Osteopathic medicine is a branch of the medical profession in the United States. Osteopathic physicians (DOs) are licensed to practice medicine and surgery in all 50 states and are recognized to varying degrees in 65 other countries. Frontier physician Andrew Taylor Still founded the profession as a rejection of the prevailing system of medical thought of the 19th century. Still's techniques relied on manipulation of joints and bones, to diagnose and treat illness, and he called his practices Osteopathic Philosophy, Principles, and Practice. Osteopathic medicine is both a philosophy of health care and a distinctive art. It is supported by expanding scientific knowledge, considers the unity of the patient’s structure and function, and applies the philosophy in the practice of medicine and surgery. Its practice combines behavioral, chemical, physical, spiritual, and biological factors related to the establishment and maintenance of health as well as the prevention and alleviation of disease. The four principles of osteopathy are summarized in Table 1. Table 1. The Four Principles of Osteopathy