

OSTEOPATHIC NEUROMUSCULOSKELETAL MEDICINE

Dr. Tori Tschantz, D.O.

Osteopathic Medicine

A whole-body (mind, body, spirit) approach to health and healing used by Doctors of Osteopathic Medicine (D.O.)

OMT

Osteopathic manipulation (OMT) is a hands on approach to diagnosis and treatment used by D.O. physicians to address issues with pain and function of the musculoskeletal system. OMT can be helpful for all ages in a wide range of medical conditions. Some techniques are similar to those used in chiropractics, PT, massage, or cranial sacral therapy with the goal of helping the body restore its overall function and mobility.

Injections

In addition to common diagnostic injections, Dr. Tschantz also utilizes ortho-biologic (also known as regenerative) solutions such as prolotherapy and platelet-rich plasma (PRP) to re-start the body's natural cascade of healing to an area of injury or instability. All injections are performed under ultrasound guidance to ensure accuracy.

Insurance

Every insurance provider is different, so it is always best to check with them prior to your appointment. Most services are usually covered; however, there are a few notable exceptions. Platelet-rich plasma (PRP) and prolotherapy injections are NOT currently covered by any insurance.

Common conditions treated:

- Back pain, sciatica
- Neck pain
- Joint pain and arthritis
- Strains/ sprains
- Nerve impingements, carpal tunnel
- Sports injuries, overuse injuries
- Headaches, migraines, sinus issues
- Concussion, post-concussive symptoms
- GI function (chronic constipation, IBS)
- Chronic pelvic pain
- Pregnancy and postpartum-related pain
- TMJ dysfunction
- Poor sleep
- Performance issues for performing artists (vocalists, instrumentalists, dancers, etc)
- Hypermobility syndromes, Ehlers-Danlos
- Myofascial pain syndromes, Fibromyalgia
- Chronic stress/ anxiety



Infants/ Pediatrics:

- Poor feeding
- Difficulty latching
- Plagiocephaly (abnormal head shape/ flat spot)
- Torticollis (tight neck muscles)
- Gastric reflux
- Colic
- Constipation
- Recurrent ear infections
- Abnormal posture
- Musculoskeletal tightness or discomfort
- Adjunct treatment to orthodontics



Dr. Tori Tschantz, D.O. is specialized in both Family Medicine and Osteopathic Neuromusculoskeletal Medicine (ONMM) and utilizes a holistic approach in addition to osteopathic manipulation (OMT) and ultrasound guided injections to improve the overall function of the body.

To make an appointment for consultation with Dr. Tschantz, please call our front desk at 804-932-4388. Please wear comfortable loose-fitting clothing to your visit!

