



Letter to the Editor

Pathum Sookaromdee*, PhD and Viroj Wiwanitkit, MD

Lymphatic osteopathic manipulative treatment and soreness after receiving the COVID-19 vaccine

<https://doi.org/10.1515/jom-2022-0010>

Received January 12, 2022; accepted March 4, 2022;
published online March 28, 2022

To the Editor,

We would like to comment on “Lymphatic Osteopathic Manipulative Treatment Reduces Duration of Deltoid Soreness After Pfizer/BioNTech COVID-19 Vaccine,” [1] published in the March 2022 issue of *Journal of Osteopathic Medicine*. In their article, Marshall et al. [1] mentioned that “This case report can provide future studies with the groundwork for further investigating the role of OMT in treating postvaccination muscle soreness, which can improve patient satisfaction and potentially promote vaccination compliance.” We agree that lymphatic osteopathic manipulation might be useful for management of post-vaccination pain. Marshall et al. [1] also noted that “there is currently no literature that supports the use of OMT in this scenario.” However, two previous studies [2, 3] covered the usefulness of OMT with specific application for the management of post-vaccination soreness. Veera et al. [2] reported that OMT was useful for management of chronic shoulder injury resulted from vaccination [2] (however, the mechanism of therapeutic action remains unknown) and another study [3] showed that OMT could not modify inflammatory cytokine response. The exact

therapeutic mechanism for OMT in the management of post-vaccination soreness is worthy of further research.

Research funding: None reported.

Author contributions: Both authors provided substantial contributions to conception and design, acquisition of data, or analysis and interpretation of data; both authors drafted the article or revised it critically for important intellectual content; both authors gave final approval of the version of the article to be published; and both authors agree to be accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

Competing interests: None reported.

References

1. Marshall S, Winter S, Capobianco JD. Lymphatic osteopathic manipulative treatment reduces duration of deltoid soreness after Pfizer/BioNTech COVID-19 vaccine. *J Osteopath Med* 2022;122:153–7.
2. Veera S, Chin J, Kleyn L, Spinelli S, Tafler L. Use of osteopathic manipulation for treatment of chronic shoulder injury related to vaccine administration. *Cureus* 2020;12:e9156.
3. Walkowski S, Singh M, Puertas J, Pate M, Goodrum K, Benencia F. Osteopathic manipulative therapy induces early plasma cytokine release and mobilization of a population of blood dendritic cells. *PLoS One* 2014;9:e90132.

*Corresponding author: Pathum Sookaromdee, PhD, Private Academic Consultant, 22, 111 Road, Bangkok, 101100, Thailand, E-mail: pathumsook@gmail.com
Viroj Wiwanitkit, MD, Dr. DY Patil University, Pune, India