How to Prepare to Demonstrate your OMT Skills

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Objectives

- Increase familiarity with osteopathic terminology
- Provide tips on how to study for the practical section of the Boards
- Review case scenarios
Somatic dysfunction – “impairment or altered function of the somatic system:

- Skeletal
- Arthroidal
- Myofascial
- Vascular
- Lymphatic
- Neural
Somatic Dysfunction

- TART
  - Tissue texture changes
  - Asymmetry
  - Restriction
  - Tenderness
Tissue Texture Changes

- Acute changes
  - Erythema
  - Warmth
  - Moist
  - Boggy / edematous
  - Contracted muscle

- Chronic changes
  - Pallor
  - Cold
  - Dry
  - Ropy / fibrotic
  - Decreased tone
Somatic Dysfunction

- Chapman’s Points
  - Small (2-3mm)
  - Firm/nodular and tender
  - Paired anteriorly and posteriorly
  - Found bilaterally for paired organs
  - Rarely found midline
  - Represent a viscerosomatic reflex
Somatic Dysfunction

- **Ganglion**
  - Cranial and spinal nerves pass through
  - Parasympathetic and sympathetic
  - Ones we normally treat
    - Celiac
    - Superior mesenteric
    - Inferior mesenteric
Treatment

- Direct vs. Indirect
  - Direct – into the restrictive barrier
    - Used in the chronic situation
    - Used in the outpatient setting
  - Indirect – away from the barrier
    - Used in acute pain
    - Employed in the hospital setting
Treatment

- Passive vs. Active
  - Passive – we do the work
  - Active – patient helps
Treatment

- Muscle energy
  - Direct
  - Active
Treatment

- Counterstrain – recently found to be the most effective long term treatment for pain
  - Indirect
  - Passive
Treatment

- HVLA
  - Direct
  - Passive
Preparing to Study

- **Three good books**
  - **The 5 minute OMM Consult**
    - By Millicent King Channell and David Mason
    - Paperback, great review of incorporating OMM into FP
  - **OMT Review**
    - By Savarese, Capobianco and Cox
    - Paperback, has review questions with explanations
  - **COMLEX Review: Clinical Anatomy and OMM**
    - By Modi and Shah
    - Paperback, short descriptions
Studying

- Find a partner
- Practice what you know and use
- Explain in words as you are performing
Format of the Practical Exam

- There will be 3 testing stations
  - Spine
  - Extremity
  - Family Practice / Viscerosomatic case
Studying

- Demonstrate your structural exam findings, especially key landmarks
- Prepare 2 techniques per area of SD
  - Soft tissue / MFR
  - Muscle energy
  - HVLA
  - Counterstrain
  - Lymphatic drainage
Areas of Somatic Dysfunction

- Cranial 739.00
- Cervical 739.1
- Thoracic 739.2
- Lumbar 739.3
- Sacral 739.4
- Pelvic 739.5
- Lower Extremity 739.6
- Upper Extremity 739.7
- Ribs 739.8
- Other 739.9
Procedure Codes

- Treat 1-2 areas – 98925
- Treat 3-4 areas – 98926
- Treat 5-6 areas – 98927
  \* 25 Modifier!
- Treat 7-8 areas – 98928
- Treat 9-10 areas - 98929
Cases

- **Neck pain**
  - 25 yo male stayed at his in-laws’ house and they gave him the fattest, firmest pillow. Now c/o pain in his right neck with limited ROM. No paresthesias.

- Structural exam findings?

- Diagnoses?

- Techniques?
OMT for Cervical SD

- Soft tissue
- Counterstrain
- Muscle Energy
Cases

- **Wrist pain**
  - 47 yo transcriptionist c/o tingling in her fingers and pain in wrist that radiates to her elbow.
  - Structural exam findings

- Diagnoses?
- Treatment
Upper Extremity SD

- Soft tissue
- Muscle energy
- HVLA to carpal bones
Constipation

- 5 month old presents with parent with hard, infrequent stools. No blood. Eating OK, in fact, eating lots of rice cereal.

- Structural exam findings

- Diagnoses

- Treatment
Viscerosomatic SD

- Treatment – osteopathic
  - MFR of ganglion
  - Reset autonomies – rib raising
  - Inhibition of Chapman’s points
  - Colonic stimulation
- Treatment
  - Nutritional strategies
  - Discuss stimulation and medicine concerns
Do’s and Don’ts

**Do**

- Use familiar techniques
- Jot down your thoughts on the case report
- Talk out loud as you examine and set up
- Appear confident!
- Remember other aspects of medical care: PT, meds, diagnostic studies

**Don’t**

- Start talking about a technique or term that you can’t bring full circle
- Tell the examiner that you don’t usually do OMM
- Ask the examiner to teach you the technique
- Try to give more info than they are asking for
- Hurt your partner