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OMT Review 3rd Edition



Synopsis

Book by Savarese, Robert G.

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Customer Reviews

This book has useful information for learning material that you will need to know in the classroom on on your boards. That said, this book is riddled with errors. You have to be careful what you read, because there are typos on nearly every page. The questions at the end of each chapter are moderately useful in asking about what you just read. However, the question blocks at the end of the book are atrociously bad. Many of the questions test your knowledge of concepts not presented in the book, so I suppose you can approach them as another learning opportunity, but as a question format they're not very helpful. One example: Supraventricular tachyarrhythmias that have been associated with hypersympathetic activity are most likely to arise from: A. Right sided sympathetic fibers originating from T1-T4 B. Left sided sympathetic fibers originating from T2-T5 C. Left vagus nerve (D and E are obviously wrong) If you committed to memory the chart on page 104 (as you are supposed to for boards, see below) you will remember that the spinal cord level associated with the heart is T1-T5. There are 2 answer choices that fit that answer, and choice C is wrong because the vagus does parasympathetics. So you may be inclined to put B since the heart is, after all, on the left side. Well, you would be wrong, according to Savarese, as he explains in the answer explanation: "Fibers originating on the right innervate the right heart and sinoatrial (SA) node... Left sided sympathetic fibers innervate the AV node." So the answer is A. Very cute, but why didn't he include that information in the original text? He doesn't. Many of the questions end up this way,

making for a frustrating exercise. The one most important thing in this book, as regards to the board exams, is the chart on page 104 showing segmental sympathetic innervations. Since this chart is easily obtained from somewhere else, the value of buying this book is questionable at best. I suppose, looking back, that it might be worth it to get the book, if only just. One thing going for this book is that it is a quick read; you can go through the whole thing at an easy pace in less than a week. Just heed my warnings about typos, errors, and the question blocks at the end are of dubious relevance.

I graduated from DO school in 2003, and really have not used OMT for last several years. When I found out that PA state medical board required OMT practical exam, I was definitely nervous and clueless how to study for it. This book gives the key aspects of OMT and the principles and easy to reference for quick review. I would recommend getting another companion book that shows more OMT techniques, as this book lacks all soft tissue techniques and muscle energy/HVLA techniques for pelvis. Otherwise, I used this book to review 2 weeks prior to the exam date, and was satisfied. BTW, you probably over study for the OMT exam but it's better to be extra prepared by using this book.

Does the job. Good enough to get you through the OMT sections of boards and the COMAT. You will need to study Chapman's reflexes independent of this guide b/c not enough time is devoted in relation to the degree to which they are tested.

Just can't overstate the usefulness of this book for both boards and review of OMT. Used for Level 1, 2, and plan to use for level 3 not to mention probably continue to reference in the future. Definitely recommend this book to others looking to do well on their board exams.

Read through it once before COMLEX. It is a great summary of "everything" needed to know for the big test. It comes with 4 practice tests, which are all equally important in helping you prepare. Overall would recommend.

Review portion is CONCISE and CLEAR and TO THE POINT (unlike a LOT of OMM texts) and there are a BUNCH of questions in the back. A few questions are keyed incorrectly, so look that up when you get this book. Otherwise it's great!

This saved my life for the OMM COMAT - I wish I had read this before the Complex level 1. The questions in the back are pretty high yield, and while I haven't gone through it completely yet, I haven't found any glaring errors. Would highly recommend to any DO student.

This is a must for DO students, regardless if you are studying for Level 1/2/3 or for your lecture exams/OMM practicals. Very well written and concise. It helps to explain some of the more difficult concepts to understand, particularly if your lecture PowerPoints fall short.

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