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**September 2005**

## **OSTEOPATHY AND ASTHMA**

Osteopathy offers assistance to sufferers by working on all aspects of the breathing mechanism, including the:

- ribs
- spine
- diaphragm and other muscles of breathing
- nerve control of the chest
- blood and fluid supply to the bronchi and lungs

Osteopathy can also play an important preventative role in the care of someone who is suffering from asthma.

## **DOES OSTEOPATHY REPLACE CONVENTIONAL MEDICAL TREATMENT?**

No. Osteopaths recognise the important role of anti-inflammatory medication, antibiotics and bronchodilators in the treatment of asthma, especially in acute attacks.

Osteopaths work in conjunction with other health care professionals with the long-term aim of decreasing the patient's dependence on their medication. Osteopaths recognise that the functions of the human body are inherently linked and can affect each other.

With this in mind, the osteopath gently works with the body's structure, to enhance and improve the mechanics of breathing by:

- freeing restrictions of the chest and ribs
- relaxing the respiratory muscles
- improving lymphatic drainage from the lungs and airways
- enhancing the blood supply to the chest region

Other areas of management include the formulation of an individual exercise program, with emphasis on breathing exercises and the avoidance of aggravating factors. The osteopath also provides advice on diet, posture, lifestyle and first aid measures during an attack.

## **RECENT JOURNAL ARTICLE ABOUT THE EFFECTS OF OSTEOPATHIC TREATMENT ON ASTHMA**

### **Effects of Osteopathic Manipulative Treatment on Pediatric Patients with Asthma: A Randomized Controlled Trial**

**Peter A. Guiney, DO; Rick Chou, DO; Andrea Vianna, MD; Jay Lovenheim, DO**

The authors conducted a randomised controlled trial attempting to demonstrate the therapeutic relevance of Osteopathic Treatment in the pediatric asthma population. With a confidence level of 95%, results for the group showed a statistically significant improvement of 7 L per minute to 9 L per minute for peak expiratory flow rates. These results suggest that OMT has a therapeutic effect among this patient population. The authors suggest that more clinical trials are required to better demonstrate the effectiveness of Osteopathy in patients with asthma.

Source: JAOA • Vol 105 • No 1 • January 2005 • 7-12