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<b>PROPOSER –AUTHOR 1</b>	
Family Name	Cerritelli
Name	Francesco
Name of organization, institute or company	EBOM - European Institute for Evidence Based Osteopathic Medicine
Name of department	Research and development
Full Address	Via Gran Sasso, 79 65100 Pescara
Country	Italy
Telephone	
Email	francesco.cerritelli@ebom.it
Type of research	Original papers
Title of Abstract	Is Osteopathic Manipulative Treatment effective in migraine?
Text of ABSTRACT	<p>Migraine is a common disorder with a prevalence in the population of 6% in men and 18% in women. Recent studies documented controversy results in relation to the benefit of the application of OMT in migraine and those are even more unclear if CAM are considered.</p> <p>The aim of the present study is to determine the efficacy of the OMT on a sample of subjects affected by migraine and chronic tension headache evaluated by the HIT-6 questionnaire.</p> <p>Methods:</p> <p>The study was carried out in the Department of Neurology of Ancona's United Hospitals in the period between March and November 2010. All patients admitted in the unit with a diagnosis of migraine, according with International Headache Society criteria, were considered eligible for the study. Patients with secondary forms of headache, chronic illness, psychiatric illness, post-menopausal women, aged under 18 and over 50 years old were excluded from the study. According to the sample size calculation using an effect size of 5 points between groups and 27 within groups with a power of 90% and an alfa equal to 0.05, 105 patients entered in the study and were randomly divided in three groups (N=35 in each group): OMT only, drugs (triptans) only and sham therapy. All patients were followed up for 6 months.</p> <p>Questionnaires were used to evaluate both the severity of migraine (HIT-6), considered as primary outcome, and the quality of life (SF-36v2), secondary outcome. Socio-demographic data were collected as well.</p> <p>A one-way ANOVA was used to test the difference in variance among the three groups having defined a level of significant less than 0.05.</p> <p>Results:</p> <p>Results presented are based on a smaller sample (N=50) since the study is still running.</p> <p>At baseline, no difference in mean between the three groups in term of socio-demographic characteristics, severity of migraine and quality of life.</p> <p>At the end of the follow-up ANOVA showed a statistically significant difference on the primary outcome between the three groups <math>F(2, 29) = 7.01, p = .003</math>.</p> <p>Tukey post-hoc comparisons of the three groups indicate that sham group was not statistically different from drug group (<math>M = -4.25, 95\% \text{ CI } [-11.80, 3.30], p = .36</math>), whilst OMT group was statistically different from drug group (<math>M = -11.70, 95\% \text{ CI } [-19.72, -3.69], p = .003</math>) and from sham group (<math>M = -7.45, 95\% \text{ CI } [-14.30, -0.61], p = .03</math>).</p> <p>Conclusion</p> <p>This preliminary data, even though not completed, showed a significant difference between OMT group and the others two, suggesting that the OMT can be considered an efficient procedure in the management of patients with migraine.</p>
<b>PRESENTING AUTHOR</b>	
<b>AUTHOR 2</b>	
Family Name	Caprari Emanuele

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Name Emanuele  
Affiliation AIOT - Accademia Italiana Osteopatia Tradizionale  
Full Address  
Country Italy  
E-mail

**AUTHOR 3**  
Family Name Di Vincenzo  
Name Marcello  
Affiliation AIOT - Accademia Italiana Osteopatia Tradizionale  
Full Address  
Country Italy  
E-mail

**AUTHOR 4**  
Family Name Mazzarini  
Name Luca  
Affiliation AIOT - Accademia Italiana Osteopatia Tradizionale  
Full Address  
Country Italy  
E-mail

**AUTHOR 5**  
Family Name Ginevri  
Name Liana Rina  
Affiliation EBOM - European Institute for Evidence Based Osteopathic Medicine  
Full Address  
Country Italy  
E-mail

**AUTHOR 6**  
Family Name Messi  
Name Gabriella  
Affiliation EBOM - European Institute for Evidence Based Osteopathic Medicine  
Full Address  
Country Italy  
E-mail

**AUTHOR 7**  
Family Name Renzetti  
Name Cinzia  
Affiliation AIOT - Accademia Italiana Osteopatia Tradizionale  
Full Address  
Country Italy  
E-mail

**AUTHOR 8**  
Family Name Frattesi  
Name Gabriella  
Affiliation Department of Neurology - Ancona's United Hospitals  
Full Address  
Country

---

E-mail

AUTHOR 9

Family Name Foschi

Name Nicoletta

Affiliation Department of Neurology - Ancona's United Hospitals

Full Address

Country Italy

E-mail

AUTHOR 10

Family Name Barlafante

Name Gina

Affiliation AIOT - Accademia Italiana Osteopatia Tradizionale

Full Address

Country Italy

E-mail