

PATIENT EDUCATION HANDOUT

Constipation: How OMT Can Help

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Constipation is a common problem that approximately 63 million Americans visit their physician for every year. Usual treatments for constipation include lifestyle changes, such as high fiber diets or the use of laxatives and enemas. However, osteopathic manipulative treatment (OMT) can also help with the symptoms of constipation.

Your osteopathic family physician has been trained in OMT, which takes into consideration your anatomy, lymphatic system and circulation to assess the cause of and then treat your constipation. OMT performed on the abdomen can improve blood and lymph circulation along with decongesting the intestines and improving smooth muscle tone.

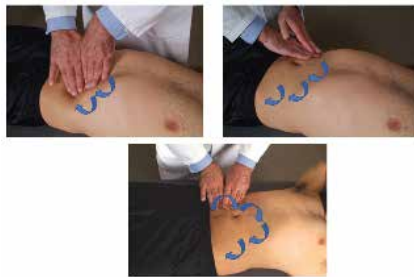
OMT TECHNIQUES TO TREAT CONSTIPATION

Colonic stimulation

The physician will apply pressure on your abdomen while you are lying down on your back in guided motions following your colon's pattern to stimulate your intestines. (Figure 1)

FIGURE 1:

OMT Colonic Stimulation



Sacral rock

The physician will use your breathing to exaggerate your sacrum's motion during inhalation and exhalation while you are lying down on your stomach to improve any restriction of the sacrum that may be causing your constipation.

MEDICAL CARE & TREATMENT OPTIONS

If you have any further questions about how OMT can help with constipation, please contact your osteopathic family physician. Your family doctor can help you determine which technique will be best for you and/or if you need additional sources of symptom relief. Contact your healthcare provider if your constipation is associated with blood on the toilet paper, fevers or weight loss. In case of any emergency, you should call your doctor or 911 right away.

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