LMU | DeBusk College *of* Osteopathic Medicine
LINCOLN MEMORIAL UNIVERSITY

# High Yield Clinical Teaching Strategies for OMM/OMT

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# Learning Objectives

*At the end of the presentation the participant will be able to:*

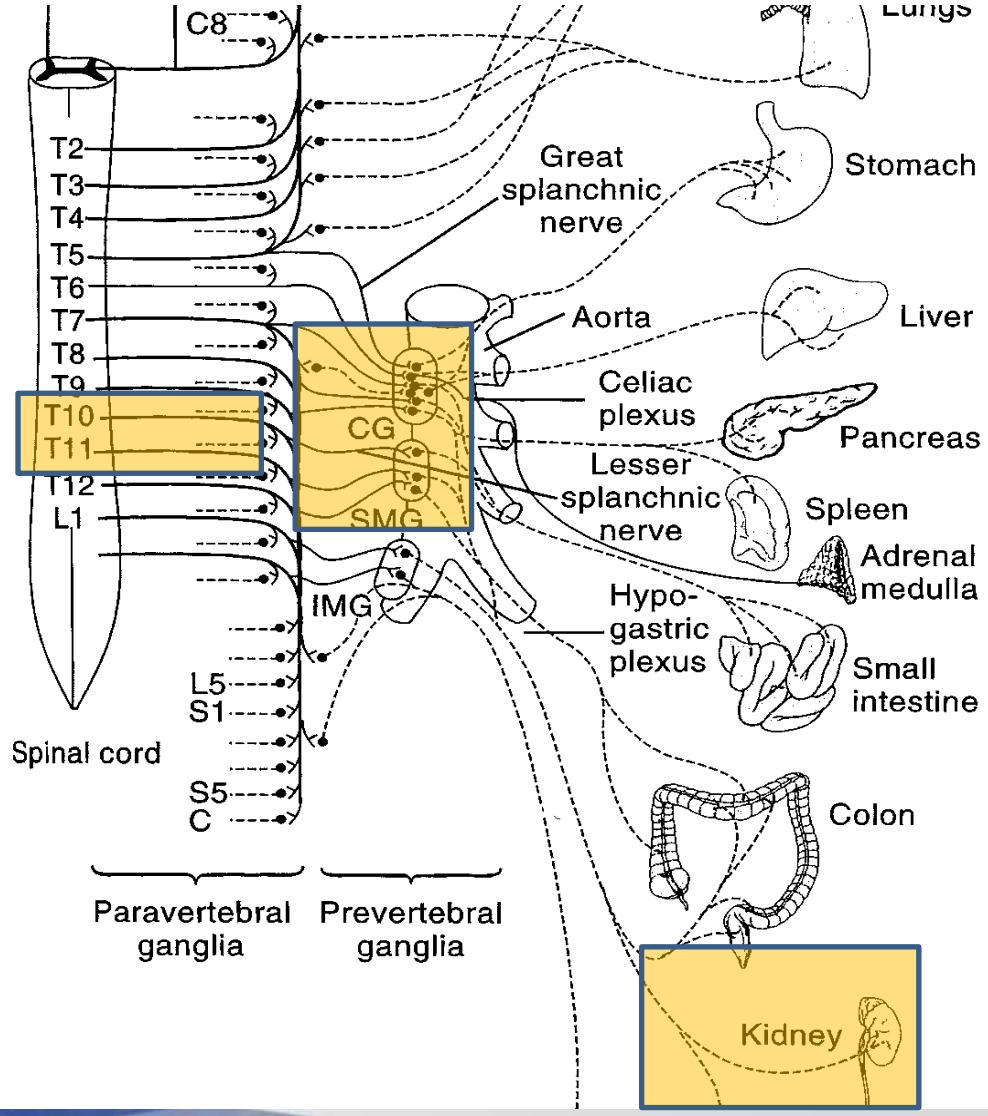
- Summarize basic osteopathic manipulative medicine techniques and practices for clinical teaching.
- Understand effective techniques of when and where to apply osteopathic manipulation.

# Osteopathic Manipulation – The Cook's Tour

- Osteopathic manipulation is practiced by medical doctors and is targeted to standard physiologic (and biomechanical) pathways
- The techniques look simple, but it is the knowledge of when and where to apply them that makes them effective

# Example 1: Kidney and Blood Pressure

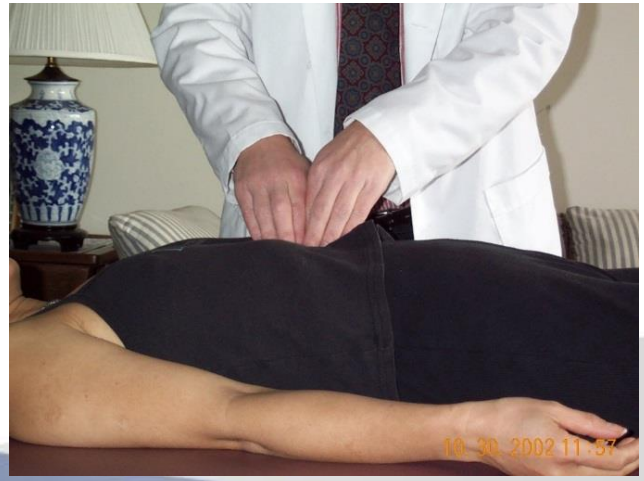
Sympathetic nerves to the kidney exit the spine at the T10, T11 vertebral level, and synapse in the aorticorenal ganglia (in the lateral edge of the celiac and superior mesenteric ganglia)



# Example 1: Kidney and Blood Pressure

So, we can reduce irritation of sympathetic nerves to the kidney by:

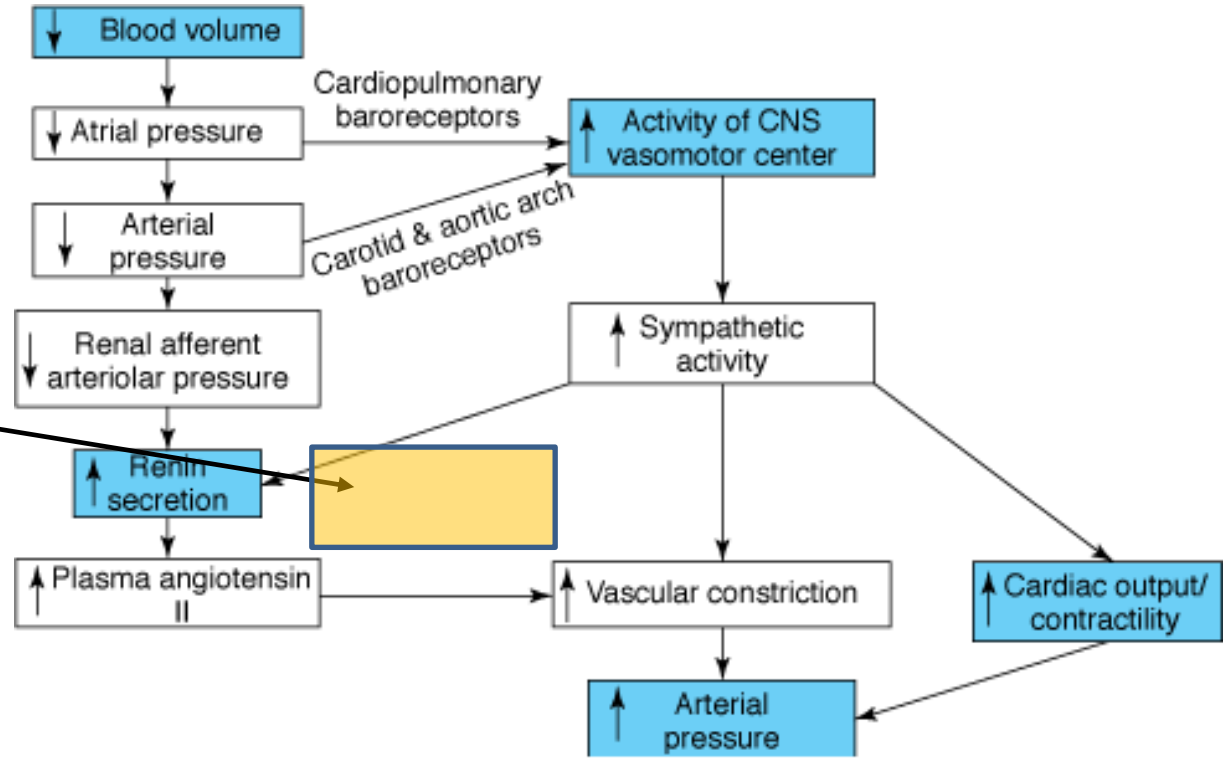
- Treating the 10th and 11th ribs
- Treating the superior mesenteric ganglion

# Example 1: Kidney and Blood Pressure

Therefore, we can use these manipulative techniques to interrupt renin secretion here.

This is very similar to the blood pressure lowering effects of an ACE or ARB




Source: Douglas C. Eaton, John P. Pooler: *Vander's Renal Physiology*, 6th Edition: http://www.accessmedicine.com

# Example 2: Innominate Bone and Short Leg Syndrome

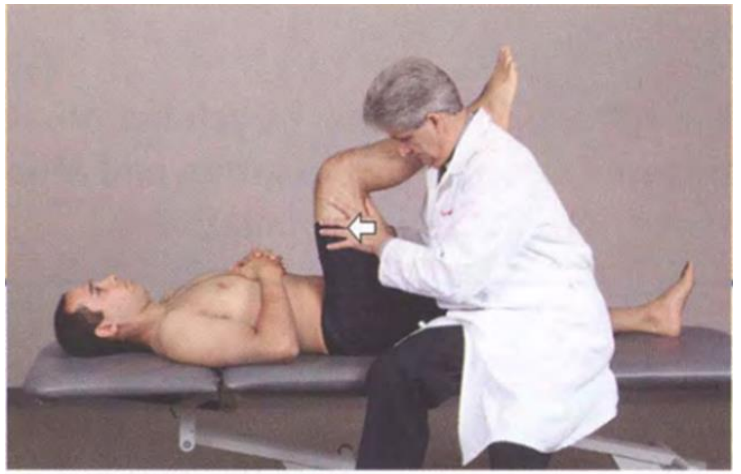
When the innominate is rotated anteriorly (as shown), the corresponding leg is functionally longer

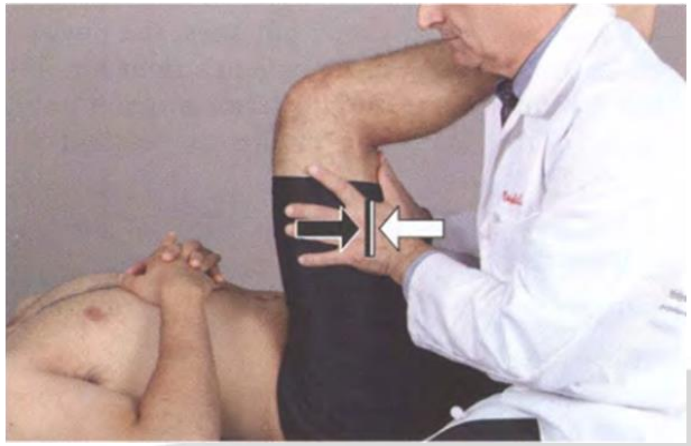
# Example 2: Innominate Bone and Short Leg Syndrome

Therefore, if you clinically suspect a short leg, by checking innominate rotation you can differentiate:

- A short leg that is being partially compensated by innominate rotation
- A short leg that is being *caused* by innominate rotation

The former needs a heel lift, and the latter you might be able to fix using the illustrated technique.





# TAKE AWAY MESSAGE

- Osteopathic manipulation is applied using standard physiology and standard biomechanics

- The techniques can be very simple, but if they are applied with an understanding of the underlying pathology, can be very powerful