

Boston Osteopathic Health (BOH)
Consent for Osteopathic Manipulative Treatment (OMT)

Please be sure you have read and understand the following information before signing this consent. If you have any questions, allow us to answer them to your satisfaction before giving your consent for treatment.

What is OMT?

OMT is a non-invasive manual medicine treatment that focuses on total body health by treating and strengthening the musculoskeletal framework including the joints, muscles, and spine. Its aim is to positively affect the body's nervous, circulatory, and lymphatic systems. This treatment is a holistic (whole body) approach to health care. Osteopaths do not simply concentrate on treating the problem area, but use manual techniques to balance all the systems of the body, to provide overall good health and wellbeing. As this is a hands on treatment, your osteopath will likely touch areas of your body including, but not limited to, your head, spine, pelvis, tailbone, coccyx, and limbs.

Benefits of Osteopathy

Potential benefits of OMT include reduction of pain or discomfort, greater flexibility and strength, restoration of symmetry, improvement in numbness or tingling, reduction of swelling, enhancement of the body's natural healing mechanisms, and improvement in function of the body's organs systems.

Possible Side Effects

OMT is generally very safe, well received, and painless, without complication. Mild soreness lasting 3-7 days after treatment is possible, and is usually considered a normal part of the healing process. Most commonly drowsiness, headache, or lightheaded feeling may occur temporarily. Training prepares osteopaths to examine and screen for potential difficulties that indicate where certain techniques should not be used, thereby avoiding patients being exposed to unnecessary risk. Serious side effects (fracture, disc herniation, and blood vessel injury) are extremely rare – they have been reported as occurring in between 1 in 400,000 to 1 in 5.85 million patients undergoing cervical spine high velocity thrusting manipulation. In comparison, NSAIDS, such as Advil, have an estimated risk of serious side effects (e.g. peptic ulcer or death) of 1 in 1000 patients. As in any form of medicine, unexpected risks or complications may occur. If, during the course of treatment, unforeseen conditions are discovered it may be necessary to alter or discontinue osteopathic manipulative treatment.

Acknowledgment

I acknowledge that I have read the above description about OMT, and understand possible risks and benefits of the OMT. I have informed the physician of any previously diagnosed conditions that may affect the treatment outcome. I am informed that BOH will not be providing routine internal medicine care for me and I am advised to have a primary care provider to provide my acute and chronic medical care. I understand that there is no guarantee that OMT will resolve my symptoms. I consent to the performance of OMT by the BOH physicians.

Signature _____

Print Name _____ Date _____