OBJECTIVES

- Present fundamental concepts involving osteopathic manipulative medicine (OMM)
- Recognize 4 tenets of OMM
- Define and identify somatic dysfunction using “TART”
- Identify 5 models for osteopathic medicine
- Learn history of osteopathic medicine
TENETS OF OSTEOPATHY

OSTEOPATHIC PHILOSOPHY IS BASED ON FOUR (4) TENETS:

1. The human being is a dynamic unit of function;
2. The body possesses self-regulatory mechanisms that are self-healing in nature;
3. Structure and function are interrelated at all levels; and...
4. Rational treatment is based on these principles.
SOMATIC DYSFUNCTION

SOMATIC DYSFUNCTION: THINK “TART”

T - Tenderness
A - Asymmetry
R - Altered Range of Motion
T - Tissue Texture Abnormality

TART - A pathological alteration in joint function
There are five models that clarify how a physician utilizing an osteopathic approach to treating patients and influence their physiologic function.

## Models of Patient Care

<table>
<thead>
<tr>
<th>Model</th>
<th>Goal</th>
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<tr>
<td><strong>Behavioral Model</strong></td>
<td>&quot;Improve the biologic, psychological, and social components of the health spectrum.&quot;</td>
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<td><strong>Metabolic Model</strong></td>
<td>&quot;Enhance the self-regulatory and self-healing mechanisms to foster energy conservation by balancing the body’s energy expenditure and exchange, and to enhance immune system function, endocrine function and organ function.&quot;</td>
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<tr>
<td><strong>Neurologic Model</strong></td>
<td>&quot;Attain autonomic balance and address neural reflex activity, remove facilitated segments, decrease afferent nerve signals and relieve pain.&quot;</td>
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<td><strong>Respiratory-Circulatory Model</strong></td>
<td>&quot;Improve all diaphragm restrictions in the body.&quot;</td>
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<tr>
<td><strong>Structural Model</strong></td>
<td>&quot;Biomechanical adjustment and the mobilization of joints.&quot;</td>
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*Manipulation is a valuable tool in treating patients, but the physician’s philosophical approach is central to the care each patient receives.*

*When an individual has a musculoskeletal injury, they will utilize more energy to perform physical tasks. With improved structure and function, they are not adding stress to their immune system.*

*The application of manipulation in treating patients can decrease pain, by directly influencing the nerve supply to that dysfunctional part of the body.*

*Improvement in the body’s diaphragms by utilizing OMT at structures attached to these diaphragms improves respiration and the circulation.*

*This is the primary model that is applied in this book and is ideally suited when explaining how OMT improves motion when treating musculoskeletal and biomechanical injuries.*
HISTORY

• 1874 DR. ANDREW TAYLOR STILL (1828-1917), LICENSED FRONTIER PHYSICIAN, FIRST ARTICULATED BASIC OSTEOPATHIC PRINCIPLES.

• 1892 FIRST COLLEGE OF OSTEOPATHIC MEDICINE, THE AMERICAN SCHOOL OF OSTEOPATHY (ASO), FOUNDED IN KIRKSVILLE, MO.

• 1893 FIRST CLASS GRADUATED FROM ASO, INCLUDING 17 MEN AND 5 WOMEN.

• 1896 VERMONT BECAME FIRST STATE TO LICENSE DOS.

• 1901 FIRST ISSUE OF THE JOURNAL OF THE AMERICAN OSTEOPATHIC ASSOCIATION.
HISTORY (CONT.)

- **1917** DEATH OF DR A.T. STILL. >5,000 DOS IN PRACTICE.

- **1918** DOS PLAY KEY ROLE (DRAMATICALLY REDUCING MORBIDITY/MORTALITY) IN TREATING VARIOUS ILLNESSES AS NOTED BY THE PROFESSION’S INVOLVEMENT IN THE SPANISH INFLUENZA PANDEMIC OF 1918-1919.

- **1947** FIRST APPROVAL OF OSTEOPATHIC HOSPITALS FOR RESIDENCY TRAINING.

- **1963** DOS ACCEPTED BY CIVIL SERVICE AS MEDICAL OFFICERS.

- **1967** AMERICAN OSTEOPATHIC ASSOCIATION (AOA) RECOGNIZED BY THE NATIONAL COMMISSION ON ACCREDITING AS ACCREDITING AGENCY FOR ALL FACETS OF OSTEOPATHIC EDUCATION.
• **1970** First University-Affiliated College of Osteopathic Medicine (Michigan State).

• **1973** Full Practice Rights in All 50 States + District of Columbia

• **2001** Louisiana Last State to Accept COMLEX.

• **2014** Accreditation Council for Graduate Medical Education (ACGME), AOA, and American Association of Colleges of Osteopathic Medicine (AACOM) Approved Transition to Single Accreditation System for Graduate Medical Education by July 2020.
REFERENCES

- HTTP://HISTORY.OSTEOPATHIC.ORG/TIMELINE