

What is Osteopathic Medicine?

You have been referred for Osteopathic Manipulative Medicine (OMM) at Hudson Headwaters Health Network.

You will be meeting a medical doctor called a DO or doctor of osteopathy. The DOs at our centers are family medicine doctors who have extra training in the structure of the body.



They use their hands to see and feel structural problems in the body and how that might be affecting a patient's health. The goal of treatment is to improve function, increase mobility and decrease pain.

DO's who use OMM are trained to use different techniques for different patients and different kinds of medical issues. They treat conditions such as back pain, COPD, asthma, irritable bowel syndrome, sinus congestion, headaches and many more. They treat long term problems as well as short term problems such as colds, muscle spasms, jaw pain, and many pregnancy and after pregnancy issues.

