

Osteopathic Medicine for the Hospitalized Patient

PA Osteopathic Family Physicians Society 43<sup>rd</sup> Annual CME Symposium  
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Testing whether laughter is the best medicine

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### Learning Objectives

- ◆ Discuss common hospital conditions where OMM can be implemented
- ◆ Demonstrate techniques commonly used in the inpatient setting

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### Case

- ◆ 65 y/o male with presents to ER with worsening cough, fever, and SOB/DOE. Reports symptoms started a few days ago and he initially thought he had a cold
- ◆ Physical exam and work up are consistent with community-acquired pneumonia and you are called to admit him.
- ◆ How might osteopathic manipulative medicine (OMM) help this patient?

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### Case

- ◊ 75 y/o female underwent R total knee replacement 2 days ago. Her postoperative course has been challenging due to low pain tolerance and poor response to narcotic pain regimen. This has limited her ambulation. She now develops diffuse abdominal pain and reports no BM in at least 3 days (prior to surgery).
- ◊ How might OMM impact care for this patient?

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### Osteopathic Medicine for Acute Illness

- ◊ Viscerosomatic Reflexes
- ◊ Improve respiratory motion
- ◊ Increase lymphatic flow
- ◊ Enhance immune response
- ◊ Enhance peristalsis

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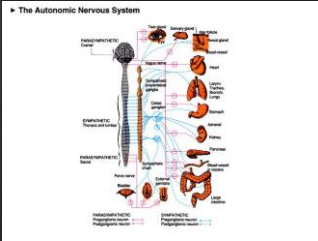
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### Viscerosomatic Reflexes

- ◊ Musculoskeletal findings of referred pain
  - ◊ Mediated through ANS, mostly sympathetics
- ◊ Rib Raising
  - ◊ <https://www.youtube.com/watch?v=3oaiBO1IC4Q>



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## Improve Respiratory Motion

- ◊ Address diaphragmatic excursion
- ◊ Improve rib motion
- ◊ Normalize autonomic nervous system (ANS) effects
- ◊ Techniques:
  - ◊ Doming diaphragm, rib-raising, address rib restrictions

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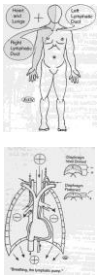
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## Improve Lymphatic Flow/Augment Immune Response

- ◊ Immune response mounted via lymph
- ◊ Inflammatory response cleared via lymph
- ◊ Decreased motion, obstruction in thoracic outlet, poor diaphragmatic excursion affect lymph flow
- ◊ Techniques
  - ◊ Open thoracic outlet
  - ◊ Thoracic/lymphatic pumps
  - ◊ Dome diaphragms

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## Enhance Peristalsis

- ◊ Normalize autonomic nervous system
- ◊ Mimic peristalsis through anterior abdominal wall
- ◊ Techniques
  - ◊ Rib-raising
  - ◊ Colonic stimulation

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- ◊ How might osteopathic manipulative medicine (OMM) help this patient?
  - ◊ Open thoracic outlet, dome diaphragm, lymphatic pump

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Case

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- ◊ How might OMM impact care for this patient?
  - ◊ Colonic stimulation, rib-raising thoracolumbar region

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Conclusion

- ◊ In the hospital setting, remember to consider the whole patient:
  - ◊ Viscerosomatic reflexes
  - ◊ Respiratory motion/effort
  - ◊ Importance of lymphatic flow
  - ◊ Ways to enhance immune response
  - ◊ Ways to enhance peristalsis

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