

Dr. Bobbi Underhill, D.O., F.A.A.P.



Get a Grip.

Osteopathic Manipulative Treatment (OMT)

FACTS ABOUT OSTEOPATHIC MEDICINE AND D.O.s

Dr. Benoît Nave, D.O., an osteopath-nutritionist lives in France. He treated **Lance Armstrong** for back injuries following his crash during the Dauphiné Liberé in 2003 and has been Lance's nutrition consultant. Dr. Nave is the former team doctor for Volvo-Cannondale Mountain Bike Racing, and has worked with top athletes like 2004 World Cup Mountain Bike champ Chris Sauser, Athens Olympics dual gold medalist Hicham El-Guerrouj and Australian cyclist Cadel Evans.

D.O.s are team doctors, attending physicians for: Detroit Red Wings, San Diego Chargers, Phoenix Suns, Detroit Pistons, Seattle Mariners, New York City Joffrey & Feld Ballet companies, and former President George Bush.

OSTEOPATHIC TRAINING AND EDUCATION

"Only two types of fully trained and fully qualified physicians are licensed in all 50 of the United States to practice all branches of medicine and perform surgery. One is the D.O., the Doctor of Osteopathy, or osteopathic physician, and the other is the M.D., the Doctor of Medicine, or allopathic physician."

WHAT DOES A D.O. DO?

In conjunction with or in place of medication or surgery, a D.O. uses a hands on, noninvasive technique, commonly called manual medicine, which brings an added dimension to patient care. Not every case calls for OMT, and although skilled in its application, D.O.s may or may not use it. Once a D.O. has ruled out nonmechanical (organic) causes for an illness through tests that could include X-rays, manual medicine may be used in conjunction with or in place of other forms of treatment, e.g., medicines or surgery. Because musculoskeletal dysfunction may mimic other disease symptoms, manual medicine often is an important diagnostic and treatment tool.

STRUCTURAL EXAM

A structural exam begins with an evaluation of posture, spine, and balance. A D.O. uses his or her fingers to palpate the back and extremities, and checks joints, muscles, ligaments, and tendons for restricted motion or pain. This helps a D.O. detect even minute changes that signal injury or impairment. A D.O. integrates this information with the individual's medical history, a physical examination, and a discussion of the patient's emotional factors (stresses from job change or death of a spouse, for instance), diet and exercise habits, to establish a treatment plan.

OSTEOPATHIC MANIPULATIVE TREATMENT (OMT)

Osteopathic manipulation is a whole system of evaluation and treatment designed to achieve and maintain health by restoring normal function to the body. In this context, manipulation means the therapeutic hands on application. Some of the osteopathic manipulation techniques commonly used to diagnose and treat patients are:

Counterstrain

The patient is moved away from a position where motion is restricted to one of greater comfort. This technique is used in cases that are too acute or too delicate to be treated in other ways.

Muscle Energy Technique

The patient is directed to use his or her muscles from a precise position and in a specific direction against a counterforce applied by the physician.

Thrust Technique

This procedure uses high velocity/low amplitude force to restore motion to a joint and reduces or eliminates the signs of tissue changes, asymmetry, restricted movement, and tenderness.

OSTEOPATHIC MEDICINE'S PHILOSOPHY AND PRINCIPLES

Osteopathic medicine sees the human body as a unified organism and uses a whole person approach to wellness and disease prevention.

Osteopathic physicians provide the most comprehensive and complete medical care available today. Osteopaths use all of the high-tech aspects of modern medicine including x-rays, lab work ups, surgery, medication, and good, old fashioned hands on diagnostic evaluation & treatment.

The musculoskeletal system is one of the most easily accessible systems of the body. It comprises about 2/3 of the body mass. Its importance goes well beyond providing structural support.

Principles first promulgated many centuries ago by Hippocrates, the father of modern medicine, are at the core of the osteopathic medicine philosophy and are central to the holistic diagnostic and treatment approach of a DO.

Sources: Tucson Osteopathic Medical Foundation, American Osteopathic Association, Cycling News. Edited by Dr. Underhill & T. Milton

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