

Collected Scientific Research Relating to the Use of Osteopathy with Sinusitis

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

Lee-Wong M, Karagic M, Doshi A, Gomez S, Resnick D, 2011 **An Osteopathic Approach to Chronic Sinusitis** Journal of Allergy & Therapy DOI: 10.4172/2155-6121.1000109 <https://www.omicsonline.org/an-osteopathic-approach-to-chronic-sinusitis-2155-6121.1000109.php?aid=58>

"Background: Patients with sinus pain and discomfort often seek additional adjunct therapies.

Objective: To determine the efficacy of osteopathic manipulation techniques (OMT) to relieve sinus pain in our outpatient allergy clinic setting.

Methods: Sixteen patients who presented to our clinic in pain and requesting alternative therapies for relief of their chronic sinus pain were offered to receive OMT treatment as an adjunct to their office visit. One patient declined participation after receiving printed information about the OMT techniques. The remaining fifteen patients were given a symptom score card to assess the severity of their sinus pain before offering OMT. The OMT offered consisted of four different direct pressures and "milking" techniques combined with one sinus drainage technique. These five techniques were selected to relieve sinus pain, pressure, and congestion by unblocking nasal passages and improving lymphatic flow. Each technique was given for 3 minutes and the entire process took approximately 18 minutes to complete.

Results: Each patient was given a symptom score card to rate their symptoms before and after manipulation. Data was plotted and statistical analysis computed with GraphPad Software using paired t-test. OMT was not associated with any adverse effects or complaints. Nine of the 15 patients reported symptom relief immediately following OMT. The average reported sinus pain/congestion before OMT was 3.07 (Moderate.) Following OMT, sinus pain/congestion decreased to 2.33 (Minimal.) Average decrease in symptom score after OMT was 0.74 with a p-value of 0.0012 via paired t-test. Subjective data reported by the patients showed symptom improvement immediately following each OMT session. Four of the fifteen patients reported minimal pain during the procedure. No other adverse effects were reported.

Conclusion: This study demonstrated that after OMT, utilizing direct pressure and sinus drainage technique, the overall sinus pain/congestion for all patients improved (p=0.0012). All fifteen patients reported feeling more relaxed after OMT."