

# Health and happiness for the new year

Restore function through osteopathic manipulative medicine. *by Jake Rowan*

**A**s we enter the new year I am encouraged by the opportunities that 2016 has to offer. It can be a year of health and happiness. But what is health?

Is it the absence of disease? Is it soundness of body and/or mind? For me health is about function. How am I functioning physically and mentally? From a physical standpoint it asks the question, can my body perform an activity or action for which it was designed. Can I reach into the top cupboard? Can I shovel the snow? Can I get off of the floor by myself if I fall down? Can I stand, walk, or run for as long as I need to or want to?

As an osteopathic physician I am reminded of the principles of osteopathic medicine. One of those principles states that the structure and

**“Structure governs function and function influences structure.”**

function of the body is interrelated. Structure governs function and function influences structure. Alterations within the musculoskeletal system (muscles, bones, ligaments, etc) affect total body health and the ability of the body to recover from injury and disease. Treating the musculoskeletal system with osteopathic manual medicine can help to restore function, enhance wellness, and assist in the recovery from disease and injury.

Another principle of osteopathic medicine, which is important to consider, is that the body has its own

intrinsic healing mechanisms and the osteopathic physicians role is to help these intrinsic healing processes along. If we are dealing with impaired function of the musculoskeletal system we can help to restore function through osteopathic manipulative medicine treatment, but to maintain that function we need to consider other factors that may also be playing a role. Those factors may include nutrition, sleep, exercise, and ergonomics of our home or work environment.

May 2016 be a happy and healthy year for you!



*Written by Jake Rowan, D.O., Associate Professor, Department of Osteopathic Manipulative Medicine at MSU College of Osteopathic Medicine.*



### Our providers

- |                       |                          |
|-----------------------|--------------------------|
| Peter Blakemore, D.O. | Jennifer Gilmore, D.O.   |
| Jonathan Bruner, D.O. | Timothy Francisco, D.O.  |
| Lisa DeStefano, D.O.  | Christopher Pohlod, D.O. |
| Vincent Cipolla, D.O. | Jake Rowan, D.O.         |
| Mark Gugel, D.O.      | Mathew Zatkin, D.O.      |

Whether it's back pain, neck pain or chronic headaches, your body is trying to tell you something. We're here to listen. In fact, it's the foundation of the medical approach we teach and the research we conduct at Michigan State University's Department of Osteopathic Manipulative Medicine.

Our board-certified physicians are currently accepting patients from adult to adolescents and children.

**Ask your physician to refer you to Osteopathic Manipulative Medicine, then give us a call. We're listening. 517-432-6144**