OMT for Visceral Disease in the Office

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Diseases Covered

- Sinusitis
- Asthma
- COPD
- IBS

Sinusitis Statistics

- Noninstitutionalized diagnosed with sinusitis: 28.5 million in 2012 (12.1%)
- Visits to physician offices (2009) 11.7 million
Sinusitis Study

- Published 2011
- 16 patients (1 declined)
- Score card of symptoms before and after treatment
- 9/15 had significant decrease in sinus symptoms after treatment (p=0.0012)
- 4/15 had minimal pain with procedures
- No adverse effects

Head - Physiology

- Sympathetic enervation – T1-4
- Parasympathetic enervation – Cranial Nerves III, VII, IX, and X

Head - Lymphatics

- [Link to image](http://ts3.mm.bing.net/th?id=HN.607986392569219273&p=1.7)
Head - Techniques - OA Decompression

OA Condylar Decompression (direct)

1. Patient Lying
2. Using face region (stay close to occiput and face)
3. Tense and tuck neck
4. Two fingers crossing fingers to head towards occiput
5. Hold breath as long as possible in phase that provides best release
6. Relax until best motion obtained
7. Recheck

Head - Techniques - Galbraith

Head - Techniques - Effleurage

Supraorbital Effleurage (Direct)

1. Place the pad of the middle fingers inferior to the supraorbital ridge at the most medial point
2. Apply enough pressure to compress the skin against the deeper fascia and slide thumbs laterally to the temples
3. Steps 1 and 2 are repeated 3-4 times
Asthma Statistics 2010-2012

- Number of noninstitutionalized adults who currently have asthma: 18.7 million
- Percent of noninstitutionalized adults who currently have asthma: 8.0%
- Number of children who currently have asthma: 6.8 million
- Percent of children who currently have asthma: 9.3%
- Number of visits to physician offices with asthma as primary diagnosis: 14.2 million

- Number of visits to emergency departments with asthma as primary diagnosis: 1.8 million
- Number of discharges with asthma as first-listed diagnosis: 439,000
- Average length of stay: 3.6 days

COPD Statistics

- Third leading cause of death in America, claiming the lives of 134,676 Americans in 2010.
- In 2011, 12.7 million U.S. adults (aged 18 and over) were estimated to have COPD. However, close to 24 million U.S. adults have evidence of impaired lung function, indicating an under diagnosis of COPD.
Asthma Study

- 1997-1999 Far Rockaway, NY
- 5-17 years of age
- 140 Subjects (90 OMT, 50 control)
- Peak Expiratory Flow measured before and after treatment
- OMT group increased by 7-9 liters/min
- Control group had no change

COPD Study

- Italy 2008
- 20 patients referred for Pulmonary Rehab (PR)(10 PR, 10 PR+OMT)
- Severe COPD (FEV1/FVC<0.70, FEV1 30-50% predicted)
- Treated weekly for 4 weeks
- Measured 6 minute walk test
  - PR gained 23.7+/− 9.7 meters
  - PR +OMT gained 72.5 +/-7.7 meters p=0.01
- Residual volume
  - PR no change
  - PR+OMT decreased 1%

Lungs - Physiology

- Sympathetic enervation – T2-7
  - Bronchodilation
  - Decreased secretions
- Parasympathetic enervation – CN X (Vagus)
  - Bronchoconstriction
  - Increased secretions
Chest - Techniques - Rib Raising

• https://search.yahoo.com/search;_ylt=AwrBT.MFVtU1иеAalXNYaX_.ye=Zz1Mf1jg2N
Yz5QRZmgM8gCZU3JoZmYaXLMzZyR5dXe1emkLaV053nOGJtGiiOUPNeXFLkxBRQU
EEbbyc20kAABw0zjW8n3z
E1b3j1V4J1a3N1X0fjaC3yYW

Chest - Techniques - Rib Raising

• https://search.yahoo.com/search;_ylt=AwrBT.MFVtU1иеAalXNYaX_.ye=Zz1Mf1jg2N
Yz5QRZmgM8gCZU3JoZmYaXLMzZyR5dXe1emkLaV053nOGJtGiiOUPNeXFLkxBRQU

Chest - Techniques - Other

• Treat thoracic region
  ▫ Articulation
  ▫ Soft Tissue
  ▫ HV/LA

• Treat Rib dysfunction
  ▫ Muscle Energy
  ▫ Articulation
IBS Study

- 2007
- 39 patients, 20 OMM, 19 standard care
- IBSQOL 2000 questionnaire, Functional Bowel Disorder Severity Index (FBDSI) at 1, 3, and 6 months
- FBDSI in OMM group 174 to 74 at 6 mo. (P<0.0001)
- FBDSI in control 171 to 119

Abdomen - Physiology

- Sympathetic – decreased peristalsis/secretion
  - T5–9 Upper GI
  - T10–L2 Lower GI
- Parasympathetic – increased peristalsis/secretion
  - Vagus – to Splenic Flexure
  - Pelvic Splanchnics

Abdomen - Lymphatics

- http://cdn.c.photoshelter.com/img-get/10000P9ggWv3XLU/s/600/9j836DS.jpg
Abdomen - Techniques


Abdomen - Techniques

- http://fce-study.netdna-ssl.com/images/upload-flashcards/428000/962186_m.png

Habits

- Commit to 30 days
- Start Simple
- Form a trigger
- Be Imperfect
- Use “But”
- Run it as an experiment
- Know the benefits
- Do it for yourself
Bibliography


• http://www.lifehack.org/articles/productivity/18-tricks-to-make-new-habits-stick.html


