

PATIENT EDUCATION HANDOUT

Allergic Rhinitis: How OMT Can Help

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Allergic rhinitis is a common condition triggered by allergens such as pollen, dust, grass, mites, dander and other pollutants. Approximately 20% to 30% of Americans suffer from allergies, both seasonal and perennial. Common symptoms include sneezing, itchy eyes, nasal congestion, cough, runny nose and nasal congestion. Sufferers of allergic rhinitis may notice swelling under their eyes, often referred to as allergic shiners or a crease on their nose known as the allergic salute. Typical pharmacologic treatments include oral antihistamines, glucocorticoid nasal sprays, and nasal saline sprays. Allergic rhinitis often affects the sinuses, promoting congestion that can be treated with OMT through various techniques.

OMT TREATMENTS

Thoracic inlet release

A technique typically performed to promote the most effective lymphatic drainage. Your physician will encourage movement in various planes around your upper chest and shoulders, freeing up any tissue restrictions.

Sinus effleurage

Effleurage is a very effective way to promote lymphatic drainage from the sinuses. Your physician will gently apply circular, downward pressure over your facial sinuses and lymph nodes in your neck in the direction of lymphatic drainage.

Galbreath technique

This gentle technique is aimed at promoting the decongestion of fluid from your middle ear. Your physician will turn your head and apply forward traction on your jaw.

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