

Osteopathic Manipulative Medicine

In osteopathic manipulative medicine (OMM), a doctor of osteopathy (DO) gently releases restrictions in your muscles, bones, and other tissues. OMM can help ease pain, make it easier for you to move, and improve your overall health.

DOs are fully licensed physicians. They take additional training in diagnosing and treating the body with their hands.

What can OMM do for me?

OMM can help with pain related to these sources:

- Cancer and its treatments, including radiation and surgery
- Old injuries
- Physical changes due to age

OMM can help with pain throughout the body:

- Back
- Hands, arms, legs, and feet
- Abdomen
- Neck
- Ribs

It can also help with many other conditions:

- Carpal tunnel syndrome
- Concussion
- Headache
- Jaw pain and teeth grinding
- Reflux disease
- Ringing in the ears
- Whiplash injury

Does OMM hurt?

The doctor will move and press gently on areas that have not been moving freely. This can hurt for a few moments, but the pain goes away as soon as the pressure stops. For most patients, OMM gives a sense of release and relaxation.

During the treatment, please let the doctor know what you are feeling. Uncomfortable tension can build in the area being treated. Usually, a feeling of release follows, and pain goes away.

If you feel too much pain during the treatment, let the doctor know right away. The doctor will change the pressure and technique to make you as comfortable as possible.

You may be sore after the treatment. You can manage the soreness in these ways:

- Gentle exercise such as walking
- Plenty of water and other drinks without caffeine
- Epsom salt baths
- Alternating heat and ice on the sore areas
- Massage

Is OMM safe?

OMM is safe for patients. The doctor adapts the treatment approach and techniques based on each patient's condition.

To make an appointment, call Huntsman Cancer Institute's Linda B. and Robert B. Wiggins Wellness and Integrative Health Center at 801-587-4585.

For more information, visit www.huntsmancancer.org/wellness