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:
_Osteopathic Family Physician_ (2017) 17 – 25. (Literature review)
[https://www.youtube.com/watch?v=UF6LnhxOj9Y](https://www.youtube.com/watch?v=UF6LnhxOj9Y) (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/](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](https://www.youtube.com/watch?v=ZN8wtuQaEso) (Video: 1:23 mins) or
[https://www.youtube.com/watch?v=uUvvFy7IpSg](https://www.youtube.com/watch?v=uUvvFy7IpSg) (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](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=caNkfG1gIMU](https://www.youtube.com/watch?v=caNkfG1gIMU) (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=7YRDZc1sFE](https://www.youtube.com/watch?v=7YRDZc1sFE) (Video: 1:06 mins)