

What is Osteopathic Manipulative Treatment (OMT)?

OMT is a hands-on therapy designed to relieve pain and improve function.

Taught at osteopathic medical schools, OMT is similar to chiropractic care but includes a range of techniques. Most OMT methods are very gentle and can be safely used even after acute injuries. OMT can also be used before athlete's games or tournaments. These techniques may include:

- Soft Tissue Techniques: Similar to massage, these techniques target muscle and connective tissue.
- Myofascial Release: Focuses on easing tension in the connective tissue.
- Counterstrain: A gentle neuromuscular method to relieve tender points in muscles and tendons that cause discomfort.
- High-Velocity Low-Amplitude (HVLA): Often referred to as the "popping" technique, used for certain joint issues. Generally, Dr. Herrera does not typically use HVLA techniques. However, we may consider HVLA for the upper and lower back. HVLA will not be used on the neck.
- Many other techniques

OMT can be effective for treating a variety of conditions, including:

- Tension headaches
- TMJ pain
- Neck and back pain
- Rib pain (without fracture)
- Shoulder impingement syndrome
- Myofascial hip pain
- Trigger points
- Muscle strains and spasms

LEAD PHYSICIAN



Dr. Diego Herrera, DO

OMT can be used in conjunction with physical therapy for enhanced relief. It is covered by most insurance plans and is a cost-effective option for managing pain and improving overall function.

When to Consider OMT:

- Inadequate Relief: OMT can be a great option if other treatments haven't provided sufficient relief.
- Normal MRI but Persistent Pain: If an MRI appears normal but you still experience pain or discomfort, OMT may help.
- Myofascial Pain: OMT is effective for myofascial pain in areas like the neck, shoulders, low back, hips, and ankles. It can also be beneficial for acute back spasms or shoulder impingement, often providing relief as soon as the day after symptoms begin.
- TMJ Pain: If you experience TMJ pain, OMT might be a helpful option.

Treatment Plan:

- Frequency: Generally, patients are seen at most once a week. Athletes may have sessions twice a week if needed for upcoming events. Initially, visits may be every 2-4 weeks, then spaced out to every few months or as needed.
- Combining Therapies: OMT is often paired with physical therapy for enhanced results.

Coordinating with Other Care:

Chiropractic Care: You can be referred for OMT even if you are seeing a chiropractor. Many patients find that OMT provides additional relief and may prefer the gentle techniques for longer-lasting results.

Areas to Avoid for Osteopathic Manipulative Treatment (OMT):

1. Recent Fractures: Do not apply OMT to areas with recent fractures.
2. Recent Surgery: Avoid OMT in areas that have undergone recent surgery. It's best to wait until your surgeon confirms that it is safe and at least 3 months after surgery. If treatment is necessary, only very light and gentle techniques will be used.

Duration:

Each Osteopathic Manipulative Treatment (OMT) session lasts approximately 30 minutes.

How to Schedule an appointment:

Phone: Call 1-855-NH-Sport

Online: Visit our website or use the QR code below to book your appointment.
sportsmedicine.northside.com/providers/orthopedic-sports-surgery/diego-herrera



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