

*Osteopathic Medicine is a unique health care system that utilizes Osteopathic Manipulative Treatment as the therapeutic action.**

The 9 phases of Osteopathic philosophy are:

1. **HOLISM:** Human beings function in a dynamic state of holism. The Osteopathic approach identifies the lack of holism, applies a patient-specific treatment, and then offers the body an opportunity to reconnect into a state of oneness.
2. **HEALTH:** Osteopathy recognizes that healing emerges from what is **healthy** in the organism not from what is diseased.
3. **NORMAL:** To fully understand abnormal conditions (disease, illness, or injury) the structure and function of what is **normal** for human beings in general, and for each patient in particular, must be understood. Normal is an expression of health. The understanding of the endless variants of normal require a lifelong study of the human body in health and disease.
4. **ANATOMY:** The better one understands of **anatomy**, the more accurate is the diagnosis and treatment. A precise anatomic diagnosis is made using hands-on palpation of the body. A detailed anatomic diagnosis is clinically relevant and utilized to design a patient-specific, dynamic Osteopathic Manipulative Treatment plan.
5. **MUSCULOSKELETAL SYSTEM:** The **musculoskeletal system** (bones, muscles, and connective tissues) has a unique structure and function that impacts the overall health of the entire organism. When the musculoskeletal system fails to perform normally, the entire organism may suffer a localized or generalized disorder.
6. **STRUCTURE AND FUNCTION:** **Structure and Function** are in a constant state of equilibrium. The relationship between anatomic structure and physiologic function impacts the overall health of the entire body. Structure and function are interdependent and inseparable in disease and in health.
7. **CAUSE AND EFFECT:** Osteopathy works to discover the cause of disease, illness, or injury rather than just treating the effects or dysfunctional compensations. Layers of **cause and effect** may be present creating interconnected dysfunctions that lead to complicated clinical presentations. Pain is an effect and a symptom, not a disease. If pain is exclusively treated, and there is a failure to arrive at the origins of what is causing pain, then the therapeutic actions are limited. The causes of pain are often distant from the symptoms.
8. **MOTION:** Restoration of **motion** informs Osteopathic Manipulative Treatment. The goal of an Osteopathic Manipulative Treatment is to remove the obstructions to healthy motion allowing for normalized fluid flow, nerve function, and joint and muscle action.
9. **SELF-HEALING:** The goal of an Osteopathic Manipulative Treatment is to enhance the natural ability to **self-heal**, or to creatively compensate by augmenting the local and global health of the body by removing the obstructions to normal structure and function.

Etc. Osteopathy—as an art and science—is progressive and evolving. Expanding Osteopathic skills requires a dedication to lifelong learning and a commitment to an integrated way of thinking based upon the practicality of scientific method combined with insight, and is based upon developing perceptual expertise.

***OSTEOPATHIC MANIPULATIVE TREATMENT (OMT):** Structural or functional disturbances of any system of the body are treated by the application of a patient-specific, dynamic Osteopathic Manipulative Treatment. Every patient is unique and each treatment is individualized matching a person’s moment-to-moment distinctive clinical necessity. Osteopathic Manipulative Treatment is not merely the application of a technique use as a modality. Osteopathic philosophy, Osteopathic diagnosis, and Osteopathic Manipulative Treatment are interdependent and inseparable.

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