

# Collected Scientific Research Relating to the Use of Osteopathy with Plagiocephaly (head assymetry)

## Important:

1) Osteopathy involves helping people's own self-healing abilities to work better, rather than focussing primarily on particular conditions.

2) Each person is different, and osteopathy treats them differently.

Therefore people respond to osteopathic treatment in different ways. Treatments that work for one person cannot be guaranteed to work for another person in the same way. The fact that there is scientific research supporting a treatment in a group of people does not mean that it will always work in the same way (which is probably true of all research).

A number of things make research into osteopathy challenging. These include the two aspects of osteopathy mentioned above, and also the lack of major commercial interests to provide funding in expectation of financial returns. At the same time, there is an emerging body of research demonstrating the usefulness of osteopathic treatment.

More research is being done all of the time. I am not aware of any research which shows that osteopathic treatment, delivered by a qualified osteopath, is ineffective in relation to this area. If you are aware of any studies that show that, please bring them to my attention.

Please note: there is room for debate about the classifications used for these studies. Please let John Smartt know if you believe that any of these classifications are incorrect.

# These studies are from peer-reviewed journals

Number of studies: 1

## Clinically and statistically significant results

Number of studies: 1

### Other controlled clinical trials

Number of studies: 1

Lessard S, Gagnon I, Trottier N. 2011 **Exploring the impact of osteopathic treatment on cranial asymmetries associated with nonsynostotic plagiocephaly in infants.**

Complementary Therapies in Clinical Practice Nov;17(4):193-8 <http://www.percorsiagrate.com/wp-content/uploads/2014/06/plagiocefalia.pdf>

**This was a time-series study without an independent control**

"Objectives: To document the evolution of cranial asymmetries in infants with signs of nonsynostotic occipital plagiocephaly (NSOP) who were to undergo a course of four osteopathic treatments (in addition to the standard positioning recommendations) as well as to determine the feasibility of using this methodology to conduct a randomized clinical trial investigating the impact of osteopathic intervention for infants with NSOP.

Design: Pilot clinical standardization project using pre-post design in which 12 infants participated. Ten infants presented an initial Oblique Diameter Difference Index (ODDI) over 104% and five of them had an initial moderate to severe Cranial Vault Asymmetry (CVA) (over 12 mm).

Interventions: Infants received four osteopathic treatments at 2-week intervals.

Main outcome measures: Anthropometric, plagiocephalometric as well as qualitative measures were administered pre-intervention (T1), during the third treatment (T2) and two weeks after the fourth treatment (T3).

Results: Participants showed a significant decrease in CVA ( $p \leq 0.02$ ), Skull Base Asymmetry (SBA) ( $p \leq 0.01$ ), Trans-Cranial Vault Asymmetry (TCVA) ( $p < 0.003$ ) between the first and third evaluations.

Conclusions: These clinical findings support the hypothesis that osteopathic treatments contribute to the improvement of cranial asymmetries in infants younger than 6.5 months old presenting with NSOP characteristics."