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# Osteopathic Medicine Pocketcard Set

<h1>Osteopathic Medicine pc Set</h1> 																
<p>Osteopathy was first described by Andrew Taylor Still in the late 19th century. Osteopathic beliefs are viewpoints that structure and function are inter-related.</p> <p><b>Four Osteopathic Principles</b></p> <p>Four osteopathic principles according to Andrew Taylor Still are the following:</p> <ol style="list-style-type: none"> <li>1. The body is a functioning unit.</li> <li>2. The body is capable of self-regulation and has the ability to heal itself.</li> <li>3. Structure is interrelated to function.</li> <li>4. Treatment of the body is based on the first three principles.</li> </ol>																
<p><b>Five Models of Osteopathic Care</b></p> 	<p><b>Somatic Dysfunction</b></p> <p>Impairment of the somatic body structures that include bone, joint, or myofascial structures which may interfere with the normal function of the somatic system. Evidence of this may include tissue texture changes (TTCs).</p> <p>Somatic dysfunction is often identified using "TART" which includes the following:</p> <ul style="list-style-type: none"> <li>• Tissue texture changes</li> <li>• Asymmetry</li> <li>• Restriction</li> <li>• Tenderness</li> </ul>															
<p><b>Osteopathic Structural Examination (for details see pages 4-6)</b></p> <p><b>General Approach</b></p> <ul style="list-style-type: none"> <li>• Anterior/posterior examination</li> <li>• Neurological examination (including reflexes and gait) and mental status</li> <li>• Mental status examination</li> <li>• Cranial nerve examination</li> <li>• Vestibular examination</li> <li>• Sensory examination</li> <li>• Motor examination (specifically C5, C6, C7, C8, T1, L4, L5, S1)</li> <li>• Reflexes (upper/lower) Check reflexes (biceps, triceps, and patellar reflexes) and note whether they are increased, decreased, or normal.</li> <li>• Gait (normal gait, mild ataxic gait, severe ataxic gait, spastic gait, and shuffling)</li> </ul> <p><b>Skin:</b> Skin changes in the head, neck, upper, and lower extremities.</p> <ul style="list-style-type: none"> <li>• Skin tag, mole, freckle, birthmark</li> </ul> <p><b>Reflexes:</b></p> <ul style="list-style-type: none"> <li>• Body type: endomorph/mesomorph/ectomorph</li> <li>• Reflexes: normal/abnormal</li> <li>• Reflex: spinal/cephalic/autonomic</li> </ul> <p><b>Neurological planes:</b> Assess symmetry of four spinal planes for osteopathic structural examination.</p> <ul style="list-style-type: none"> <li>• Top of head</li> <li>• Top of shoulder</li> <li>• Top of hip</li> <li>• Top of foot</li> <li>• Top of knee</li> <li>• Top of ankle</li> <li>• Top of heel</li> <li>• Top of foot/heel</li> <li>• Top of foot/heel</li> </ul>																
<p><b>Autonomic Nervous System</b></p> <p>Brain/Heart Brain Lungs Upper Gastrointestinal Middle GI Lower GI Kidney Adrenal and gonads Bladder Appendix</p>	<p><b>Somatics Control List</b></p> <table border="1"> <tr><td>C1-4</td></tr> <tr><td>C5-7</td></tr> <tr><td>C8-T1</td></tr> <tr><td>T2-4</td></tr> <tr><td>T5-8</td></tr> <tr><td>T9-12</td></tr> <tr><td>L1-2</td></tr> <tr><td>L3-5</td></tr> <tr><td>L6-8</td></tr> <tr><td>L9-S1</td></tr> <tr><td>S2-4</td></tr> <tr><td>S5-7</td></tr> <tr><td>S8-10</td></tr> <tr><td>S11-12</td></tr> <tr><td>S13</td></tr> </table>	C1-4	C5-7	C8-T1	T2-4	T5-8	T9-12	L1-2	L3-5	L6-8	L9-S1	S2-4	S5-7	S8-10	S11-12	S13
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great resource

This is a really unique card. No other card really exists like it. It's really good for diagnosis for osteopathic, neurological, and some orthopedic conditions. It would really be helpful for medical students and residents. It's biggest usefulness is with the osteopathic structural exam. This is really a nice card and really worth the money.

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