



Osteopathic Manipulative Treatment (OMT)

Modern day medicine can involve anything from high tech brain scans to anti-cancer drugs. However, it is easy to overlook that sometimes what patients really need is a healing touch. Osteopathic physicians haven't forgotten this.

Osteopathic Manipulative Treatment, or OMT, is hands-on care. It involves using the hands to diagnose, treat, and prevent illness or injury. OMT is based on the belief that all parts of the body are connected and that manipulating the musculoskeletal system helps to make your body function better. Using OMT, an osteopathic physician can move your muscles and joints using techniques including stretching, gentle pressure, and resistance.

Who Can Benefit From OMT?

OMT can help people of all ages and backgrounds. The treatment can be used to ease pain, promote healing, and increase overall mobility. OMT is often used to treat muscle pain. However, it can also help patients with a number of other health problems including:

- asthma
- sinus disorders
- carpal tunnel syndrome
- migraines
- menstrual pain, etc.

When appropriate, OMT can complement, and even replace, drugs or surgery. In this way, OMT brings an important dimension to standard medical care.