APPLICATION OF OSTEOPATHIC MANIPULATION IN ANY SETTING.

OCTOBER 2017

JODIE HERMANN, DO
OSTEOPATHY: WHAT IS IT?

- PRINCIPALS IN PRACTICE
- MANIPULATION
- OVERALL UNDERSTANDING OF THE STRUCTURE AND FUNCTION OF THE BODY
- DEVELOPED AND FACILITATED BY DR. ANDREW TAYLOR STILL
TENETS OF OSTEOPATHIC MEDICINE:
BY THE AOA HOUSE OF DELEGATES

- The body is a unit; the person is a unit of body, mind, and spirit.
- The body is capable of self-regulation, self-healing, and health maintenance.
- Structure and function are reciprocally interrelated.
- Rational treatment is based upon an understanding of the basic principles of body unity, self-regulation, and the interrelationships of structure and function.
• THE BODY IS A UNIT; THE PERSON IS A UNIT OF BODY, MIND, AND SPIRIT.
• The body is capable of self-regulation, self-healing, and health maintenance.
• STRUCTURE AND FUNCTION ARE RECIPROCALLY INTERRELATED.
RATIONAL TREATMENT IS BASED UPON AN UNDERSTANDING OF THE BASIC PRINCIPLES OF BODY UNITY, SELF-REGULATION, AND THE INTERRELATIONSHIP OF STRUCTURE AND FUNCTION.
PATIENT EVALUATION/GATHERING INFORMATION

- HISTORY/PMHX/PSHX/SOCHX/FAMHX/MEDS/ALLERGIES
- PHYSICAL
- OSTEOPATHIC STRUCTURAL EXAM
- LABS/IMAGING
- OTHER STUDIES
- DIFFERENTIAL
- ASSESSMENT AND PLAN
OSTEOPATHIC MANIPULATIVE MEDICINE

• HANDS ON TREATMENT FOR ANY PATIENT WITH ANY PROBLEM.
STRUCTURE/ANATOMY AND FUNCTION/PHYSIOLOGY

• FLUID
  • THE BODY IS ABOUT 65 -70% WATER => FLUID
  • FLUID MOVEMENT IS KEY TO HEALTH,
    • AS FLUID CARRIES AND IS IN CELLS AND METABOLIC COMPONENTS

• EXAMPLE:
  • HAMSTRING HYPERTONICITY DUE TO ELECTROLYTE IMBALANCE OR DEHYDRATION = INCREASE PULL ON INNOMINATE = POSTERIOR ROTATION = MALALIGNMENT OF PELVIC FLOOR = CENTER OF GRAVITY SHIFTING LATERAL = COMPENSATORY PATTERN AND GAIT ABNORMALITY
DISEASES

- Creates tissue restriction, for example
  - COPD
  - MI
  - Reflux
  - Endometriosis
  - Malignancy
  - Surgery
  - CVA
- Where might the restrictions be located?
SKILLS

• TYPE OF TREATMENT
• HANDS ON SKILLS
• LEVEL OF SKILLS
• WHAT TYPES OF TREATMENT DO YOU USE OR REMEMBER
GENERAL APPLICATION OF OMT

• LEVERS
  • LONG
  • SHORT

• THEORY
  • DIRECT
  • INDIRECT
OSTEOPATHIC MANIPULATIVE MEDICINE

• BALANCED LIGAMENTOUS TENSION
• CRANIAL OSTEOPATHY
• HVLA – HIGH VELOCITY LOW AMPLITUDE
• MUSCLE ENERGY
• VISCERAL MANIPULATION
• CHAPMANS POINTS
• LYMPHATIC DRAINAGE
• STRAIN COUNTER STRAIN
SETTING

- OR
- PACU
- OUTPATIENT CLINIC
- MED/SURG FLOOR
- ICU
- ED
PATIENT POSITION

- SITTING
- STANDING
- LAYING
  - SUPINE
  - PRONE
  - SIDE LYING
- HOSPITAL BED
- CHAIR
- EXAM TABLE
TRUST YOURSELF

- REMAIN CONFIDENT
- KNOW THAT YOU KNOW
  - EVEN IF YOU DON’T THINK YOU DO
- TRUST YOUR HANDS
- FIND THE RESTRICTION
- CREATE FLUID MOVEMENT
- PATIENTS SYSTEM WILL TAKE CARE OF ITSELF
APPLICATION WHILE DOING A PHYSICAL EXAM

• OBTAIN A PARTNER
• ONE PATIENT AND ONE PRACTITIONER
• PRACTITIONER DISCOVER THE RESTRICTION/S
• PATIENT HELP GUIDE THE PRACTITIONER IF NEEDED
• PRACTITIONER APPLY TREATMENT WHILE PERFORMING A PHYSICAL EXAM OR AFTER ASSESSMENT.
FEEDBACK

- Exchange feedback with each other
- Be honest
- Effective or not
- Feels good or not
• THOUGHTS / QUESTIONS?
• THANK YOU