



AN OPEN LETTER TO D.O.'S LIVING IN AN ALLOPATHIC WORLD

Many Osteopathic Physicians are taking allopathic residencies and/or practicing in mixed staff hospitals. The maintenance of traditional allopathic standards is supreme in their everyday work life as they relate to colleagues. Many feel that are trapped in the allopathic world feeling guilt, remorse and/or animosity when it comes to Osteopathic principles of practice (OPP) and Osteopathic Manipulative Treatment (OMT). Often, they feel they should be more Osteopathic. Though this feeling is common and might be justified, the D.O.'s that are trapped in an allopathic world need to realize that they have been given the philosophy that Andrew Taylor Still, gave to the world of, body is a single unit, structure and function is reciprocally interrelated, and the body does possess homeostatic mechanisms. D.O.'s need to and can utilize these Osteopathic principles every day in their work, while treating the whole person: body, mind, and spirit. Many D.O.'s are doing that day in and day out as living examples of high quality Osteopathic Medicine. Osteopathy is more than just a procedure, but yet, they still feel the guilt that they are not true Osteopaths.

A visualized hallmark of true osteopathy is OMT. OMT is the one unique coding procedure that demonstrates the characteristics of the profession. It is because of the Osteopathic profession that this procedure has been in the AMA's CPT book from the beginning. While being a D.O. in an allopathic world, OMT is not always able to be provided due to a variety of reasons including; patient's current physical status, the opportunity structurally or philosophically within the employed organization, financial or time restrictions, and/or availability of OMT tables. But ALL D.O.s in a clinical setting can touch their patients and us OPP.

One of the things that D.O.'s need to understand is that doing OMT is like playing the piano. It is a psychomotor skill. This manual psychomotor skill is learned, re-learned, modified, and improved upon day by day with daily practice and use. Musicians say, "if I fail to practice one day, I know; if I fail to practice for one week, other musicians know; if I fail to practice for one month, the everyone knows". So many D.O.'s need to realize that if they don't do OMT on a daily/weekly basis and they feel inadequate when called upon, that is normal, because it is a psychomotor skill that is not maintained. But, daily and weekly use of little manipulative procedures is able to be done in a hospital setting using indirect fascial release, counterstrain, other gentle techniques of feeling and unwinding the ligamentous articular strains that are inhibiting complete healing, effecting the free flow of blood, lymph, and nerve function. By doing daily palpation on live ill patients, you can improve your diagnostic and treatment capability.

Therefore, we at the Academy of Osteopathy encourage all D.O.'s to be involved in doing little acts of palpation, and OMT. By using OMT in your everyday hospital and ambulatory practice you provide tangible healthcare that is unique to the profession. Thank you for showing your Osteopathic character and spirit with your kind touch.

All the best,
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