

Doctor of Osteopathic Medicine (DO)

Osteopathic Medicine

Osteopathic medicine treats the whole body — not just what aches or hurts. It recognizes how your body's systems (organs, nerves, muscles and bones) work together to help your body naturally heal itself.

Education

A doctor of osteopathic medicine (DO):

- has a bachelor's degree and completes 4 years of medical school
- completes an accredited internship, residency or fellowship program
- takes a licensing exam to practice medicine.

The Difference Between a DO and an MD

A DO and an MD (doctor of medicine) receive the same education and practice in the same areas of medicine.

A DO completes additional time studying the body's musculoskeletal system (bones, muscles and nerves) and osteopathic manipulative treatment (OMT).

OMT uses gentle, hands-on pressure to help:

- relieve pain in your muscles and joints such as your low back or neck
- promote healing
- provide relief for conditions such as headaches and sinus infections.

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Caring for You

A DO practices in all areas of medicine and can provide a variety of services including:

- doing physical exams
- diagnosing and treating illnesses
- providing preventative care
- writing prescriptions
- ordering and reading lab tests
- doing surgery.

A DO will take a whole-person approach to care by encouraging you to live in a way that prevents illness.

Did You Know?

Osteopathic medicine has been practiced for more than 140 years.



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