

# INIOST Study Report 2022

## An overview of osteopathic studies published worldwide in 2022

Helge Franke

The Institute for Osteopathic Studies (INIOST) operates the osteopathic database OSTLIB (ostlib.de). As in previous years, osteopathic studies were evaluated according to various criteria for the year 2022. A selection is presented in the following overview.

In 2022, 440 articles and studies on osteopathy were written worldwide. This number does not include editorials, book reviews, corrections, and announcements. Also not included are 28 studies on an original osteopathic single technique (Muscle Energy Technique), since the majority of them were performed by physiotherapists and the osteopathic therapeutic context was not given in most cases. Of the 440 contributions to the field, 123 were articles and interviews with no discernible study design. These articles were not considered in the following analysis. Of the remaining 317 studies, 252 were published in journals. 65 studies were not published. Of these, 12 were MSc and DO theses and 53 were conference abstracts or poster presentations.

Accordingly, the review is based on 317 studies. Of these studies, seven were pilot studies and five were protocols.

In contrast to previous years, randomized controlled trials (N=56) and case studies (N=54) were the most frequently chosen study design among osteopathic studies in 2022 (Table 1). All case studies were from the therapeutic area, and among RCTs, this was the case for 50 studies. Three of these were pilot studies and two were protocols. Cross-sectional studies came in third (N=48). These systematized surveys were primarily among patients and

**Table 1. Studies sorted by Study design N=317**

Number	Study design
56	Randomized controlled trials
54	Case studies
48	Cross sectional studies
30	Systematic reviews
24	Retrospective studies
17	Controlled clinical trials
16	Clinical trials
12	Qualitative studies
11	Narrative reviews
8	Scoping reviews
7	Cohort studies
6	Case series
6	Meta analysis
4	Pretest-Postest design
4	Observational studies
4	Case-control studies
2	Animal studies
2	Longitudinal studies
2	Mixed-method studies
2	Explorative studies
1	Descriptive study
1	Epidemiological study

therapists (N=23) or, in the educational setting, among students and faculty (N=19). This type of study was predominantly conducted in the USA (N=35), but very rarely in Germany (N=1).

Nearly 30% of the studies (N=96) focused on the musculoskeletal system, 13% (N=39) were from the field of pediatrics, and slightly more than 8% (N=26) were related to the nervous system (Table 2). Only a few studies dealt with psychological aspects (N=4), the endocrine system (N=3), the area of head, teeth, eyes and vision (N=4) and the area of aging (N=1).

A total of 60% of all studies (N=191) were conducted in the therapeutic field. In addition, studies on education (N=48) and on professional concerns of osteopaths (N=42) were strongly represented. In contrast to previous years, the area of diagnostics was increasingly investigated with 29 studies. (Table 3).

As in previous years, the United States represented the largest proportion of scientific papers with close to 50% (N=152). Also significant is the research contribution of Italian (N=22) and German osteopaths (N=18). With the inclusion of the Russian Osteopathic Journal in the database, studies from Russia are represented for the first time and in significant numbers (N=36). In contrast, only four studies came from France, three from Belgium, and only one study each from the Netherlands and Sweden (Table 4).

In 2022, 131 of 252 published studies were open access, meaning that nearly 52% of the studies were freely available for download from the journals' websites. The osteopathic studies from 2022 were published in 78 different journals. Of 252 studies, 137 or 54% appeared in osteopathic journals. Tables 5 and 6 show the most frequent publications in osteopathic and non-osteopathic journals.

**Table 2. Selected research fields of osteopathic studies**

Number	Field of research
96 studies	Musculoskeletal system
39 studies	Pediatrics
26 studies	Nervous system
17 studies	Gynecology, childbirth
16 studies	Immune system
15 studies	Digestive system
11 studies	Injuries
11 studies	Cardiovascular system
10 studies	Ears, nose, throat, tongue, speech
9 studies	Headache
8 studies	Urologic system
7 studies	Respiratory system
6 studies	Cancer, tumor
5 studies	Head, teeth
5 studies	Skin
4 studies	Psychiatric, psychologic, psychosocial and learning
4 studies	Trauma
3 studies	Endocrine system
3 studies	Drugs, addiction
2 studies	Eyes, vision
2 studies	Sleep, sleep disorder
1 study	Geriatrics

**Table 3. Studies according to superior areas (multiple answers possible)**

Number	Field
191 studies	Therapy
48 studien	Education
42 studies	Profession / practice
29 studies	Diagnosis
22 studies	Basic research
7 studies	Research
2 studies	Animal experiment
1 studies	History
1 studies	Sport

**Table 5. Publications in osteopathic journals from N= 252**

Number	Journal
41 studies	Journal of Osteopathic Medicine
38 studies	Russian Osteopathic Journal
34 studies	International Journal of Osteopathic Medicine
11 Studien	The AAO Journal
8 Studien	Osteopathische Medizin
3 Studien	DO – Zeitschrift für Osteopathie
2 studies	Osteopathic Family Physician

**Table 4. Studies by country N=317**

Number	Country
152 studies	USA
36 studies	Russia
22 studies	Italy
18 studies	Germany
11 studies	Australia
10 studies	United Kingdom
9 studies	Brasilia
7 studies	Spain
7 studies	Austria
6 studies	Canada
5 studies	Portugal
4 studies	Turkey
4 studies	France
3 studies	Belgium
3 studies	China
3 studies	New Zealand
3 studies	Argentina
2 studies	Poland
1 study each	Egypt, Grenada, Denmark, Romania, Malta, Lithuania, Nepal, Netherlands, Sweden, Saudi Arabia, Japan Greek, Philippines, Kyrgyzstan

**Table 6. Most frequent publications in non-osteopathic journals from N=252**

Number	Journal
22 studies	Cureus
9 studies	Healthcare
4 studies	Journal of Bodywork and Movement Therapies
3 studies	PLos One
3 studies	Family Medicine

**INIOST**

Institute for Osteopathic Studies  
 Fürst-Bülow-Str. 10  
 57074 Siegen  
 GERMANY  
 E-Mail: [info@iniost.de](mailto:info@iniost.de)  
 Homepage: [www.iniost.de](http://www.iniost.de)

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