

The Real and Senso-real Principles of Palpation:
Exploring the objective and subjective principles of palpation.

By Maor Netsah, M.Ost, DO

Centre Européen d'Enseignement Supérieur de l'Ostéopathie (CEESO) Lyon
Institute of Osteosophy and Clinical Osteopathy (IOCO) Belgium

Presentation/practical workshop on:

- Conceptual explorations and teaching exercises to aid students' understanding of the working principles in the 3 main palpatory modes (tactility, proprioception/interoception, sensation).
- Establishing foundational palpatory principles/skills necessary for teaching osteopathic testing/technique.
- Understanding the place of each these objective/subjective 'palpatory worlds' in:
 - context of the historical evolution of osteopathy in 'structural'/bio-mechanical and 'functional'/fascial/cranial approaches
 - relation to the 5 WHO Structure-Function models increasingly used in Europe.
- Enabling students to understand the principles of using their 'instrument/tool' optimally in all approaches - how to modify their hands, posture, and sensorial perception to move through the panorama of osteopathic touch.
- Relevance of these principles in all osteopathic learning; a common reason why students over or under-develop one particular approach at expense of another simply due to lack of understanding the difference in palpation used in each approach, and the principles of palpatory modification necessary (e.g. to move between 'structural' technique classes to 'functional/fascial' to 'cranial' classes etc).
- Objective ('Real') and subjective ('Senso-real') palpatory perspectives on (T)ART.
- Why misunderstanding objectivity/subjectivity leads to students/practitioners biasing/limiting their learning, clinical approach and philosophical conceptions of osteopathy, leading to separatism within our profession starting at the undergraduate level.

By underpinning our teaching with these principles which connect the palpatory modifications for each approach, we can create unified palpatory experiences for students across the range of osteopathic approaches. This supports us in promoting an integrated practical understanding of OMT as a whole.