

Osteopathy

Type	Safety	Efficacy	Recommended?
	1	2	
Alternative medicine	Regarded as safe	No evidence that it is effective	No

In detail:

Claims for treatment	Reduces or removes the perception of tinnitus.
What is the treatment?	Physical manipulation, stretching and massage.
What are the downsides of this treatment?	Generally regarded as safe ¹ . Cost – most people pay for osteopathy treatment privately.
Has there been research into this treatment?	Very little research has been conducted into osteopathy for tinnitus.
What does the research say?	The very limited evidence suggests that osteopathic treatment may have greater effects in people with postural or somatic problems ² . No benefit was seen in people with noise induced tinnitus ³ .

Tinnitus UK try very hard to make sure our information is right, but this information should not be taken as medical advice. You should always check with your doctor before trying any tinnitus treatment.

How high quality is the research?*	A/C/E
Tinnitus UK's opinion on this treatment:	Although independent evidence is very limited, what there is does not show that osteopathy is effective for tinnitus, although manual manipulations may be effective for somatic tinnitus. Further research is required. Osteopathy is not mentioned as a potential treatment in three current tinnitus guidelines ⁴⁻⁶ .
Would Tinnitus UK support further studies into this treatment?	Yes, if a high quality, large scale study
Comments	In the UK, osteopathy is a health profession regulated by UK law ⁷ .

* A = Systematic review/meta analysis. B = Randomised control studies. C = Cohort studies. D = Case control studies. E = case studies/reports. +/- to be used to indicate quality within bands

For further information

The Tinnitus UK Tinnitus Support Team can answer your questions on any tinnitus related topics:

Telephone **0800 018 0527**
 Web chat **tinnitus.org.uk**
 Email **helpline@tinnitus.org.uk**
 Text/SMS **07537 416841**

We also offer a free tinnitus e-learning programme, Take on Tinnitus at **takeontinnitus.co.uk**

References

All online references accessed 1 November 2022 unless noted.

1. NHS. *Safety and regulation – Osteopathy*. www.nhs.uk/conditions/osteopathy/safety/

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6. National Guideline Centre (UK).

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Tinnitus: assessment and management:
NICE Guideline [NG155]. (2020) Mar.
www.nice.org.uk/guidance/ng155

7. NHS. *Osteopathy*. www.nhs.uk/conditions/osteopathy/

Feedback

We welcome feedback on all our information.

You can pass your comments to our Communications Team by calling us on **0114 250 9933**, emailing **communications@tinnitus.org.uk** or by writing to us at the address below.

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