

Key Tenets of Osteopathic Medicine:

- 1. Structure and Function are Inextricably Linked:** Proper structure allows for proper functioning and proper functioning supports proper structure. This is the foundational basis of Osteopathic Manipulative Medicine (OMM)
- 2. The Human Body Possesses an Inherent Ability for Self-Healing:** Free from structural disturbances, the human body has an amazing capacity to heal itself. By removing obstacles preventing the body from healing, a Physician can enable and enhance these self-healing mechanisms
- 3. You are More than just the Sum of your Parts:** The various systems of the body, as well as the Mind and the Spirit work synergistically with one another to maintain proper health and well-being. Therefore, DO's take a Whole-Person approach to patient care, addressing physical, mental, emotional and social aspects of disease and dysfunction

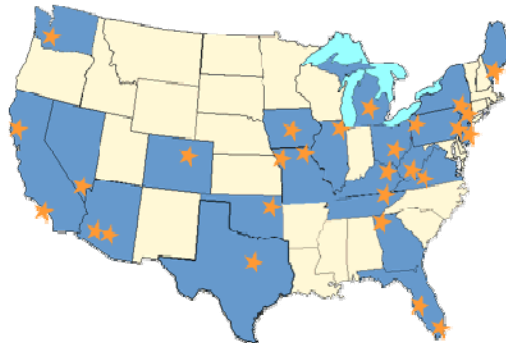


Additional Resources:

SOMA: www.studentdo.com

The American Osteopathic Association (AOA):
www.osteopathic.org

The American Association of Colleges of Osteopathic Medicine:
www.aacom.org



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Pre-SOMA



**Paving the Way to a
Brighter Future in
Healthcare!**

OMM: Osteopathic Manipulative Medicine

Also referred to as OMT (Osteopathic Manipulative Therapy), this practice of hands-on diagnosis and treatment can offer great insight in identifying and treating the root cause of many ailments. OMM techniques can be used to realign the vertebrae of the spinal column, the ribs, sacrum, pelvis, and extremities. They can be used to regulate the activity of the autonomic nervous system, manage the flow of blood and lymph, balance muscle activity and relieve fascial strain throughout the body. Because of its wide scope of action, OMM can be effectively utilized to treat or augment treatment of nearly any ailment that a patient may present with.

The practice of OMM stems from a deep understanding and appreciation of the basic anatomical and physiological principles governing the functioning of the human body, and thus these principles are highly emphasized throughout the 200+ hours of additional training that Osteopathic medical students receive in Osteopathic Principles and Practices (OPP).

DO vs MD: What's the Difference?

DO's (Doctors of Osteopathic Medicine) and MD's (the Allopathic counterparts) are the only 2 "brands" of fully licensed physicians qualified to practice in all areas of medicine, ranging from Family Practice to Emergency Medicine, Radiology, Dermatology, Psychiatry and any other specialty available.

Both DO's and MD's may perform surgery and prescribe medications, but DO's possess the additional skill of Osteopathic Manipulative Medicine (OMM), described on the previous page. The other major difference lies in the educational background and philosophical approach to patient care. Osteopathically trained physicians are taught to take a more holistic approach and seek to actively enhance the health of the patient, not just combat disease.

Both Allopathic and Osteopathic Physicians complete 4 years of medical school, followed by a variable length of Residency training in their specialty area of choice.

SOMA & Pre-SOMA

The **Student Osteopathic Medical Association (SOMA)** is the largest Osteopathic student organization in existence. Run on a national level by volunteer student leaders elected by their peers, SOMA acts as the voice of Osteopathic medical students on issues that affect our medical education, our future careers, and the care of our future patients. Through community service, political action and professional development, SOMA plays an active role in shaping the future of healthcare in this country while promoting both Osteopathic medicine and Preventive healthcare as well as fostering the unbreakable bonds that keep the Osteopathic Family united and strong!

Pre-SOMA is the undergraduate division of SOMA, dedicated to the promotion of Osteopathic medicine and the support of all students who aspire to become the kind of caring, compassionate and competent physicians that epitomize Osteopathic medicine.

