



Research Title: **The effectiveness of Osteopathic Treatment
on Infantile Colic**

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ABSTRACT

Background: Infant colic is a phenomenon that involves about 10% of infants under the age of three months. The aetiology is unknown, different treatment approaches have been tested, but none have shown conclusive positive results. Manual treatments have been scarcely examined, but the few studies done seem to have had some positive results. The aim of the current clinical study is to verify if Osteopathic Manual Treatment (OMT) has an effect on colic symptoms.

Methods: 10 healthy babies affected by colic were selected by their paediatricians. They were treated before with a phytotherapeutic product (SMT) for 2 weeks and then with OMT (totally 3 treatments) combined with SMT for 3 weeks. Parents completed a daily diary before the beginning of the study, after SMT and after SMT+OMT, recording 6 parameters: sleeping, awake & content, feeding, fussy, crying, unsoothable crying. The changes in these data were tested for significance by means of one way ANOVA (data were significant if $p < .05$).

Results: There were no significant changes in the variables analysed from time 0 to time 1 ($p > .05$). While there were changes from time 1 to time 2 in terms of hours/24 spent in sleeping ($p = .001$), fussy ($p < .05$), crying ($p < .05$) and unsoothable crying ($p < .05$). There were no changes in awake & content both from T0 to T1 ($p > .05$) and from T1 to T2 ($p > .05$), but there were changes from T0 to T2 ($p < .05$).

Conclusion: OMT+SMT appears more effective than SMT alone in relieving some colic symptoms. A larger study that separates the group of control from the group of treatment is requested to get stronger results.

