

Avian influenza: an osteopath component to treatment (2007)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1939852/>

"Retrospective data gathered by the American Osteopathic Association shortly after the 1918–1919 influenza pandemic have suggested that osteopathic physicians (DOs), using their distinctive osteopathic manipulative treatment (OMT) methods, observed significantly lower morbidity and mortality among their patients as compared to those treated by allopathic physicians (MDs) with standard medical care available at the time. In light of the limited prevention and treatment options available, it seems logical that a preparedness plan for the treatment of avian influenza should include these OMT procedures, provided by DOs and other healthcare workers capable of being trained to perform these therapeutic interventions."

The Coming Influenza Pandemic: Lessons From the Past For the Future (2005)

<https://jaoa.org/article.aspx?articleid=2099489>

"[T]he lessons learned within the osteopathic medical profession as a result of the 1917-1918 pandemic could prove useful once again if (or when) a new influenza pandemic occurs. As AOA editor in chief, Gilbert E. D'Alonzo, Jr, DO,¹⁰ noted in his 2004 editorial, 'Influenza epidemic or pandemic? Time to roll up sleeves, vaccinate patients, and hone osteopathic manipulative skills,' influenza patients treated osteopathically during 1917-1918 had a 0.25% mortality rate, as compared to the national average of 6% (and 10% for pneumonia patients, compared with 33% to 75% for the national average)."

Article by osteopathic physician, Dr. Guy Ashburner, 2020

<https://www.osteogoodhealth.com/blog/are-you-a-flowing-river-or-a-stagnant-pond/>

"In the closing days of World War I, a form of influenza ('flu') appeared. The influenza pandemic of 1917-1918 claimed more lives than the war. The osteopathic profession showed the value of osteopathic manipulative treatment during this pandemic by reducing patient mortality rate by using lymphatic treatment techniques and osteopathic manipulative treatment. . . . In conjunction with a balanced lifestyle, osteopathic treatment may help you strengthen your immune system naturally. Osteopathy is no replacement to any other medical procedures or therapies. Current research has shown the osteopathic manual therapy can improve lymphatic flow and even positively support other medical treatments."