

youtube Video Link:

<https://www.youtube.com/watch?v=jaNs7thXzrg>

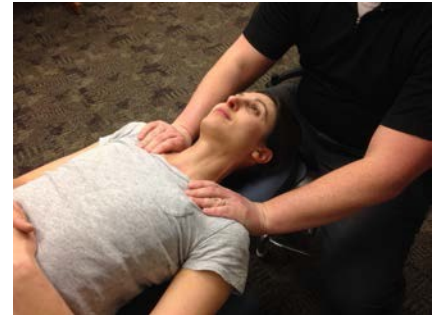
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OMT for Ear Infections

OMT for otitis media treatment and prevention is somewhat controversial even among Osteopathic physicians. However patients seek care for it often and many chiropractors in the community are treating for this commonly. OMT in this area focuses on increase lymphatic drainage from the inner ear and head and neck.

Thoracic Outlet:

- Patient supine with provider sitting at head
- Provider contacts the upper torso with fingers along the clavicles and thumbs in contact with trapezius
- Provider assesses movement of the bilateral sides in all planes of motion
- Provider stacks motions indirectly (into position of ease) and waits for release



Gabreath Technique:

- Patient supine with provider seated contralateral to affected ear
- Provider stabilizes head with cephalad hand while contacting just below the ear lobe with fingertips of caudad hand
- Rhythmic pressure is applied by the provider with caudad hand and held for 3-5 seconds per application.

