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September 20, 2007

**Maximizing Scientific Discoveries in OMM Research**

Dear Friends and Colleagues:

Since the founding of the ORC, its team of researchers has conducted scientific studies demonstrating that:

- 1) One minute of simulated indirect counterstrain can reverse the proliferation of pro-inflammatory cytokines caused by eight hours of repetitive strain in an in vitro fibroblast model that mimics fascia and connective tissue;<sup>1,2</sup>
- 2) Lymphatic pump technique significantly increases canine lymph flow through the thoracic duct<sup>3,4,5</sup> and significantly increases immune cell flux approximately eight-fold in the thoracic duct;<sup>4</sup>
- 3) Trained osteopathic physicians can reliably identify the presence of induced canine coronary ischemia solely via palpation of upper thoracic paraspinal tissues. This viscerosomatic interaction is abolished by coronary sympathectomy;<sup>6</sup>
- 4) Systematic review and meta-analysis shows that osteopathic manipulative treatment reduces pain levels in patients with acute, subacute and chronic low back pain;<sup>7</sup> and
- 5) A randomized controlled trial shows that osteopathic manipulative treatment slows the progression of pain and impairment of back-specific functioning during the third trimester of pregnancy.<sup>8</sup>

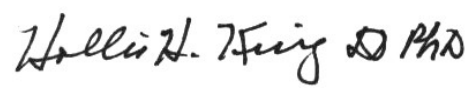
These scientific discoveries have led to more research questions that are currently being pursued by the team of researchers at the ORC and at other affiliated sites.

While very exciting, these few scientific discoveries are only the beginning of the evidence base that needs to be built if the osteopathic profession is to impact the standard of patient care, as appropriate, to include the osteopathic approach to health and well-being.

Warm Regards,



Scott T. Stoll, D.O., Ph.D.  
Executive Director



Hollis H. King, D.O., Ph.D.  
Associate Executive Director

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