

OMT Talking Points

You can use these talking points to explain OMT during media interviews or speaking engagements.

- Osteopathic manipulative treatment or OMT is a hands-on treatment tool utilized by osteopathic physicians.
- D.O.s (we) use their (our) hands/fingers to palpate your back and extremities. They (We) also check your joints, tendons, ligaments and muscles for pain/restriction during motion, which could signal an injury or impairment.
- D.O.s (we) use OMT to diagnose, treat and even prevent illness or injury.
- OMT can be used in conjunction with or even in place of medication or surgery.
- While OMT is commonly associated with physical ailments such as low back pain, it can also be used to relieve discomfort or musculoskeletal abnormality associated with a number of disorders including asthma, carpal tunnel syndrome, menstrual pain, sinus disorders and headaches.