



Osteopathic treatment in children affected by allergic
asthma:

Evaluation of the variation of intensity and frequency of attacks and
quality of life.

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Background: A large proportion of the child population, between the ages of 9 and 14 years old, is suffering from allergic asthma; a disease that creates the bronchoconstriction of the upper airway and therefore difficulty in breathing and in performing everyday activities such as going to school or playing sports.

Aims: In order to helping this pathology, over the use of specific drugs, there is the OMT (osteopathic manipulative treatment). The objective of this study was precisely to assess the actual effectiveness of osteopathic manipulative treatment in improving lung function.

Methods: it is conducted a randomized controlled single-blinded clinical trial on a sample of 19 children. They were divided into three study groups: OMT, Sham and Control. Patients were assessed with a tape measure to measure and monitor the expansion of the rib cage, and a little machine for PEF (peak expiratory flow) to assess lung function. These measurements were taken in each group; in the OMT group were taken before and after each osteopathic manipulative treatment (OMT) performed by an osteopath, in the Sham group were taken before and after a sham treatment, and in the control group were only taken measurements.

Results: There was an improvement in children treated with osteopathic method, both in the expansion of the rib cage in lung function.

Conclusion:

The osteopathic treatment may help lung function and chest expansion, for which help patients breathe with less difficulty. These data, However, are not statistically significant Because the sample under examination is low.