

*have a choice*

## Understanding Osteopathic and Allopathic Medical Training

The key differences between osteopathic (DO) and allopathic (MD) doctors lies in their philosophy, training focus, and scope of practice. Both are fully licensed physicians in the U.S. In practice, most patients don't notice a difference in care, but DOs tend to emphasize hands-on techniques and use whole-person care more consistently.

### Osteopathic (DO)

Osteopathic values: a focus on the whole person, a belief in the ability of the body to heal itself, and the interconnectedness of structure and function

Includes 200+ hours in osteopathic manipulative treatment (OMT) a form of hands-on treatment designed to improve or correct numerous ailments in the office.” to the second point for DOs

Doctor of Osteopathic Medicine (DO)

COMLEX-USA

Enter the same ACGME-accredited residencies

Fully licensed in all 50 states to practice medicine, prescribe medications, and perform surgery

Practice in all specialties, with many choosing primary care to make a lasting impact on patient and community health.

Emphasize preventative care and patient lifestyle alongside more traditional interventions

### COMPARISON & CONTRAST



PHILOSOPHY



TRAINING



DEGREE



LICENSING EXAMS



RESIDENCY



SCOPE OF PRACTICE



COMMON CAREER PATHS



APPROACH TO PATIENT CARE

### Allopathic (MD)

Disease focus: emphasis on diagnosis and treatment

No OMT training

Doctor of Medicine (MD)

USMLE

Enter the same ACGME-accredited residencies

Fully licensed in all 50 states to practice medicine, prescribe medications, and perform surgery

Found in all specialties

More traditional biomedical approach



*Find more details* on how to become an osteopathic family physician. Scan the QR code or visit [familyphysiciansdomore.org](http://familyphysiciansdomore.org).