

### What is Dental Cranial Osteopathy?

Utilizing the principles of cranial osteopathy and applying knowledge of dental principles, your osteopath can work in conjunction with your dentist, orthodontist, or oral surgeon to help alleviate symptoms caused in the body by dentition. This process can also help decrease the time required for wearing braces or other orthodontic devices, and can result in a more permanent visual and functional outcome. If you have a bite guard or mouth piece, bring it with you to your osteopathic appointment.

### What is Visceral Osteopathy?

Visceral Osteopathy is an expansion on the general principles of osteopathy which includes a special understanding of the organs, blood vessels and nerves of the body (the viscera). Those who wish to practice Visceral Osteopathy train intensively through a series of post-graduate studies. The ability to address the specific visceral causes of somatic dysfunction allow the practitioner to address such conditions as gastro esophageal reflux disease (GERD), irritable bowel (IBS), and which can be worsened by mechanical restriction. Chronic destructive pulmonary disease (COPD)



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# Osteopathic Manipulation

Osteopathy – a system of medicine based on the principle that disturbances in the musculoskeletal system affect other body parts, causing many disorders. These can be treated by various manipulative techniques in conjunction with conventional medical surgical, pharmacological and other therapeutic procedures. The manipulation of the body is gentle stretches and small movements – designed to relax tight areas and help restore normal motion to stiff or “stuck” joints. Osteopathy is NOT Chiropractic, although some of our treatments may look similar, they differ on many levels. Osteopathic treatment is very specific to your own individual condition.

In addition to manipulation, we offer many other services at our office that can assist or correct your condition. Read further to find out more about what we can do to help you.



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## What is Osteopathic Manipulative Medicine?

Osteopathic Manipulative Medicine (OMM or OMT – the T is for treatment) focuses on the natural motion within the body's structure and its relationship to function. When alternation of tissue motion is found, Osteopaths work to restore health by applying osteopathic principles in the practice of hand-on treatment to help restore normal motion. Osteopathic Manipulative Medicine considers the musculoskeletal system to be an extremely important, but often neglected aspect of total health.

**Analogy:** If you take your car in for a tune-up and alignment, why do you not do the same for your body?

From babies to grandparents, osteopathic manipulation has worked for a range of symptoms. Infants with a tendency for colic, trouble with digestion, spitting up, learning disorders, and cerebral palsy have been helped by the osteopathic treatments. From serious chronic pain issues to smaller uncomfortable pains like neck and back problems, trauma from motor vehicle accidents, joint pain, sciatica, headaches, fibromyalgia, asthma, and allergy symptoms can be improved through osteopathy as well as neurological problems like, sinusitis, and even digestive tract conditions.

## What is the Problem or Cause of my Pain? What is Somatic Dysfunction?

Somatic dysfunction is defined by restricted range of motion, tissue texture change, asymmetric appearance or tenderness of an area of the body. These abnormalities can often cause symptoms and be a sign of abnormal function in the body.

Restricted spinal movement is described as “out of place”, much like a door that cannot be closed. It cannot be seen on current status X-rays, MRI's or CT scans. It can restrict motion and/or cause pain and discomfort. It can be directly or indirectly related to trauma.

## How can Somatic Dysfunction Be Treated?

Medication or surgery cannot correct somatic dysfunction.

- Medications only treat the related symptoms (such as pain). They are not a solution, just a band-aid. The symptoms usually return after the medication wears off.
- Surgery can correct anatomical defects or remove diseased tissue but can also leave behind more restriction in the system.

Osteopathic Manipulative Treatment is a gentle manipulative approach which works to:

- Restore normal functional activity to the dysfunctional joint.
- Relax the related muscles (which can be tight and acting like a splint).
  - Swelling in the tissues can subside. This can help to alleviate pain.
  - Pressure on the nerves can be relieved and the pain can subside.
  - Range of motion can start to improve.
  - Blood flow to the injured tissue increases, bringing nutrition and immune cells to start the repair process.

## What is Cranial Osteopathy?

Cranial Osteopathy is an expansion of the general principles of osteopathy which includes a special understanding of the central nervous system and a mechanism called primary respiration. Those who wish to practice Cranial Osteopathy train intensively through post-graduate studies. There are many forms of treatment and therapy that claim to do the same thing as cranial osteopathy, but none can approach it. It is not possible to get the extensive training and close supervision needed to understand this approach to medicine any other way than through an osteopathic education.

The hands of a skilled osteopathic physician can connect directly with the primary respiratory mechanism and utilize it to bring about changes in the body. Physicians trained in Cranial Osteopathy can place their hands on an part of the patient to perceive and influence this important mechanism. It may be applied for the prevention and treatment of disease, and enhancement of health. It should not be confused with craniosacral therapy, which is practiced by some massage and physical therapists.

Cranial Osteopathy has been performed with positive results for the following conditions: ear infections, pregnancy, labor and delivery, seizure disorders, neurologic deficits, head injuries, whiplash, motor vehicle accidents, vision and learning problems, dental problems, normalization of blood flow, and normalization of autonomic function (nervous system). It is especially helpful with sleep disorders in all age and relieving colic, feeding issues and head shape deformity in newborns.