**Osteopathic Manual Medicine (OMM)**



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**After Treatment Advice for INFANTS**

* **What is OMM?** This is a gentle, hands-on treatment. It is helpful for adults, children, and babies. OMM has been well established for over a century.
* **Who does OMM?** This is completed by an Osteopathic Physician
* **What do we treat in babies?** We treat the whole body. Specific tissues we treat include: muscles, fascia, joints, bones, ligaments, and the dura. For example: The dura is a tough connective tissue that runs from the sacrum (tailbone) all the way through the spine, up into the neck and head region. A strain within the pelvis can affect the tailbone, which in turn affects the neck and head turning. This is just one reason why it is important to work on the whole body.
* **How many treatments does OMM take?** Each baby is unique. The number of treatments depends on how the baby’s tissue responds. We usually start with 3-5 treatments. We can see progressive improvement with each visit. For some concerns (like head shape for example), oftentimes we need more visits as we gently treat the tissues and promote positive changes.
* **How far in between each visit?**  This also depends on the concerns you have for your child, their response to treatment, and how they progress.

**After an OMM treatment, infants can sometimes have:**

* Deep sleep:
  + Infants may take a longer nap than usual after treatment (sometimes even 2-3 hours long).
  + Infants may also sleep more frequently or for longer times frames the day of treatment and the day after treatment.
  + OMM treatment helps relax the baby and can cause this longer sleep. This is normal. You may wake the baby as needed to feed at their normal time.
* Large Bowel Movement:
  + Oftentimes baby can have a large bowel movement (poop) after treatment, or several bowel movements. This is normal. The nerves that help control pooping are within the sacrum (tailbone) and upper neck region
* Mild temperature increase:
  + Sometimes babies can have a slight increase in their body temperature after treatment.
  + OMM treatment will not directly cause a fever.
  + If the baby feels warm, unswaddle them first and then retake the temperature.
  + If their body temperature reaches 100.4F or higher, this is considered a fever.
  + The most accurate location to measure is to take a rectal temperature.
  + Such a fever would be from something other than the OMM treatment, and should be addressed by your regular provider.
  + For infants 4 months and older: sometimes treating with OMM in the face, neck, and mouth area helps the teeth come in. Eruption of the teeth themselves can sometimes cause a fever.
* Spitting up:
  + While the goal with OMM treatment is to decrease spitting up, sometimes treatment can cause a mild increase with spitting up. A normal type of spit up happens during or after feeding.
  + Such spit up should not be projectile in nature. Projectile vomiting would be vomit that travels a long distance, like hitting the wall. This would be caused by something else and would need to be addressed by your regular provider.
* Tummy time:
  + In general, we recommend rest from tummy time that is on the floor/mat on the ground for the day of treatment, and the day after treatment. It is fine to continue with tummy time against your chest if you like.
  + After these 2 days, you can then resume normal tummy time on the floor/mat.
  + This small two-day break will help solidify relaxation of the muscles that were treated.
* Stretches:
  + Similar to above, we recommend holding off from completing neck stretches for the day of treatment, and the day after treatment. This includes any “guppy” stretches. This will prevent any muscle irritation from occurring.
  + When you do complete stretches: do them on BOTH sides. This will prevent an imbalance from occurring.

**\*\*\* CONTINUE ALL TONGUE TIE AND/OR UPPER LIP TIE EXERCISES AS PRESCRIBED \*\*\***

* Irritability:
  + Depending on how much tension or tightness is present in the baby’s tissues, some babies can become irritable during the treatment, and at times may be irritable for a couple days after treatment.
  + This can be a normal part of the treatment process as a strain works its way out of the body.
  + For example, while we are trying to optimize feeding function, some babies may experience exacerbation of latch issues for a short time while they begin breastfeeding with the muscle tightness changes that have been made.
* If another person (besides mom/dad) will bring the baby in for an office visit:
  + We MUST have signed documentation on file with the person being named.
  + That person MUST bring their ID with them when they bring the child in.
  + This is clinic policy for the child’s safety.
  + If we do not have these documents on file, we will not be able to proceed with an OMM appointment for that day.
* Other manual therapies:
  + Please let us know if your child is having a type of bodywork completed (chiropractic, craniosacral therapy, physical therapy). We recommend any other types of manual therapies occur approximately 48 hours apart from having OMM completed. This will give the body an appropriate time frame (about 2 sleep cycles) to fully integrate any changes.
* Procedures:
  + If you are planning to have a tongue tie or upper lip tie procedure: in general, we recommend waiting 48 hours after an OMM treatment to schedule having a tongue tie or upper lip tie procedure completed.
  + This will allow the benefits of OMM treatment to fully settle in before having such a procedure completed.
* Shots/Vaccinations:
  + In general, we recommend waiting 48 hours between getting a shot/vaccination and having OMM done. This is because with a shot/vaccination, sometimes the child can be more irritable, with a possible increase in body temperature.