

Dominique Stulens studied physiotherapy at the Catholic University of Leuven and Osteopathy at the FICO in Antwerp.




For the last 12 years, in his practice, he has helped people with all kind of pain symptoms and syndromes (e.g. pain in the neck, shoulder, lower back or buttocks, tension headaches, etc.)

The conference participants can reserve an individual appointment at a later date with osteopath D. Stulens in the CoR Medical service. Please contact the Medical service by email (ServiceMedicalCdR@cor.europa.eu) after the conference for your appointment.

The conference will be also webstreamed on CoR Intranet.

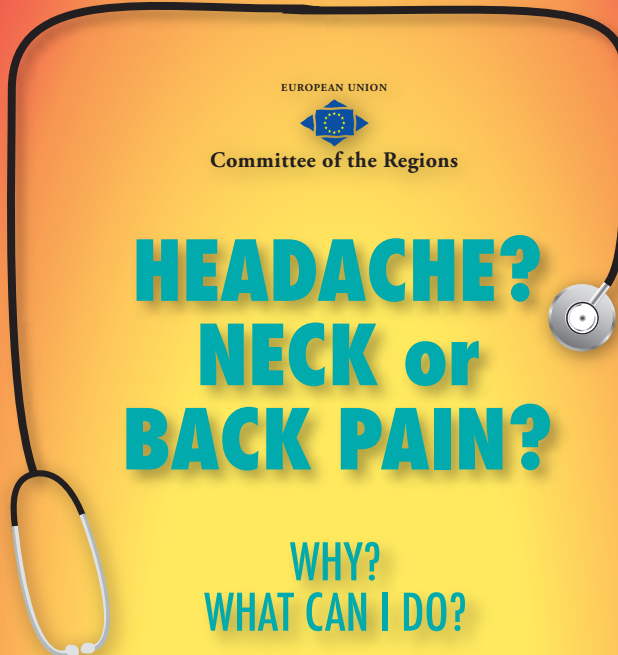
The CoR Medical Service
LUNCHTIME CONFERENCE
with osteopath D. Stulens

Tuesday 27/11/2012 • 12.30 - 14.30
Room JDE53

EUROPEAN UNION

Committee of the Regions

**HEADACHE?
NECK or
BACK PAIN?**

**WHY?
WHAT CAN I DO?**



**Osteopathic Tips for Headache,
Neck and Back pain**

Osteopathic Tips for Headache, Neck and Back pain

Many people suffer from all kinds of pain symptoms and syndromes without a clear medical diagnosis, without clear technical investigation



(MRI, Scans), without a diagnosis of underlying disease. These pain symptoms and syndromes can affect people's lives in a very profound manner: professionally, socially, emotionally and in their private lives.

Therefore, efficient treatment should be at their disposal. These pain syndromes are often treated with anti-inflammatory drugs, pain medication and muscle relaxants. For most people, this results in relief of pain, but not in complete or permanent recovery. Moreover, frequently pain returns sooner and sooner and the intensity of the pain appears to increase over time.

Ergonomic adjustments such as to the height of the chair and desk, positioning of the computer screen and special cushions to support the wrist

may be helpful, but will be ineffective if underlying causes remain undetected and untreated. The same is true for physical therapy and muscle strengthening exercises for the neck and the lower back.

The reason is that 90% of these pain symptoms and syndromes are secondary dysfunctions caused by unknown and underlying primary dysfunctions in 99% of those affected. Osteopathy is a unique approach to health care. For people with pain symptoms and syndromes without an underlying disease or lacking a clear and definite diagnosis, osteopathy can be very beneficial.

The benefit of osteopathy is general improvement in mobility and structural stability of the body. In turn, other systems of the body, such as circulatory, nervous, lymphatic and digestive, may benefit from the treatment.

Osteopaths do not simply concentrate on treating the problem area, but use manual techniques



overall good blood supply, health and wellbeing. In this presentation, you will appreciate the osteopathic approach of 'the great engine of life and you will see how your body connects all anatomical regions as an amazing mechanical and physiological unit.

Discover how mechanical function and physiological function influence each other on a consistent basis. Discover how well-hidden, secret mechanical pathways can cause the origin of the most common pain symptoms and syndromes. Dominique Stulens was first surprised by this approach 10 years ago and it remains a consistent source of surprise for him. It may surprise you too.

Once you understand how your body functions as a single unit, you will find it easy to apply some simple, but very powerful tips, tricks and techniques to relieve pain substantially, without even seeing a health practitioner.