

OSTEOPATHIC MANIPULATIVE THERAPY

Available in Bay City at the Family and Child Health Clinic

The Family & Child Health Clinic, at 1454 W. Center Road in Essexville, is accepting patients for Osteopathic Manipulative Therapy (OMT).

OMT is often called a “sub-specialty” of medical care. The American Academy of Osteopathy states, “The osteopathic philosophy is to treat the whole person, not just the symptoms. It emphasizes the interrelationships of structure and function, and the appreciation of the body’s ability to heal itself.”

OMT Medical Director, Marilyn J. Staines, DO, said “This thought process of patient-focused care provides the patient with comprehensive healthcare. It brings an added dimension in the form of noninvasive treatment as well as prevention of illness or injury.”

Dr. Staines has provided 10 years of service to Bay Regional Medical Center and will be heading the new OMT clinic, the first in the tri-cities.

Doctors of Osteopathy (DOs) recognize that the body must constantly fight physical, emotional, chemical, and nutritional “stressors” to maintain a state of wellness. Thus, they use a variety of techniques when applying manual force to the body’s affected areas. Based upon complexity or severity of the problem, more than one treatment may be necessary. “Osteopathy is a holistic profession,” said Dr. Staines. “We recognize that medication, surgery and often manual therapy are necessary elements of treatment to help the body heal itself.”

Like MDs, DOs are fully trained and hold unrestricted license to practice medicine. Dr. Staines feels that the additional training DOs receive may give them a better understanding of how an injury or illness in one part of the body can affect another part of the body; providing a therapeutic, and perhaps diagnostic, advantage.

OMT treats joints, muscles, and other soft tissues to enhance mobility, improve circulation and lymphatic drainage, impart change to nerve responses and relax tissues. This creates an environment of self healing from the balance in the interrelationship of structure and function.

Dr. Staines stressed that OMT isn’t a substitute for sports medicine or chiropractic medicine, but rather a complement. Sports medicine patients are often referred for OMT. It is also encouraged when treatment is needed for the limbs, which chiropractors are not licensed to treat in Michigan.

Dan Hatton, retired Administrative Director of Graduate Medical Education and an OMT patient said, “It works; and when it works well, your quality of life goes up.”



Marilyn J. Staines, DO performs OMT to enhance mobility, relax tissues, and improve circulation as part of a patient-focused approach to health care.

**The OMT Clinic is available
Thursdays beginning at 8:30 AM
at the Family and Child Health
Clinic, Medical Mall East, Corner
of Center and Pine, Essexville.**

**To make a referral for OMT, or for further information,
call the Family and Child Health Clinic at (989) 895-4625.
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