TOTAL LESION CONCEPT
BIOPSYCHOSOCIAL – INTEGRATIVE – FUNCTIONAL Medicine

MACHINE ➔ ORGANISM ➔ EVOLUTIONARY ➔ ECOLOGICAL

Be aware of internal comfort
FFF or RR (Porges)
Holding, handling and object presentation
(Winnicot)
Validating the pain
Salutogenic
Positive goals – patient specific outcomes measures

Biomechanical
Biotensegrity (Levin)
Improve function
Reduce afferent load
Improve glide (Hodges, Gill Headley)
Hydrostatic fluid pressure, drainage, improve blood flow
Red flags
Green flags

Psychological
Emotional
Yellow flag orange flags
Spiritual
Family work relationships
Blue + Black Flags

Values of Patient & Practitioner
Life force
Homeostasis
PRICE ➔ PEACE & LOVE
(Chi)
Vis Medicatrix Naturae

Interoception
Salutogenic
Patient specific outcome
Increased immune function
Visceral osteopathy

Diet fads
body dysmorphia
improve interoception?
Less visual focus

Nutritional
Biochemical
Quality of nutrition affecting tissues
Inflammation
Individual nutrition microbiome (Tim Spector)

Collaborative BRAINSTORMING during workshop at OsEAN online conference 23/9/21–
HOW & WHY DOES OSTEOPATHY WORK? Managing ongoing uncertainties – using known language
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