

OSTEOPATHIC MANIPULATIVE MEDICINE: THE FUNDAMENTALS

UNIVERSITY HOSPITALS PEDIATRIC & ADULT ALLERGY/IMMUNOLOGY

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OBJECTIVES

- PRESENT FUNDAMENTAL CONCEPTS INVOLVING OSTEOPATHIC MANIPULATIVE MEDICINE (OMM)
 - RECOGNIZE 4 TENETS OF OMM
 - DEFINE AND IDENTIFY SOMATIC DYSFUNCTION USING "TART"
 - IDENTIFY 5 MODELS FOR OSTEOPATHIC MEDICINE
- LEARN HISTORY OF OSTEOPATHIC MEDICINE

TENETS OF OSTEOPATHY

OSTEOPATHIC PHILOSOPHY IS BASED ON FOUR (4) TENETS:

1 The human being is a dynamic unit of function;

2 The body possesses self-regulatory mechanisms that are self-healing in nature;

3 Structure and function are interrelated at all levels; and...

4 Rational treatment is based on these principles.

SOMATIC DYSFUNCTION

SOMATIC DYSFUNCTION: THINK "TART"

Tenderness
Asymmetry
Altered **R**ange of Motion
Tissue Texture Abnormality

TART – A pathological alteration in joint function

There are five models that clarify how a physician utilizing an osteopathic approach to treating patients and influence their physiologic function.

MODELS OF PATIENT CARE

BEHAVIORAL MODEL	GOAL "Improve the biologic, psychological and social components of the health spectrum."	Manipulation is a valuable tool in treating patients, but the physicians philosophical approach is central to the care each patient receives.
METABOLIC MODEL	GOAL "Enhance the self-regulatory and self-healing mechanisms, to foster energy conservation by balancing the body's energy expenditure and exchange, and to enhance immune system function, endocrine function and organ function."	When an individual has a musculo-skeletal injury, they will utilize more energy to perform physical tasks. With improved structure and function they are not adding stress to their immune system.
NEUROLOGIC MODEL	GOAL "Attain autonomic balance and address neural reflex activity, remove facilitated segments, decrease afferent nerve signals and relieve pain."	The application of manipulation in treating patients can decrease pain, by directly influencing the nerve supply to that dysfunctional part of the body.
RESPIRATORY-CIRCULATORY MODEL	GOAL "Improve all diaphragm restrictions in the body."	Improvement in the bodies diaphragms by utilizing OMT at structures attached to these diaphragms improves respiration and the circulation.
STRUCTURAL MODEL	GOAL "Biomechanical adjustment and the mobilization of joints."	This is the primary model that is applied in this book and is ideally suited when explaining how OMT improves motion when treating musculoskeletal and biomechanical injuries.

HISTORY

- **1874 DR. ANDREW TAYLOR STILL** (1828-1917), LICENSED FRONTIER PHYSICIAN, FIRST ARTICULATED **BASIC OSTEOPATHIC PRINCIPLES.**
- **1892** FIRST COLLEGE OF OSTEOPATHIC MEDICINE, THE **AMERICAN SCHOOL OF OSTEOPATHY (ASO), FOUNDED** IN KIRKSVILLE, MO.
- **1893 FIRST CLASS GRADUATED** FROM ASO, INCLUDING 17 MEN AND 5 WOMEN.
- **1896 VERMONT BECAME FIRST STATE TO LICENSE DOS.**
- **1901** FIRST ISSUE OF THE *JOURNAL OF THE AMERICAN OSTEOPATHIC ASSOCIATION.*



HISTORY (CONT.)

- **1917 DEATH** OF DR A.T. STILL.
>5,000 DOS IN PRACTICE.
- **1918** DOS PLAY KEY ROLE
(**DRAMATICALLY REDUCING
MORBIDITY/MORTALITY**) IN
TREATING VARIOUS ILLNESSES AS
NOTED BY THE PROFESSION'S
INVOLVEMENT IN THE SPANISH
INFLUENZA PANDEMIC OF 1918-
1919.
- **1947** FIRST APPROVAL OF
OSTEOPATHIC HOSPITALS FOR
RESIDENCY TRAINING.
- **1963** DOS ACCEPTED BY CIVIL
SERVICE AS MEDICAL OFFICERS.
- **1967** AMERICAN OSTEOPATHIC
ASSOCIATION (AOA) RECOGNIZED
BY THE NATIONAL COMMISSION ON
ACCREDITING AS ACCREDITING
AGENCY FOR ALL FACETS OF
OSTEOPATHIC EDUCATION.



HISTORY (CONT.)

- **1970** FIRST UNIVERSITY-AFFILIATED COLLEGE OF OSTEOPATHIC MEDICINE (MICHIGAN STATE).
- **1973** FULL PRACTICE RIGHTS IN ALL 50 STATES + DISTRICT OF COLUMBIA
- **2001** LOUISIANA LAST STATE TO ACCEPT **COMLEX**.
- **2014** ACCREDITATION COUNCIL FOR GRADUATE MEDICAL EDUCATION (ACGME), AOA, AND AMERICAN ASSOCIATION OF COLLEGES OF OSTEOPATHIC MEDICINE (AACOM) APPROVED TRANSITION TO **SINGLE ACCREDITATION SYSTEM** FOR GRADUATE MEDICAL EDUCATION BY JULY **2020**.



REFERENCES

- [HTTP://HISTORY.OSTEOPATHIC.ORG/TIMELINE](http://history.osteopathic.org/timeline)
- ROWANE MP & EVANS P. (2019). *BASIC MUSCULOSKELETAL SKILLS: THE 15 MINUTE OFFICE ENCOUNTER* (2ND ED.) INDIANAPOLIS, IN: AMERICAN ACADEMY OF OSTEOPATHY PUBLICATIONS.