

## UNIVERSITY OF WISCONSIN OSHKOSH COLLEGE OF LETTERS AND SCIENCE

### PRE-OSTEOPATHIC MEDICINE

The field of osteopathic medicine is very similar to the field of medicine. The difference between the degree of Doctor of Osteopathy (D.O.) and the M.D. degree lies primarily in the emphasis placed during the training years on palpatory diagnosis and manipulative treatment in conjunction with all other recognized diagnostic and therapeutic modalities in total health care management.

Acceptance into one of the 19 colleges of osteopathic medicine is very competitive. The student will need high grades and should score well on the Medical College Admission Test (MCAT), which is required before application. All colleges of osteopathic medicine require that at least 90 semester hours be completed at the time of application. In addition, certain basic science courses are required. While only 90 semester hours are the minimum requirement for entrance to osteopathic medical colleges, most students will enter with either the Bachelor of Arts or Bachelor of Science degree.

Colleges of osteopathic medicine generally require the following courses as the minimum requirement for acceptance into their program:

- one year of general biology                    105, 230
- one year of general chemistry                105, 106
- one year of organic chemistry                235, 335
- one year of physics                            107, 108
- one year of english

Additionally, courses in the social sciences, humanities, mathematics and advanced biology are highly recommended.

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## **Osteopathic Medicine**

### ***What is Osteopathic Medicine?***

Osteopathic Manipulative Treatment (OMT) is a system of treatment developed by Dr. Andrew Taylor Still in the late 1800's, based on his recognition of the role that the musculoskeletal system plays in the body's continuous effort to resist and overcome illness and disease. Dr. Still believed that manual manipulation was useful in stimulating the body's ability to fight disease and in restoring health.

OMT is composed of a spectrum of manual techniques that today's osteopathic physicians may use to alleviate pain, restore freedom of motion, and enhance the body's own healing power. Often these techniques are used in conjunction with more conventional forms of medical care, such as prescribing medication and performing surgery. The following are some of the most commonly used manipulative procedures: articular techniques, counterstrain, cranial treatment, myofascial release treatment, lymphatic techniques, and thrust techniques.

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