



## Child and Adolescent Health Specialists, PC

**Robert F. Belknap, MD, MPH, FAAP**  
*Developmental-Behavioral Pediatrics*

**Jocelyn R. Healey, MD, FAAP**  
*General Pediatrics*

**Arlene Dijamco, MD, FAAP**  
*General and Integrative Pediatrics*

**Alisa Volmer Wincze, PhD**  
*Adolescent and Adult Psychology*

**Dina-Leigh O'Neil, MS, CCC-SLP**  
*Speech and Language Pathology*

# An Introduction to OSTEOPATHIC MANIPULATION

One of the main principles of osteopathy is that function is directly related to the “living anatomy” of the body, which includes the flow of fluids, motion of tissues, and mobility of joints and bones. The osteopath is highly trained to assess these subtle rhythms. Restrictions or strains on any part of the body can place pressure on nerves or cause alterations in blood flow or a myriad of problems. By applying a very precise amount of pressure, the osteopath can treat imbalances, gently encouraging the body to return to a healthier state. This type of treatment is called osteopathic manipulation.

There are various types of osteopathic manipulation. **Cranial osteopathy** focuses on treating the subtle rhythms of the cranium. Restrictions in the cranium can cause fluid retention (such as in ear infections and sinusitis), or alterations in blood flow (such as in migraine headaches), or irritation on nerves (such as vagal irritation in reflux). Releasing these restrictions can improve symptoms and even restore function completely. It is important to note that cranial osteopathy can dramatically differ from “cranial sacral” treatments, since osteopaths are physicians whose training integrates their professional medical background with fine-tuned palpatory skills and in-depth understanding of anatomy.

Dr. Dijamco also specializes in **releasing muscular trigger points**. These are often the “knots” found in the head, neck, and shoulder area and are a common cause of tension headaches. Trigger points can actually be found in any muscle in the body and may also cause referred symptoms due to the connective tissue and shared nerves that link the body together. For example, trigger points in the rectus abdominal muscle can cause symptoms of chronic abdominal pain and reflux. Once released, the symptoms can actually resolve completely.

Osteopathy is a safe and holistic way to evaluate and treat a multitude of ailments. Common problems treated with osteopathy include the following:

Recurrent ear infections	Headaches	Complementary therapy for seizures, speech delay, swallowing difficulties, coordination difficulties, low or increased muscle tone, hyperactivity, and anxiety
Sinus problems	Postconcussive syndrome	
Recurrent throat infections	Strabismus (lazy eye)	
Colic	Inflammation	
Reflux	Fatigue	
Chronic abdominal pain	Back pain	
Constipation	Neck pain	

Osteopathy is also a great option for vague complaints with an otherwise negative workup.

If you would like to schedule an osteopathic appointment, please speak with a member of our staff.



## Child and Adolescent Health Specialists, PC

**Robert F. Belknap, MD, MPH, FAAP**  
*Developmental-Behavioral Pediatrics*

**Jocelyn R. Healey, MD, FAAP**  
*General Pediatrics*

**Arlene Dijamco, MD, FAAP**  
*General and Integrative Pediatrics*

**Alisa Volmer Wincze, PhD**  
*Adolescent and Adult Psychology*

**Dina-Leigh O'Neil, MS, CCC-SLP**  
*Speech and Language Pathology*

## How to Prepare from an Osteopathic Appointment

Dr. Dijamco's osteopathic treatments are very gentle and non-invasive, using light touch and light pressure. She does not use any high-velocity maneuvers. Treatments are also done fully-clothed. The lights in the room will usually be dimmed for comfort. We may play music during the treatment.

**Attire:** Please have your child wear comfortable, loose-fitting clothing. No jeans. Please remove any hair clips or elastics.

**For Infants and Young Children:** Parents are encouraged to interact with their child during the treatment process. Engaging your child will help distract the child to keep them lying down. Kids usually enjoy and appreciate having their parent's undivided attention. Infants may nurse during the treatment. Please feel free to bring any or all of the following items:

Sippy cup, bottle, and/or pacifier

Favorite book(s) – flap books are great

Toys which they may play with lying down – musical and flashing light toys are favorites

I-pod or other handheld music/video

Blankie or other comfort item

Please note that children must be accompanied by a parent. We also recommend making arrangements for care of siblings if possible.

**Afterwards:** Your child may feel more tired or sleepy the day of the treatment. Encourage your child to drink plenty of water. Your child may experience some mild achiness over the next 48 hours. Occasionally, there may be a sudden worsening of symptoms over the first 24 hours prior to improvement. If your child has any unusual symptoms such as new or worsening headache or dizziness, please notify our office immediately.