

"Osteopathic Models - between tradition and evidence-based practice"

Title : A single model for osteopathy or several?

Andrée Aubin, DO (Québec)

Osteopathy's professional identity (1)(2)(3) and traditional practice models, such as the biomechanical model, need to be rethought to match scientific advances. Several emerging models are therefore being debated in the osteopathic community: bio-psycho-social (BPS) model (4), adapted BPS model (5), tensegrity (6), interoception (7), central and peripheral sensitization (8) or neuroscience models (9). The importance of touch and palpation is now being seriously studied (10)(11)(12)(13).

Rather than causing a loss of professional identity, a feeling of incompetence or being a source of conflict, these questionings could be fertile opportunities to deepen the foundations of osteopathy and better understand the reasons for its effectiveness.

Beyond the relevance of each of these theoretical models, two things seem important:

- A single model cannot account for the diversity of osteopathic clinical practice; it seems more relevant to associate the reasons for consultation with the model that suits them.
- Theoretical models, whether traditional or emerging, should be able to be linked to information derived from palpation, since palpation is perceived by patients, and therapists, as an essential element of osteopathy (14).

This presentation integrates the most significant osteopathic models on a continuum and:

- associates them with the different types of reasons for consultation,
- links them to the characteristics of palpation,
- takes into account scope of practice, non-specific effects related to the therapeutic relationship and determinants of health.

This integrated model can serve as a guide for trainers and clinicians alike, enabling osteopathy to evolve in line with its roots and with science.

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