



Pennsylvania Osteopathic  
Medical Association

## The Osteopathic Difference



Doctors of Osteopathic Medicine (DOs) – also known as osteopathic physicians – are fully licensed physicians who bring a unique, patient-centered approach to every medical specialty. From the first days of medical school, DOs are trained to look beyond the symptoms, to treat the whole person: mind, body and spirit.

## Osteopathic Physicians...

- Practice medicine in all medical specialties, including pediatrics, family medicine, psychiatry, sports medicine, anesthesiology, emergency medicine, orthopedic surgery, radiology, and many more.
- Hold some of the most prominent positions in medicine today, including overseeing medical care for the President of the United States, the NASA medical team, Olympic athletes, and many who serve in the uniformed services.
- Are trained to look beyond the symptoms to understand how lifestyle and environmental factors impact well-being.
- Have a keen understanding of how the body's systems are interconnected and how each one affects the other. Using OMT, DOs can effectively treat muscles and joints to relieve pain, promote healing and increase overall mobility.

**“Osteopathic medicine is really about treating the whole patient and the whole family. It requires a personal touch and building a relationship with patients. Over the years, I have diagnosed a young woman’s pregnancy and, years later, I find myself treating her children or even her grandchildren. That’s continuity. That’s getting to know the whole family.”**

*Joan Grzybowski, DO  
AOA Board Certified Family Physician  
Philadelphia, PA*

## Osteopathic medicine is one of the fastest-growing health care professions in the country!



- More than 7,800 new osteopathic physicians (DOs) joined the nation’s work force in 2023. (American Osteopathic Association, 2023)
- One in four medical students in the U.S. attends an osteopathic medical school, with enrollment increasing approximately 30% over the last five years. (American Osteopathic Association, 2023)
- The increased number of medical students pursuing osteopathic medicine has led to an increase of DOs under the age of 45. In 2023, 68% of osteopathic physicians in active practice are under the age of 45. (American Osteopathic Association, 2023)

# The Person Inside the Patient



Osteopathic physicians (DOs) are trained to treat the whole patient. DOs focus on prevention by applying a deeper understanding of a patient's lifestyle and environment, rather than just treating symptoms. DOs help patients become healthy in mind, body and spirit using a whole person approach.

## Whole Person Care

DOs use all of the technology available in modern medicine today. DOs are also trained in the use of manual techniques that help re-balance the structure and function of the body.

These treatments include soft tissue techniques, gentle muscle resistance and directed pressure to trigger points. OMM is based on the idea that the body's structure and function are inter-related and, when in balance, the body functions at its best.

## Osteopathic physicians receive ...

**Extensive exposure to a wide range of medical specialties throughout medical school and residency training.**

### TRAINING & EDUCATION

**12,000 to 16,000 hours of supervised postgraduate medical education during their residency training.**

**Over 8,000 hours of basic medical science education in medical school.**

### The Delaware County Daily Times

"We think holistically and focus on how all the organs and the body's many systems work together. We get to know our patients' families and, in many instances, provide care for entire families for an entire generation."

*Mark Monaco, DO  
AOA Board Certified Family Physician  
July 17, 2018*

### The Meadville Tribune

"When I say that I am seeing patients on any given day, I mean that I am seeing patients. We take the holistic view to patient care. We invest the time it takes to understand our patient's daily challenges, so we can develop appropriate treatment plans."

*Frank Tursi, DO  
AOA Board Certified Family Physician  
July 19, 2018*

## What's important to you?

Pennsylvania's 11,100 osteopathic physicians are treating people, not just symptoms. They are ready to partner with you in your journey to be healthy and stay well.

**Choose your DO at [www.poma.org/myDO](http://www.poma.org/myDO)**

For more information, please visit [www.poma.org](http://www.poma.org).

