

forced expiratory volume, forced vital capacity, or peak expiratory flow rate. These factors depend on airway and costal cage resistance, which osteopathic manipulative treatment could address by balancing autonomic tone to dilate the bronchial airways and improve compliance of the costal cage. (doi:10.7556/jaoa.2017.059)

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Cost-Effective Management of Low Back and Joint Pain by Specialty

Wilson FA, Licciardone JC, Kearns CM, Akuoko M. Analysis of provider specialties in the treatment of patients with clinically diagnosed back and joint problems. *J Eval Clin Pract.* 2015;21(5):952–957. doi:10.1111/jep.12411

Back and joint pain are common ailments that are managed by various health care professionals. Researchers at the University of Nebraska Medical Center in association with The Osteopathic Research Center at the University of North Texas Health Science Center compared the cost-effectiveness of improving patient outcomes across specialties with average total costs of treatments from health care professionals. The researchers used data from the Medical Expenditure Panel Survey, which is a nationally represented survey that collects data on respondents' health status and health care use and expenditures conducted by the Agency for Healthcare Research and Quality. To assess health benefit, self-reported measures of physical health and mental health were analyzed to derive EuroQol-5D (EQ-5D) index scores, which measure the health-related quality of life domains of mobility, self-care, usual activities, pain/discomfort, and anxiety/depression.

A total of 16,546 Medical Expenditure Panel Survey respondents from 2002 to 2012 who had at

least 1 office-based health care professional visit for a diagnosed low back or joint problem were included in the study. All respondents included were aged 18 years or older. Respondents who received treatment for back or joint pain from more than 1 health care professional were excluded. The study compared physicians in the following specialties: osteopathic medicine, internal medicine, orthopedics, rheumatology, neurology, family/general practice, and nonphysician health care professionals: chiropractors, physical therapists, acupuncturists, and massage therapists. The age-adjusted results, based on incremental cost-effectiveness ratios using the EQ-5D index scores, showed that osteopathic medicine, family medicine, and internal medicine were the most cost-effective. Chiropractors, physiotherapists, acupuncturists, and physicians in the specialties of orthopedics, neurology, and rheumatology were not cost-effective.

In summary, for patient-reported overall health based on combined physical and mental components, the specialties of family medicine, osteopathic medicine, and internal medicine were the most cost-effective in treating low back and joint pain. (doi:10.7556/jaoa.2017.060)

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Benefit of OMT in Patients Who Underwent Heart Surgery

Racca V, Bordini B, Castiglioni P, Modica M, Ferratini M. Osteopathic manipulative treatment improves heart surgery outcomes: a randomized controlled trial. *Ann Thorac Surg.* 2017;pii:S0003-4975(16)31438-2. doi:10.1016/j.athoracsur.2016.09.110 [Epub ahead of print]

Researchers from the Cardiology Rehabilitation Center at the Santa Maria Nascente Institute in Milan, Italy, evaluated the effects of osteopathic manipulative therapy (OMTh; manipulative care