

## Patient Resources

### Osteopathy

Osteopathy was developed in 1874 by Andrew Still, a medical doctor that believed the human body had the ability to heal itself with preventive medicine, nutrition and exercise, rather than prescription medication. Over the years, osteopaths have included the use of medication in their treatments just as medical doctors have embraced a more holistic, or whole-person, approach in their treatments. In addition to a holistic approach, osteopathy may include joint manipulation, spinal manipulation, and trigger point release.

#### Who is it for?

Osteopathy can be used for many conditions, including fibromyalgia, arthritis, carpal tunnel syndrome and more. Each formula is individualized, meaning two individuals with the same condition may receive different treatments. *It is important that individuals discuss their interest in osteopathy with their rheumatologist to ensure that it is a safe option.*



#### Does it work?

There are small studies that support osteopathy as an effective form of treatment for fibromyalgia, although it is unclear if the results are due to physical manipulation or the holistic approach osteopaths take in treating their patients.

#### Before you make your appointment...

- Discuss your thoughts of osteopathy with your rheumatologist to ensure that it is a safe option for you.
- Inform the osteopath of your condition and what you are hoping to accomplish through osteopathy.
- You can find a licensed osteopath by contacting the American Osteopathic Association, or contact a local hospital for a recommended osteopathic physician.

Updated August 2017

Adapted from the National Center for Complementary and Integrative Health & The American Association of Colleges of Osteopathic Medicine