

Research Study:

Osteopathic Manipulative Treatment for Recurrent Mastitis

What is the purpose of this study?

The purpose of this study is to investigate whether Osteopathic Manipulative Treatment (OMT) is effective in treating recurrent mastitis without the use of antibiotics and if it helps with prevention of future recurrence of mastitis in individuals who have had multiple occurrences of mastitis.

What is OMT?

OMT, as defined by the American Osteopathic Association (AOA), is a set of hands-on techniques used by osteopathic physicians (DOs) to diagnose, treat, and prevent illness or injury. Using OMT, a DO moves a patient's muscles and joints using techniques that include stretching, gentle pressure and resistance.

Who is eligible to participate?

Women between the age of 18 and 50 years old who have a clinical diagnosis of recurrent mastitis: more than 2 episodes of lactational mastitis in the same breast in a 6-month time period. You may be excluded if you have mammary abscesses, health problems related to pregnancy, or the inability to receive OMT due to open wounds, fractures, anuresis, necrotizing fasciitis, congestive heart failure, or unstable cardiac conditions.



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**To participate or
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