OMT for Common Infant and Children Complaints

ARLENE O’DONNELL, DO
FEB 6, 2020
Disclosures

- Nothing to disclose
Objectives

Infants
- Latch
- Reflux
- Nasolacrimal duct obstruction
- Overriding sutures
- Plagiocephaly
- Jaundice
- Torticollis
- Colic

Children
- URI
- Otitis media
- Asthma
- Pneumonia/RSV
- Constipation
- Behavioral disorders
- Scoliosis
OMT screening
Latch issues

- Infant
  - Noisy eating
  - Won’t stay latched
  - Poor milk transfer/weight gain
  - Fatigue
  - Fussy

- Mom
  - Painful
  - Cracked/bleeding nipples
Poor latch

- Evaluate for
  - Tongue tie
  - Lip Tie
- If Mom’s the problem:
  - Engorged: Reverse pressure softening
  - Flattened/inverted nipple: pump prior to latch, nipple shield
Latch Issues

Efficacy of an Osteopathic Treatment Coupled With Lactation Consultations for Infants’ Biomechanical Sucking Difficulties.

Herzhaft-Le Roy J¹,², Xhignesse M², Gaboury I².

© Author information

Osteopathic Manipulation in Breastfed Newborns
Dominique K Fons, MD [¹], ClinicalTrials.gov, 5/10/2019
Source: https://clinicaltrials.gov/...
Latch OMT

- Also evaluate hyoid, diaphragm, sacrum, SBS, clavicles
## Reflux

### Prevalence

<table>
<thead>
<tr>
<th>Age (months)</th>
<th>% prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-3</td>
<td>50%</td>
</tr>
<tr>
<td>4</td>
<td>67%</td>
</tr>
<tr>
<td>7</td>
<td>14%</td>
</tr>
</tbody>
</table>

### Overfeeding
Reflux

Osteopathic Manual Therapy Reduces Gastrointestinal Dysfunction and Length of Stay for Premature Infants in Neonatal Intensive Care Unit

Diaphragm/ Thorax/ Ribs

- Also evaluate: SBS, OA, OM sutures, sacrum, clavicles

Stomach
Nasolacrimal duct obstruction
Nasolacrimal duct obstruction

Osteopathic Manipulative Treatment to Manage Ophthalmic Conditions

Tatyana Sherman, DO; Yasmin Oureshi, DPT, MHS; Austin Bach, DO, MPH

Resolution of Dacryostenosis After Osteopathic Manipulative Treatment

Theresa E. Apoznanski, OMS III; Reem Abu-Sbaih, DO; Michael J. Terzella, DO; Sheldon Yao, DO
OMT

Frontonasal decompression

- Also evaluate: Cranial strains, SBS, sacrum, diaphragm

Maxilla
Overriding sutures

- Frontal bone flattens
- Occipital bone moves backward
- Parietal bones override
- Resolves in 1st few days
Plagiocephaly

- Don’t miss craniosynostosis
- Consider torticollis
Plagiocephaly

- Significant decrease in 8 weeks
  - Cranial vault asymmetry $P=0.02$
  - Skull base asymmetry $P=0.01$
  - Transcranial vault asymmetry $P<0.003$
Also evaluate: dura, clavicle, neck-anterior/posterior, diaphragm, pelvis, sacrum
Torticollis

- Congenital muscular torticollis most common

- Check for
  - SCM mass
  - developmental dysplasia of hip
Torticollis

Use of Osteopathic Manipulative Treatment (OMT) to Treat Congenital Torticollis and Positional Plagiocephaly in an Infant: A Case Report
Lyudmila Burina, OMS III, Sarah A. Curtis, DO; Jayme D. Mancini, DO, PhD, FAWM; and Sheldon C. Yao, DO

Osteopathic approach to treating a patient with congenital infantile torticollis reveals unusual presentation of absence of concomitant cranial base strain pattern: A case report

Murray R. Berkowitz DO, MA, MS, MPH
International Journal of Osteopathic Medicine, 2017-09-01, Volume 25, Pages 46-48, Copyright © 2017 Elsevier Ltd
Torticollis OMT

- Dura tent and falx
- Clavicles
- Also evaluate diaphragm, sacrum, SBS
Constipation

- No pediatric studies
## Colic

- **Normal crying**

<table>
<thead>
<tr>
<th>Age</th>
<th>Time (minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>&gt;6 wks</td>
<td>117-133</td>
</tr>
<tr>
<td>10-12 wks</td>
<td>68</td>
</tr>
</tbody>
</table>
BMJ Open

Manual therapy for unsettled, distressed and excessively crying infants: a systematic review and meta-analyses

Dawn Carnes,1,2,3 Austin Plunkett,1,3 Julie Ellwood,3 Clare Miles1

Research | Open Access | Published: 25 November 2015

Effects of infant massage on jaundiced neonates undergoing phototherapy

Chien-Heng Lin, Hsiu-Chuan Yang, Chien-Sheng Cheng & Chin-En Yen

Italian Journal of Pediatrics 41, Article number: 94 (2015) | Cite this article
OMT

Colon
Sacrum/Pelvis
Colon-peristalsis

Also evaluate: diaphragm, OA, Cranial base, thoracic, ribs
Children

- URI
- Otitis media
- Asthma
- Pneumonia/RSV
- Constipation
- Behavioral disorders
- Scoliosis
Otitis Media/URI

- Most common cause: viral

- OMT
  - Lymphatic drainage into lymphatic/thoracic duct
  - Anterior cervical musculature/trachea/hyoid
  - Zygomatic motion
Effect of Osteopathic Manipulative Treatment on Middle Ear Effusion Following Acute Otitis Media in Young Children: A Pilot Study


Suture restriction of the temporal bone as a risk factor for acute otitis media in children: cohort study

Chantal Morin¹, Dominique Dorion², Jean-Marie Moutquin³,⁴ and Mélanie Levasseur¹
OMT

Also evaluate: thoracic inlet, T1-4, Ribs, diaphragm

Eustachian tube

Hyoid

Temporal bones

Zygoma
Lung issues

- Asthma
- Reactive airway disease
- Pneumonia
- Bronchiolitis
- Cystic Fibrosis
- Poor cough reflex
Lung issues

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

OMT

- Ribs
- Diaphragm
- Sternum/Thorax
- Also evaluate: Clavicles, Hyoid, trachea, cranium, pelvis, lymphatics
Behavior

Effect of Osteopathic Manipulative Therapy in the Attentive Performance of Children With Attention-Deficit/Hyperactivity Disorder

Alessandro Accorsi, DO (Italy); Chiara Lucci, DO (Italy); Lorenzo Di Mattia, DO (Italy); Cristina Granchelli, DO (Italy); Gina Bartafante, MD, DO (Italy); Federica Fini, MA, Gianfranco Pizzolorusso, DO (Italy); Francesco Cerritelli, DO (Italy); Maurizio Pincherle, MD


Brain Wave Pattern Changes in Children with ADD/ADHD following Osteopathic Manipulation: A Pilot Study

by Stephen D. Blood, DO, FAAO, FACGP and Barry A. Hurwitz, PhD, BCIAC

Effect of osteopathic medical management on neurologic development in children

Viola M. Fryman, DO; Richard E. Carney, PhD; Peter Springall, PhD

OMT

Nape of neck

Parietal lift

Sacral CV4

Also evaluate: Cranial strains, sutures, Sternum, pericardium, pelvis, sacrum
Scoliosis

- Check
  - Leg length discrepancy
  - Cranial base

Progressive Infantile Scoliosis Managed With Osteopathic Manipulative Treatment

Richard A. Feely, DO; Holly E. Kapraun, DO

Also evaluate: Pelvis, Lower extremity, diaphragms of body, clavicles, spine
OMT outcomes

- Vision
- Sleep
OMT in practice

- Somatic dysfunction causes more than just pain
- Consider OMT for a variety of pediatric complaints
- Screen, screen, screen
- Treat what you find
- Be active: move around the exam room/treat where they want
References


References


**OMT technique resources:**


Questions?