

## MODULE 20: Osteopathic Considerations for COVID-19

Time (Study & Assignment): 4 hrs.

Learning Objectives:

1. Describe osteopathic considerations and techniques in the treatment of upper respiratory infections.
2. Describe osteopathic considerations and techniques in the treatment of pneumonia.

Please access and review the following information:

Yao, S. et al. (2017). "Osteopathic Considerations in the Infections of the Respiratory Tract." *Osteopathic Family Physician* (2017) 17 – 25. (Literature review)

<https://www.youtube.com/watch?v=UF6Lnhx0j9Y> (Video: 1:22 mins)

Yao, S. et al. (2014). "Osteopathic Manipulative Treatment as a Useful Adjunctive Tool for Pneumonia." *Journal of Visualized Experiments* 2014; (87): 50687. (Literature review and imbedded videos)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4173698/>

Rib Raising - allows chest cavity to move more freely and normalizes/restores sympathetic nervous system variability via sympathetic chain ganglion activation. Rowan University School of Osteopathic Medicine, RVUCOM Supplemental OMM Video Library.

<https://www.youtube.com/watch?v=ZN8wtuQaEso> (Video: 1:23 mins) or

<https://www.youtube.com/watch?v=uUvvFy7lpSg> (Video: 1:21 mins)

Sub-Occipital Release – normalizes/restores parasympathetic nervous system variability via vagal stimulation to restore/maximize natural lymphatic flow. UW - Department of Family Medicine and Community Health.

<https://www.youtube.com/watch?v=D9OocpCV4bU> (Video: 2:23 mins)

Thoracic Inlet Technique – reduces restrictions to pulmonary lymphatic outflow. Rowan University School of Osteopathic Medicine.

<https://www.youtube.com/watch?v=caNkfxGIPMU> (Video: 1:48 mins)

Thoracic Pump Technique – mechanically mobilizes pulmonary lymphatic fluid drainage and return to central circulation once restrictions to outflow have been reduced/normalized. Perform this technique three times with a thirty second pause between cycles. RVUCOM Supplemental OMM Video Library.

<https://www.youtube.com/watch?v=7YRDZDc1sFE> (Video: 1:06 mins)