

# MOVE BETTER, FEEL BETTER: THE POWER OF SELF-OMT

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Self-OMT (self-directed osteopathic manipulative treatment) is a gentle, hands-on approach that relieves muscle tension, enhances mobility, and supports healing. Just minutes each day can ease neck and back pain, stiffness, and discomfort. Stress and tension—often in the neck, shoulders, and lower back—can impair sleep, posture, and function. Self-OMT offers simple daily tools to keep your body active and feeling rejuvenated.

### Self-OMT Techniques You Can Start Today

#### Releasing Neck Tension

- Sit or stand comfortably.
- Use your fingertips to gently press and make small circles on your upper shoulder (trapezius) and the side of your neck (sternocleidomastoid muscle).
- Breathe deeply as you focus on tight spots.
- This helps release tension and improves blood flow.

**Tip: Start with 2–3 minutes a day.  
Be gentle and consistent.**



#### Improving Neck Mobility with Muscle Energy

- Sit upright. Place your right hand on your forehead.
- Gently push your head forward into your hand (like a chin tuck) and resist with your hand. Hold for 3–5 seconds, then relax.
- Repeat on the left and right sides by placing your hand on the side of your head and gently resisting.
- This helps retrain tight muscles and restore motion.

#### Freeing Your Lower Back

- Use a foam roller on the floor or against a wall.
- Slowly roll your lower back over the foam roller.
- Move gently and breathe deeply, especially when you feel tightness.
- This helps loosen the muscles and fascia (the soft tissue) around your spine.

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#### SOURCES:

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