

Effect of osteopathic maneuvers in the treatment of asthma: review of literature

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doi: <http://dx.doi.org/10.17784/mtprehabJournal.2015.13.262>

Man. Ther., Posturology Rehabil. J., vol.13, 2015

Abstract:

Introduction: Despite the high prevalence of asthma, there is no consensus in the literature regarding non-drug methods for the treatment of their symptoms. Thus, holistic therapies such as osteopathy can be viable alternatives since evidence has shown benefits of osteopathic manipulative treatment of clinical conditions such as asthma. **Objective:** To gather evidence tested osteopathic approach to treating the symptoms, respiratory dysfunction, medication use and quality of life of patients with asthma.

Method: Electronic searches were conducted between October and November 2014. It was used as descriptors crossed, or alone in the fields “words”, “subject descriptors”, “title words”, “title” and “abstract” the following keywords combined with Boolean operators AND and OR: Osteopathic Medicine, osteopathic manipulation, osteopathy, Spinal Manipulation, Manual Therapy, Therapy Skull Sacral, Chiropractic, Chiropractic Manipulation, Asthma. Initially they were collected all the articles that addressed the manual features used by osteopathic or chiropractic correlated with the asthma treatment published between 1998 and 2014.

Results: It was found 35 articles, of which 28 were excluded because they did not conform to pre-defined criteria. Thus, seven works were part of this review. Four of them are clinical trials, two case studies and a pilot study.

Conclusion: Our findings suggest that osteopathic manipulative techniques can be used as non-medicated additional resource in the treatment of patients with asthma. The reviewed studies have identified improving the quality of life, subjective perception of symptoms and reduce the use of drugs.

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Keywords:

Osteopathic medicine, Manipulation, Osteopathic, Asthma, Physical therapy specialty, Musculoskeletal manipulations.

Manual Therapy, Posturology and Rehabilitation Journal

<http://www.mtprehabjournal.com/doi/10.17784/mtprehabJournal.2015.13.262>