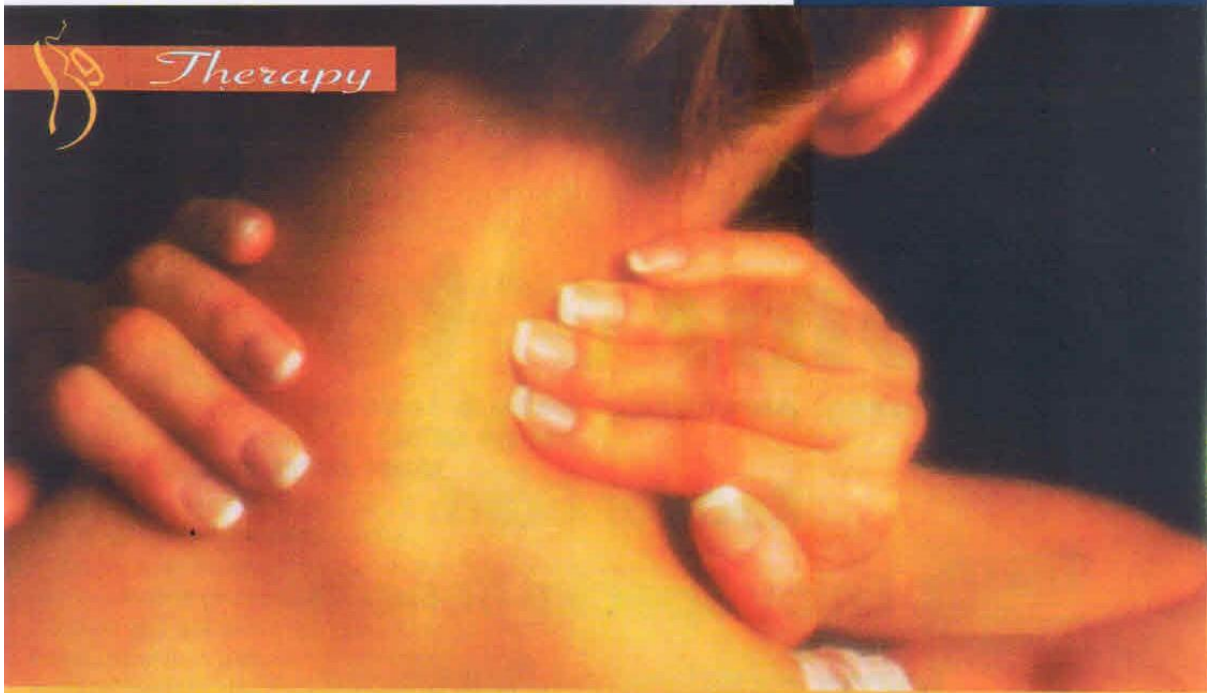




Therapy



## How Osteopathic Medicine treats Neck Pain!

Instead of looking at each symptom of an illness separately, osteopathic medicine is a kind of medicine that looks at your entire body to figure out the best method of treatment.

Osteopathic medicine has become quite popular, especially for people who have problems with muscle and joint pain. A lot of people insist that when you suffer from neck pain, an osteopathic Physician is one of your best resources.

It is understandable, however, that if you haven't ever visited an osteopathic Physician, that doing so might feel scary. Don't worry-you have nothing to be scared of.

Here is what you can expect to experience when you visit an osteopath for neck pain treatment:

The first part of your visit will be an exam that is the same as a visit to a "traditional" doctor if only he is an Physician (certified Medical Doctor registered in the LOP (Lebanese Order of Physicians)). You'll most likely give your complete medical history and also receive a physical examination. In many cases, your osteopathic Physician might order extra tests to help narrow down exactly why your neck is in pain. You might have an X-Ray taken to see if there is any physical damage to the vertebrae in your neck, but don't be surprised if your osteopathic Physician pays attention to other parts of your body as well!

It is important to know that your appointment will involve a lot of physical contact between you and your osteopathic Physician. Osteopathic treatment is very "hands on."

**Your Osteopathic Physician might use any of the following methods to treat your neck pain:**

**Counterstrain technique:** this technique involves moving you into a position that will help your body restore motion to any of your muscles that might have been strained or restrained.

**Muscle Energy technique:** In this technique, your osteopathic Physician will prescribe specific exercises. These exercises will start you in specific poses and move your muscles in specific ways.

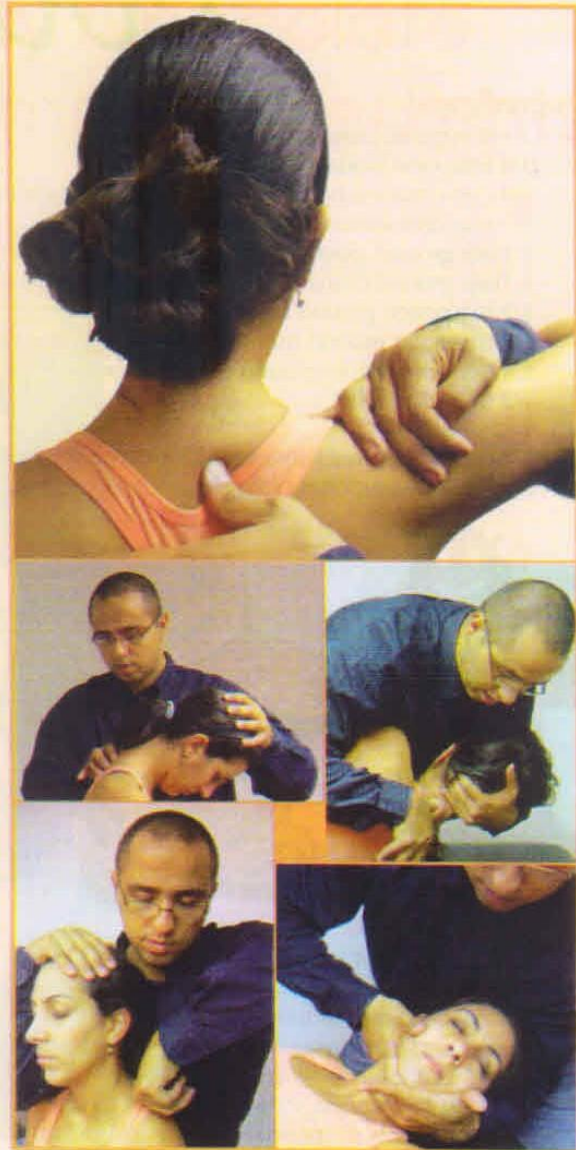
**Soft Tissue technique:** this technique involves your osteopathic Physician putting pressure on the muscles that are near and around your spine. Sometimes the pressure is deep, other times it involves traction or rhythmic stretching.

**Thrust technique:** Your osteopathic Physician will use a high velocity force to reintroduce movement to your joints and muscles. Thrust is used to correct any asymmetry in your muscles. This method should also take care of any restricted movements, tissue changes or muscle tenderness you might have been experiencing.

Patients should experience **any pain** when they visit their osteopathic Physician for neck pain treatment. In fact, most people who visit osteopathic Physicians find their treatments to be relaxing and pleasant!

***It is necessary to specify a major point:*** the therapist must be a Medical Doctor to remove any serious health problem and to refer to a colleague specialist if needed. It is a **MUST** to eliminate any other medical reason and so, avoid any major complication or delay in the treatment.

Therefore, it is especially recommended in Lebanon that the patient verifies at the LOP (Lebanese Order of Physicians) that the pretending therapist is a confirmed Medical doctor and this only for a unique purpose; their own health.



**Elie MALEK MD, DOM**  
OSTEOPATHIC MEDICINE

Member of the French Professional Association For  
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