



**Benjamin J. Visger, D.O. & Paul S. Dyball, D.O.**

Board-Certified Specialists in Neuromusculoskeletal  
Medicine & Osteopathic Manipulative Medicine

162 N. Causeway | N. Muskegon, MI 49445

231-981-0150 (p) | 231-242-8229 (f)

~ Frequently Asked Questions ~

**FAQ: What should I expect on a first visit?**

A: Your first appointment will generally include both evaluation and treatment, which will take 20-30 minutes depending on which doctor you see. This includes review of your medical history, a physical examination, and generally a manual treatment.

**FAQ: What is OMM?**

A: OMM stands for *osteopathic manipulative medicine*. “Osteopathic” means it is performed by a physician with additional training in physical diagnosis and treatment techniques. “Manipulative” medicine means it is a manual technique. In our hands, manipulation does not mean forceful adjustment! Our techniques are careful, precise, and deeply working.

**FAQ: I’m dealing with vertigo or dizziness. Could OMM help?**

A: Yes! OMM can help some causes of vertigo and dizziness from cranial and upper neck causes. There are other causes, too, like issues from inner ear crystals and blood pressure that would not be directly helped by OMM. Our physicians can diagnose and discuss this with you!

**FAQ: I think I need surgery. Should I try OMM first?**

A: Yes! Surgery is a life-changing decision and not always successful at reducing pain. Our physicians work as closely as possible to the root cause of pain and disability which may be enough to help you delay or avoid surgery.

**FAQ: Could OMM help with ear and sinus infections?**

A: Yes! OMM is a safe way to open the drainage pathways to let the body clear those infections more quickly and naturally. (Already on antibiotics? That’s fine! Antibiotics are notoriously ineffective at getting into sinus tissue. OMM can help improve that circulation.)

**FAQ: Can the doctor prescribe me medication?**

A: Our physicians are fully licensed medical doctors and can prescribe medication if necessary. We do not prescribe opiate-based pain medication like Ultram (tramadol) and Norco (hydrocodone).

**FAQ: I’m pregnant and dealing with back pain. Could OMM help?**

A: Yes! OMM is very helpful for pregnant women suffering from pain. This is especially common in the back, hip, ribs, tailbone, and pelvis. Because pregnancy hormones relax ligaments, OMM is a safer treatment option than forceful adjustments you might receive elsewhere.





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**FAQ: I have a fussy baby! Could OMM help? (I need a break!)**

A: Generally, yes! (There are reasons a baby can fuss, of course!) Our physicians can identify and treat strains from delivery, abdominal restrictions, and other physical issues that can make your baby (and you) unhappy!

**FAQ: I'm having trouble breastfeeding. Could OMM help?**

A: Yes! If the baby is having difficulty latching and swallowing, our physicians can release muscle and nerve restrictions which impair the jaw and throat from working properly. If mother is having difficulty producing milk, there are often treatable strains in the ribs and shoulders that restrict milk flow.

**FAQ: I've been seeing a chiropractor and getting temporary relief. Is OMM better?**

A: Our techniques are safer, more precise, and our patients generally agree that it is more effective than chiropractic. (You can judge for yourself!)

**FAQ: I tried OMM with a different doctor once, and it didn't help. Are your doctors different?**

A: OMM is a highly skill-dependent specialty, and physicians tend to develop skillsets based on the patients they most often see. Most physicians who perform OMM are not specialists and have not undergone the three years of additional training – or many years of experience – our physicians have.

**FAQ: I have a balance at your office that I'm not able to pay right now. What can I do?**

A: Call our office at (231) 981-0150 to discuss your options. In many cases we can offer you a payment plan or make other arrangements to ensure you continue receiving care.

