

**Title:** An Osteopathic Approach to Vertigo with the Galbreath Maneuver

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**Background:** Vertigo is a symptom of illusory movement with a wide range of etiologies that can be as diverse as the patients it affects. The wide spectrum of etiologies can make a diagnosis difficult and therefore delay definitive treatment. The diagnosis is not commonly linked to somatic dysfunctions; however, somatic dysfunctions may be contributing to or causing this problem altogether.

**Purpose:** The goal of this case is to highlight the importance of the investigation for somatic dysfunctions related to a patient's presentation of vertigo and emphasize the value of critical thinking within the osteopathic framework to treat a patient.

**Case Description:** A 73-year-old female presented with a long-standing history of vertigo and a current feeling of fullness and ringing in her ears. She was found to have significant Eustachian tube dysfunction related to her condition. An osteopathic approach with emphasis on the Galbreath maneuver to improve eustachian tube dysfunction was utilized to relieve her ear symptoms and decrease her ongoing episodes of vertigo.

**Discussion:** To emphasize that structure and function are interrelated, we were able to use the Galbreath maneuver for the patient in this case study, which is classically described for otitis media, with the goal to enhance the impaired eustachian tube function. Considering the immediate post-nasal drainage and significant improvement this patient experienced, the Galbreath maneuver may be considered as an adjunctive therapy to the current treatment regimen for dysfunctions of the eustachian tube. Future studies could help further investigate and solidify the relationship between eustachian tube dysfunction and the Galbreath maneuver.