

Underlying Pathways of Common Pain Syndromes And Pain Symptoms.

An Osteopathic Approach

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Presentation

- 1) Pain Symptoms and consequences
- 2) Direct causes and treatment
- 3) Osteopathy?
- 4) Osteopathic Approach.
 - A) Mechanical
 - B) Physiological
- 5) Tips and tricks
- 6) Self treatment Techniques.
- 7) Q & A section.

Common pain symptoms

- ✓ Tension Headache
- ✓ Neck- Shoulderpain
- ✓ Carpal tunnel Syndrom
- ✓ Wrist problems (RSI)
- ✓ Tenniselbow, ...
- ✓ Intrascapular pains (between shoulderblades)
- ✓ Lower Back pain
- ✓ Buttocks pain

annoying, enervating, tiring or even burning pains.

Consequences of the pain and discomfort

- 80% of the people are suffering from any kind of discomfort, from slight to severe.
- If the discomfort continues, it has all kinds of consequences.
 - Emotional: afraid they'll never get rid of the pain. ` I'm not sick, but what's it gonna give in 20 years from now?
 - Practical: work in the garden, painting , ...
 - Social: dinners, parties, ... leaving early
 - Mood swings, bad tempered, feeling guilty

Direct Causes

- **Sitting on a desk all day, is a heavy task for your body!**
- **Lack of movement → muscle stiffness**

Do I have to buy a new bed, matrass, pillow?

Do I have weak muscles?

→ Medical Doctor, Specialist

Regular Treatment

Regular Treatment:

- ✓ Pain medication, muscle Relaxants, Anti-inflammatory drugs
- ✓ Technical investigations. No disease

- Ergonomical advice at work.
Positioning of screen, chair and desk height

- Physiotherapy: muscle strenghtening excercises
 - Relief, but pain is not completely gone.
 - Come back sooner and more intense

Osteopathy?

- 1874 during civil war in the US
- Dr Andrew Taylor Still:
MD and an engineer
- Body functions as one anatomical and physiological unit
- Great Engine of Life: Structure governs function and vice versa
- Treatment should improve the body's own healing mechanisms
- Rule of the artery – blood supply (!)

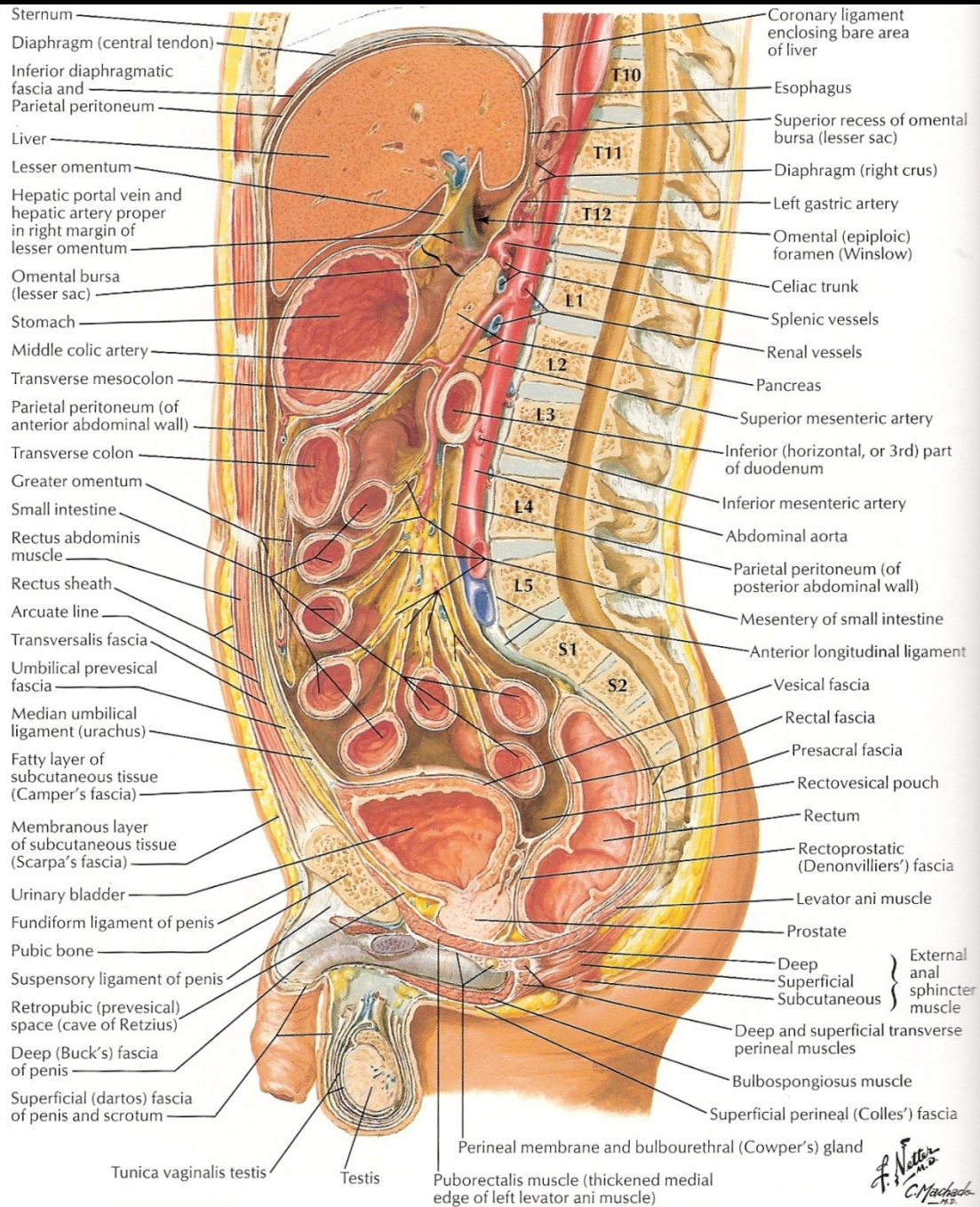
Osteopathic Approach

- Manual set of techniques to improve blood supply throughout the whole body.
- Connective tissue -> body = one piece.
 - ✓ Visceral system (organs)
 - ✓ Cransio-sacral (nervous) system
 - ✓ Musculo-skeletal system
- Treats functional and mechanical disorders with only manual techniques
- Does not treat disease → MD, GP (!)

Manual Treatment

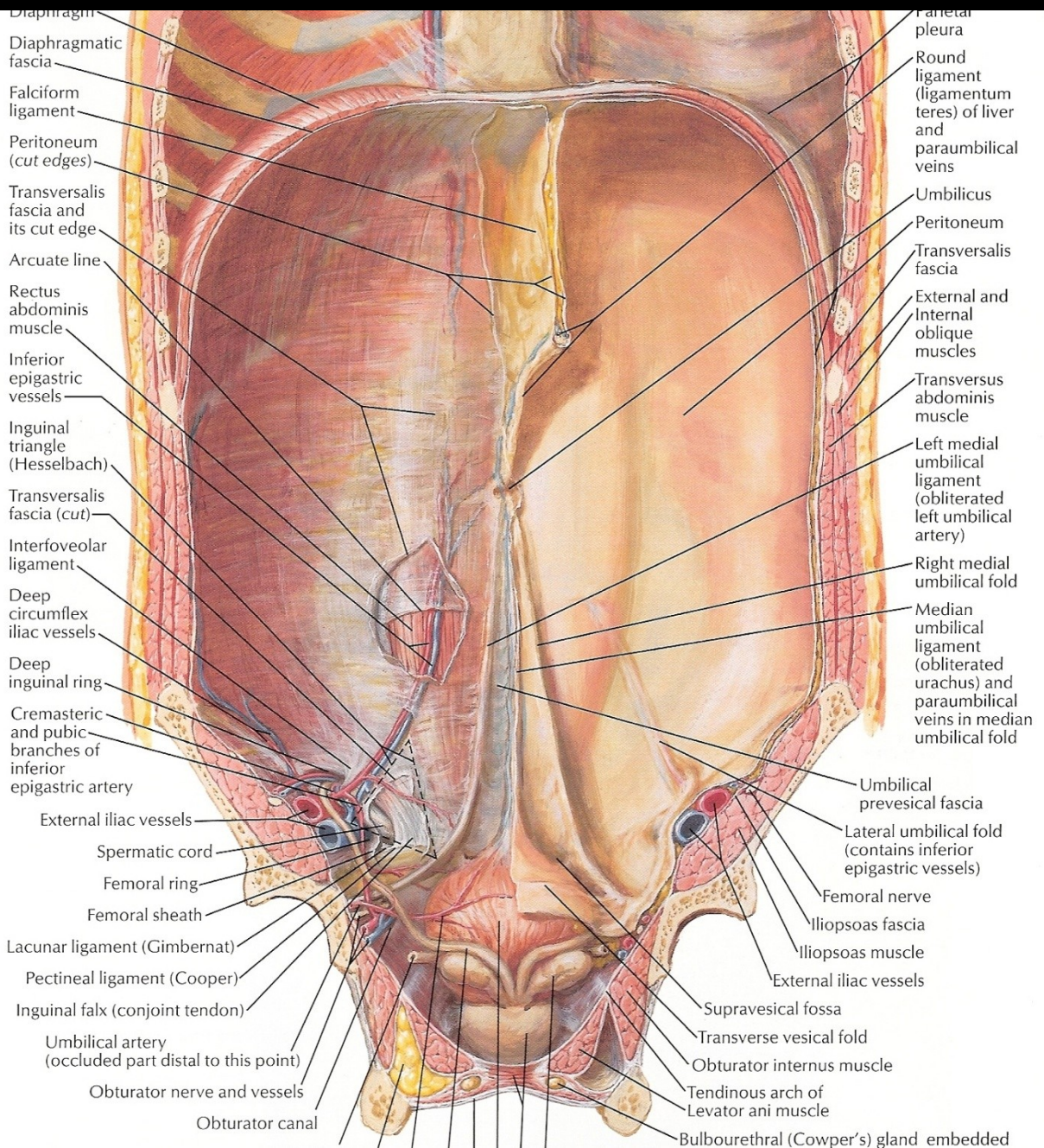


Visceral Connections I



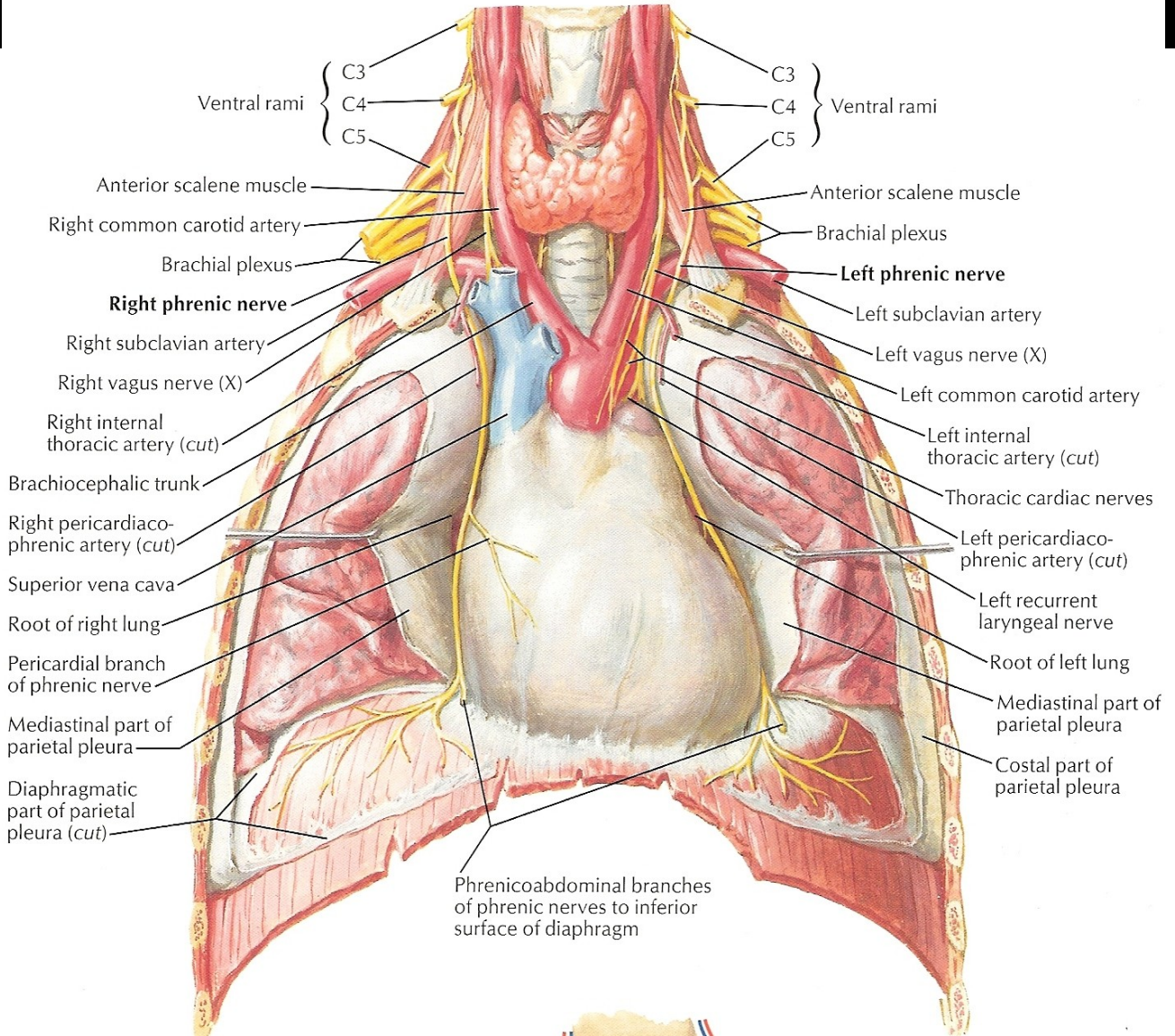
All organs are connected to each other, to the back, to the pelvis and to the **diaphragm**.

Visceral Connections II



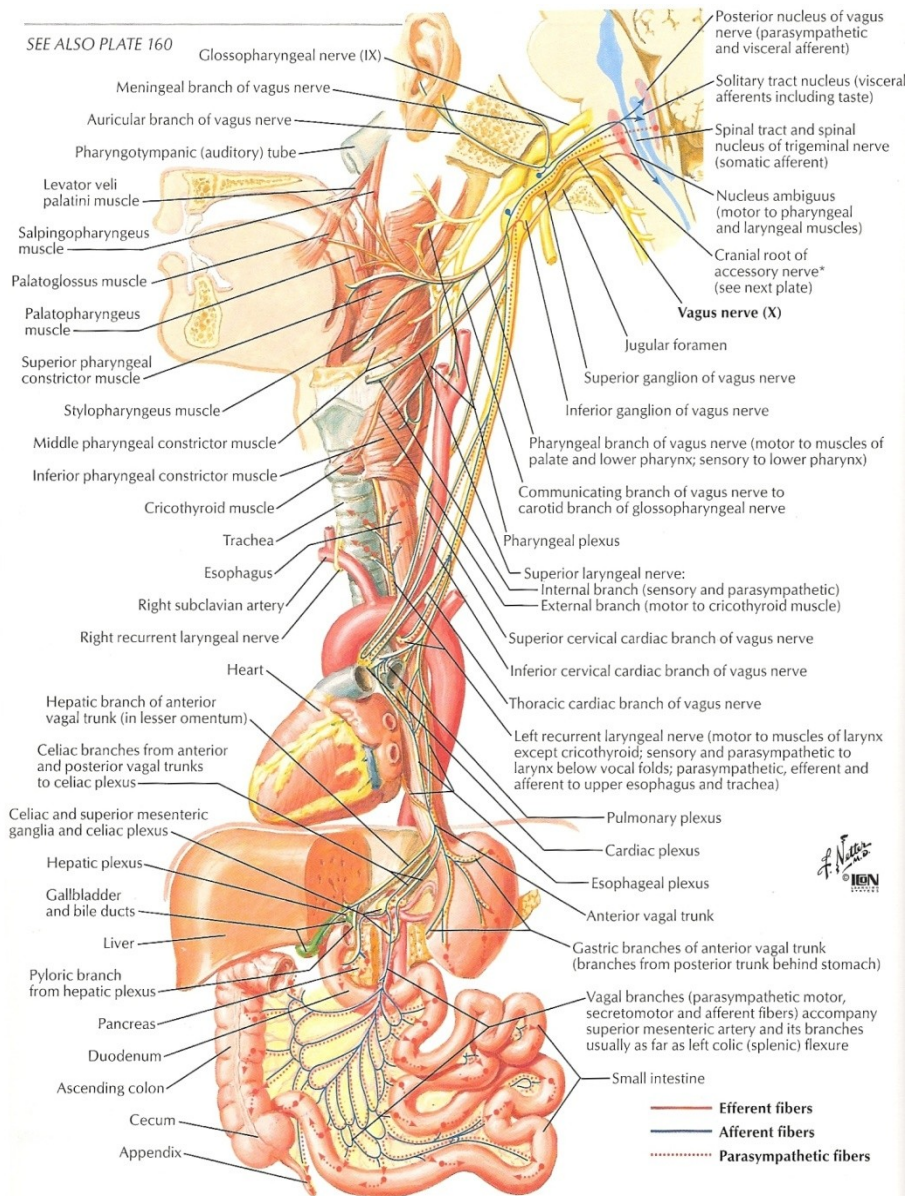
All organs are connected the back, the pelvis and the diaphragm.

Visceral Connections: The diaphragm



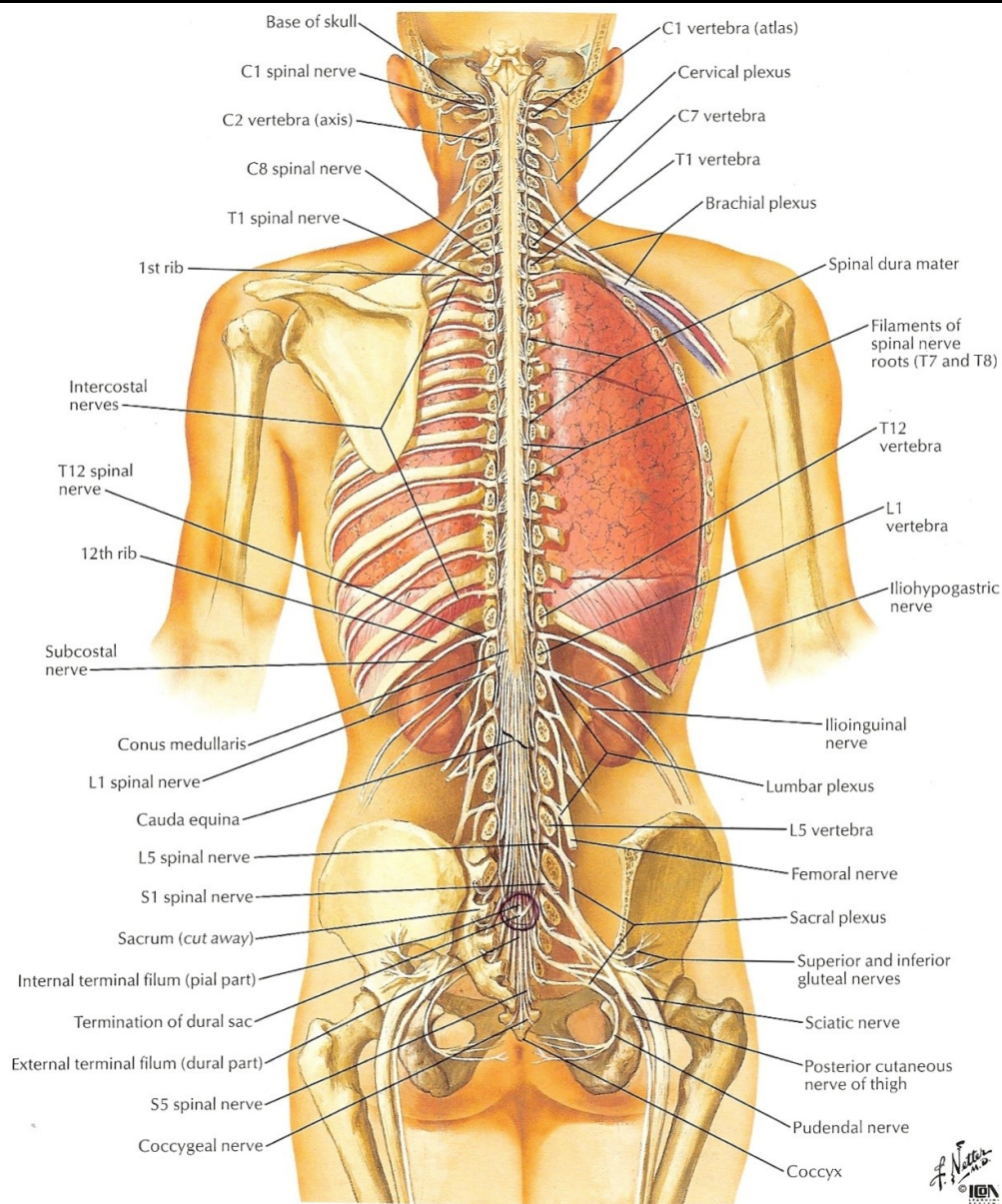
Connective tissue of the lungs → Lower cervical spine
 Nerve supply of the diaphragm → Middle cervical vertebra 3-4-5
 Diaphragm is attached to the lower back and the lower ribs

Nerve Supply of the Digestive System: The Vagus Nerve



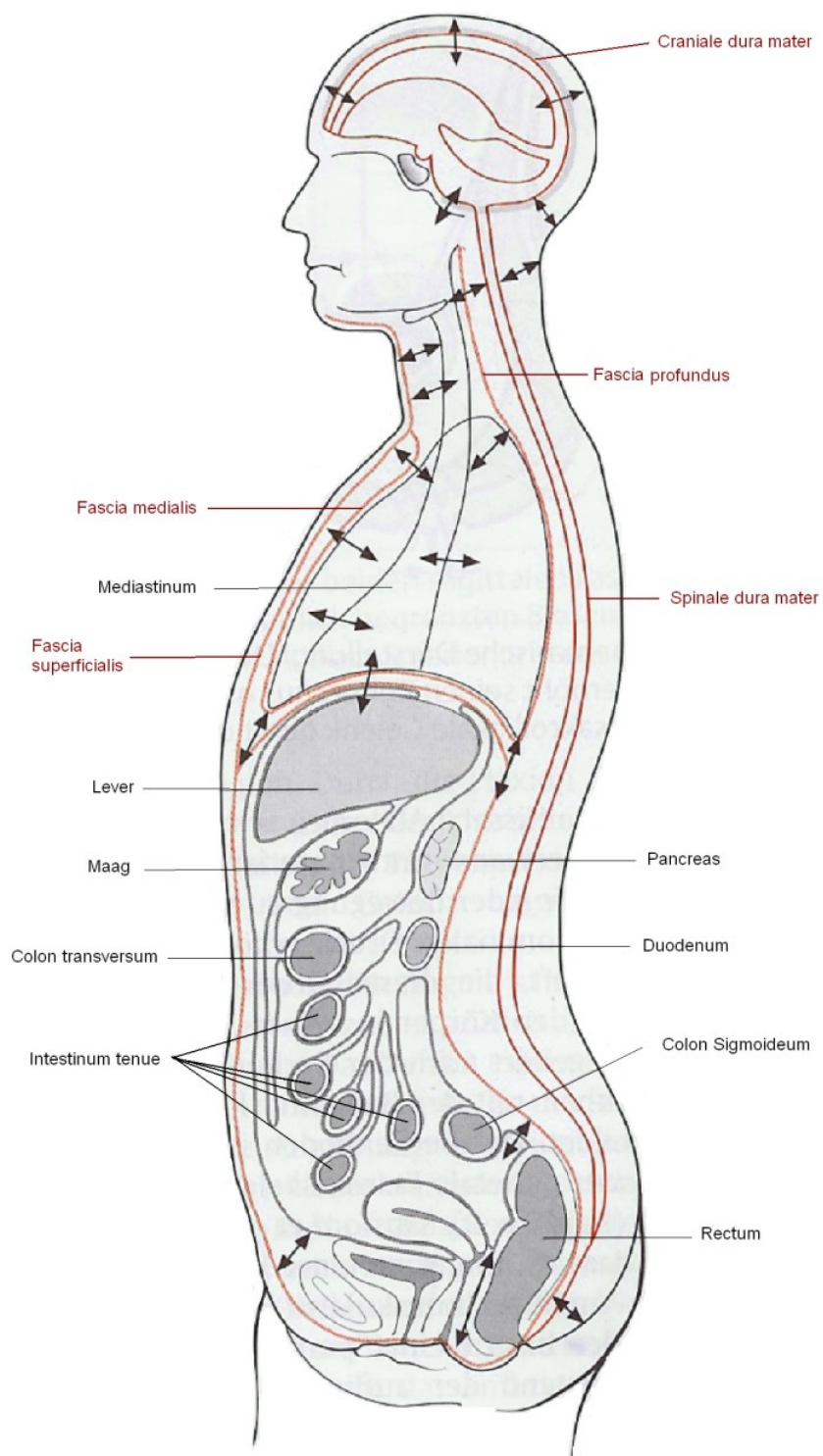
(Almost) all the organs of the digestive system receive their nerve supply from the base of the skull.

Cranio-Sacral Connection

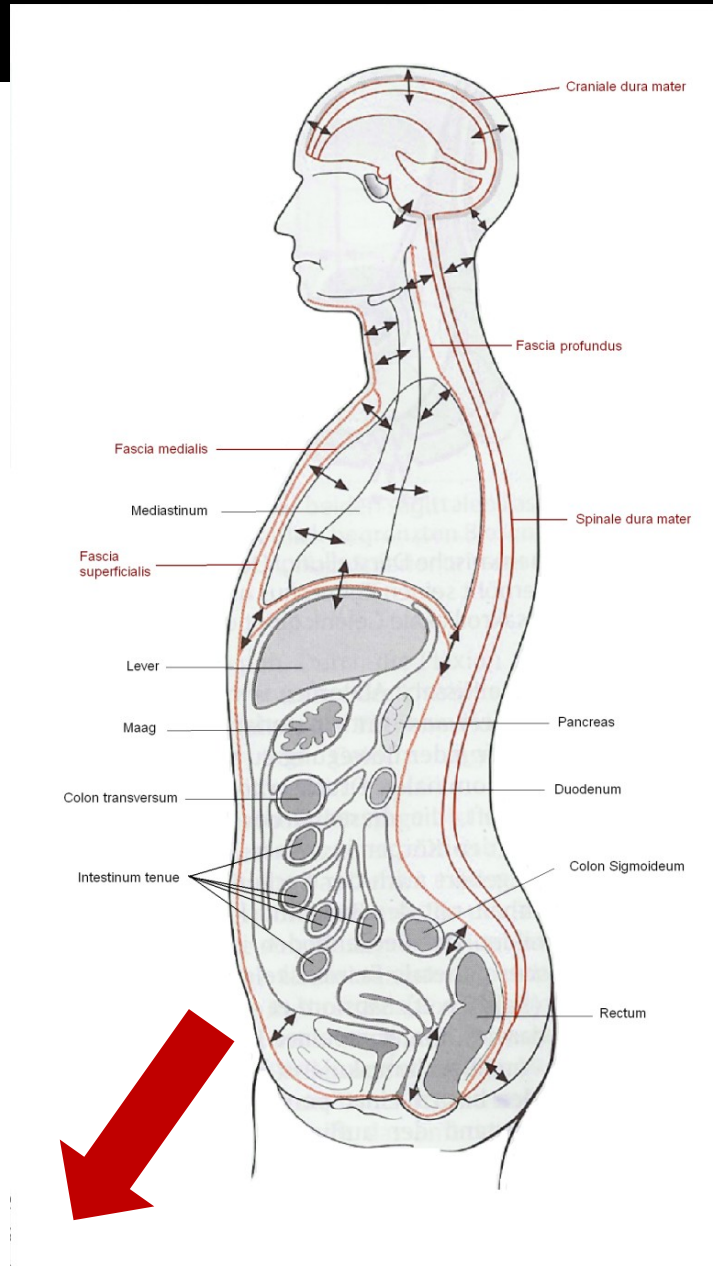


- The meninges connect the pelvis and (inside of) the head
- This connective tissue surrounds ALL the nerves, from finger tips, toe tips into the head.

One anatomical UNIT

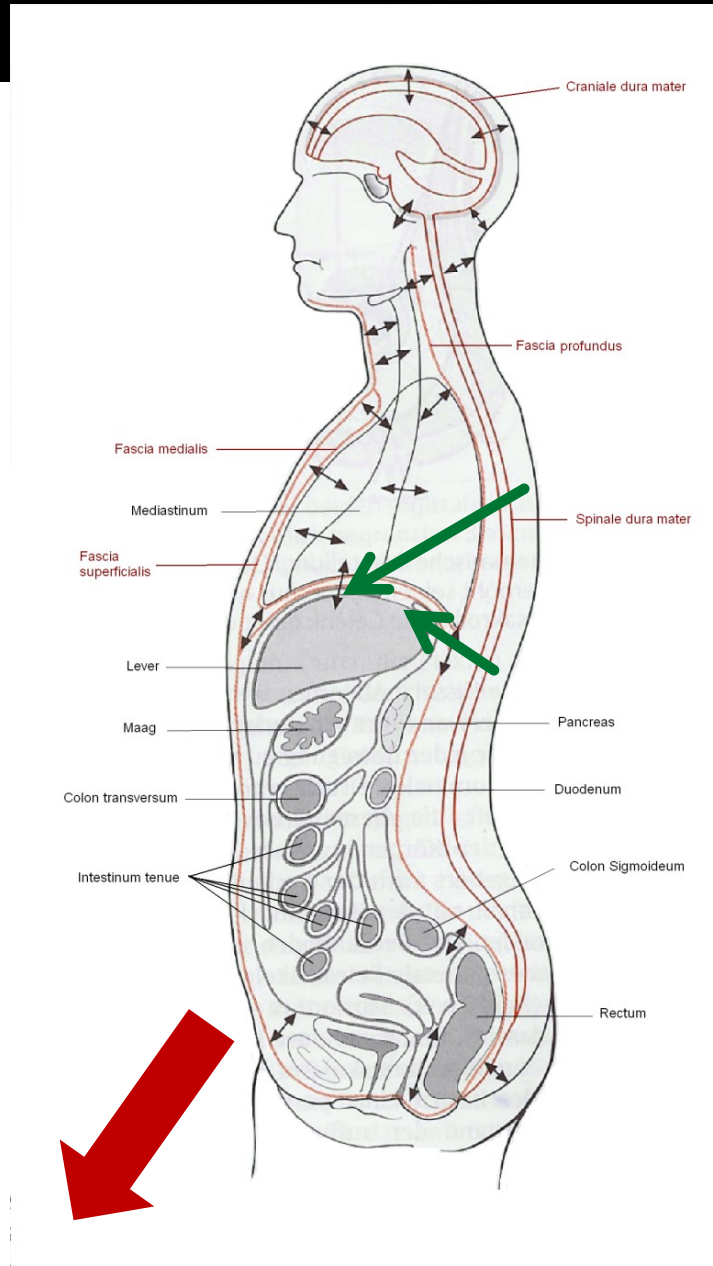


One anatomical UNIT



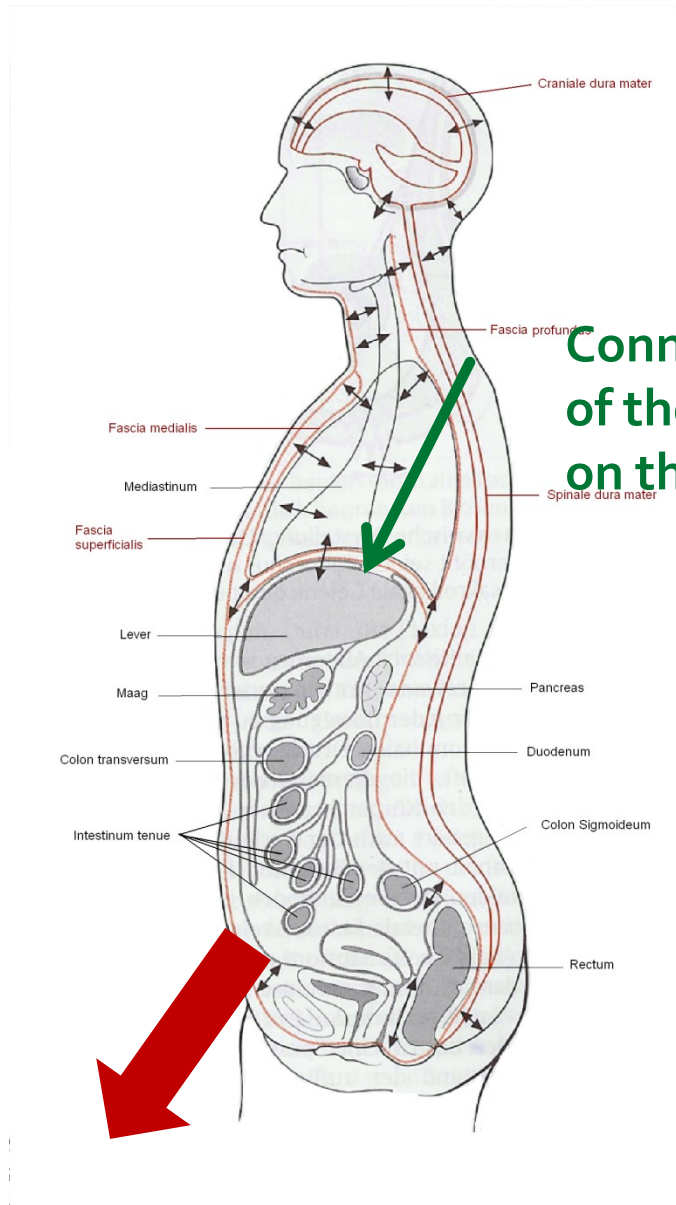
**Visceral System:
Tension of the (connective tissue of the)
organs**

One anatomical UNIT



Anatomical connections of the diaphragm

One anatomical UNIT

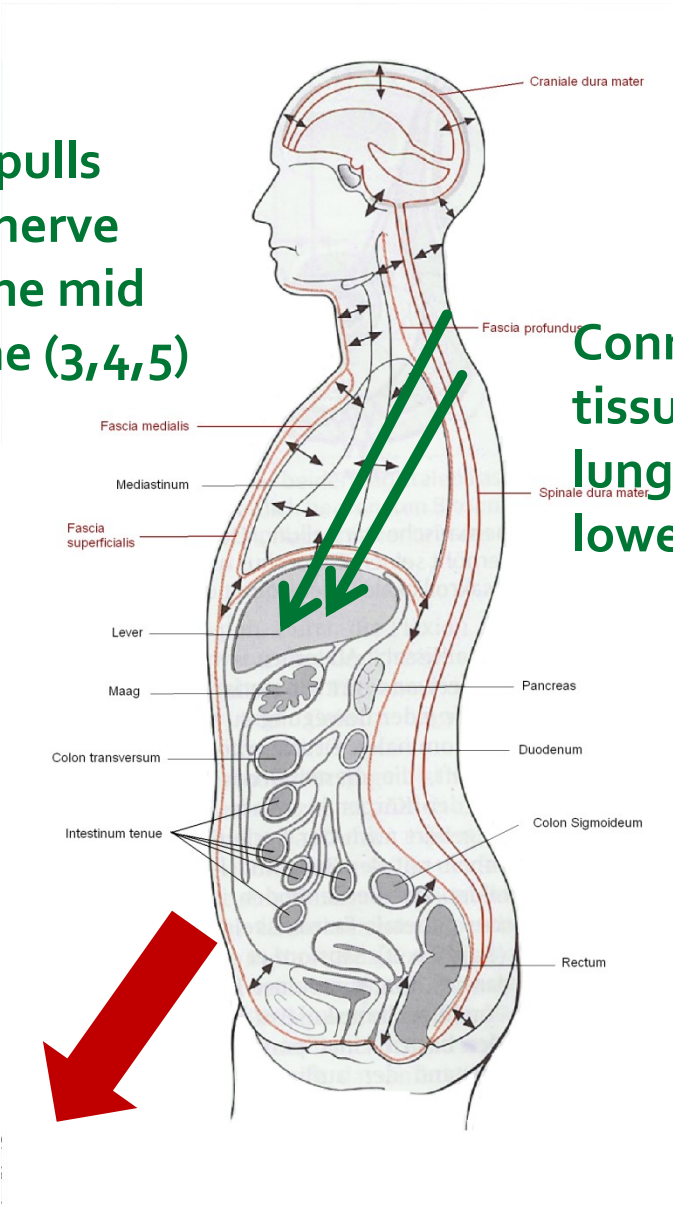


Connective tissue
of the lungs pull
on the lower neck

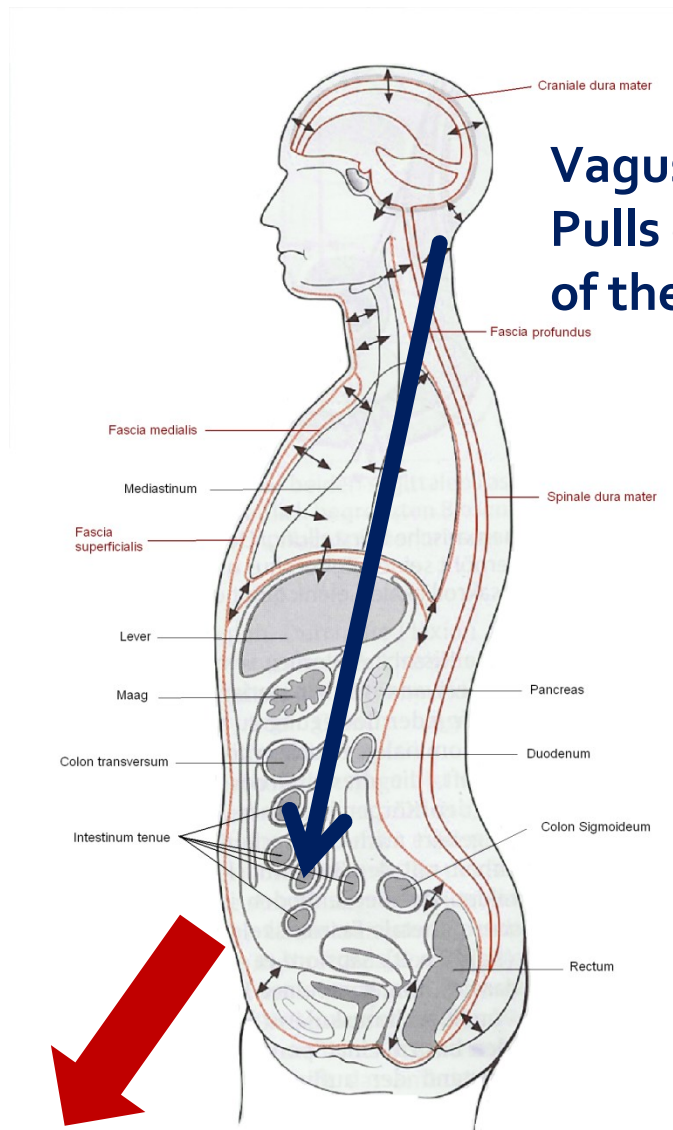
One anatomical UNIT

Diaphragm pulls through its nerve supply on the mid cervical spine (3,4,5)

Connective tissue of the lungs pulls at the lower neck.



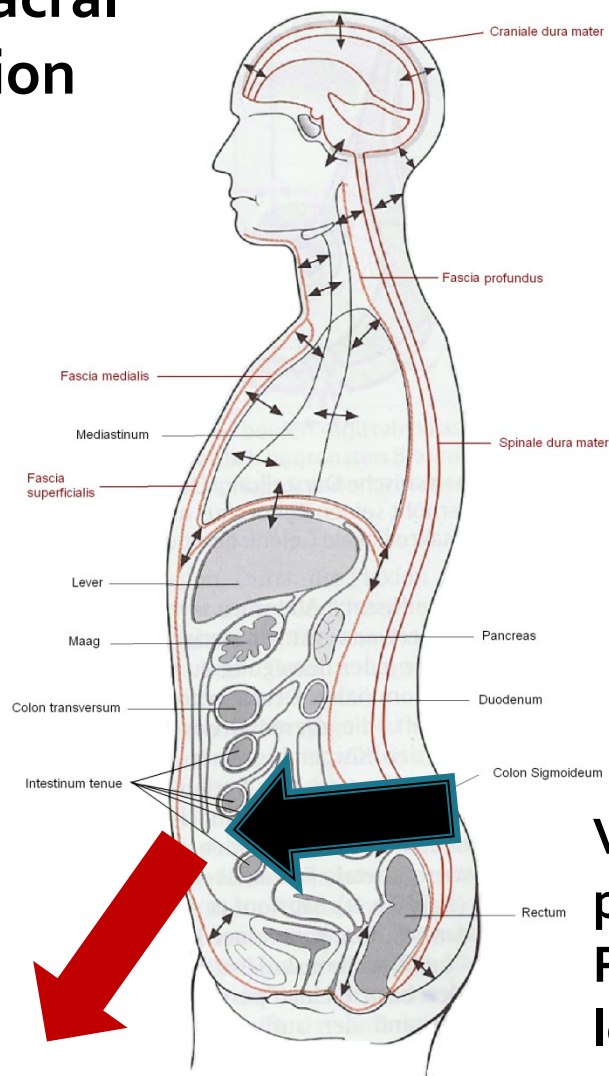
One anatomical UNIT



**Vagus Nerve
Pulls on the base
of the head**

One anatomical UNIT

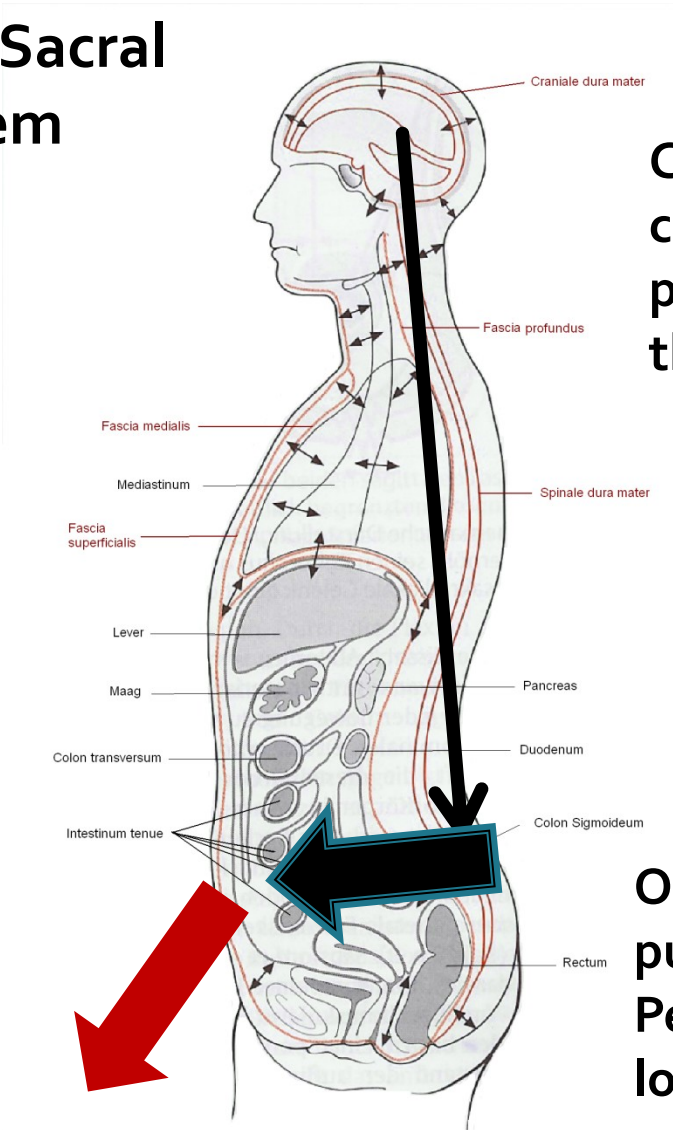
Cranio –Sacral connection



Viscera are pulling on the Pelvis and the lower back

One anatomical UNIT

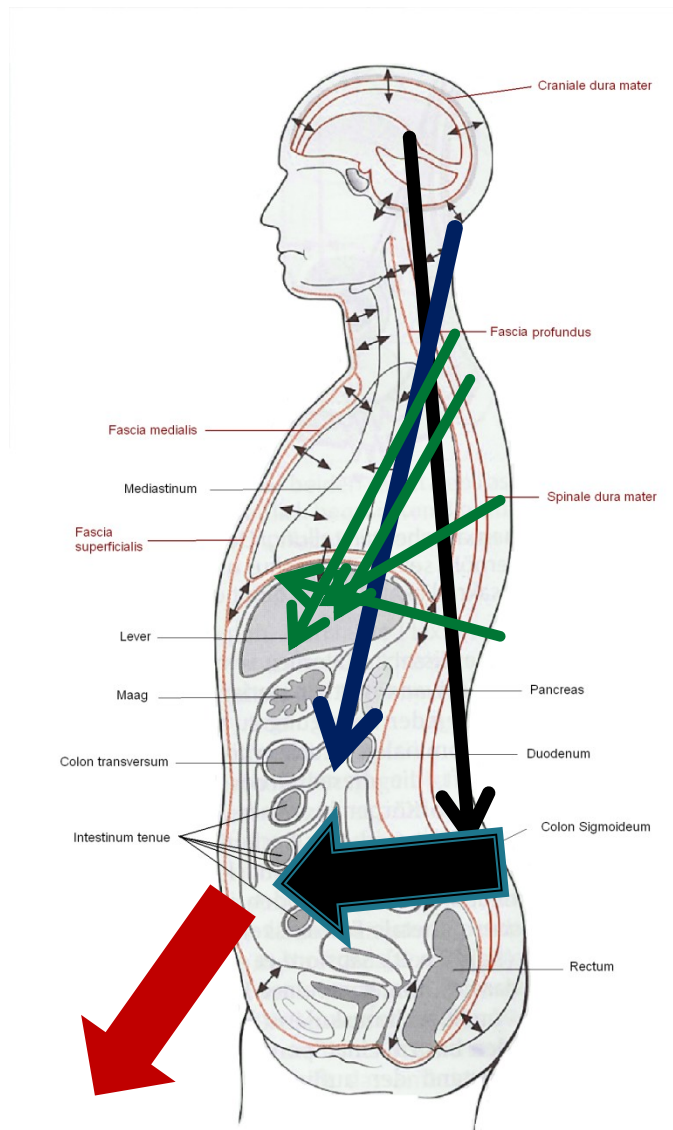
Cranio – Sacral system



Cranio-sacral connection pulls inside the Head

Organs are pulling on the Pelvis and the lower back

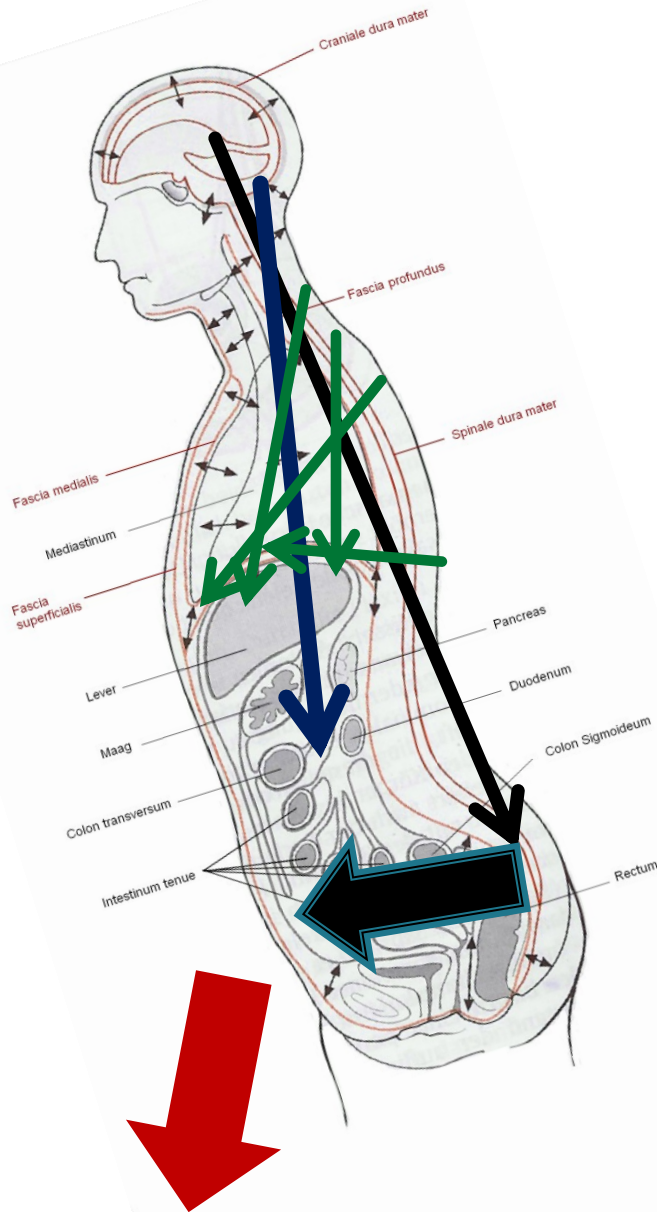
One anatomical UNIT



Tension of the visceral and the cranio-sacral system on the lower back, the neck, shoulders and the head.

One anatomical UNIT !

Result?
The body
is pulled
forward!

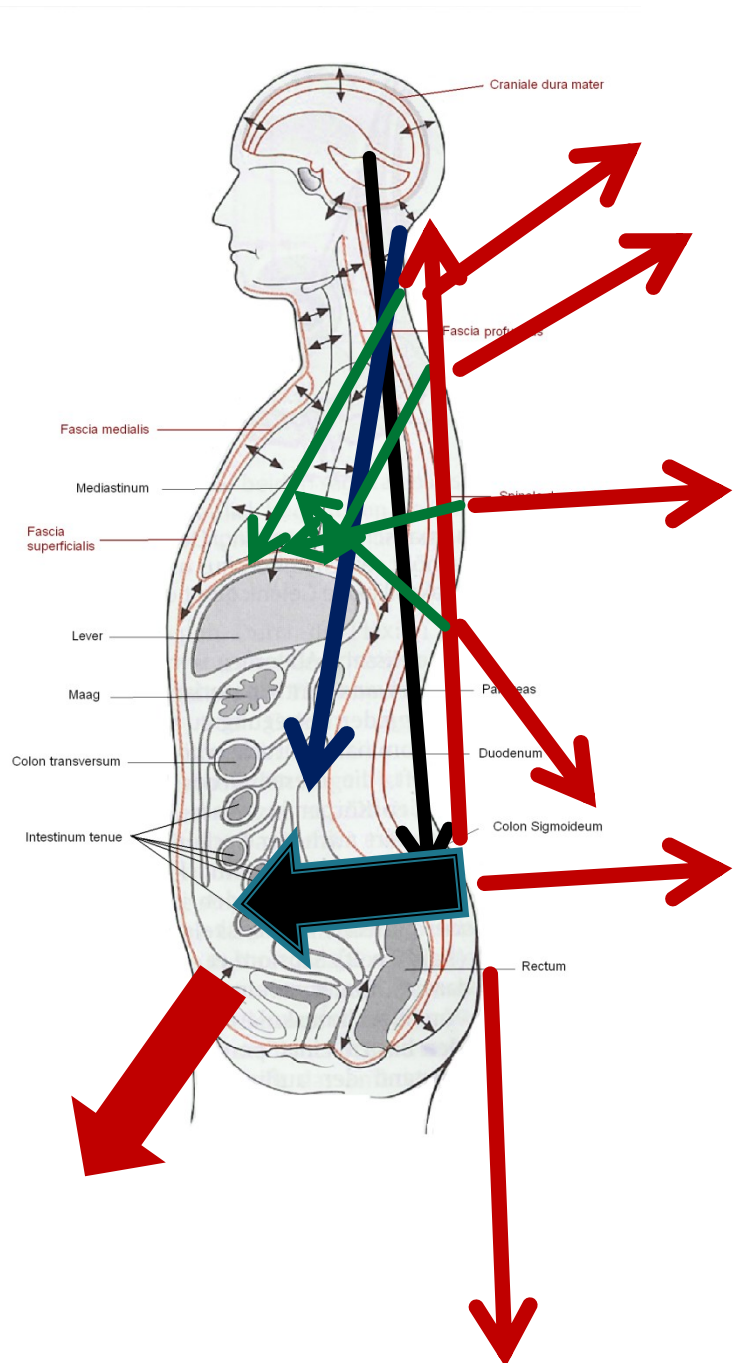


One anatomical UNIT !

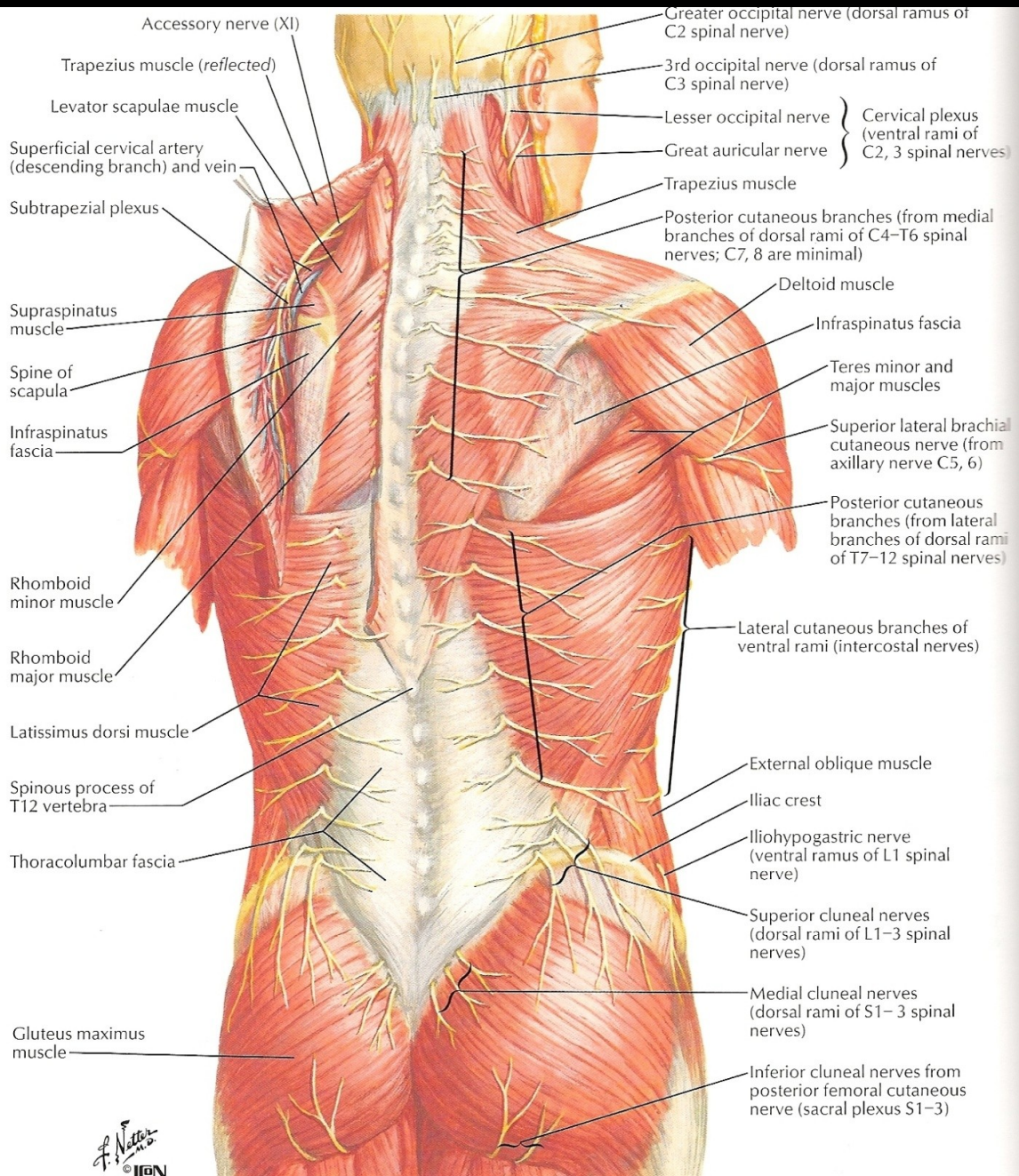
Result?
The body
is pulled
forward!

Reaction of the
musculoskeletal
system?

All muscles will
contract to pull the
body upright :
=
INCREASED
MUSCLE TENSION



Musculoskeletal System I



Increased muscle tension will compress nerve supply of the skin. → annoying, tiring pain where the nerve compression takes place.

Indirect causes

1) Tension in the Visceral system (organs)

A) Physiological

drinking and eating habits.

B) Mechanical.

- 1) abdominal surgery
- 2) Child birth
- 3) lack of movement

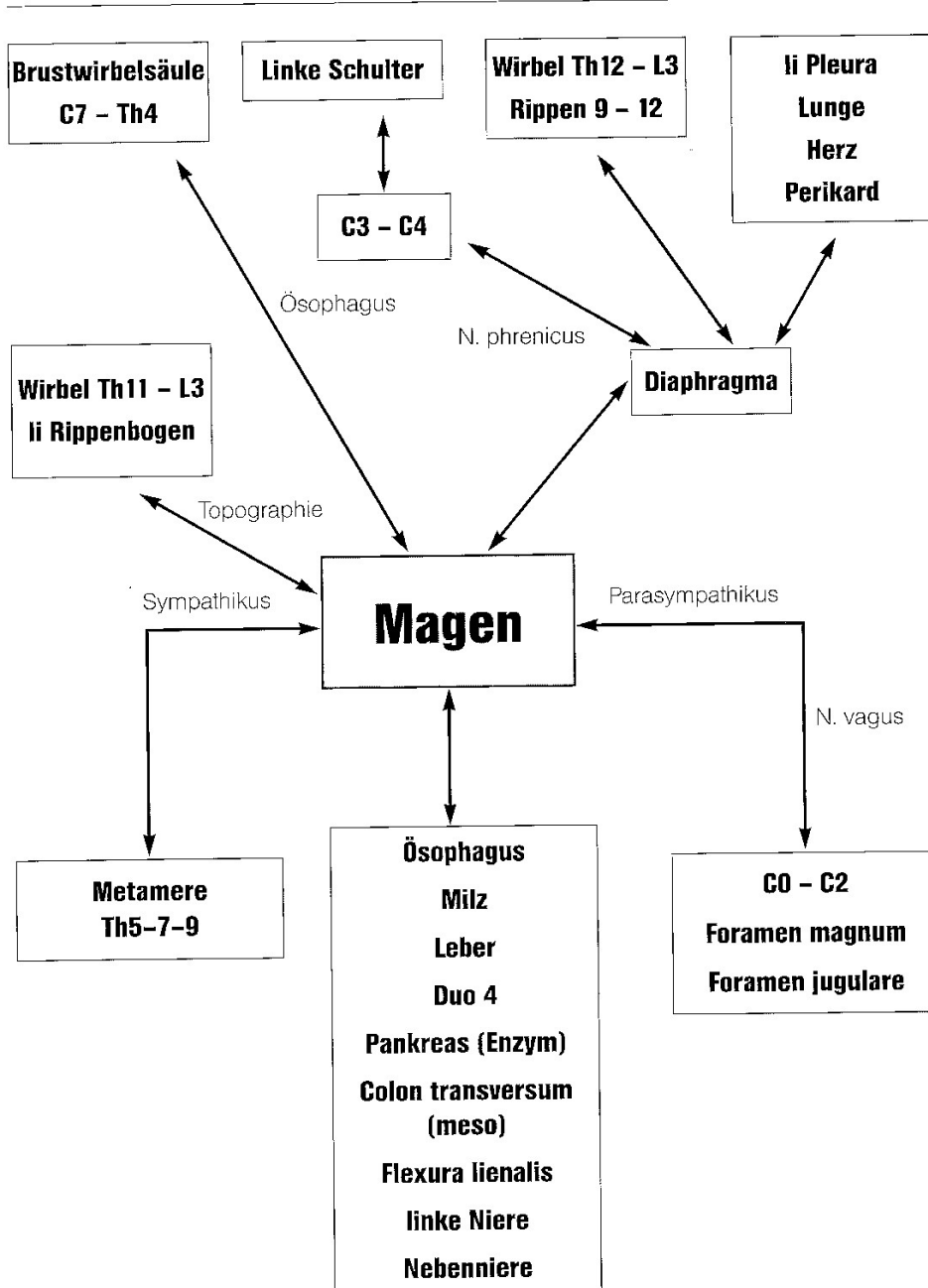
2) Tension in the Cranio-Sacral system:

- Trauma (fall)
- Whiplash injury

3) Tension in The Musculo- Skeletal system:

chronic contraction → stiffness of joints,
connective tissue,
muscles.

Example of Osteopathic Approach



Before the Tips & Tricks

Law of Participation

All lifeforms are obliged to participate in
the perpetuation,
the renewal and development
of all other lifeforms,
at full capacity,
without the expectation of a particular
compensation.

→ People have to take responsibility
Where they can for their own health.

Physiological Tip 1

Drinking water is an Internal Shower

Do you clean your house with coffee?

If you do not drink enough water
you increase the

- Tension of the kidneys on the lower back and the neck, head and shoulders.
- Tension of the Vagus nerve

Kidneys 'travel' 500 m/day (!)

- **Enjoying a drink = quality (not quantity)**
- **Water (quantity) will lead to improved quality**

Physiological Tip 2

What and How much do we eat?

Fuel tank of 50 liters?

3 star restaurants – dwarf portions.

If you do not: Digestive disorders

- Tension of the Vagus nerve and the diaaphragm on the head and neck.
- Tension on the lower back and pelvis.

Enjoy the taste of food = quality
Eating to much food ≠ quality

Caution !

- Too much Saturated fats
- Too much Carbohydrates

Physiological Tips: Conclusion

Water and a drink you enjoy.

- Enjoy a beverage and drink enough water

-> Do both!

Be aware of what you eat

- Chew more - Enjoy the taste
- Eat less

I Need A Volunteer

- First let's do one exercise together

Osteopathic Self Treatment

Simple, but extremely effective stretching techniques of the muscles and the nerves

Purpose:

To reduce the tension of the cranio-sacral system and the visceral system

- 1 x 30 seconds/day
- 3 weeks in a row
- Don't overdue it

**I must warn you:
by doing this you will feel so much better**

Stretching Calf Muscle and Nerve



- ✓ Stretches shortened calf muscle and calf nerve
- ✓ Reduces tension on the cranio-sacral system, lower back, neck, and the head .

Stretching Hamstring Muscle and Nerve



- ✓ Stretches shortened Hamstring Muscle.
- ✓ Reduces tension on cranio-sacral system – lower back, neck, the head .

Stretching Buttocks Muscle and Nerve



- ✓ Stretches shortened buttocks muscle
- ✓ Reduces tension on cranio-sacral system – lower back, neck, the head .

Stretching Quadriceps Muscle and Nerve.



- ✓ Stretches shortened quadriceps muscle and nerve
- ✓ Reduces tension on cranio-sacral system, lower back, neck, the head.
- ✓ Reduces traction of the visceral system.

Stretch of the (nerve of) the Trapezius Muscle



- ✓ Stretches shortened trapezius muscle
- ✓ Reduces tension on cranio-sacral system – lower back, neck, head and shoulder.
- ✓ Good influence on nerve supply og digestive system.

Stretching wrist and Forearm Muscles



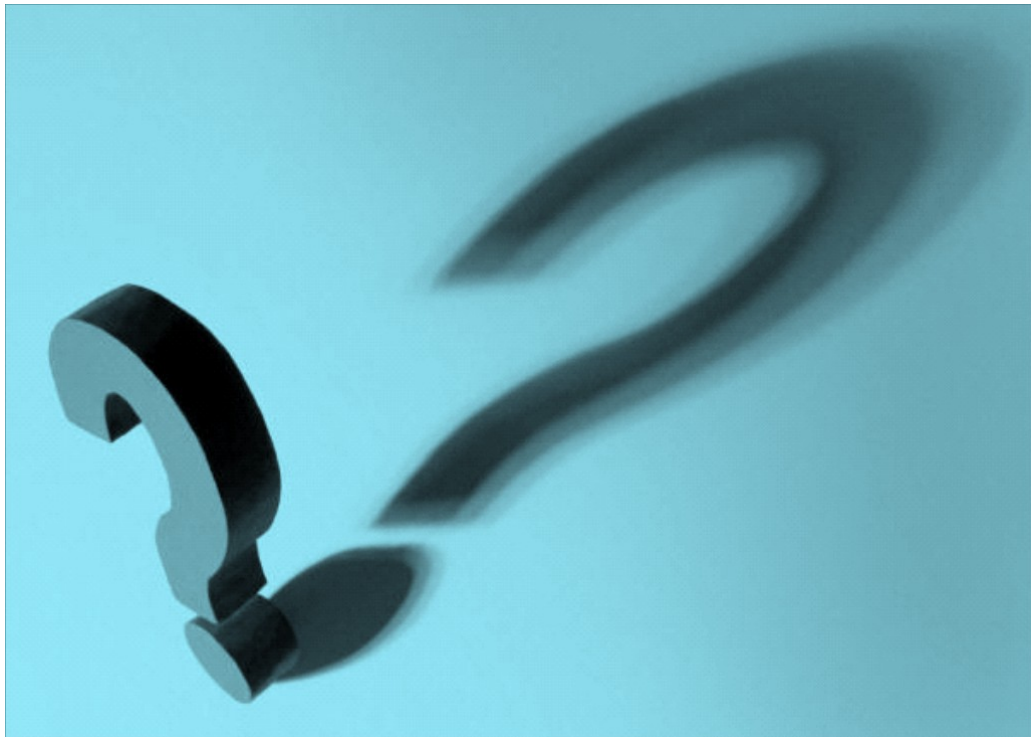
Improves gateway of the carpal tunnel !
Very good exercise for Carpal Tunnel Syndrome

Stretching the Nerve of Forearm



- ✓ Improves bloodsupply of forearm muscles.
- ✓ Carpal Tunnel syndrom (!)
- ✓ RSI!

Questions and Answers



Thank You!

- Once again, I am Dominique Stulens
- Thank you for your time and attention
- Downloadable PDF file of the tips and stretching techniques is available on the intranet
- stulensdominique@gmail.com