

Referral for Osteopathic Manipulative Treatment (OMT)

Date of Referral _____

Patient _____

Appointment Date _____
month/day/year _____ time _____

Referred to _____

Referred by _____

Specific Instructions/Comments/Brief History

Please call our office to schedule an appointment. Our staff will assist you with insurance verification. Bring the following items to your appointment:

1. Medical Insurance Card(s)
2. Photo I.D./Military I.D.
3. Any prior imaging of area(s) to be treated
4. List of prescription medications
5. Wear comfortable gym-type clothing

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Osteopathic Manipulative Treatment

Hands-On Medicine



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IMWT
INTERNAL MEDICINE & WELLNESS THERAPIES, INC.

Osteopathic Manipulative Treatment (OMT) is Hands-On Care.

OMT involves using manual manipulative techniques to diagnose, treat and prevent illnesses or injury.

Using OMT, your osteopathic physician will move your muscles and joints through stretching, gentle pressure, or resistance. Physicians trained in OMT are doctors of osteopathic medicine. Osteopathic physicians receive 200+ hours of specialized hands-on training in the musculoskeletal system beyond the conventional training of an MD. Osteopathic physicians help patients develop attitudes and lifestyles that don't just fight illness, but also help prevent disease and restore health.

Why OMT?

Along with medication, physical therapy, activity, diet, weight loss, stretching, and other modalities, OMT can help people's bodies function at their highest potential. When OMT is used in conjunction with other treatment methods, such as those above, it can help decrease the severity, duration, and frequency of symptoms, as well as decrease overall levels of discomfort.

Conditions benefiting from OMT

- Musculoskeletal pain and dysfunction (acute or chronic)
- Pregnancy-related back and pelvic pain
- Menstrual pain
- Tension and migraine headaches
- TMJ disorders
- Sinus disorders
- Asthma and chronic respiratory conditions
- Costochondritis or ribcage pain
- Scoliosis (children and adults)
- Torticollis, or a stiff or wry neck in children
- Leg length discrepancy (children and adults)
- Constipation
- Pediatric plagiocephaly, or flat head, and feeding/latching issues



Treatment Plan

Initial consult

- Detailed musculoskeletal history and osteopathic structural exam
- Hands-on osteopathic diagnostic techniques
- Assessment of overall health
- Identification of structural imbalances
- Recommended treatment plan

Follow-up

- Re-evaluation of health status
- Progressive osteopathic manipulation

Treatment

- Hands-on osteopathic treatment techniques
- Exploration of other treatment modalities

Length of visits

- 60 minutes for initial consult and treatment
- 40 minutes for follow-up visits and treatments
- Complete re-evaluation will occur at every follow-up visit

Wear comfortable gym clothes to visit