

## Osteopath: Fibromyalgia Alternative Therapy

### Treatment

An Osteopath, Fibromyalgia Alternative Therapy, study focused on Fibromyalgia patients showing that 19 patients with the symptoms of Fibromyalgia were treated by an Osteopath with OMT once a week for four weeks at Kirksville, Missouri College for Osteopaths. 84.2% of fibromyalgia patients showed improved sleep patterns, 94.7% reported less pain and most patients had fewer tender points on palpation.

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What Do Osteopath Studies Reveal for Fibromyalgia Patients?

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Fibromyalgia Alternative Therapy with an Osteopath

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The Osteopath Therapy for Fibromyalgia Patients

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Osteopathy And Women's Health?

What Do Osteopath Studies Reveal for Fibromyalgia Patients?

Many Osteopaths have conducted studies involving the Osteopath Alternative Therapy for Fibromyalgia. The Osteopaths, Drs. A. Stotz and R. Keppler at Chicago College of Osteopathic Medicine, led a study by measuring the effects of osteopathic manipulative therapy, as a fibromyalgia alternative therapy, on the intensity of pain felt in the diagnostic tender points in 18 patients who met all the criteria for FIBROMYALGIA. Each had 6 treatments and it was found over a one year period that 12 of the patients responded well in that their tender points became less sensitive (14% reduction in intensity as against a 34% increase in the six patients who did not respond well). Most of the patients showed that their tender points were more symmetrically spread than before. Activities of daily living were significantly improved and general pain symptoms decreased overall.

Fibromyalgia Alternative Therapy with an Osteopath

Patients seek a D.O. for any condition that would lead them to seek an Allopathic doctor (M.D.), and finding one is just as easy. The visit is similar to any other appointment with a health care professional. The doctor, or an associate, will take a

medical history. The Osteopath may put greater emphasis on overall health and lifestyle rather than on a particular condition, and with some Osteopaths there is a great focus on the body's structure and posture. The D.O. evaluates posture, the spine, and balance by asking the patient to stand, walk across the room, sit, and lie down. If the Osteopath practices Osteopathic Manipulative Treatment (OMT), a hands-on examination will likely be conducted. This examination involves touching the patient's back and limbs; checking joints for pain or limited mobility; and testing muscles, tendons, and ligaments for tenderness. The Dr. of Osteopathy will assess reflexes, flexibility and muscle strength.

These techniques help the Osteopath detect various abnormalities, including range-of-motion problems, structural irregularities, and changes in tissue textures. Moreover, an Osteopath will help in reaching a correct diagnosis such as fibromyalgia. Musculoskeletal disorders sometimes mimic other conditions. Depending on the results of the exam, further examination may include x-rays and/or lab tests.

### The Osteopath Therapy for Fibromyalgia Patients

After the examination, the Osteopath decides on a course of alternative therapy for fibromyalgia. In most cases, it will be similar to that provided by an M.D.. Depending on the patient's condition, the Osteopath may use OMT to treat the patient. The patient will lie down while the Osteopath uses various manual techniques to relieve misalignments, improve joint mobility, and treat other structural problems. These techniques include soft-tissue manipulation, joint and spine manipulation; each of which is intended to correct misalignments of bones, and to relax muscles. This may feel like a massage or a chiropractic adjustment. The difference is that in Osteopathic care, Allopathic medications are also prescribed. The Osteopath may suggest various stretching exercises to further complement the OMT fibromyalgia alternative therapy.

Although Osteopaths traditionally took a holistic approach, the treatment is very similar to that received from an M.D.. In some cases in addition to OMT, the Osteopath may place additional attention on issues such as diet and stress reduction. Some Osteopaths place a strong focus on preventative care, a trend that is common among many other alternative health care professionals today.

### Osteopathy And Women's Health?

Osteopaths have a long-standing commitment to women's health. In fact, Dr. Still was one of the first to admit women into medical school on a regular basis. Today, 39 percent of the total enrollment of Osteopathic Medical School students are women. This is significant as the majority of fibromyalgia patients are women who seek an osteopath for fibromyalgia alternative therapy.

Learn more about Osteopathic Medicine as a Fibromyalgia Alternative Therapy.

