

# OMM and Dermatology

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# Objectives

- Review osteopathic tenets
- Review the connection of tenets to dermatology
- Role of OMM in dermatology
- Review specific disease states

# OMM and Dermatology

What is the connection between  
OMM and Dermatology?

# Dermatology

study of skin, its structure, functions,  
and diseases

# OMM

- Developed 130 years ago by physician A.T. Still
  - Strong emphasis on the inter-relationships of the body's nerves, muscles, bones, and organs
  - The philosophy of treating the whole person
  - All of the body's systems work together, and that disturbances in one system may impact function elsewhere in the body
- \*patients with skin conditions may benefit from OMT as adjunctive therapy (stasis dermatitis, brachioradialis pruritis, notalgia paresthetica)

# OMM

- Central to osteopathic medicine are the following 4 principles:

# Review of Osteopathic principles

## **Principle 1: The body is a unit**

-skin disease may affect the mind (ie: acne vulgaris, psoriasis, vitiligo, melasma)

-the mind may cause or exacerbate cutaneous disease (ie: delusions of parasitosis, trichotillomania, pruritus)

# Review of osteopathic principles

**Principle 2: The body is capable of self-regulation self-healing, and health maintenance.**

-some skin disease have immunologic basis for pathogenesis (ie: psoriasis, atopic dermatitis, vitiligo, alopecia areata)

-self-limited skin diseases illustrate the body's ability to heal (ie: pityriasis rosea, granuloma annulare)

-skin disease can be actively prevented (ie: skin cancers)



# Review of osteopathic principles

## **Principle 3: Structure and function are interrelated**

-defects in skin structure result in skin disease (ie: bullous impetigo, bullous pemphigoid, pemphigus vulgaris, epidermolysis bullosa variants)

# Review of Osteopathic principles

**Principle 4: Rational treatment is based on an understanding of the 3 main principles.**

-examine the patient as a whole (ask about their lifestyle, diet, occupation)

-understand the cutaneous signs of internal diseases (acanthosis nigricans, recurrent dermatophyte infections, eruptive xanthomas, pruritus).

...the practice of dermatology is based upon a visual approach to clinical disease, with the development of an appreciation of recurrent patterns and images (Jean Bolognia, 2008)

Let's review some common dermatological diseases/ conditions and see how we can apply OMM principles to help with disease management.







# Principle 1

- **The body is a unit**
- Skin disorders have a psychological impact
- Teenager with acne ridiculed by peers, an elderly gentleman with large BSA involvement of psoriasis embarrassed to be out in public, a dark skinned pt with vitiligo feels culturally stigmatized
- Dermatology Life Quality Index; Psoriasis Disability Index
- Treatment can include counseling







# Principle 1

- The mental state may cause or exacerbate cutaneous disease
- Seen in disorders such as trichotillomania, neurotic excoriations, acne excoriee, and body dysmorphic disorder
- Some studies suggest that depression is a modulating factor for physical stimuli such as pruritus and factitial skin disease may be a sign of underlying psychiatric illness
- Management should include a psychiatric evaluation



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# Principle 2

- **The body is capable of self-regulation, self healing, and health maintenance**
- Skin diseases have an immunologic basis for pathogenesis, seen in autoimmune blistering diseases to connective tissue diseases
- Treatment aimed at helping the body to regain its ability to self-regulate and self-heal using modalities such as immunosuppressive drugs and UV light therapy





## Principle 2

- Examples of pityriasis rosea and molluscum contagiosum
- Without direct medical intervention, the body's innate ability to heal will clear those disorders
- Treatment is symptomatic





## Principle 2

- Skin disease can be actively prevented
- Inquire about lifestyle, family history of skin cancer, use of sunscreen/sunblock
- Management aimed at photoprotection and those with family hx to be regularly examined





# Principle 3

- **Structure and function are interrelated**
- Defect in epidermal skin barrier implicated in atopic dermatitis
- Dysfunction of target structural proteins may result in autoimmune blistering dermatoses



# Principle 4

- **Rational treatment is based on understanding of the 3 main principles**
- Need to examine the patient as a whole
- Skin disease have an immunologic basis for pathogenesis
- Psoriasis: Inquire about stress or recent trauma; be aware of association with metabolic syndrome





# Principle 4

- Cutaneous signs of internal disease
- Acanthosis nigricans is associated with insulin resistance
- Management aimed at blood glucose control, follow up with PMD and weight loss

# Osteopathic Manipulative Treatment

- Patients with skin disorders may benefit from OMT as adjunctive therapy
- Dermatoses with neurologic component may be complicated by abnormal spine mechanics
- On the PE, palpate the thoracic spine and paraspinal musculature for possible functional abnormalities
- Techniques: myofascial release, rib raising, muscle energy

# Osteopathic Manipulative Treatment

- Primary hyperhidrosis may be aggravated by autonomic dysfunction
- OMT directed at normalizing the sympathetic chain will be helpful
- Techniques: OA release, sacral inhibition

# Osteopathic Manipulative Treatment

- Dysesthesia syndromes: brachioradialis pruritus- cervical rib or cervical nerve root impingement; notalgia paresthetica-nerve impingement
- May benefit from manipulation of the spine
- Techniques: myofascial release, muscle energy, counterstrain

# Brachioradialis Pruritus



# Osteopathic Manipulation in Brachioradial Pruritis

- Patients have altered sensation in the distribution of the posterior cutaneous nerve of the arm that supplies the skin over the brachioradialis muscle
- Corresponds to C5-C8
- Presence of a cervical rib or cervical nerve root impingement may contribute to altered cutaneous sensation
- Treatment of cervical arthritis and cervical spine manipulation provides relief

# Notalgia Paresthetica



# Osteopathic manipulation in Notalgia Paresthetica

- Uncommon pruritic condition seen most commonly in middle aged women
- Etiology unclear, may be associated with cervical radiculopathy
- Affecting mainly the interscapular region(especially the T2-T6 dermatomes
- OMT may decrease the sensation of neuropathic pain/itch



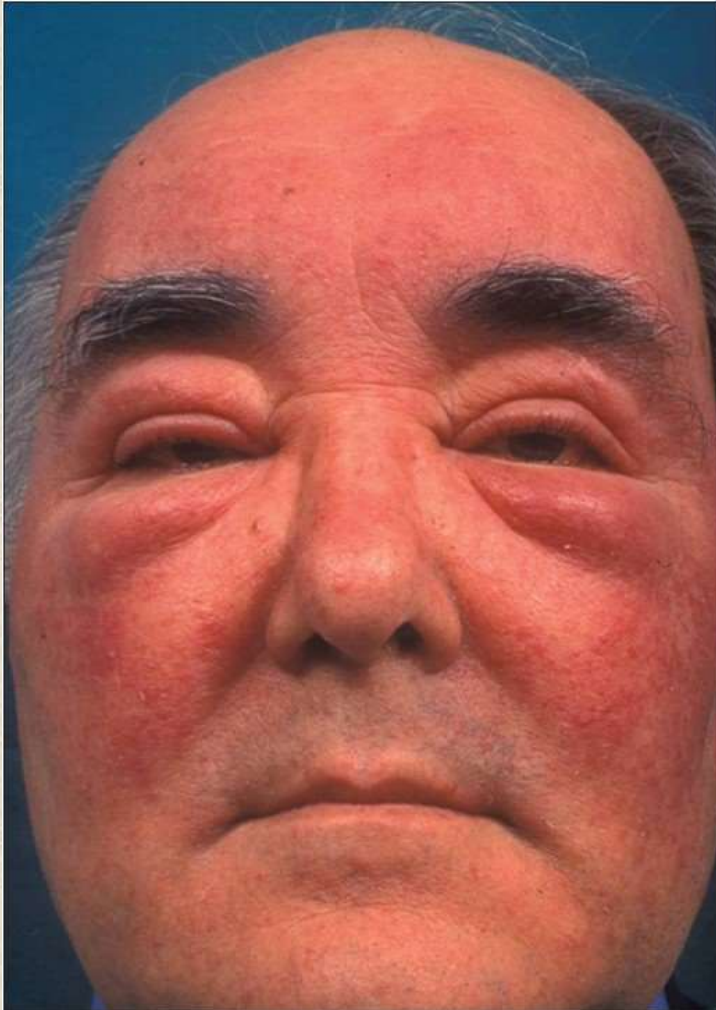
## Stasis Dermatitis



## Osteopathic manipulation in Stasis Dermatitis

- Common condition seen in older patients with cardiac insufficiency and venous incompetence
- Due to gravity and increased hydrostatic pressure leading to leaky vessels
- Hemosiderin deposits in the skin of lower extremities causing hyperpigmentation
- Lymphatic pump/effleurage may decrease edema and thus improve condition and decrease the incidence of venous stasis ulcers

# Morbus Morbihan



## Osteopathic manipulation in Morbus Morbihan

- Uncommon condition characterized by a hard, nonpitting edema of the central face
- Unclear whether this condition is a distinct disease or a rare complication of rosacea
- Locally pre-existing impaired lymphatic drainage plays a crucial role in the progression
- Effleurage and thoracic duct release may be beneficial

# PUPPP

(Pruritic, urticarial, papules & plaques of pregnancy)



# OMM in PUPPP

(Pruritic, urticarial, papules & plaques of pregnancy)

- Osteopathic manipulation may offer some relief of symptoms while avoiding potentially harmful medications
- Remove restrictions to lymphatic flow using rib raising techniques
- Paraspinal inhibition
- Open the thoracic inlet
- Promote and augment lymphatic flow with relaxation of abdominal diaphragm and use of lymphatic pump techniques

# Conclusion

- Dermatology is a multifaceted specialty and incorporates the 4 major osteopathic principles into daily practice
- To treat the whole patient, dermatologists evaluate the psychological impact of a disease, the relationship between structure and function resulting in cutaneous disease, and the body's ability to self-regulate
- Osteopathic manipulation has definite benefits to our dermatology patients
- Numerous opportunities for case reports and research on the benefits of osteopathic manipulation in the field of dermatology

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# Practical Practice Management

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- ▶ No conflict of interest

# OBJECTIVES

- ▶ How to be happy and succeed in practice
- ▶ Pearls to make your life easy
- ▶ Keep smiling and enjoy life

# NEGOTIATE

- ▶ Lease payments
- ▶ Percentages for billing
- ▶ Interest rates
- ▶ .....staff

# LOCATION

- ▶ Location Location Location - MAXIMIZE
- ▶ Opening an office
- ▶ Advertising
- ▶ Don't spread yourself too thin

# BUNDLE

- ▶ Bundle packages to get better deals
- ▶ I.e., Henry Schein AAD member pricing, member buying programs, match prices
- ▶ Share overhead
- ▶ Maximize resources
- ▶ Bundle cosmetic services

# SUBLET SPACE

- ▶ Passive income
- ▶ I.e., nutritionist, aestheticians

# RE-EVALUATE

- ▶ Annually
- ▶ Insurance policies
- ▶ Pension plan
- ▶ Loans/lease payments
- ▶ Equipment
- ▶ Employees
- ▶ Advertising



# OFFICE MEETINGS

- ▶ Huddle
- ▶ Delegate
- ▶ Emergency situations....Be PREPARED! I.e., hurricane

# SPECIALTY SERVICES

- ▶ Specialty Pharmacies
- ▶ Pre-Authorization
- ▶ Drug Representatives
- ▶ Office products

# STAFF

- ▶ Be efficient
- ▶ Don't overstaff
- ▶ Multi-task when possible
- ▶ Office manager must know all aspects of office
- ▶ Educating your staff about all services available
- ▶ Treat staff with respect; offer all services available to them
- ▶ **THEY REPRESENT YOU!**

# IDIOMS OF MINE

- ▶ Do not let the practice run you, YOU run the practice
- ▶ Don't bite off more than you can chew
- ▶ Love going to work!

THANK YOU!