

Benefits of OMT?

OMT may help provide pain relief for many conditions, including:

- Headaches
- Back pain
- Neck pain
- Joint pain
- Various injuries

OMT may also be used to improve bodily function for conditions including:

- Constipation
- Asthma
- Feeding dysfunction for infants
- Plagiocephaly / Torticollis
- Cerebral palsy
- ADHD
- Autism spectrum disorder
- Frequent ear infections
- Menstrual pain
- Lazy eye
- and more

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**OSTEOPATHY'S
PROMISE TO CHILDREN**

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THE PROMISE
OSTEOPATHY'S PROMISE TO CHILDREN

What is

OMT?

(Osteopathic Manipulative Treatment)





What is **OMT?**

OMT (Osteopathic Manipulative Treatment) is used by physicians—most commonly Doctors of Osteopathic Medicine (DOs)—to help their patients. OMT involves physicians using their hands to diagnose and treat illness and injury occurring in infants, children, and adults.

DOs receive special training in OMT when they are in medical school, including detailed anatomy lessons plus the use of different techniques to help patients. These different OMT techniques can be used to treat muscles, joints, nerves, organs, and other areas throughout the body. Tissues in the body are interconnected so DOs become highly skilled at treating the whole body. OMT can be a standalone treatment or it may be used in conjunction with medications, surgery, or other interventions as certain conditions require.

OMT IS UNIQUE

OMT is different from other manual therapies because it is performed by physicians with knowledge of medications, surgery, and more. Your doctor may use a combination of modalities in your treatment, including OMT. Each patient is assessed as an individual to design the best treatment plan for them.

WHAT DOES OMT FEEL LIKE?

DOs are trained in a variety of OMT techniques. You may notice some of the techniques involve stretching, gentle contact, light resistance, and other movements. Your doctor will discuss with you the techniques they're using and how you feel while the technique is performed. If your child is being treated with OMT, both the child (if age appropriate) and the parent(s) will be involved in the discussion.

WHAT TO EXPECT

A visit for OMT begins like any other doctor's visit: we will discuss your medical history and gather information about your living environment, lifestyle, habits, and more. Your doctor will perform a physical exam, including a special osteopathic exam. During this exam, your doctor will use their hands to evaluate areas of the body that may benefit from OMT, such as tight muscles or stiff joints.

If the doctor determines from your exam and medical history that OMT may be a helpful treatment for you, they will ask for your consent to perform OMT (or parental consent if the patient is a child).

AFTER THE VISIT

After receiving OMT, you may feel sore or ill as the body settles following treatment. These symptoms are usually mild and your doctor will speak with you about what to expect post-treatment and how to manage any symptoms after your visit.

SCHEDULE AN APPOINTMENT

CALL (619) 583-7611, or

VISIT OUR WEBSITE: <https://osteopathiccenter.org> and fill out our "Contact us" form with questions or to schedule a visit with one of our physicians. We would love to provide an evaluation to determine if OMT is the right option for you or your child.

"It is a very simple process to treat a newborn baby. It only requires two things and perhaps 10 or 15 minutes. In that length of time, you may be able to prevent something that might otherwise take months or years to get rid of at an older age."

— Viola M. Frymann, DO*

*Frymann, Viola M., The Collected Papers of Viola M. Frymann DO: Legacy of Osteopathy to Children, Indianapolis, IN, American Academy of Osteopathy, 1998.