OSTEOPATHIC MANIPULATIVE MEDICINE (OMT) FOR CONCUSSIONS AND POST-CONCUSSIVE SYNDROME: A LITERATURE REVIEW

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Context: Concussions are the most common type of traumatic brain injury and have many deleterious acute and chronic impacts. Osteopathic Manipulative Treatment (OMT) is a treatment option that may benefit patients with concussions.

Objective: To determine whether OMT can improve symptoms associated with concussions and persistent post-concussive symptoms.

Methods: A comprehensive literature review was conducted including case-reports, case studies, randomized control trials, meta-analyses, and peer-reviewed journal articles. Articles needed to include concussion or post-concussive symptoms and treatment by either osteopathic manipulative medicine from an osteopathic physician or manipulative techniques by non-osteopathic providers.

Results: The literature shows the positive effects of OMT and manipulative techniques on symptom resolution after a concussion. However, most of the literature is qualitative rather than quantitative in nature, lacking in randomized control trials.

Conclusion: There is a poverty of high-quality studies evaluating the effectiveness of OMT on concussions. More research is needed to understand the degree of benefit for this treatment option.