



Qualitative Analysis of the “RPP-Sequence”[®] in Osteopathic Manipulative Medicine

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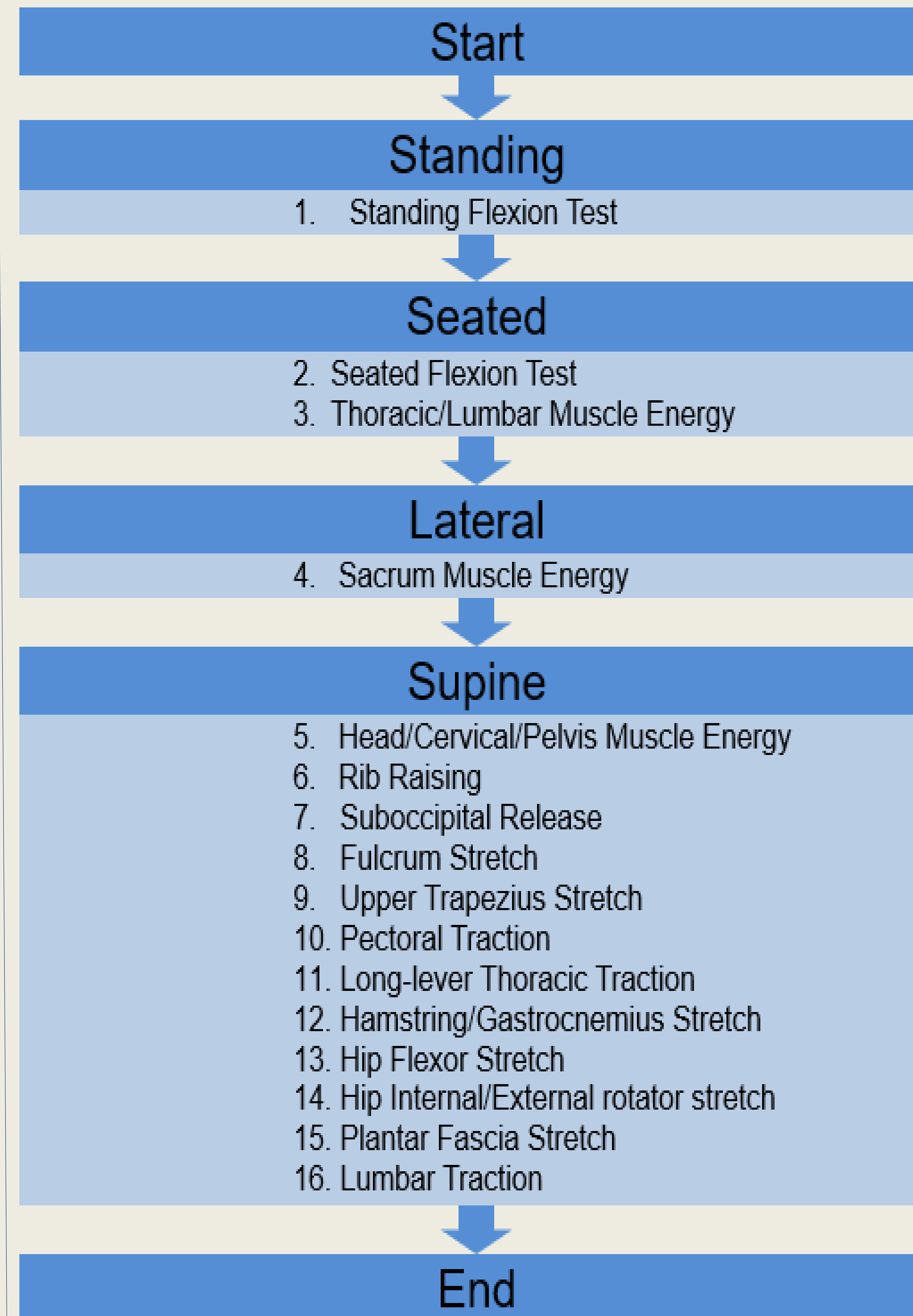
Introduction

Osteopathic Manipulative Medicine is a holistic approach to the diagnosis and management of patients that can be applied through the use of Osteopathic Manipulative Treatment (OMT)¹ in various settings. Treatment of structural and functional irregularities throughout the body utilize OMT and include numerous manipulation techniques.² This study presents a novel and efficient approach to OMT using a sequential protocol for technique selection and treatment performed within fifteen minutes. The objective of this study was to assess the quality of patient care and the challenges physicians encounter while implementing OMT.

Methods

A qualitative analysis using the designed “RPP-sequence”³ for patients receiving OMT. The RPP-sequence is a designed systematic comprehensive approach to OMT using direct techniques for patient centered care. The sequence of positions is as follows: standing, seated, lateral recumbent, and supine. The standing flexion test is performed for innominate diagnosis. The seated flexion test diagnosis the sacrum. Thoracic and lumbar regions are diagnosed and treated with seated muscle energy. Sacral muscle energy is performed in the lateral recumbent position. Muscle energy of the head, cervical, and pelvic regions and rib raising is performed in the supine position. Ten additional steps as seen in Figure 1, can also be completed in the supine position. Steps in this sequence are adjusted as needed to provide individualized patient care.

Figure 1. The RPP- Sequence Steps



Results

The benefits of this novel and efficient systematic sequential protocol, for osteopathic treatment with direct techniques allowed for improved patient care and OMT utilization by physicians. These benefits were consistent and reproducible. Three constraints of practicing OMT were identified as follows: patient satisfaction, patient physical limitations, and overall efficiency. Use of the RPP-sequence addressed these challenges and provided a means to increase the use and efficacy of OMT as an adjunctive treatment in patients. Overall, the study hypothesis was supported.

Conclusion

This novel RPP-sequence for an OMT sequential protocol emphasizes osteopathic principles of patient-based medicine. The protocol also respects the time, health and safety of patients and the providers. Results of this study indicate the RPP-sequence as being a well-tolerated schema to pain management by treating the whole body with direct techniques. This sequence provides a means to overcome challenges often encountered in OMT, including patient restrictions. This increased the number of patients who benefited by making this form of care easier to access and providing a structural framework for more physicians to regularly practice OMT. Future studies should include larger trials.

References

1. What is osteopathic medicine? <https://www.pcom.edu/about/what-is-osteopathic-medicine.html>. Accessed April 11, 2023.
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3. “RRP-Sequence”[®] Protocol – developed by Rehabilitation Physicians of Pittsburgh.