

# OSTEOPATHY AND GERD

Does Osteopathic Treatment reduce symptoms in Infants with Gastro-Esophageal Reflux Disease

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## INTRODUCTION

Infantile Gastro-Esophageal Reflux Disease (GERD) is a growing problem in infants. Both the diagnose and treatment of infantile GERD are troublesome. This condition stresses both medical care and caretakers of the infant since the treatment response is not very good. There is a need for effective therapy for this condition.

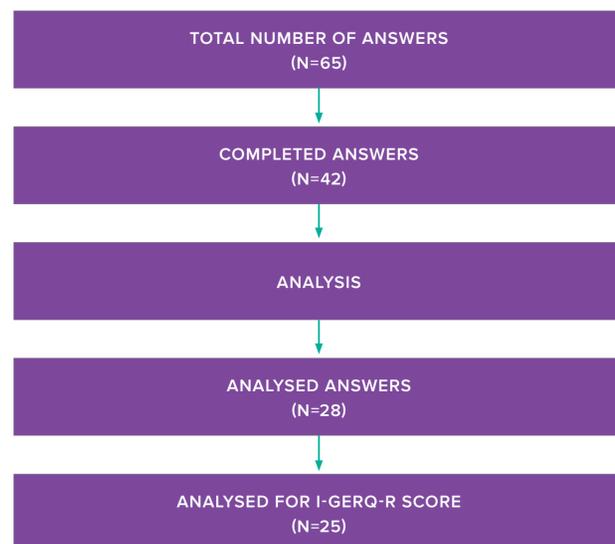
The effects of osteopathic treatment for infantile GERD is not well known. This study aimed to recognize whether osteopathic treatment has an effect on the symptoms of infants with GERD or not.

## METHODS

Basic study was conducted as internet survey using a survey monkey to collect information from infants that have diagnosed infantile GERD and that have seen an osteopath for the symptoms. Material was collected during a period of 5 weeks. Whole questionnaire had total of 51 questions. Effects of treatment were evaluated through I-GERQ-R score before and after treatment. Health questionnaire EQ-score was also evaluated before and after treatment.

I-GERQ-R score was evaluated from 25 participants (m=11, f=14). EQ score was evaluated from 28 participants (m=12, f=16).

### Flowchart of Participants



## RESULTS

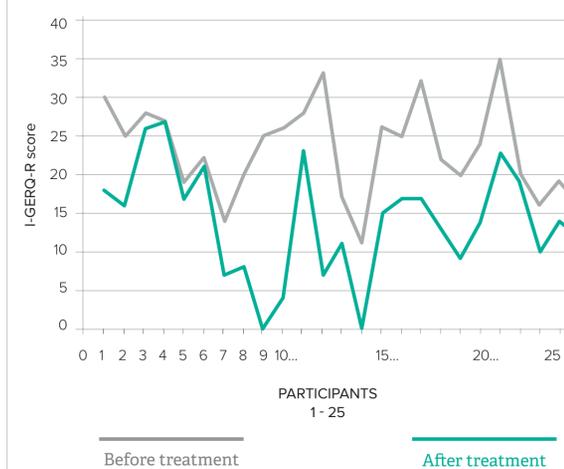
I-GERQ-R score was calculated from a set of 12 questions, highest possible score being 42. This score was calculated before and after treatment.

Mean value, standard deviation and t-test was calculated on the score of I-GERQ-R and EQ-score to evaluate the change in the scores before and after treatment.

### Descriptive statistics for I-GERQ-R score before and after treatment

I-GERQ-R SCORE	MIN.	MAX.	MEAN	SD	MEDIAN
Before treatment	11	35	23,2	6,1	24
After treatment	0	27	13,9	7,3	14

I-GERQ-R score before and after osteopathic treatment for each evaluated participant



## DISCUSSION

This research gives an idea of the possibilities of osteopathic treatment on reducing symptoms of infant GERD. Reduction of the symptoms was statistically significant on both measurements (I-GERQ-R score and health questionnaire EQ-score) with  $p < 0.0001$ . Similar results have been seen in a smaller sample (Gemelli, 2013).

However, this study does not tell what kind of techniques have been used to get these results. For future studies it would be interesting to see what kind of osteopathic treatments seem to be effective on the symptoms of infant GERD.

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## KEYWORDS:

REFLUX • INFANTILE GERD • GASTROESOPHAGEAL  
• OSTEOPATHIC TREATMENT • OSTEOPATHIC  
MANIPULATION • I-GERQ-R

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