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The Use of Osteopathic Manipulative Medicine to Treat Common Pediatric Conditions: A Literature Review

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The Use of Osteopathic Manipulative Medicine to Treat Common Pediatric Conditions: A Literature Review

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Introduction

- Doctors of Osteopathic Medicine (DOs) are physicians who are trained in the practice of osteopathic manipulative treatment (OMT), a form of manual manipulation that can be applied to the patient's body to aid the body in its own healing properties.
- Children suffer from many ailments for which we can be over-reliant on medications to treat - this can lead to antibiotic resistance.
- Goal: explore various OMT techniques as either alternative or complementary therapy for treating common pediatric ailments such as otitis media, asthma, and ADHD.



Methods

- Databases: PubMed, De Gruyter, Google Scholar
- Search terms: osteopathic manipulative medicine, osteopathic manipulative therapy, osteopathic medicine, children, pediatrics, infants, otitis media, asthma, and ADHD
- Types of studies: randomized controlled trials, case studies, literature reviews



Results

- OMT is efficacious in improving symptoms and shortening disease courses of otitis media, asthma, and ADHD in the pediatric population.
- Analysis was done using frequency and number of episodes, surgical interventions, spirometry readings, test scores, and brain wave changes.
- Treatments proven to show improvement: MFR, BMT, BLT, articular techniques, lymphatic techniques (rib raising, suboccipital release), FPR, counterstrain, cranial manipulation.
- OMT also found to be associated with symptom improvement and decreased length of hospital stay for neonates.

Discussion/Conclusion

- OMT shows promise as mainstay treatment for pediatric conditions (adjunct therapy or independently)
- Preliminary data shows it can be used to treat Fetal Alcohol Syndrome, GI disturbances, etc.
- Vital to continue exploring therapeutic effects of OMT across different disease types in future research