

Neuromusculoskeletal medicine is a dynamic field that integrates knowledge from such areas as sports medicine, general medicine, orthopedics, rehabilitation, exercise physiology and nutrition to improve the overall health and function of the individual. Osteopathic physicians (D.O.'s) specializing in Neuromusculoskeletal medicine are trained to integrate osteopathic manipulative medicine (OMM) into the treatment plan to improve the motion and function of the entire individual. We basically use an integrative approach to help you "reach your peak" for optimum health, function and performance.

Neuromusculoskeletal medicine isn't just for athletes. It's principles apply to all ages, including children, adults and geriatric patients.

How can individuals benefit from osteopathic manipulative medicine? Osteopathy looks at the body as a dynamic unit of function with structures and functions that are interrelated at all levels. Optimum health and performance requires integrated function of all of the various parts. A problem in one area, organ or system will produce both local and global effects.



For example, a simple ankle sprain can result in the transference of abnormal biomechanical forces to your knee and/or low back so that those areas are also compromised and predisposed to problems. Injuries and associated pain can also produce biochemical abnormalities that may negatively impact hormone function and alter neurotransmitters (brain chemicals). To put it simply, the entire body is connected together and can be effected by multiple biomechanical, bioenergetics and biochemical factors. Osteopathic manipulative medicine helps optimize overall function and addresses the entire individual as a dynamic, synchronized and integrated whole. Osteopathic physician's (D.O.'s) don't just treat bones. We look beyond just the musculoskeletal system to include the visceral, craniosacral and bioenergetics systems.

Kenneth A. Ramey, DO, FACOFP serves as the Program Director of our Neuromusculoskeletal Medicine Residency Program. Dr. Ramey is as a member of the medical staff at Sky Ridge Medical Center and has served as a team physician at both the high school, college and semi-professional levels. He is a member of the OPP Department at Rocky Vista University College of Osteopathic Medicine and integrates sports medicine, osteopathic manipulative medicine and preventative medicine. Dr. Ramey is board certified in family medicine, neuromusculoskeletal medicine, osteopathic manipulative medicine and has a certificate of added qualification in sports medicine .



***Neuromusculoskeletal
and Osteopathic
Manipulative
Medicine
Residency Program at
Rocky Vista Health
Center***



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We use osteopathic manipulative medicine to improve motion and function throughout the entire individual in an effort to optimize health and potential.

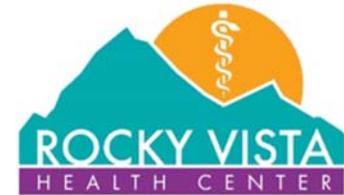
Our neuromusculoskeletal medicine services include:

- * Neuromusculoskeletal evaluation and management including osteopathic structural examination
- * Osteopathic manipulative medicine – including but not limited to` general osteopathic technique, high velocity/low amplitude technique, muscle energy technique, myofascial release, visceral manipulation, Dr. Fulford's techniques and Osteopathy in the Cranial Field
- * Therapeutic exercise prescription
- * Trigger point and joint injections



Common conditions that may improve with osteopathic manipulative medicine (OMM) include but are not limited to:

General medical conditions (asthma, chronic sinus and middle ear infections, common colds, mildly elevated blood pressure, abdominal and pelvic pain)
Concussions
Performance anxiety and depression
Neck, upper back and low back sprains/strains
Tailbone pain/contusions
Herniated, bulging and degenerative disks in the cervical, thoracic and lumbar spine
Paroxysmal supraventricular tachycardia
Stingers and burners
Thoracic outlet syndrome
Carpal tunnel syndrome
Ulnar nerve compression
Stress incontinence
Temporomandibular joint dysfunction
Low-grade (I-III) acromioclavicular (AC) separations
Rotator cuff tendonitis
Partial rotator cuff tears
Biceps tendonitis
Frozen shoulder
Lateral epicondylitis (tennis elbow)
Medial epicondylitis (golfer's elbow)
Radial tunnel syndrome
Sternoclavicular joint pain/dysfunction
Costochondritis
De Quervain's tenosynovitis
Groin strains/pulls
Hip bursitis
Mild hip arthritis
Piriformis syndrome
Quadriceps and hamstring strains
Knee bursitis
Meniscal tears
Partial knee ligament tears
Patellofemoral pain
Patellar tendonitis (jumper's knee)
Osgood-Schlatter disease
Mild knee arthritis
Calf strains
Achilles tendonitis
Sever's disease
Plantar fasciitis
Tarsal tunnel syndrome
Ankle sprains (including high ankle sprains)
Metatarsalgia



Our goal to help you reach your peak for optimum health, function and performance.

Come and discover the Osteopathic difference!

Call our office to schedule your appointment today!

(720) 875-2880

