

WHO IS AACOM?

The American Association of Colleges of Osteopathic Medicine (AACOM) supports colleges of osteopathic medicine in their efforts to attract and train future physicians who are fueled by a desire to make a difference, to treat the whole person and build a future of health and wellness for all people. AACOM manages the osteopathic medical school application and provides support to applicants.

WHAT IS OSTEOPATHIC MEDICINE?

Osteopathic medicine is a philosophy and practice of physician care in the United States, distinct in its whole-person approach and pioneering in its conceptualization of “wellness.”

Doctors of Osteopathic Medicine, or DOs, graduate from a college of osteopathic medicine and complete subsequent specialty training in residency programs and fellowships in hospitals, community health centers or other clinical settings. DOs work in primary care, medical specialty and research positions. Osteopathic medicine is one of the fastest growing segments of healthcare.

Prepare for medical school with our pre-med timeline!

If you're considering becoming a doctor of osteopathic medicine, check out our comprehensive timeline of activities designed to help you prepare for medical school.



SCAN ME

Questions? Email us at choosedo@aacom.org



**WHAT KIND
OF DOCTOR
DO YOU
WANT TO BE?**

AACOM
American Association of Colleges of
Osteopathic Medicine



TENETS OF OSTEOPATHIC MEDICINE

These four tenets provide the foundation for osteopathic medicine's whole person approach:

The body is a unit; the person is a unit of body, mind and spirit.

The body is capable of self-regulation, self-healing and health maintenance.

Structure and function are reciprocally interrelated.

Rational treatment is based upon an understanding of the basic principles of body unity, self-regulation and the interrelationship of structure and function.

THE DO DISTINCTION

DOs are the only physicians trained to use their hands to diagnose and treat ailments using a technique known as Osteopathic Manipulative Medicine (OMM). OMM is a form of treatment that uses the relationship between the neuromusculoskeletal system and the rest of the body to restore functionality and/or remove barriers to motion and healing. OMM can be used to treat a wide variety of common ailments, including headaches, arthritis, stress injuries, sports injuries and pain in areas like the lower back, neck, shoulders and knees.



1-IN-4

medical students in the U.S. attend a college of osteopathic medicine

Explore your DO options!



Use our free online database to discover the med school that's right for you.



THE POSSIBILITIES ARE ENDLESS

Career options for DOs include:

- **Primary Care**
 - Family medicine
 - Internal medicine
 - Pediatrics
- **Medical Specialties**
 - Emergency medicine
 - Anesthesiology
 - Obstetrics & gynecology
 - General surgery
 - Psychiatry
- **Medical Research**
- **Clinical Education**
- **Health Policy**
- **Hospital Administration**

