



## INTRODUCTION

A scoping review was conducted to review the current literature available regarding the use of Osteopathic Manipulative Treatment (OMT) in breastfeeding mothers globally. This research can potentially help alleviate physical discomfort, improve the breastfeeding experience, and promote maternal well-being through an evidence-based, holistic approach. We hypothesize that OMT use in breastfeeding mothers may result in a reduction of musculoskeletal discomfort, improve breastfeeding discomfort, and enhance maternal well-being.

## METHODS

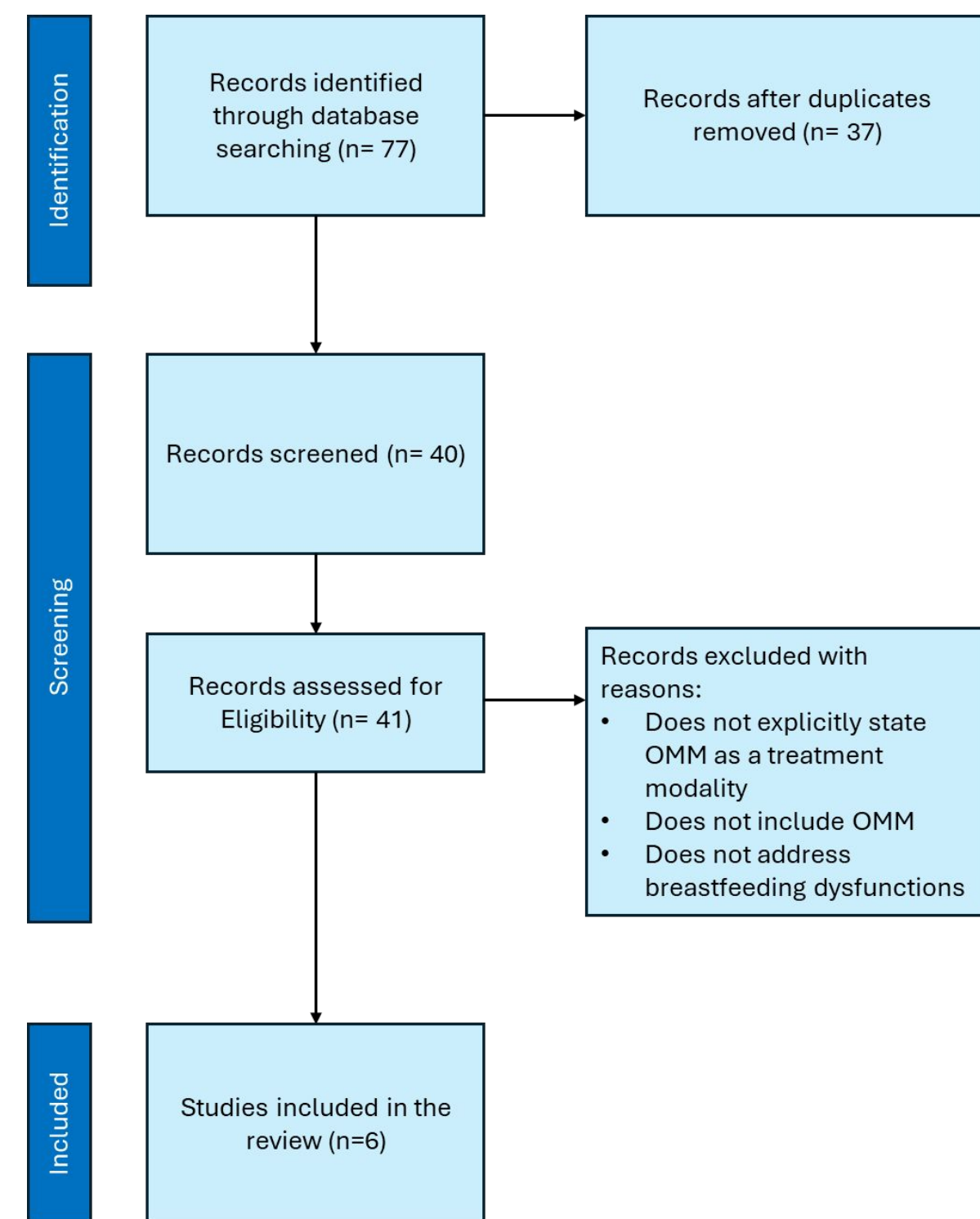


Figure 1: PRISMA Flow Chart Illustrating the Scoping Review Selection Process

Databases	PUBMED, Web of Science, EMBASE, Scopus, and Cochrane
Keywords and Phrases	'Osteopathic manipulative treatment' and 'breastfeeding'
Inclusion Criteria	Explicitly included OMT treatment modalities, English language, peer-reviewed, free-to-access articles, and reported outcomes such as subjective patient experience and objective clinical measurements
Article Screening	Articles were screened initially at the title/abstract and full-text level. Two independent reviewers (MS and SS) conducted the initial screening. A third reviewer (AD) was consulted as a tie-breaker to make a final decision.
Data Extraction	All three reviewers extracted data from included articles and analyzed them descriptively into a narrative review.

## RESULTS

### OMT Rationale

**Myofascial Release**

**Cranial OMT**

Treatment with OMT should be based on biomechanical restrictions to increase blood flow and lymphatic return. Multiple articles utilized techniques such as myofascial release, cranial OMT, balanced ligamentous tension, soft tissue manipulation, and inhibition pressure.

### Neonatal Outcomes

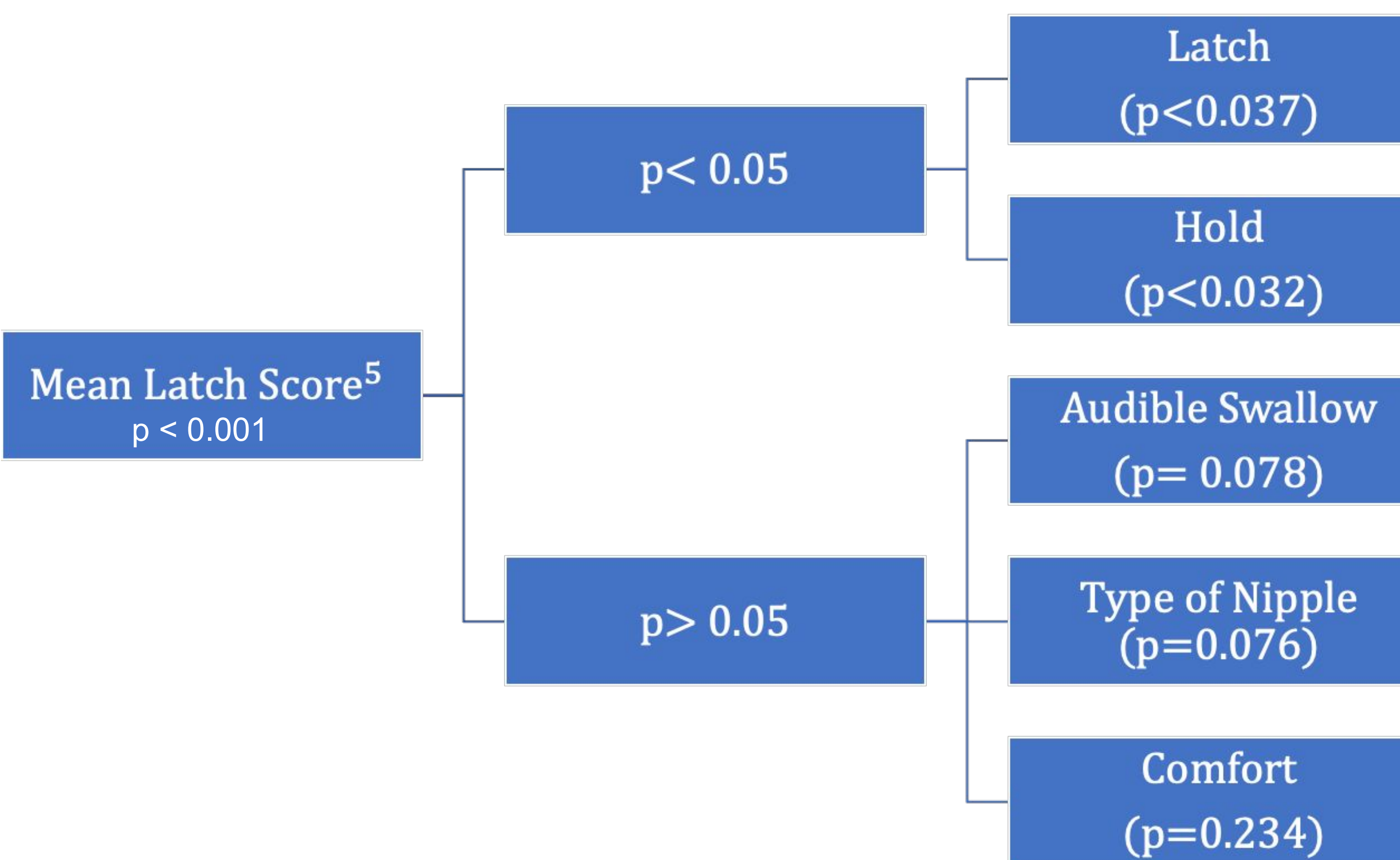


Figure 2: Individual LATCH Score Components as indicated by Herzhaft-Le Roy, J., Xhignesse, M., & Gaboury, I. (2016). Efficacy of an Osteopathic Treatment Coupled With Lactation Consultations for Infants' Biomechanical Sucking Difficulties (this can just be cited) indicating a significant difference in mean LATCH score and individual L and H scores, and an insignificant difference in individual A, T, and C scores among women receiving OMT and the control group.

### Maternal Outcomes

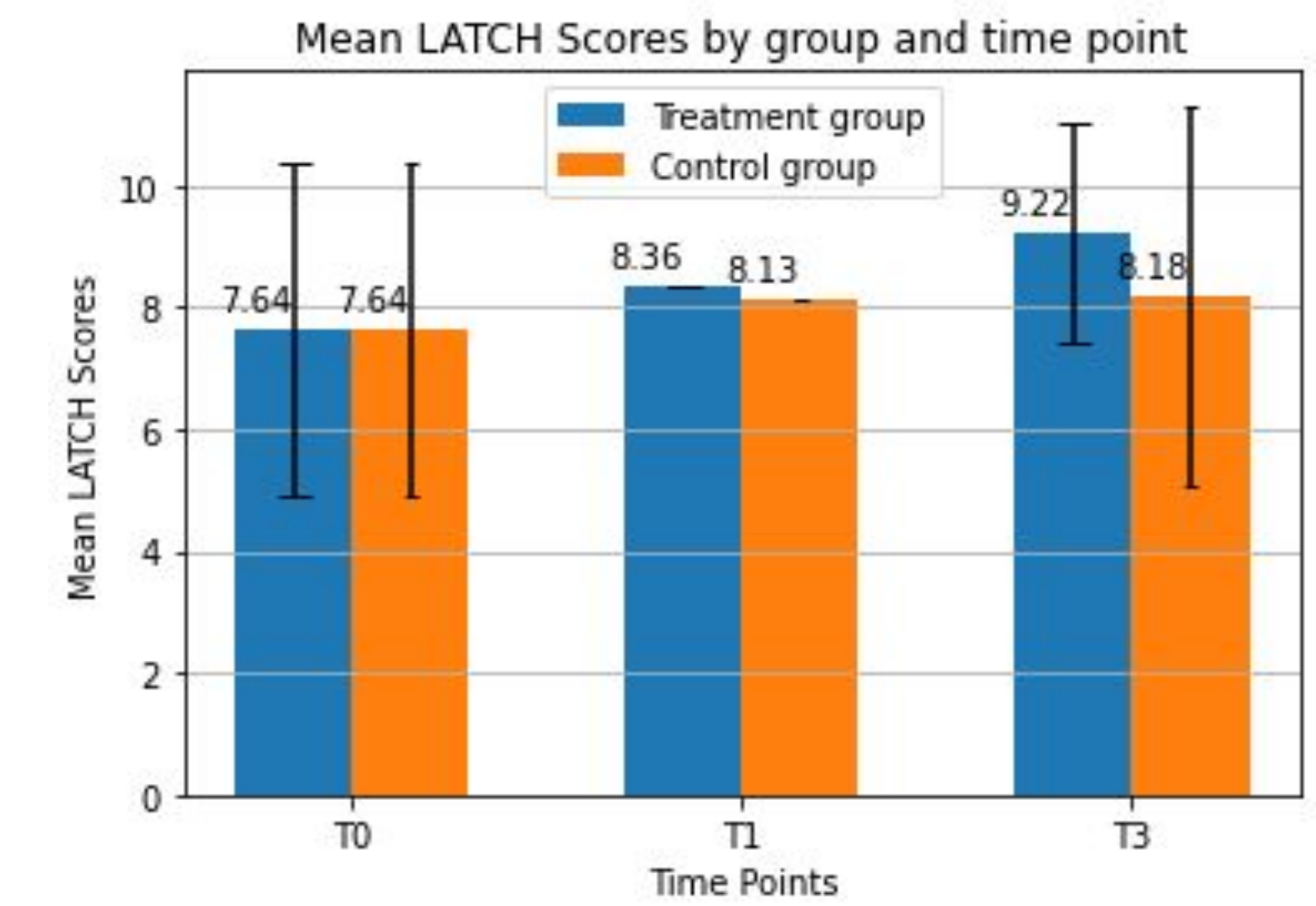


Figure 3: Mean LATCH Score as indicated by Herzhaft-Le Roy, J., Xhignesse, M., & Gaboury, I. (2016). Efficacy of an Osteopathic Treatment Coupled With Lactation Consultations for Infants' Biomechanical Sucking Difficulties (this can just be cited) indicating a significant difference in LATCH scores amongst women receiving OMT and the control group.

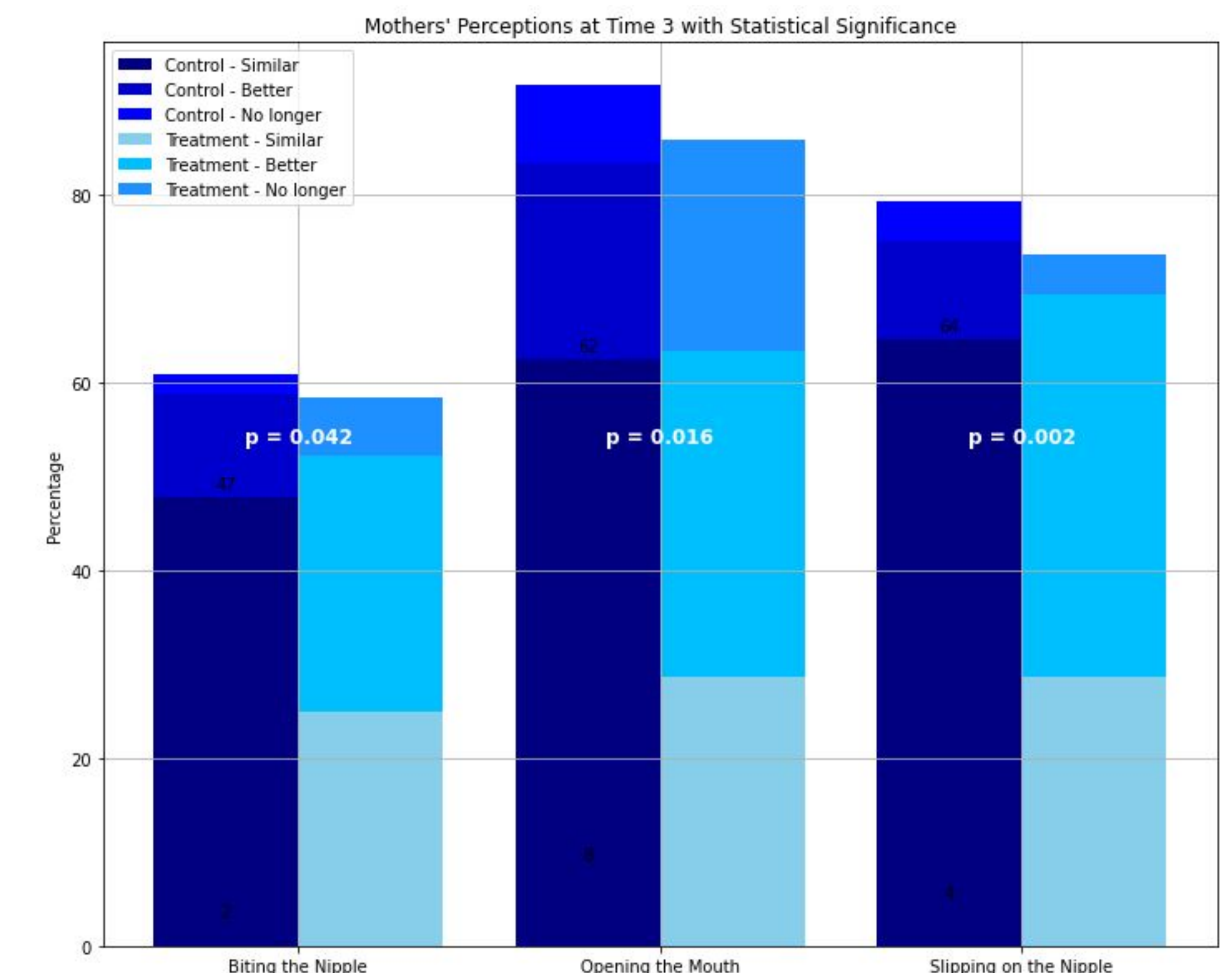


Figure 4: Maternal Feeding Perspectives as indicated by Herzhaft-Le Roy, J., Xhignesse, M., & Gaboury, I. (2016). Efficacy of an Osteopathic Treatment Coupled With Lactation Consultations for Infants' Biomechanical Sucking Difficulties (this can just be cited) indicating a significant difference in maternal perceptions of time in terms of biting nipple, opening mouth, slipping on nipple among women receiving OMT and the control group.

## CONCLUSIONS

#### Primary Findings

- Improvement in neonatal LATCH scores, especially in areas of Latch and Hold
- Decrease in Feeding Time for the Maternal-Neonatal Dyad
- Enhancement of Maternal Perspective on the Efficacy of the Feeding Time

#### Limitations

- No findings on which maternal-neonatal dyads will receive the most benefit from OMT
- Certain outcomes were not collected including volume of milk production and long-term neonatal health improvements (e.g. nutrition and immunity)

#### Future Directions

- Further research into the utilization of OMT in improving breastfeeding dysfunctions with a focus on augmenting neonatal nutrition and immunity
- Introduction of the utilization of OMT in improving breastfeeding dysfunctions in the form of clinical guidelines for family medicine physicians, pediatricians, and other primary care providers.

## REFERENCES

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