"Five-Minute OMM Consult: Head and Neck Disorders"

Millicent King Channell, DO
Associate Professor
UMDNJ-SOM
Objectives

• To briefly review pertinent anatomy of the head and neck
• To describe a conceptual osteopathic approach to head and neck disorders
• To highlight direct and indirect techniques to be used to treat
  – Headache
  – Neck Pain
  – URIs
Anatomy

- Frontal
- Nasal
- Maxilla
- Zygoma
Anatomy

- Frontalis
- Orbicularis Oculi
- Buccinator
Anatomy

- SCM
- Hyoid
- Scalene
- Trapezius
Anatomy

- Occiput
- Parietals
- Temporals
- Mandible
- Sphenoid
Anatomy

- Temporal Bone
- Mandible
- Sphenoid
- TMJ
Anatomy

- SCM
- Trapezius
- Levator Scapula
- Rhomboid Minor
Anatomy

- Sphenoid
- Temporal
- Mandible
- Zygoma
- Mandible
Anatomy

- Temporalis
- Lateral Pterygoid
- Medial Pterygoid
- Masseter
Anatomy

Relative Positions of Head and Cervical Anatomy
Anatomy

- SCM
- Hyoid
- Scalene
- Trapezius
Anatomy

• Divisions of the tongue
Osteopathic Approach

• Somatics-
  – Muscles, bones, fascia

• Lymphatics
  – Anterior and posterior cervical lymph chains
  – Pre-post auricular lymph nodes

• Innervations
  – Motor
    • Trigeminal nerve
    • C2-8
  – Autonomics
    • Vagus Nerve
    • T1-5
Example
5 minute OMT- “Pick 2”

• Head
  – Somatics
    • TMJ- ME
    • Intraoral
    • CV4
    • Vault hold
  – Lymphatic
    • Facial Effluerage
    • Auricular Drainage
    • Modified Muncie
  – Innervation
    • OA release
    • Trigeminal stimulation
5 minute OMT- “Pick 2”

• Cervical-
  – Somatics
    • Anterior, Posterior
    • UE/Thoracics
    • DIR, MFR, ME, HVLA
  – Lymphatic
    • Cervical effleurage
    • Thoracic Inlet
  – Innervation
    • C1-8
    • T1-5
Spotlight

- HVLA Seated Upper Thoracic - Full Nelson
- CS- Lev Scapulae
- DIR- Intraoral Glossal
- ME- TMJ
- LYMPH- Auricular drainage
| Head and Neck |
|---------------|--------------------------------------------------|
| Evaluates thoracic spine for flexion/extension, rotation, sidebending. |
| - Active motion |
| - Passive motion |
| Palpates thoracic spine evaluating for |
| - TART (should ask patient if there is tenderness) |
| Palpates cervical spine evaluating for |
| - TART (should ask patient if there is tenderness) |
| Evaluates cervical spine for flexion/extension, rotation, sidebending. |
| - Active motion |
| - Passive motion |
| Utilizes otoscope appropriately for diagnosis |
| - Ears |
| - Nose |
| Evaluates oropharynx and surrounding tissues |
| - Tongue depressor/tonsils/mucosa |
| - Lymph nodes |
| - Palpation of sinuses |
| Evaluates thorax for heart/lung sounds |
| - Auscultation |
| - Palpation |
| Evaluates thoracic outlet |
| - Clavicle motion |
| - Sternal motion |
| - Upper Rib motion |