
HAVE YOU HEARD OF OMT?

*Osteopathic Manipulative Treatment at
Penn Highlands Healthcare*



**PENN HIGHLANDS
FAMILY MEDICINE
RESIDENCY CLINIC**

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HAVE YOU HEARD OF OMT?

OMT is short for osteopathic manipulative treatment, and it is something Doctors of Osteopathic Medicine are trained in!

For any medical condition, osteopathic physicians (DOs) understand that each individual is different. Just because a patient isn't diagnosed with a disease, doesn't mean he or she is in great health.

DOs are trained to recognize changes in body structure that alter its function. In addition to managing medical conditions with pills or surgery, DOs are trained in OMT. OMT is the application of manual therapy techniques to address the changes in body. They can range from a gentle massage to high-pressure or rapid, forceful manipulation. Applying OMT to muscles, joints and other tissues allows the body to achieve a state of health more quickly and easily.

Who can benefit? People of all ages! Newborns and up can benefit from OMT. OMT can be helpful in a wide range of clinical conditions, from alleviating pain to shortening hospital recovery time, improving childhood asthma and infant colic.

OMT also can help patients with a vast number of other health problems such as:

- Ear and sinus disorders
- Carpal tunnel syndrome
- Migraines
- Menstrual pain
- Irritable bowel syndrome
- Low back pain

Call 814-503-4305 to schedule your appointment today! Most insurances cover this appointment.

