



# SATYA SPECIAL SCHOOL - (2019) Training Report on Osteopathy for Rehabilitation Professionals



## **Training on Osteopathy for Rehabilitation professionals**

**Date: 08-04-2019 to 17-04-2019**  
(Excluding Saturday & Sunday)

**Time: 10 am To 12 pm**

**Venue: Satya Special School**

6,7,8 E.C.R Road, Opposite Siva Vishnu Mahal, (Near Shivaji Statue)  
Karuvadikuppam, Pondicherry- 605008.

---

### **Resources Person**

**A Team of Osteopath's from  
Belgium & Sweden**

---

**No Registration Fee  
Limited Seats Only**

**On a First Come First Serve Basis**

**For Registration Contact**

**Ms. Subasri.V Phone: 9626889052**  
**Email:anu\_subasri14@yahoo.com**

**NAME OF EVENT: TRAINING ON OSTEOPATHY**

**DATE OF EVENT: 8<sup>TH</sup> TO 16<sup>TH</sup>, APRIL - 2019**

**LOCATION OF EVENT: VOCATIONAL TRAINING CENTRE**

**TYPE OF PARTICIPANTS: A Team Of PHYSIOTHERAPIST**

**NO OF PARTICIPANTS: 30 PARTICIPANTS /DAY FOR 7 DAYS**

**SUMMARY:**

An Osteopathy training program was conducted for a Physiotherapist from various centers on 8<sup>th</sup> to 16<sup>th</sup> of April, 2019 at VTC, Kulapalayam. The Program started at 9.30 am and went on till 05.00 pm on the first day with 30 participants to seventh day as well. A team of osteopaths from Belgium and Sweden were the Resource persons. The purpose of the workshop was to work with the children of Osteopath came here to Satya Special School to treat Disabled Students and train physiotherapist from Puducherry, to provide information about risk management and assessment from patients' and osteopaths' perspectives. It can give tremendous satisfaction to help people to feel better with treatment, and the contact with a wide range of members of the public makes osteopathy an interesting, challenging and rewarding job.

**REPORT OF THE TRAINING:**

Osteopathy is a drug-free, non-invasive manual therapy that aims to improve health across all body systems by manipulating and strengthening the musculoskeletal framework. An osteopathic physician will focus on the joints, muscles, and spine. Treatment aims to positively affect the body's nervous, circulatory, and lymphatic systems. Manual medicine means that both diagnosis and treatment are carried out with the hands.



Osteopathy is a complementary therapy. It is used alongside conventional treatment to improve health. However, osteopathic physicians are also qualified as medical doctors (MDs), and they have more training than other complementary therapists, such as naturopaths. They specialize in osteopathy. Osteopathy intervention can help treat arthritis, back pain, headaches, tennis elbow, digestive issues and postural problems.

An osteopathic physician can help prevent problems by pinpointing potential sources of referred pain in good time. They may suggest dietary modifications and changes to workplace ergonomics, such as seating and desk position.

**Prevention advice can involve:**

1. Stretching Exercises
2. Lifting Techniques Posture
3. Breathing

#### 4. Stress Reduction

These techniques can help improve posture and reduce pain. Learning to lift with the legs, or example, and to stretch before exercise can reduce injury.

#### **Uses of Osteopathy treatment:**

Osteopathy can provide relief and treatment for a wide range of conditions.

*These include:*

- Arthritis
- Foot, Ankle, Hip, and Knee pain
- Back pain, Neck Pain, and Sciatica
- Hand, Shoulder, and Elbow Pain
- Headaches
- Tennis and Golfer's Elbow
- Postural Problems due to pregnancy, Sports Injury, Driving or work strain, or Digestive Issues
- Neuralgia



Osteopathic physicians can also detect conditions that are not treatable through osteopathy, to refer patients to other specialists.

#### **Fast facts about Osteopathy:**

Osteopathy uses a drug-free, non-invasive form of manual medicine that focuses on the health of the whole body, not just the injured or affected part. Treatment can also assist with sleep cycles and the nervous, circulatory, and lymphatic symptoms.

#### **Benefits:**

- Osteopathy can benefit the musculoskeletal framework and other systems.
- Osteopathy and back pain

Many people approach an osteopathic physician with back pain, but preventive treatment is also possible.

Treatment involves gentle and subtle manipulation, especially of the muscles and soft tissues. The doctor may stretch or massage the muscle.

If there are signs of a displaced disk or other serious condition, the osteopathic physician may recommend doing some imaging tests and direct the patient toward conventional treatment. They may suggest dietary modifications and changes to workplace ergonomics, such as seating and desk position.

#### **Prevention advice can involve:**

1. stretching exercises

2. lifting techniques posture
3. breathing
4. stress reduction

These techniques can help improve posture and reduce pain. Learning to lift with the legs, for example, and to stretch before exercise can reduce injury. Lifestyle changes can dramatically improve health and reduce ongoing health risks and costs. Preventing injury means more time keeping active, less time off work, and freedom to enjoy the benefits of healthful living.

A team from Belgium, working with the children of Osteopath came here to Satya Special School to treat Disabled Students and train physiotherapist from Puducherry.

The team which consists of eight member which lead by Mr. Marc, who teach & train the therapist among Puducherry nearly 30 members for seven days, Mr. Oveno who translate the technique and treatment procedure from French to English. The rest of the team member Shopine and Otus explained the Subjective and practical knowledge of Osteopathy for all the Seven days to the therapist in every morning session.

The Students of Satya Special School from various Center EIC, MD, VRC, got benefited by getting treatment according to their condition on disability issue.

### **Day - 1:**

In Morning Session, Resource Person were giving lessons to the principles of Osteopathy:

1. Body is a Unit.
2. Structure and function inter-related.
3. Body has capacity of self-healing.
4. Movement of life.
5. The Rule of Artery Supreme.

The construction of structure form and function is based on biomolecular and biodynamic principles. The Principles that have been discovered at different stages embryogenesis are always and forever present, even in the structure of the adult. Molecular concentration polarity field and the creation of a baseline are essential in the genetic and biodynamic programming of shape and final function. The known or unknown natural forces that have allowed cell differentiation and morphological organization around the embryo are the same ones that allows disengagement of the different elements by the reciprocal equilibrium of their tensions around the median line, in order to safeguard the harmony and homeostasis in adults.



## Day - 2:

In this session was conducted by **Marc Damoiseaux**, the human being as a neurogenically man, in this phase we will study the development of neural tube and its layers of protections, the meningeal envelopes as well as the backbone and the cranial box as protective layers of the peripheral nervous system.

Embryology is studied both anatomically and dynamically. There is a dynamic anatomy therefore an anatomy in perpetual movement, called a functional anatomy representing at each stage of life the best possible response of the whole body to its external and internal environment.

1. Study of the neuro-skull (ectoderm)
2. Timings of brain training
3. CNS cells
4. Neural Plate
5. Neural Gutter
6. Neural Tube
7. The development of SNC.
8. The base of the Skull.
9. Hypophyses.
10. Local Plagiocephaly and so on.



## Day - 3:

In this session, we will develop the human being as a visceral man, we will study the development of the digestive tract and its immediate environment. From a phylogenetic point of view, the development of the digestive system (ectoderm) comes before the development of the nervous system.

Ontogenetic study of the biodynamic development of the peritoneum as well as the study of its metabolic protective and mechanical function. Embryological development of the peritoneum, Peritoneal protection, peritoneal spaces and role of recess- The Mesentery, Lymphatic function of the peritoneum.

## Day - 4:

The Setting in motion of the mesoderm and a study of the vascular trajectories.

### 1) The Heart:

1. Exergonic disc and establishment of cardiac fields.
2. Encephalization and cardiac charges.
3. Integration of the heart field.
4. Development of the heart and the positioning of the brain.
5. NCC and heart field.

## **2) The Arterial/ Venous/ Lymphatic Development:**

Arterial support of the brain and positioning of the brain. Practical approach to balance dynamics of fluids. Cervical relaxation in relation to S. A and S.V. The Role of the brain and its practical implications for the treatment of the fluidic system of the brain.

## **Study of Excretory and Genital Trajectories:**

**1. The Kidney:** The development of renal trajectories with respect to the posterior part of the trunk and the sacrum, The biodynamic development of the adrenal glands.

**2. The Genital System:** Uterus and Prostate and the Perineum.

## **Study of Locomotive Trajectories:**

Neural ridges and skull, skeleton and ribs, the members and relations with the peritoneum.

## **Birth and Osteopathic Practice to its Preparations:**

Reconnection with the forces and embryonic growth support points. The links with the rhythms, the breath of life, the fluids. The Study of embryological movements and onto genic compressions in order to revitalize liberate, restructure acquired archeology, the study of the links and interdependence of the body and the study of spirals, spheres and triangles as an equilibrium path around the midline.

At all the endo theoretical session, they did practical on each therapist to touch, heel and palpate later on treatment technique.

Remaining days they learnt soft touch technique to learn movements of the joints, and development of diaphragm in infant and using soft touch technique to learn chest wall movements, and movements of individual joint using soft touch technique such as knee, sacrum, ankle, shoulder joints.



## **Conclusion:**

All the therapists were really happy to know the technical knowledge of Osteopathy, they all thanked Mr. Marc, Ovieon, Sophine and team members of Osteopathy and Satya Special School. Parents also thanked the team for giving their children a best treatment on the respective Disability Conditions. From this workshop physiotherapist learned to know about Osteopathy and feel the movement and differentiate the movement too, respiratory motion as its link on vertebra, pelvis and so on. Mostly they can able to differentiate minor problem related to motion.