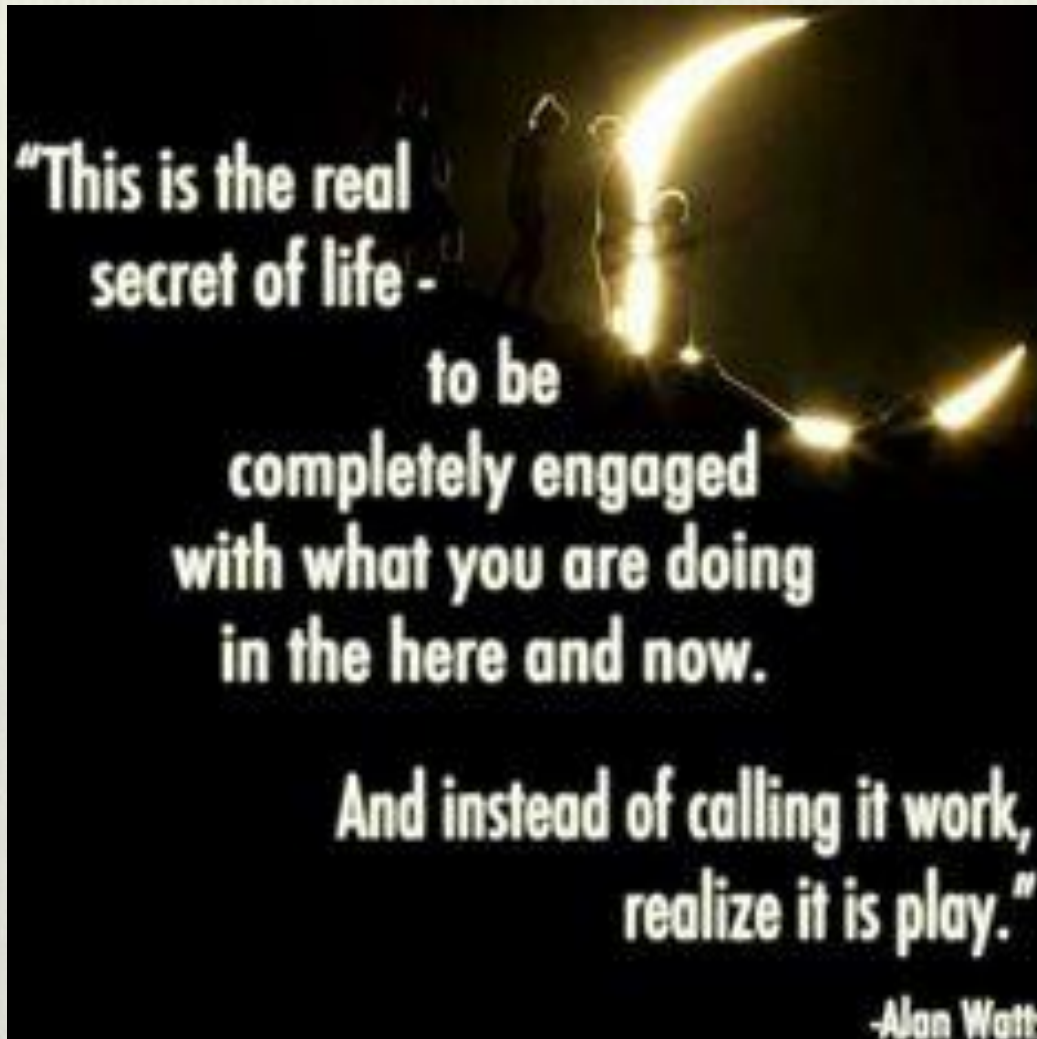


OMT for the Child Athlete

Amelia L. Bueche, D.O.
C-NMM/OMM
OMED 28 October 2014

Disclosures

- ❖ Dr. Bueche has no relevant financial relationships with commercial interests to disclose



**"This is the real
secret of life -**

**to be
completely engaged
with what you are doing
in the here and now.**

**And instead of calling it work,
realize it is play."**

-Alan Watts

Objectives

- ❖ To understand in children the biomechanical response based on the mechanism of injury
- ❖ **To identify and treat acute and chronic injury or disability in the extremities using OMM**
- ❖ To provide specific education, tailored follow-up and referral as appropriate

Agenda

- ❖ Brief “lecture”
- ❖ High yield hands-on



Considerations of Pediatric Injury

- ❖ Soft tissue stronger than bone
- ❖ Risk to growth plate
- ❖ Long term impact of injury at early age

Work-Up

- ❖ Traumatic Fracture
- ❖ Stress Fracture
- ❖ Loose Body
- ❖ Avascular Necrosis
- ❖ Growth Plate Injury

Restrictions

- ❖ Level of Activity
- ❖ Absolute Rest
- ❖ Discontinuation of Sport

Referral

- ❖ PT
- ❖ Ortho

Complications

- ❖ Early OA
- ❖ Emotional Distress
- ❖ Parents



"A knowledge of anatomy is only a dead weight if we do not know how to apply that knowledge with successful skill"

Andrew Taylor Still, D.O.
Founder of Osteopathy

Copyright © 2015 by

BRINGING UP BÉBÉ



One American Mother Discovers the
Wisdom of French Parenting

PAMELA DRUCKERMAN

Copyright © 2015 by

“**When** you have
adjusted the **physical**
to its **normal demands.**
nature supplies the
remainder...”

Dr Andrew Taylor Still
Founder of Osteopathy

"The only way to make sense out of change is to plunge into it, move with it, and join the dance."

**Alan Watts,
The Wisdom of Insecurity**

ain't
nothing
to it but
to *do it*





Shoulder

- ❖ Clavicle
- ❖ C Spine
- ❖ T Spine
- ❖ Ribs
- ❖ Scapula
- ❖ Humerus

Options

- ❖ Seated Treatment of the Thoracic Spine – Upper Segments
- ❖ ME for Clavicle
- ❖ MFR Scapula
- ❖ Still/FPR/BLT/ME/HVLA for ribs



HEP

- ❖ Pec Stretches
- ❖ Shoulder Circumduction w/ Breathing
- ❖ ER
- ❖ **Reverse Repetitive Action**

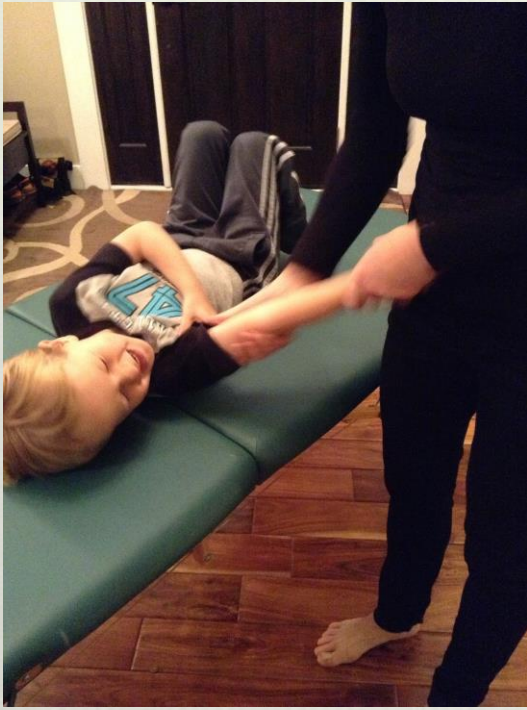


Elbow

- ❖ Radial Head
- ❖ Interosseous Membrane
- ❖ Muscular Strain

Options

- ❖ ME
- ❖ HVLA Radius
- ❖ MFR



HEP

- ❖ Self-Muscle Energy for Extensor/Flexor Complexes
- ❖ Range of Motion Activity

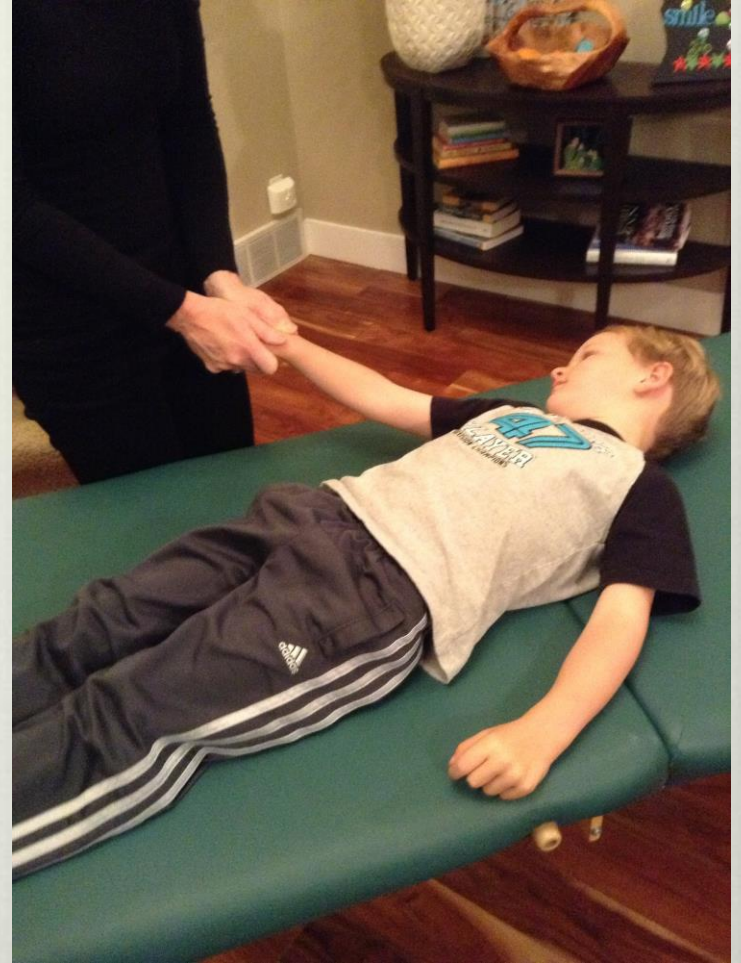


Wrist

- ❖ Radial Restriction
- ❖ Interosseous Membrane
- ❖ Carpal Restriction
- ❖ Metacarpal Restriction

Options

- ❖ Joint Play
- ❖ MFR



HEP

- ❖ Carpal Tunnel Stretch



Hip

- ❖ L/S Mechanics
- ❖ SI Jt Mechanics
- ❖ Capsular Restriction
- ❖ Muscular Restriction
 - ❖ Psoas
 - ❖ Quad
 - ❖ Hamstring
 - ❖ IT Band

Options

- ❖ Muscle Energy
 - ❖ Teaching point - becomes the HEP
- ❖ Muscle Energy/Still/HVLA to L/S/P restriction
- ❖ Counterstrain to Tenderpoints
- ❖ MFR

HEP

- ❖ Core Strengthening
- ❖ Stretching
 - ❖ Psoas
 - ❖ IT Band
- ❖ ROM
 - ❖ Hip





Knee

- ❖ Patellar Tracking
- ❖ Fibular Motion
- ❖ Tibial Torsion
- ❖ Interosseous restriction
- ❖ IT Band

Options

- ❖ MFR
 - ❖ Patella
 - ❖ Interosseous Membrane
- ❖ BLT
 - ❖ Fibula
- ❖ C/S Tenderpoints



HEP

- ❖ VMO Strengthening
- ❖ Stretching
 - ❖ Quad
 - ❖ HS
 - ❖ IT Band
 - ❖ Gastroc/Soleus
- ❖ Anterior tibialis Strengthening

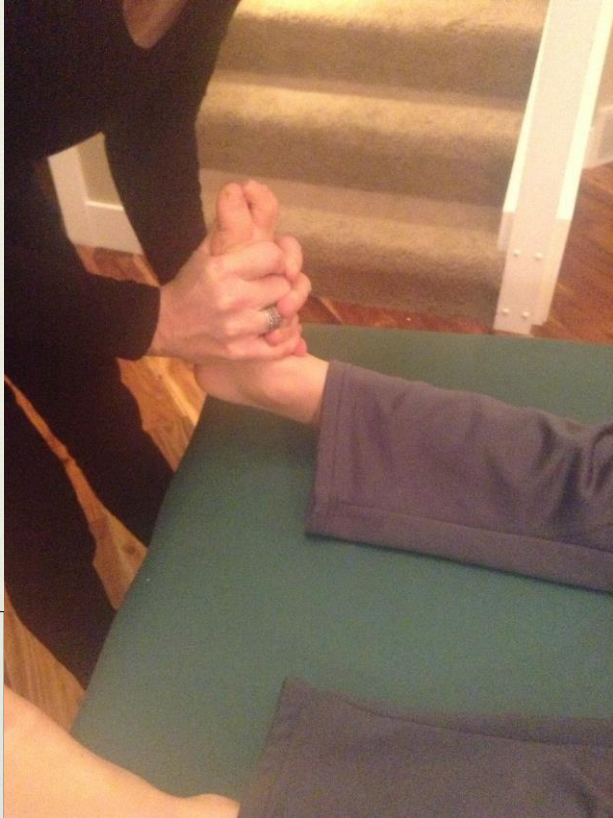


Foot/Ankle

- ❖ Gastroc/Soleus
- ❖ Fibula
- ❖ Talus
- ❖ Cuboid/Navicular
- ❖ Metatarsals

Options

- ❖ Counterstrain for Tenderpoints
- ❖ ME or BLT for fibula
- ❖ HVLA or ME to reset Talus/Cuboid/Navicular
- ❖ Joint Play

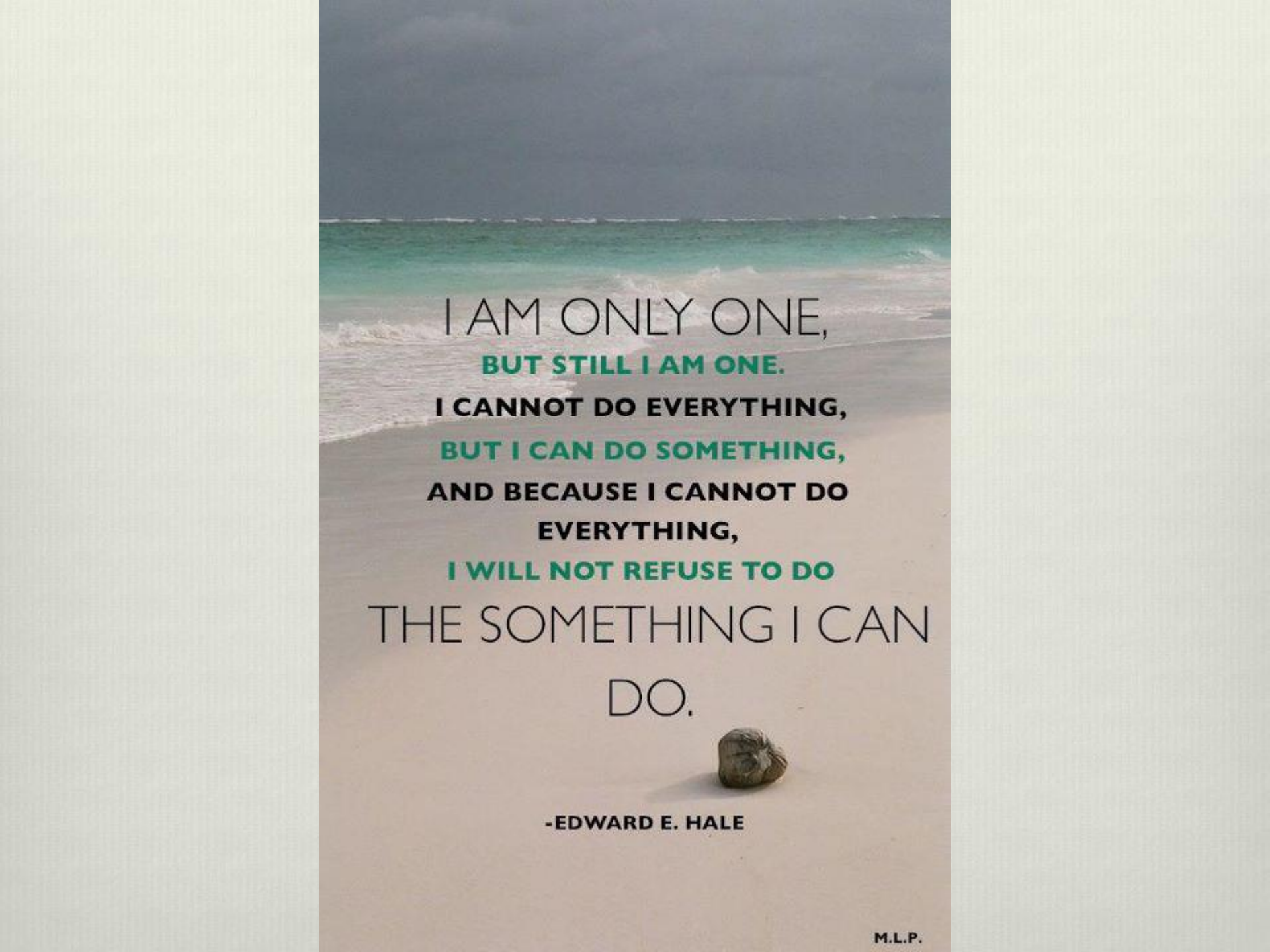


HEP

- ❖ Gastroc/Soleus Stretch
- ❖ Intrinsic mm retraining
- ❖ Proprioceptive Retraining

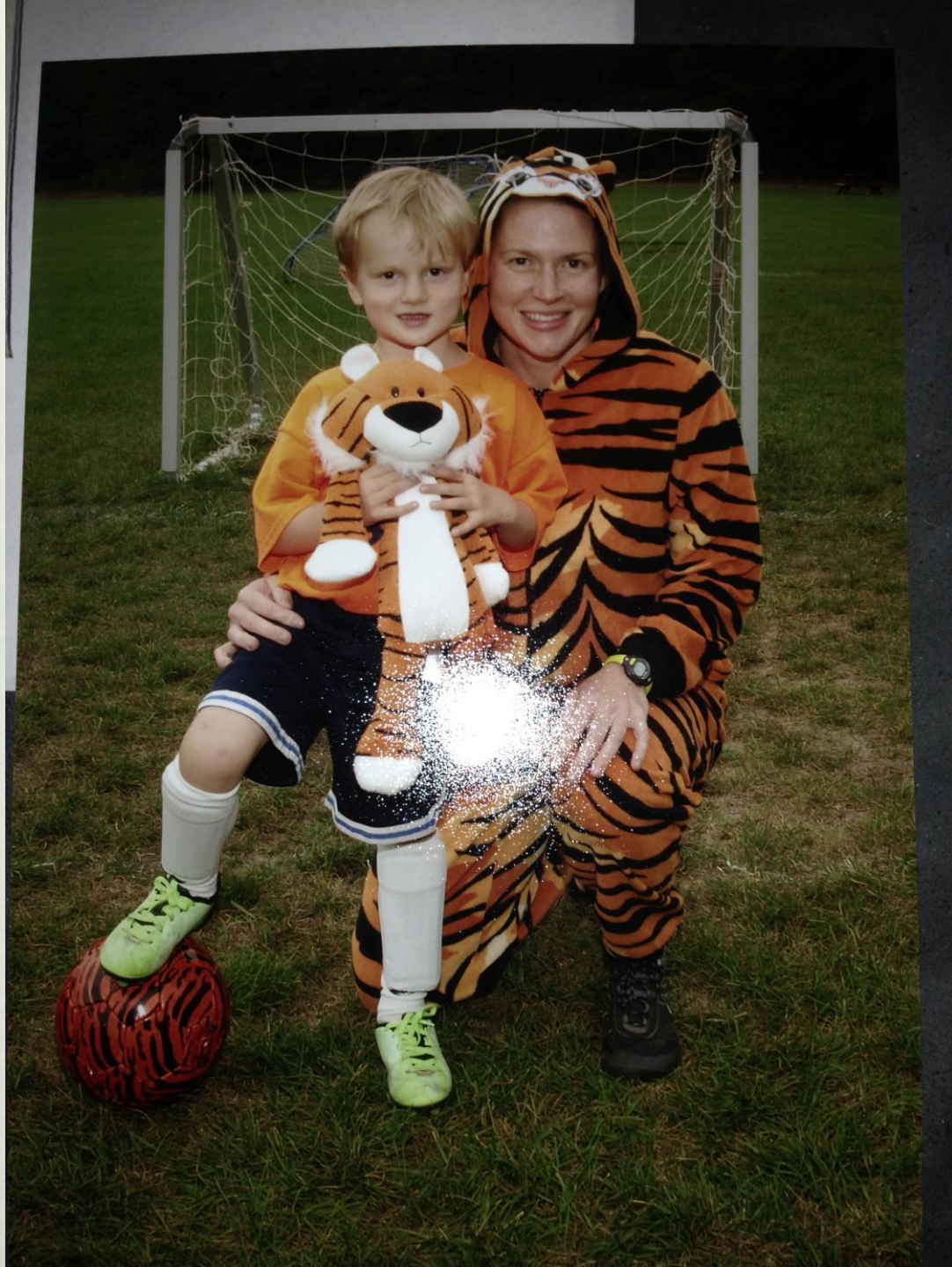






I AM ONLY ONE,
BUT STILL I AM ONE.
I CANNOT DO EVERYTHING,
BUT I CAN DO SOMETHING,
AND BECAUSE I CANNOT DO
EVERYTHING,
I WILL NOT REFUSE TO DO
THE SOMETHING I CAN
DO.

-EDWARD E. HALE



References

- ❖ www.orthopediatrics.com
- ❖ Carreiro, Jane. *Pediatric Manual Medicine*
- ❖ Carreiro, Jane. *An Osteopathic Approach to Children.*
- ❖ Moeckel, Eva. *Textbook of Pediatric Osteopathy.*
- ❖ Karageanes, Steven. *Principles of Manual Sports Medicine.*
- ❖ *National Athletic Trainers Association Position Statement: Prevention of Pediatric Overuse Injuries.* J Athl Train. 2011 Mar-Apr; 46(2): 206–220.
- ❖ Brenner, Joel. *Overuse Injuries, Overtraining, and Burnout in Child and Adolescent Athletes.* PEDIATRICS Vol. 119 No. 6 June 1, 2007 pp. 1242 -1245
- ❖ Caine, Dennis. *Incidence and Distribution of Pediatric Sport-Related Injuries.* Clinical Journal of Sport Medicine: [November 2006 - Volume 16 - Issue 6 - pp 500-513](#)

