

## Process Approach in Osteopathy

- There are three primary processes underlying recovery from all musculoskeletal and pain conditions
- Find out what they are and how to support them



The notion that the body/person has self-recovery capacity is an underlying principle in osteopathy. However, we have never identified these processes in osteopathy and traditionally have not been the focus of management, although all recovery in any condition is dependent on these self-healing systems.

The capacity of the body/person to self-heal is also the premise of a Process Approach. This approach addresses three key recovery processes that play a role in all musculoskeletal and pain conditions: *repair, adaptation and alleviation of symptoms*. The aim of this approach is to create with the patient environments that specifically support each of these processes. This approach provides a more effective and efficient management to many conditions seen in osteopathic practice.

A Process Approach has important implications for clinical management, the role of therapist, the manual techniques used, the exercises prescribed and patient self-care management. These implications will be discussed and debated during the lecture. The practical sessions will be a combination of group work that will explore management of different conditions using this revolutionary approach. Participants will be introduced to, and be able to practise, new manual approaches to expand their scope of practice.

Contents: 50% practical, 50% theoretical.

Learning outcomes:

- Understanding the principles of the Process Approach and clinical applications /management considerations
- Understanding the drawback of the Structural Model in manual and physical therapies
- Understanding the three recovery processes
- Understanding recovery behaviour
- Exploring obstacles to recovery
- Creating environment for repair: management including techniques and self-care
- Creating environment for adaptation: management including techniques and self-care
- Creating environment for alleviating symptoms: management including techniques and self-care
- The multidimensional management: working in the tissue, neurological and psychological dimensions
- Principles of self-care

Find out more:

[http://cpdo.net/Lederman\\_A\\_Process\\_model\\_in\\_Manual\\_and\\_Physical\\_Therapies.pdf](http://cpdo.net/Lederman_A_Process_model_in_Manual_and_Physical_Therapies.pdf)

[http://cpdo.net/Lederman\\_The\\_fall\\_of\\_the\\_postural-structural-biomechanical\\_model.pdf](http://cpdo.net/Lederman_The_fall_of_the_postural-structural-biomechanical_model.pdf)