

- This presentation was given to the WHO's Department of Traditional, Complementary and Integrative Medicine which is the department with which the OIA is affiliated.
- The terms “complementary medicine” or “alternative medicine” refer to a broad set of health care practices that are not part of that country's own tradition or conventional medicine and are not fully integrated into the dominant health-care system. They are used interchangeably with traditional medicine in some countries.
- There was a clear understanding in all of the presentations that additional evidence-based research is needed in supporting these modalities in the treatment of COVID-19.

OSTEOPATHIC CONSIDERATIONS IN THE COVID 19 PANDEMIC

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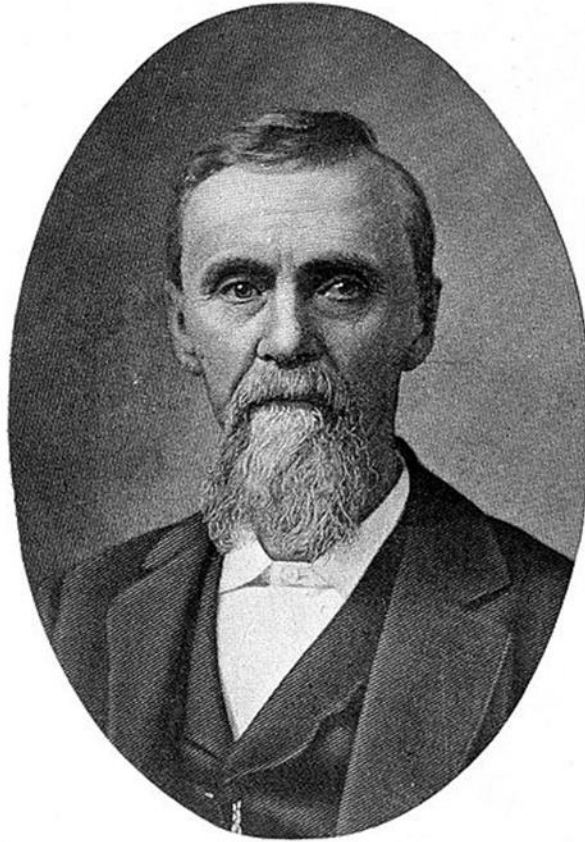
Osteopathic International Alliance

- The Osteopathic International Alliance (OIA) is the leading organization for the advancement and unity of the global osteopathic profession.
- As an “organization of organizations,” the OIA unifies osteopathic medicine by connecting schools, regulatory bodies, and regional, national, and multi-country groups.
- The OIA has been in official relations with the World Health Organization (WHO) as a non-governmental organization since 2018.

Osteopathic Healthcare

Pioneered by Andrew Taylor Still, MD, DO at the end of the nineteenth century.

Dr. Still developed a holistic approach to medicine, stressing the importance of preventive medicine and used a set of manual techniques, now known as **osteopathic manipulative treatment**, to help diagnose, treat and prevent illness and injury.



DR. ANDREW TAYLOR STILL,
FOUNDER OF OSTEOPATHY.

Whole-person philosophy:
All systems of the human body are interrelated and work together to heal the body in times of illness.

Four Osteopathic Tenets

Osteopathic medicine and osteopathy follow four basic tenets:

1. **Body unity:** The body is composed of multiple biologic units, functioning interdependently. Dysfunction of one body system will be reflected in the functioning of other body systems. Health is reflection of the body, mind, and spirit.
2. **Structure influences function:** Optimum function will occur in the absence of structural defect.
3. **The body as a self-healing, self-regulating mechanism:** The body has inherent capacities to regulate and repair itself.
4. **Rational treatment based on these principles**

Two Distinct Branches:

Osteopathic Medicine

Fully-licensed physicians



Osteopathy

Osteopathic Manual Therapy Practitioners



Osteopathic Manipulative Medicine

- OMT – a system of manual techniques which:
 - Helps alleviate pain
 - Restores body motion
 - Supports the body's natural functions
- The therapeutic application of manually guided forces by an osteopathic physician or osteopath to improve physiologic function and/or support homeostasis; this is accomplished by a variety of techniques.

Indications for the use of OMT

- Motion restrictions in the somatic system
 - Musculoskeletal pain conditions
 - Motion restrictions effect on other body systems
- Somatic system's effect on other body systems
 - Respiration
 - Low pressure circulatory systems (venous and lymphatic)
 - Viscerosomatic relationships

Osteopathic Approach to COVID 19

- Use osteopathic principles to increase function and promote health
- Advice on virus self-protection, nutrition and other general health related topics
- Advice on strategies to support mental health during illness to aid recovery
- Use of osteopathic manipulative medicine as an adjunct therapy to current best medical practices to maximize therapy and body system function

Osteopathic Approach to COVID 19

- Specific techniques for upper and lower respiratory infections
 - Articular techniques to ribs, cervical, thoracic, diaphragm to improve respiratory function
 - Soft tissue techniques promote fluid circulation
- Dedicated webpage to COVID-19 resources for the global osteopathic community, including resources developed by our member organizations

For more information on Osteopathic Healthcare please visit our website:

www.oialliance.org



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