

VISCERAL OSTEOPATHY IN TREATING REFRACTORY IRRITABLE BOWEL SYNDROME: RESULTS OF A FRENCH NATIONAL MULTICENTRE RANDOMISED CONTROLLED TRIAL

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In the first multicentre randomised trial of visceral osteopathy for moderate-to-severe irritable bowel syndrome, three sessions of osteopathy showed no benefit over sham manipulation at 2 months.

KEY POINTS

- 156 patients with IBS (mean IBS-SSS 336 points, 73% severe) were randomised to three sessions of visceral osteopathy over one month or sham manipulation performed by the same osteopaths.
- The decrease in IBS-SSS severity score at 2 months was identical in both groups (52.4 vs 48.6 points, $p=0.975$), indicating a placebo effect.
- State-trait anxiety levels and quality of life showed no difference between groups.
- The monitoring committee stopped the trial after 156 of 210 planned patients because futility analysis showed additional recruitment would not change the study conclusion.
- Visceral osteopathy was no more effective than sham manipulation in improving IBS severity, psychological comorbidities, or quality of life in this moderate-to-severe IBS population.

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