines
- Numerous other conditions!

Who can receive OMT?

From infants to the elderly, people of every age can benefit from OMT. Your treatment will be adjusted to your needs. There are very few reasons why someone could not have OMT, such as a fracture or certain skin conditions. The physician can assess this at the time of your visit.

How to prepare for your OMT appointment?

- } Arrive 15 minutes early
- } Wear flexible clothing (Avoid jeans and skirts! Shorts and sweatpants are preferred)
- } Drink several extra glasses of water the day of your appointment
- } Prepare to relax and enjoy the treatment!