

Youtube Link:  
<https://www.youtube.com/watch?v=UF6Lnhx0j9Y>

## OMT for URIs:

OMT can be used for many different problems. Most of us appreciate its use for musculoskeletal issues however many medical conditions have OMT techniques. OMT for URIs is one of these. The great thing is it allows the provider to treat a condition for which we normally do very little. The goal of OMT in this case is to decrease facial congestion and to increase lymphatic flow.

### Facial effleurage:

**Frontal:** Patient supine with provider at head of table  
Provider places the dorsal surface of his/her thumbs along the glabella

Provider applies just enough pressure to compress the skin against the deep fascia and strokes fingers laterally to the patient's temples. Repeat 3-4 times

**Supraorbital:** Then pad of middle fingers apply pressure along the supraorbital ridge and strokes from medial to lateral. Repeat 3-4 times

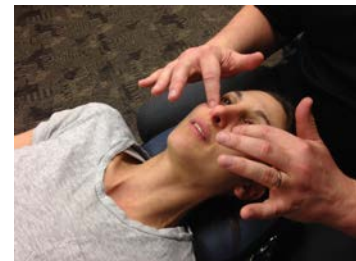
**Infraorbital:** Pads of thumbs on superior aspect of infraorbital ridge and applies pressure stroking laterally. Repeat 3-4 times

**Submandibular:** Pads of fingers up under inferior rami of mandible at midline and applies pressure stroking laterally. Repeat 3-4 times



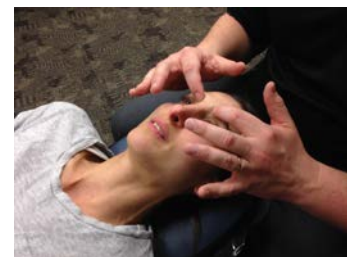
### **Infraorbital Nerve hyper stimulation**

- Patient supine with provider seated at the head of the table
- Place pad of index finger in the infraorbital foramen where the infraorbital nerve exits
- Rub in tiny circles over the nerve for several seconds. Adjust pressure to patient comfort



### **Supraorbital Nerve hyper stimulation**

- Patient supine with provider seated at the head of the table
- Place pad of index finger in the supraorbital notch where the supraorbital nerve exits
- Rub in tiny circles over the nerve for several seconds. Adjust pressure to patient comfort



### **Lymphatic Pump**

- Patient supine with provider standing at head of bed
- Provider places palms with thumbs in midline just below the clavicals
- Patient asked to take a deep breath in and as lets out a gentle springing motion is introduced by provider. Patient asked to take another deep breath and physician resists the breath. Then springing motion repeated as breath is let out. Repeat for 1-2minutes.

