

How to explain & teach the osteopathic principle of the inner physician from a medical accessible point of view.

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The self-healing capacity of the human body is one of the basic principles in osteopathy. These self-healing pathways are often described as the 'inner physician'. Many students struggle with this principle or it's applications in the clinic.

This lecture explains these pathways based on anatomy, neurology and physiology, making it understandable for classical medicine and teachable to both the novice and advanced osteopathy student.

The pathways are explained by an integrated autonomous, hormonal and behavioral response. The explanation has not only its application in teaching the osteopathic principles, but also in the daily osteopathy clinic. Understanding the ways of the inner physician is the key to unlock the osteopathic way of thinking in the students' mind.

Starting from the Dorsal Vagal Complex, involving autonomic, endocrine and limbic responses of the "inner milieu", the inflammatory & anti-inflammatory mechanisms are explained, leading to an understanding of autoimmune diseases (the "cytokine" theory of inflammation) and the different working axes of the body. This way a mechanical explanation is provided from a surprisingly neurological pathway.

The psycho-neuro-immuno-endocrinology model is presented as one of the most underlying principles of the efficiency and effectiveness of the osteopathic treatment.

This model is linked with the allostatic model & heart rate variability, putting the pieces of the puzzle together, explaining the neuro-immuno-endocrinological impact of the philosophical explanation of osteopathy: understand it, teach it and use it in the clinic.

This lecture is interesting for teachers, clinical tutors, students and practicing osteopaths.

This lecture fits in the areas of:

- Teaching historical background in principles
- How & why does osteopathy work the way it does?
- Teaching the mechanical principles of osteopathy
- Educational strategies in the mechanical explanation
- Teaching the philosophical explanation of osteopathy.
- Teaching the physiological Explanation