

Collected Scientific Research Relating to the Use of Osteopathy with Prader-Willi syndrome (people with)

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.

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

Vismara L, Cimolin V, Galli M, Grugni G, Ancillao A, Capodaglio P, 2016 **Osteopathic Manipulative Treatment improves gait pattern and posture in adult patients with Prader-Willi syndrome** International Journal of Osteopathic Medicine Volume 19, March, Pages 35–43
<http://www.sciencedirect.com/science/article/pii/S1746068915001030>

"The aim of this study was to quantify the effects of an Osteopathic Manipulative Treatment (OMT) session on gait pattern and posture in adults with PWS."

"Ten patients with PWS (age: 37.0 + 4.3 years) were evaluated at admission (PRE session) and 24 h after the conclusion of one single 45-min OMT session (POST session), using gait analysis and static posturography. Two control groups were recruited: the first one included 15 obese subjects and the second group included 20 normal weight subjects."

"After the OMT treatment, significant effects on posture and on walking were reported. In particular, significant improvements were observed in knee kinematics (knee position at initial contact and in mid-stance) and ankle kinetics (in terms of the peaks of ankle moment and power during terminal stance), with higher value of ground reaction force at push-off. Significant improvements were found in terms of postural analysis of the centre of pressure, which decreased its excursion in antero-posterior and medio-lateral direction and its trace length."