

METHODOLOGY OF OSTEOPATHY: A MODERN OUTLOOK

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Due to inadequate formalization of osteopathic performance requirements and lack of precise notions, terms and standards, some problems emerged when osteopathy was integrated into healthcare system. It is necessary to have precise definition and methodology of osteopathy, to study somatic dysfunction as a specific object of research and treatment and to elaborate standard form of osteopathic evaluation.

In order to standardize the process of osteopathic diagnosis and formalize the osteopathic evaluation, we have expanded and deepened the definition of the notion "somatic dysfunction."

We define global, regional and local levels of somatic dysfunctions depending on the manifestation of biomechanical, neurodynamic and hydrodynamic (rhythmogenic) constituents.

We elaborated a form of registration of somatic dysfunctions, which allows to standardize osteopathic evaluation, and to study qualitative and quantitative changes of somatic dysfunctions on its basis. The use of a standard form of evaluation makes it possible to understand the reasoning of an osteopath and assess the accuracy of treatment selection.

The way of systematization of somatic dysfunctions can be taken as a basis for carrying out research, accumulating of data about the prevalence of somatic dysfunctions in different populations and in different pathological conditions and for their statistical analysis. Classification and standardized registration of somatic dysfunctions extend the clinical possibilities of osteopathy, allow to study the incidence of somatic dysfunctions, and prove the clinical effectiveness of osteopathy in cases of different pathological conditions in terms of the principles of evidence based medicine.