Teaching the 3 Principles of Osteopathy
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- Director Integral Medical Centre Amsterdam
- Director Academy for Mesology (Naturopathy)
- Complementary Children’s Centre
Robert Muts D.O.
Director College of Osteopathy Sutherland Amsterdam
• 5 year Type I (full-time)
• 6 year Type II (part-time)
• Osteopathic Clinic
Robert Muts D.O.
Director Integral Medical Centre Amsterdam (IMC)
• 15 Osteopath D.O.
• 13 Mesologist D.M. (Naturopathy)
• 4 Psychologist
• Clinic
Introduction

Robert Muts D.O.
Complementary Children's Centre
- 7 Osteopathy D.O.
- 4 Mesology D.M.
- 11 trainee → learning
Introduction

Amsterdam

Dolomites
Teaching the 3 Principles of Osteopathy

- Biological Unity
- Structure Function
- Self-Regulation Balance
Osteopathic Science

A.T. Still → Osteopathy = Science = Philosophy = Concept

Now (2016) knowledge of details over 1,000 techniques and methods

‘human aspect’?

- **Science** → Facts, Phenomenon, laws and logic
  - observation, experiments & analyses
- **Philosophy** → Basic principles, (love of wisdom)
- **Concept** → gathering of Ideas
Is Osteopathy a scientific method?

**We try to proof Osteopathy:**
1. Review & meta-analyse
2. Randomized controlled clinical trial
3. Cohort
4. Case control
5. Cross sectional
6. Case study

Is Osteopathy a skills method?

**The osteopathic skills:**
1. Anamnesis
2. Tests and palpation
3. Diagnostic models
4. Working hypothesis
5. Manual treatment
6. Result and effects

Several scientific methods:
- Applied science
- Fundamental research
- Evidence Based Medicine

Hard skills: Tests & techniques
Soft skills: psychologic?
    - social?
    - individual?

Or is Osteopathy a Science by itself, incl. soft skills?
Osteopathie Science & Skills?

Paradigm traditional Medicine

Cellular Pathology → Disease = deformity of Form/Function
(Rudolf Virchow 1858)

→ Therapy = combat (fight), cause ↓
→ DD

Paradigm Osteopathy

Phenomenology → actual Dysfunction
(Edmund Husserl 1859-1938)

→ Therapy = Function (Panta Rhei)
→ Life (Health) will restore the Balance

Or is Osteopathy a Science by itself, incl. soft skills?
Medical Paradigm

Medical Diagnosis: Landscape-Model

Tests to confirm 1.

Labor: blood
Rontgen
Colonscopy

1. Most probable diagnosis

M. Crohn

Symptoms

- Stomach-ache
- Cramps in Belly
- Appetite ↓,
- Nauseous
- Irregular defecation
- Mucus in Faeces
- Light fever
- Fatigue

Judgement:
- Important
- Red Flag
- Not important
- Not suitable

Fever
Appetite
Mucus
Cramps
Pain
Fatigue
Medical Diagnosis: Landscape-Model

1. Most probable diagnosis: Crohn
   - Tests to confirm 1.:
     - Labor: blood, Rontgen, Colonscopy

2. Less probable diagnosis: Diverticulosis
   - Tests to confirm:
     - Faeces, echography, Rectoscopy

Symptoms:
- Stomach-ache
- Cramps in Belly
- Appetite ↓
- Nauseous
- Irregular defecation
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Medical Diagnosis: Landscape-Model

1. Most probable diagnosis

Symptoms
- Stomach-ache
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- Nauseous
- Irregular defecation
- Mucus in Faeces
- Light fever
- Fatigue

Judgement:
- Important
- Red Flag
- Not important
- Not suitable

2. Less probable diagnosis

Diverticulosis

Tests to confirm:
- Faeces, echography, rectoscopy

3. More less probable diagnosis

IDS Irritative Bowel Syndrom

Tests to confirm:
- Criteria van Manning of Rome

Labor: bloed Röntgen Colonscopie

Fever
- Appetite
- Mucus
- Cramps
- Pain
- Fatigue

Medical Paradigm
Medical Diagnosis: Landscape-Model

Disease → Pathology → Syndrome → Psychosomatic → Psychic

classifies (therapy = known) → undefined (Therapy not known)

Science (Pharmacy) → experience / empiric (Trial and Error)
Medical Diagnosis: Landscape-Model

**Symptoms:**
1. Big
2. Grey
3. 4 legs
4. Tail
5. Proboscis

1. Most probable diagnosis

**Therapy:**
- a. Move (loose weight)
- b. Diet: vegetarien
- c. Africa

1. Less probable diagnosis

**Therapy:**
- a. Hypoglossus: tongue moves 150 x / minute outside
- b. Diet: ants
- c. South-America

“The Evidence Beast”
8% of patients complaints fit
Osteopathic Paradigm

- First examine everything → findings → Individual diagnosis

Examine all functions = all 26 characters of the alphabet

A B C D E F G H I J K L M N O P Q R R T U V W X Y Z

A B C D E F G H I J K L M N O P Q R R T U V W X Y Z

Individual Dysfunctions  H J N O

Relation (individual, logical)  J O H N

Unique diagnosis ≠ the Pathology

= the individual dysfunctions that have leaded to this Pathology / Syndrome
Comparison Osteopathy - Evolution

Comparison to Evolution Theory
Natural-Science for understanding
the existence of species on earth

Darwin: On the origin of species by means of natural selection, or the preservation of favoured races in the struggle for life’


• Jean Lamarck (above, 1744-1829);
• Charles Darwin (left, 1809-1882);
• Ernst Haeckel (right, 1834-1919)
• Étienne Geoffroy Saint-Hilaire (below, 1772-1844).
• From ‘Die Gartenlaube’ (1873).
Evolutionary Science

Three Principles of Evolution Theory

1. Variation of a kind, within the species

Mutation, recombination and horizontal Gen-transport → new characteristics

- Mutation = change in DNA or RNA
- Recombination → development of new characteristics → variation
- Horizontal gen-transport = exchange of genetic material
Evolutionary Science

Three Principles of Evolution Theory

2. Natural selection

Some individuals → Good combination of allele (gen-variations) → better fitted to survive than others

Natural selection → next generation (better surviving) → Population adapted to circumstances (changing)

→ Hundreds of generations → change is visible
→ All species have the same common origin.
→ One-cell micro-organism → relative quick (Bacteria)
→ Complex organism → long time
→ Artificial = breading of animals or plants.
Evolutionary Science

Three Principles of Evolution Theory

3. Genetics

Organism → characteristics → next generation.

Structure → genetic (DNA)
Function → Cell-Organells, such as Mitochondria, Golgi
Cytoplasm

Phenotype & Genotype

“It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change”
Charles Darwin
Evolutionary Science

Three Principles of Evolution Theory

Evolution → 3 Principles → each of them can be prooved → combination → Science

1. Variation ➔ Different types of a kind ➔ Unique types

2. Natural selection ➔ Adaptation (fitt in) ➔ Survival of the fittest

3. Genetics ➔ Next generation ➔ New species
Three Principles of Osteopathy

Osteopathy: Natural scientific explanation for health and the preservation of it.

Panta Rhei

All what is living is flowing
Teaching the 3 Principles of Osteopathy

- Biological Unit
- Structure Function
- Selfregulation Balance
Osteopathic principles

1. The human Organism is a biological unit

Often → 'the body is a biological unit'.
→ body = a composed building (physics, psyche & spirit)
Osteopathic principles

1. The human Organism is a biological unit

Spirit, Mind & Matter = 'dogma of the Ghost in the Machine',

**Gilbert Ryle**: Tourist → lecture halls, libraries & other buildings University Oxford → complains → University?
Osteopathic principles

1. The human Organism is a biological unit
Osteopathic principles

Embryology

Spermatozo (smallest) + Oöcyt (biggest) ↓

A new form of life (Breath of life)

As a Unit (incl. Body, Mind, Spirit, Energy, Existence)
Osteopathic principles

1. The human Organism is a biological unit

Each area seems to have his own truth
1. The human Organism is a biological unit

Osteopathic principles
Osteopathic principles

1. The human Organism is a biological unit

Embryology → multiplication cells → organization → more complex → Unit

- Position
- Time
- Environment

Placenta
Ectoderm
Mesoderm
Entoderm
Osteopathic principles

No ‘Cell’ or ‘Zygote’,
= un-divided human unit!

No growth → under-ordering of cells

Still 'We regard full health, which means in perfection in the entire organism and harmony not only for its parts'.

Still, A. T., 1899, Philosophy of Osteopathy; Kirksville;
Osteopathic principles

2. Function creates Structure; Structure directs Function

Function = Life

→ Exchange with the environment
→ Exchange = Movement
→ Panta Rhei

Heraclitus from Ephese

“You can not step in the same river twice”

→ You can not search for the unchanging


→ Study of Unit (thesis + antithesis = synthesis)

Movement = the expression of Life
Osteopathic principles

2. Function \(\text{creates}\) Structure; Structure \(\text{directs}\) Function

Herbert Spencer

This survival of the fittest which I have here sought to express in mechanical terms, is that which Mr. Darwin has called "natural selection", or the preservation of favoured races in the struggle for life.
2. Function \(\rightarrow\) Structure; Structure \(\rightarrow\) Function

**Osteopathic principles**

Function \(\rightarrow\) changing environment.

Function ≠ express itself

\[\text{Dysfunction?}\]

\[\text{→ Lack of freedom, ‘lack of movement’}\]

Which Function is unable?

- Anatomy
- Embryology
- Physiology
- Genetics
- Biomechanics
- Neurology
- Biochemistry
- Theology
- Sociology
- Psychology
2. Function \textit{creates} Structure; Structure \textit{directs} Function

Osteopathic principles

Diagnostics = osteopathic dysfunction
= reduced movement
\neq \text{interpretation of function}

Therapy = freedom for the function
= restore movement
\neq \text{to heal a damaged structure}
Osteopathic principles

3. Balance and Self-regulation

By a complex balance system the organism tends to self-regulation and self-healing.

Survival Principle → Cell → Organism with $4^{13}$ Cells

Health ≠ State of being
= expression of function
= restoring mobility
≠ standard (the best fittest Function)

= WHO → a State of physical, mental and social well-being

Restore Health = soft & hard Skills Osteopathy
Osteopathic principles

3. Balance and Self-regulation

Proof?
- scientifically?
- individually?
- supernatural or metaphysic effect?

Combine all by measuring the Effect

National Health Council (NL, 1993. Prof E. Borst)

= WHO → Physical, Mental & Social well-being

Function of the Dysfunction
Osteopathic principles

1. Biological Unit
   - Each cell = subservient to the Organism
   - Unique types ≠ Body, Mind, Spirit

2. Function ↔ Structure
   - Function needs Structure to express itself
   - Expression = osteopathic mobility
   - Panta Rhei (nothing stays same) → individual

3. Balance
   - Survival in each Cell / Structure
   - Freedom
Osteopathic principles

Osteopathy = hard Skills / Science

Anatomy = structure

Embryology = development

Physiology = basic functions

Psychology = behaviour

→ Learn Osteopathy

Osteopathy = soft Skills / Science

expression of Function
(Morphology, Palaeontology)

Embryo in Movement
(Ontology, Phylogeny)

Organism, Biology = milieu exterior
/Evolution (Dobzhansky, 1970)

Relationship Osteopath – Patient

→ Become an Osteopath
Osteopathic Skills

Teaching the Soft Skills

- Team Spirit
- Communication
- Self-confidence
- Assertiveness
- Trustworthiness
- Empathy
- Inquisitiveness
- Creativity