Disclosures

- Dr. Bueche has no relevant financial relationships with commercial interests to disclose
“This is the real secret of life - to be completely engaged with what you are doing in the here and now. And instead of calling it work, realize it is play.”

-Alan Watts
Objectives

- To understand in children the biomechanical response based on the mechanism of injury
- To identify and treat acute and chronic injury or disability in the extremities using OMM
- To provide specific education, tailored follow-up and referral as appropriate
Agenda

- Brief “lecture”
- High yield hands-on
Considerations of Pediatric Injury

- Soft tissue stronger than bone
- Risk to growth plate
- Long term impact of injury at early age
Work-Up

- Traumatic Fracture
- Stress Fracture
- Loose Body
- Avascular Necrosis
- Growth Plate Injury
Restrictions

- Level of Activity
- Absolute Rest
- Discontinuation of Sport
Referral

- PT
- Ortho
Complications

- Early OA
- Emotional Distress
- Parents
"A knowledge of anatomy is only a dead weight if we do not know how to apply that knowledge with successful skill"

Andrew Taylor Still, D.O.
Founder of Osteopathy
BRINGING UP BÉBÉ

One American Mother Discovers the Wisdom of French Parenting

PAMELA DRUCKERMAN
“When you have adjusted the physical to its normal demands, nature supplies the remainder…”

Dr Andrew Taylor Still
Founder of Osteopathy
"The only way to make sense out of change is to plunge into it, move with it, and join the dance."

Alan Watts,
The Wisdom of Insecurity
ain't nothing to it but to do it
Shoulder

- Clavicle
- C Spine
- T Spine
- Ribs
- Scapula
- Humerus
Options

- Seated Treatment of the Thoracic Spine – Upper Segments
- ME for Clavicle
- MFR Scapula
- Still/FPR/BLT/ME/HVLA for ribs
HEP

- Pec Stretches
- Shoulder Circumduction w/ Breathing
- ER
- Reverse Repetitive Action
Elbow

- Radial Head
- Interosseous Membrane
- Muscular Strain
Options

- ME
- HVLA Radius
- MFR
HEP

- Self-Muscle Energy for Extensor/Flexor Complexes
- Range of Motion Activity
Wrist

- Radial Restriction
- Interosseous Membrane
- Carpal Restriction
- Metacarpal Restriction
Options

- Joint Play
- MFR
HEP

- Carpal Tunnel Stretch
Hip

- L/S Mechanics
- SI Jt Mechanics
- Capsular Restriction
- Muscular Restriction
  - Psoas
  - Quad
  - Hamstring
  - IT Band
Options

- Muscle Energy
  - Teaching point - becomes the HEP
- Muscle Energy/Still/HVLA to L/S/P restriction
- Counterstrain to Tenderpoints
- MFR
HEP

- Core Strengthening
- Stretching
  - Psoas
  - IT Band
- ROM
  - Hip
Knee

- Patellar Tracking
- Fibular Motion
- Tibial Torsion
- Interosseous restriction
- IT Band
Options

- MFR
  - Patella
  - Interosseous Membrane

- BLT
  - Fibula

- C/S Tenderpoints
HEP

- VMO Strengthening
- Stretching
  - Quad
  - HS
  - IT Band
  - Gastroc/Soleus
- Anterior tibialis Strengthening
Foot/Ankle

- Gastroc/Soleus
- Fibula
- Talus
- Cuboid/Navicular
- Metatarsals
Options

- Counterstrain for Tenderpoints
- ME or BLT for fibula
- HVLA or ME to reset Talus/Cuboid/Navicular
- Joint Play
HEP

- Gastroc/Soleus Stretch
- Intrinsic mm retraining
- Proprioceptive Retraining
I AM ONLY ONE,
BUT STILL I AM ONE.
I CANNOT DO EVERYTHING,
BUT I CAN DO SOMETHING,
AND BECAUSE I CANNOT DO
EVERYTHING,
I WILL NOT REFUSE TO DO
THE SOMETHING I CAN DO.

-EDWARD E. HALE
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