



An understanding of the body's inherent ability to heal itself...

...shapes the philosophy behind the osteopathic approach. At Osteopathic Integrative Medicine, our goal is improve outcomes through accurate diagnoses and safe, effective treatment.

The safe and positive effects of osteopathic treatment during pregnancy are well documented and include relief from back, hip or pelvic pain. Osteopathic Manipulative Treatment (OMT) can also be beneficial to help your body get back to normal after delivery.

Even newborns and infants can safely benefit from OMT for symptoms such as birth trauma, reflux, colic, ear infections, musculoskeletal concerns, and breastfeeding difficulty.

OMT involves a wide variety of techniques applied to the neuromusculoskeletal system, including joints and the surrounding soft tissues and fluids, muscles, nerves, and membranes (fascia). Our treatments should be thought of as a complement to the conventional care provided by your primary care physician or pediatrician.



Restore your health, function, and vitality



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The wellness and healing of the whole person—mind, body and spirit—is at the core of the vision and philosophy of Osteopathic Integrative Medicine. We draw on complementary and alternative medicine, as well as conventional care, in order to offer a holistic, comprehensive and individualized approach to personal wellness.

Connect with us on your favorite social media to stay informed of new services and treatments, class schedules, and more.



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Osteopathy for Moms & Newborns



Restore your health, function, and vitality

Baby & Mama Trauma

Pregnancy causes many drastic changes to your body. Your ligaments stretch and your pelvis spreads in preparation for delivery. This can cause pain throughout your body. OMT can provide relief to the aches and pains of pregnancy, relieving pain and anxiety for expectant mothers. We can also help to prepare your body for delivery, optimizing your pelvic mobility and working to remove any hindrances to a smooth childbirth.

At the same time, the birthing process can be quite traumatic for babies. Our osteopathic team has extensive experience working with newborns, to gently and non-invasively relieve cranial compression, or treat issues such as colic, reflux, sinus problems, sensory concerns, and more. A healthy baby should begin breastfeeding within the first 24 hours of life. However, compression of the hypoglossal nerve during birth can impact the baby's ability to nurse. Osteopathy can free a host of restrictions to normal development and potentially prevent more serious issues later in life.



Sciatica pain is a common problem during pregnancy as physiological changes occur within the body. Osteopathic manipulative treatment (OMT) is demonstrated to be effective at alleviating sciatica pain and may also reduce the need for narcotic pain medication.



Osteopathic physicians are trained to detect strain patterns throughout a newborn's body.

They use palpation—their highly developed sense of touch—to assess the subtle movements of the baby's body and use gentle techniques to stimulate the baby's own inherent healing mechanisms.

"Flipping the baby". When a baby is incorrectly positioned in the uterus, chances are high that your obstetrician will recommend a C-section. However, it is possible to **reposition the baby** for natural childbirth. Our skilled osteopaths have successfully guided babies into the correct position using a host of very gentle OMT techniques.

Plagiocephaly is the misshaping of an infant's head due to extended time in the birth canal, or due to the use of a vacuum or forceps during delivery. OMT can restore normal shape to the baby's head.

Earaches are a common problem with newborns; this problem can be hard to diagnose because of the baby's inability to communicate the source of pain. Ear infections typically occur when the eustachian tube is blocked. Young children are more susceptible because their tube is more horizontal than in adults. An osteopath can release these blockages and stimulate drainage to accelerate healing and prevent recurrent infections.

If your baby is experiencing **disturbed sleep patterns**, cranial osteopathy can help. The gentle manual treatment of a baby or toddler's head and spine can help them to be more comfortable and result in more restful, normal sleep patterns.

If you have questions, or are experiencing problems associated with pregnancy or childbirth, talk to us! Chances are we've successfully treated someone just like you or your baby. As Colorado's largest and most experienced osteopathic practice, we have several physicians with extensive experience treating the problems that are unique to moms and newborns.