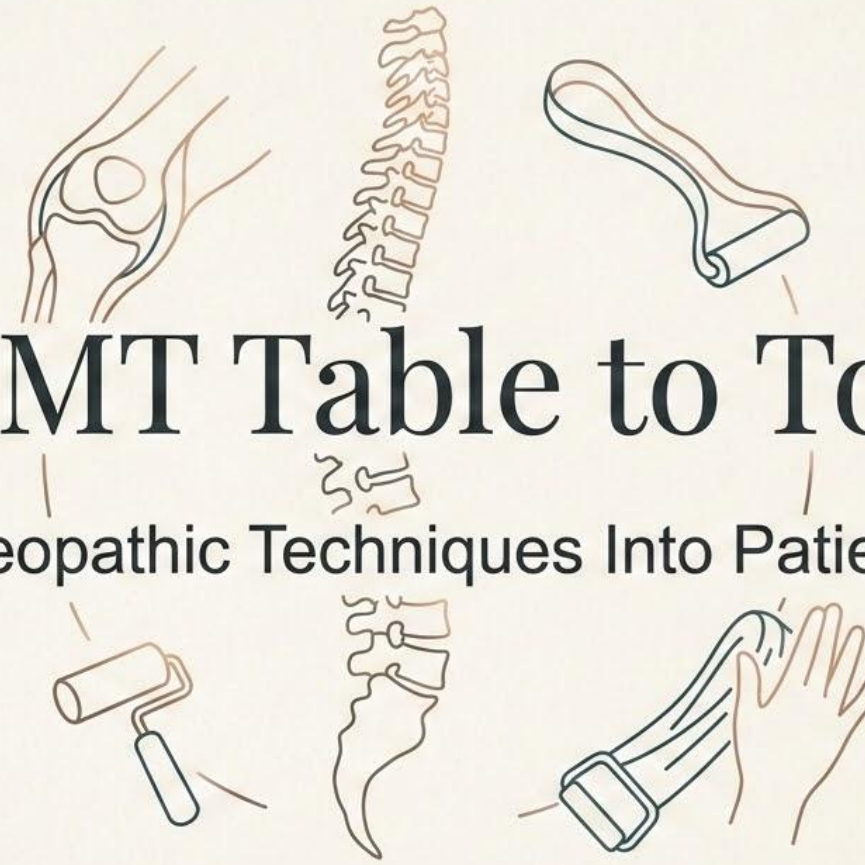




From OMT Table to Toolbox

Translating Osteopathic Techniques Into Patient Self-Care

OMT Does Not End When the Visit Ends

- The goal of OMT is not simply to treat a somatic dysfunction—it's to help patients function better.
- Usual recommendations:



GENTLE STRETCHING

Maintain flexibility
and ease muscle
tension.



RANGE-OF-MOTION EXERCISES

Perform targeted
joint mobility
routines.



WALKING / STAYING ACTIVE

Integrate regular,
consistent
movement.



AVOID PROLONGED STATIC POSITIONING

Change positions
frequently; set
movement
reminders.



GRADUAL RETURN TO NORMAL ACTIVITY

Slowly resume
normal daily
activities and
intensities.

Still Point Inducer



Suboccipital Release

- Soft tissue technique aimed to release suboccipital musculature, including the rectus capitis posterior major/minor and obliquus capitis superior/inferior
 - Relieves tension headaches and migraines
 - Eases upper neck pain and stiffness
 - Lowers overall nervous system stress
 - Improves neck range of motion
- Indications for suboccipital release include:
 - Tension headache
 - Migraine headache
 - Cervical muscle strain
 - Nausea
 - Anxiety



Still Point Inducer





Cervical Traction

- Physician gently pulls or stretches the neck
 - Decompresses the cervical vertebrae, reduces muscle spasm, opens up the neural passageways, and relieves pressure on pinched nerve root
- Indications
 - Relieves cervical radiculopathy (shooting pain or numbness down the arm).
 - Reduces hypertonicity (tightness) in the cervical paraspinal muscles.
 - Improves mechanical neck range of motion.
 - Decreases facet joint pressure





Sinus Drainage (Effleurage)

- For each area make three to seven sweeps from the midline of the face towards the ear.
- 1) Frontal (the forehead)
- 2) Supraorbital (above the eyes)
- 3a) Infraorbital (below the eyes)
- 3b) Inframalar (on the cheek)
- 4) Mandibular (the upper jaw)
- 5) Submandibular (underneath the jaw)
- Various textbooks have slightly different renditions, but this is a good start.



SINUS TECHNIQUE: TAPPING & EFFLEURAGE

Gentle techniques to help support sinus drainage and reduce facial tension.

1 TAP THE SINUSES

Using your fingertips, gently tap (cup your fingers and lightly tap) over the sinus areas to help stimulate circulation.



2 EFFLEURAGE THE SINUSES

Using light pressure, slowly stroke (effleurage) over the sinus areas in the directions shown to encourage drainage.

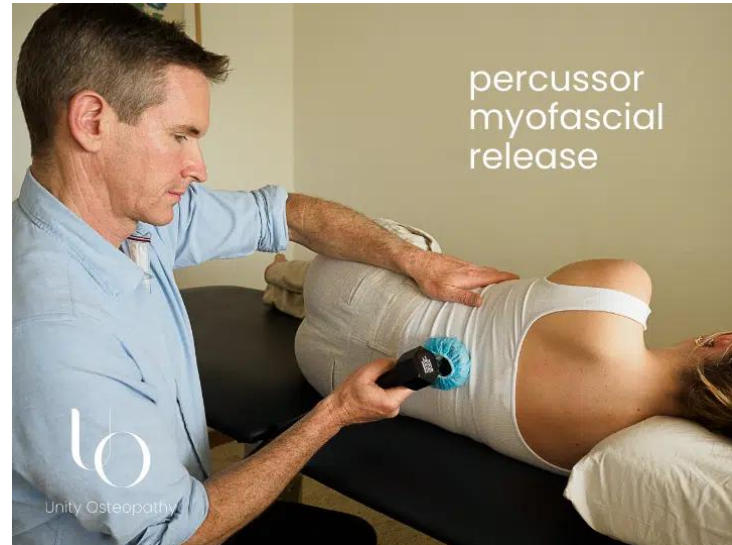


Tips: Use clean hands and short, gentle strokes. Stop if you feel any pain. Practice daily or as needed, especially during congestion or sinus pressure.



Vibratory Technique

- The vibratory technique in Osteopathic Manipulative Treatment (OMT) applies rapid, low-amplitude mechanical oscillations (tuned near middle "C" to match fascial resonance) to unlock tight fascia, reduce pain, and boost circulation
- Pioneered largely by Dr. Robert Fulford using a mechanical percussion vibrator or hammer

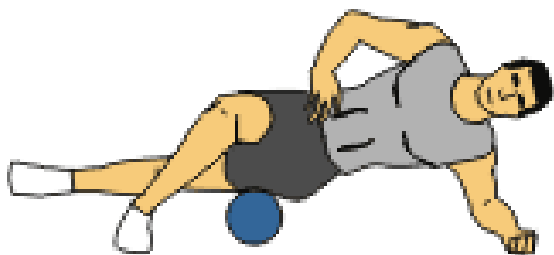
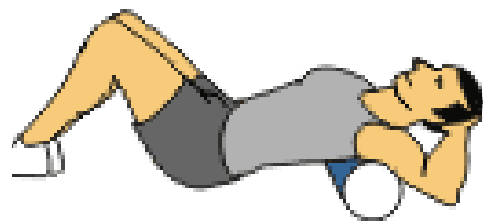
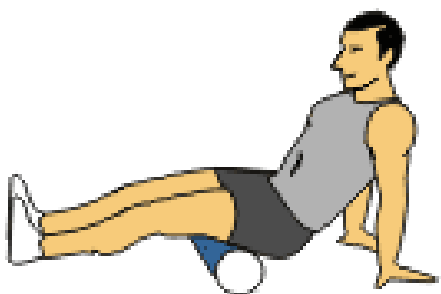


Percussion Vibrator



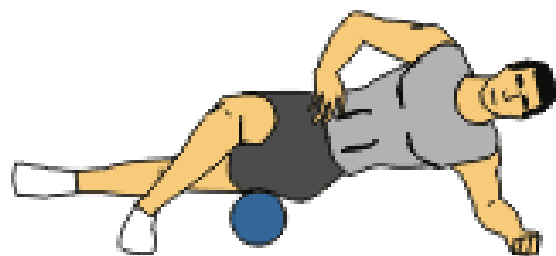
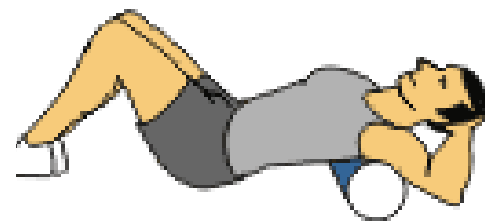
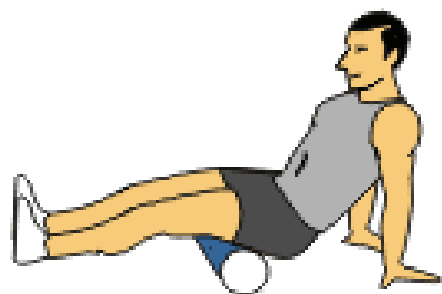
- Generates a rhythmic, vibrational wave that can be focused across body structures to facilitate fascial releases
- Dr Fulford would place the vibrating pad on specific areas of the body, often beginning at the shoulder or hip.
 - The vibrations would travel through the tissues, and Dr Fulford's trained hands could sense when a release occurred—described as a sudden jerk or shift in the tissue.
- Trauma impairing the breathing mechanism
 - **Birth trauma** – Complications during delivery can restrict the cranial rhythms from the very start of life
 - **Physical trauma** – Falls, accidents, or blows that interrupt the breath cycle can cause permanent restrictions
 - **Psychological trauma** – Major emotional events, especially in early life, can affect the body's vital rhythms
- How the processor works
 - **Mechanical:** The vibration helps release restrictions in fascia, muscles, and other soft tissues
 - **Neurological:** The treatment affects the nervous system, helping to release stored trauma patterns





Myofascial Release

- What is it?
 - Fascia is like a spider web that is densely woven through muscles, bones, nerves, arteries, and organs to create a continuous structure throughout the body. Body is a unit, and fascia connects it all.
 - Gentle, constant massage that releases tightness and pain throughout myofascial tissues. First, find restrictions (tension) in fascial tissues. Then, they'll gently apply pressure until the tension releases.
- What can be treated with it?
 - Many somatic dysfunctions!
 - Carpal tunnel syndrome, lower back pain, tight trapezius, TMJ, fibromyalgia, etc.
- Who can do this?
 - DO, PT, OT, massage therapists, chiropractors, athletic trainers



Self-Myofascial Release Using Foam Roller

- Self-myofascial release is used by rehabilitation and fitness professionals to improve myofascial mobility
 - Foam rollers, roller massagers
 - Increase ROM and recovery
- Patient applies bodyweight to soft tissues during rolling motion
 - foam rolling combined with static stretching produced statistically significant increases ($p=0.001$, $r=0.706$) in hip flexion ROM
 - (Mohr AR Long BC Goad CL. Effect of foam rolling and static stretching on passive hip-flexion range of motion. J Sport Rehabil. 2014;23(4):296-299)

Plantar Fasciitis: Myofascial Technique



Soft Tissue Mobilization



FROZEN WATER BOTTLE

Use a frozen water bottle (plastic, no glass). In a seated position, roll the bottom of your foot with moderate pressure. Use as much pressure as you can tolerate without discomfort.



PLANTAR FASCIA ROLL

While seated, place a small ball under the arch of your foot and press into it while rolling it around. A tennis ball or golf ball work well.

Use this form of self-soft tissue massage technique for the arch of the foot.

Repeat	3 Times
Hold	1 Minute
Complete	1 Set
Perform	1 Time(s) a Day

Empower Your Healing at Home

Simple tools and techniques to support your body, reduce tension, and promote long-term wellness.



STILL POINT INDUCER for Suboccipital Release



Applies gentle, specific pressure to the suboccipital muscles to help release tension and promote deep relaxation.



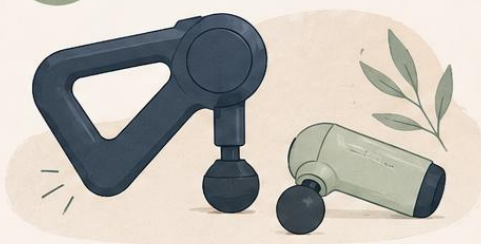
CERVICAL TRACTION Curved Foam



Provides gentle traction to help decompress the cervical spine, reduce pressure, and improve mobility.



VIBRATORY PERCUSSION & Theraguns



Use short bursts on tight muscles to improve circulation, reduce soreness, and support recovery.



FOAM ROLLERS for Myofascial Release



Roll slowly over tight areas to release muscle tension, improve flexibility, and enhance movement.



BALLS & BOTTLES for Plantar Fasciitis Myofascial Release



Roll under the foot to release tension in the plantar fascia, reduce pain, and improve mobility.

