

Abstract (Englisch)

Objective

Main goal of the study is to find out if the osteopathic treatment can improve the symptomatic of chronic constipation judged by ROM II criteria

Design

A two phase (pre-post) pilot intervention study

Setting

The patient checkups and treatments were done in 2 physiotherapeutic medical practices in Saarland and Eifel/Germany over a period from January 2006 until December 2007.

Materials and methods

30 patients (26 women and 4 men) between 25 and 72 years old (average 44+/- 12,4) with the diagnosis chronic functional constipation were members of the study.

Phase (part)1: the patients get no treatment for 4 weeks

Phase (part)2: 4 osteopathic treatments are given (done)

The primary goal parameter is based on the symptomatic chronic functional constipation. The evaluation was made with a Obstipationsscore based on the summary contents of the scores of the Clevelandclinic Florida and the Enddarmzentrum Mannheim

Secondary goal parameter is the life quality sized by SF-36.

The differences of the obstipationsscores were compared between the 2 phases

Results

A direct comparison between the not treated period and the treated period shows an improvement during the osteopathic treatment relevant to the primary goalparameter "symptomatic of chronic functional constipation". The summary of the obstipationsscores improved from 14,2 to 10 points. (average improvement 4,2 points, 95% CI : 2,2/6,1 p< 0,001)

The secondary goalparameter could not be done

Conclusion

4 osteopathic treatments within 6 weeks improve the symptomatic of chronic functional constipation. Based on these results the doing of randomized controlled studies is wanted and possible long time effects may be shown with a Follow-up collection