

## **Evolutionary Osteopathy: Is it time to stand upright?**

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Evolutionary medicine (EvoMed) is a relatively recent research field in rapid expansion that apply evolutive biology principles and evidences to health and disease.

Integration of proximal (mechanistic) and distal (evolutionary) causes strengthen the knowledge of adaptative mechanisms, mismatch and vulnerability to diseases and could inform the osteopathic clinical reasoning supporting its integration in public health and in the management of chronicity and non-communicable diseases.

The workshop aims to provide an experience to improve awareness of the role that evolution theory and evolutive medicine could have in the creation of a modern framework supporting osteopathy's working principles.

The workshop will be organized as an active learning session.

The participants, will explore the possible osteopathic implications of some key evolutive adaptations and mismatches in the osteopathic medicine models' context such as p.e. bipedalism and back pain, pregnancy and labour complications, shoulder anatomical vulnerability, brain-gut energy connection, skull and brain anatomy and language...

Teamwork promotes exchange and networking between participants coming from different osteopathic educational institutions, and allows reflection on acceptance, knowledge and usefulness of an evolutionary perspective in the osteopathic clinical approach and education.

Moreover, an active learning methodology allows participants to familiarize with it trough experience and to evaluate its feasibility in their educational reality.