

Thesis: Success of Osteopathic Manual Therapy on Acute Sports Related Injury of the Low Back

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Injury and sports have strong connotation to one another. In fact, injuries have detrimental effects to the sports team's performance. Therefore, it is important that athletes recover quickly from injury. This is why treatment must begin right away, when the injury has just happened (acute). The sooner the treatment to that injury the sooner the player can begin recovering. One major injury in sports is low back pain. Osteopathic manual therapies have been successful at resolving acute injuries of sports related low back pain.

When compared to other modes of treatment, osteopathy is one of the best. Its side effects are virtually non-existent and the results are very good. Also, manipulation, one of the techniques of osteopathy, was found to be better than physio.¹ That is to say, osteopathy is not only good but better than physiotherapy.

The cost of some treatments can be very expensive. The reason osteopathy is so successful as well is the cost effectiveness. The cost was found to be very low when compared to other therapies.² This is important due to budgeting of the sports team. They only have a certain amount of money to put towards health costs for player recovery. Osteopathy is a great money saver for teams that are in a tight budget but also for those teams with a lot of money, since the therapy shown great results.

The fact that osteopaths can set up their office wherever they want is also an advantage over other therapies. Osteopaths will be more successful in treating sports related low back pain patients if they set up near a sports complex or a very recreationally active area. Another option is to set up an office in an office of a general practitioner (GP). It is actually feasible to do

so.³ Since GP's get patients with low back pain they can refer to the osteopath for advice and exercise and treatment, something they do not have time for, nor are they trained in.

In conclusion, Osteopathy is successful in treating sports related low back pain. It has the best results, it is cost effective, and it is very available to the public. There needs to be more trained osteopaths in order to take advantage of this area of work. In the future there should be an osteopath in the office of every GP to treat low back pain patients.

References

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