



Adair County Health System

we surround you with care

What's the difference between a D.O. and an M.D.?

An MD and DO are both medical doctors. DO stands for Doctor of Osteopathy, while MD stands for Medical Doctor. While most people are familiar with the meaning of MD, fewer people know what it means to be a DO.

Both DOs and MDs attend four years of medical school and take comparable state licensing exams. Osteopathic doctors, however, have additional training in the musculoskeletal system and focus more on the whole person, as well as on preventive care.

Some DOs also use osteopathic manipulative treatment, or OMT. This is a technique in which the doctor uses his or her hands to help diagnose the injury or illness. Manipulations may then be used to improve circulation and nervous system functioning, to help the body heal itself.

Since both MDs and DOs have extensive training and rigorous certification, you can feel confident in relying on either kind of doctor to give you state-of-the-art care.