



**OSTEOPATHIC
CENTER**
FOR CHILDREN

OSTEOPATHY & LYME DISEASE



ABOUT OSTEOPATHY

WHAT IS OSTEOPATHY?

Osteopathic medicine is a patient-focused approach to health care that takes into account every aspect of the patient, including his or her physical, personal, and spiritual well-being. Developed more than 130 years ago by Andrew Taylor Still, MD, DO, osteopathic medicine brings a unique philosophy to traditional patient care. Understanding that the body is more than just a sum of its parts, osteopathic physicians (DOs) assist the patient's innate capacity to heal by addressing the interrelationship of the body's nerves, muscles, bones and organs. Osteopathic physicians are licensed to prescribe medicine and practice in all medical and surgical specialties and subspecialties.

WHAT IS A DO?

Doctors of Osteopathic Medicine, or DOs, are fully licensed physicians who practice in all specialties of medicine and receive special training in the musculoskeletal system, including how to practice OMT or osteopathic manipulative treatment.

WHAT IS OMT?

OMT is a set of techniques that DOs apply with their hands to the body to help diagnose and treat illnesses and injuries. It can be used to complement or even replace other medical interventions like medications or surgery. Although most often considered for musculoskeletal pain (like neck and back pain) it can also be used to help many other conditions including asthma, constipation, sinus infections, headaches, and more!

WHAT IS OCMM?

OCMM is Osteopathic Cranial Manipulative Medicine, and is a type of OMT used to address issues in the head, including ear infections, sinus infections, headaches, dizziness, vision problems, and more.

TREATING LYME DISEASE THROUGH OSTEOPATHY

Lyme disease is a bacterial infection spread by ticks that commonly presents with fatigue, rashes, arthritis (joint pain), fevers, muscle aches, and headaches. It can spread to affect the nervous system, the heart, the eyes, and more. Lyme disease is typically treated with antibiotics, sometimes with a long course (several weeks) of antibiotics depending on the severity of each case.

OMT TO TREAT LYME DISEASE – A CASE STUDY

One formal case study has been written up which looks at how a patient with Lyme Disease was treated with OMT. The patient presented with Bell's Palsy, a weakness of the facial muscles which can be seen in some patients with Lyme Disease. The use of OMT, specifically OCMM, was shown to help improve the patient's symptoms. The patient did receive medications to treat the Lyme Disease, as well as other medications that can help Bell's Palsy.

NEW EVIDENCE WITH OMT

Although OMT has only been formally written up as treating one patient with Lyme Disease, there is evidence that has shown that OMT can help with the different symptoms associated with Lyme Disease, including:

- Arthritis/joint pains
- Nervous system problems including cranial nerve palsies (specific nerve problems like weakness, dizziness, trouble feeding, etc), and including Bell's Palsy (which can be seen with Lyme Disease)
- Headaches: OMT has been shown to help many types of headaches including post-traumatic/concussion, migraines, and tension headaches
- Myalgia/muscle pain

OMT has also been shown in several studies to improve lymphatic system function which helps the immune system to function better and reduce inflammation. Both of these improvements would help patients recover faster from infections such as Lyme Disease. There is also literature that other body-based therapies such as occupational therapy, physical therapy, biofeedback, and acupuncture can help Bell's Palsy.

OMT COULD BE A GREAT ADJUNCT TO HELP WITH THESE PATIENTS!

The potential for OMT to help patients with Lyme Disease deserves further research, but based on current literature, there is reason to believe that many patients with Lyme could benefit from this treatment along with the necessary antibiotics to provide symptomatic relief and possibly shorten the duration of symptoms.

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FOUNDED BY DR. FRYMANN IN 1992 *Osteopathy's Promise to Children is committed to stewarding her vision for a center that offers osteopathic education, research and treatment, and to provide clinical experience for health professionals in the field of osteopathy, in partnership with the Osteopathic Center for Children.*