



Osteopathic Manual Medicine (OMM) After Treatment Advice for Children, Adolescents, and Athletes

- **What is OMM?** OMM is a gentle, hands-on treatment. It is helpful for adults, children, and babies. OMM has been well established as a medical procedure for over a century.
- **Who does OMM?** This is completed by an Osteopathic Physician
- **What do we treat in children?** We treat the whole body. Specific tissues we treat include: muscles, fascia, and a tough connective tissue called the dura. The dura runs from the sacrum (tailbone) all the way through the spine, up into the neck and head region. This is just one reason why it is important to work on the whole body.
- **How many treatments does OMM take?** Every child is unique. The number of treatments depends on how their body's tissue responds. We usually start with about 4 treatments. We can see progressive improvement with each visit. For some concerns, oftentimes we need more visits as we gently treat the tissues and promote positive changes.
- **How far in between each visit?** This depends on what we are treating. Usually 1-2 weeks between treatments is a good time frame to see positive changes.

For a few days after an OMM treatment, children can sometimes have:

- Mild temperature increase:
 - o Sometimes children can have a slight increase in their body temperature after treatment. Treating tight muscles can cause a release of built-up toxins, like lactic acid.
 - o OMM treatment will not cause a fever. If their body temperature reaches over 100.4F, this is considered a fever.
 - o Such a fever would be from something other than the OMM treatment, and should be addressed by your regular provider.
- Deep sleep:
 - o Children may take a long nap after treatment. They may also sleep longer than usual the night after treatment. This is normal.
- Large Bowel Movement:
 - o Oftentimes a child can have a large bowel movement (poop) after treatment. This is normal.
 - o The nerves that help control bowel movements are within the sacrum (tailbone) and upper neck region, and were likely treated today.
- Soreness:
 - o Children may have soreness of the areas that were treated.
 - o Children may also have soreness in body regions that were not directly treated.
 - o This can feel similar to the soreness felt after exercising.
 - o This is normal as we shift a strain pattern within the body.
- Headache
 - o Occasionally a patient treated with OMM can experience a headache.
 - o If we work on your head and neck, this changes the tension of the muscles and connective tissue. As a strain is released, sometimes a headache can occur.
 - o This is more likely in patients that have experienced headaches in the past.

Recommendations:

- PT or chiropractic:
 - Please let us know if your child is having a type of bodywork completed
 - We recommend a chiropractic or PT visit be spaced approximately 48 hours apart from having OMM completed. This will give the body an appropriate time frame (about 2 sleep cycles) to fully integrate the changes that are being asked of it.
- Ice/Heat:
 - Ice or heat can be used as needed for any sore areas.
 - Whichever one feels better for the child is fine to use.
 - Allow the ice or heat to rest for no more than 20 minutes, with a towel placed between skin and the applied ice/heat.
 - In general:
 - Ice is helpful for reducing inflammation and for treating joints, like the knee, ankle, hand, foot, elbow.
 - Ice can also be helpful for the spine region (the low back and neck region).
- Heat is generally helpful for areas with a lot of muscles, like the upper back and shoulders.
- Hydration
 - We recommend that you drink plenty of water to stay hydrated after your treatment
 - Avoid drinks like soda, as there are very acidic and will not help you with hydration
- Rest:
 - We recommend rest from more strenuous activities the day of treatment, and the day after treatment. If you can: rest from sports activities, heavy trampoline use, going for a run, and heavy house chores like vacuuming and lawn mowing.
 - This two-day break will help solidify relaxation of the muscles that were treated.
 - An easy-going walk during this two-day time frame is fine.
 - Return to normal sports and play activities 48 hours after treatment.
- Shoes:
 - In general, we recommend shoes with a supportive sole, especially when doing exercise intensive activities and for wearing throughout the day.
 - The foot has several joints designed for movement and a great deal of intrinsic motion
 - However, the major point of motion is at the “ball” of the foot
 - As such, we prefer a shoe that is comfortable, but that the sole of the shoe only bends at that point where the “ball” of the foot resides
 - Properly supportive: If you grasp the back of the shoe and the front of the shoe, and try to fold the shoe together, the only fold that occurs in the shoe should be where the toes bend.
 - Not properly supportive:
 - unable to bend the shoe at all (like a dress shoe is often more rigid)
 - the shoe folds over on itself like a “taco”
 - Special circumstances:
 - hiking boots: these often will be more rigid
 - cleats: specific sports require specific shoes. These often will not be as supportive by nature

Recommended shoe brands: asics, stride rite