

ORIGINS OF OSTEOPATHIC MEDICINE Part 2

Dr. Richard Chmielewski
Founder, Medical Director
The Falcon Clinic for Health, Wellness and Recovery
New Hartford, NY 13413
Email: WFalcon@aol.com

Andrew Taylor Still, MD, DO

1828-1917

Founder of Osteopathic Medicine

- ◆ “To find health should be the object of the doctor.
- ◆ Anyone can find disease.”



The Origins of Osteopathy

- ◆ "On June 22, 1874 I flung to the breeze the banner of osteopathy."
- ◆ This new and better way of treating the sick and injured came to our Founder, Dr. A.T. Still, by way of his own daily explorations – not a single discovery, but a long series of discoveries and ideas, spanning decades; growing into a whole territory of revelation; or perhaps a slow accumulation of incidents until at some definite date they were all seen for the first time in a single perspective, and their importance finally understood.

Insights From Previous Researchers in the 19th Century

- ◆ Virchow, Rudolf (1821-1902)– published his observations using the microscope – that cells came from other cells – The Cell Theory
- ◆ Pastuer, Louis (1822-1895) and others – proved that infections arose from bacteria, or germs, not spontaneously or from smells – The Germ Theory

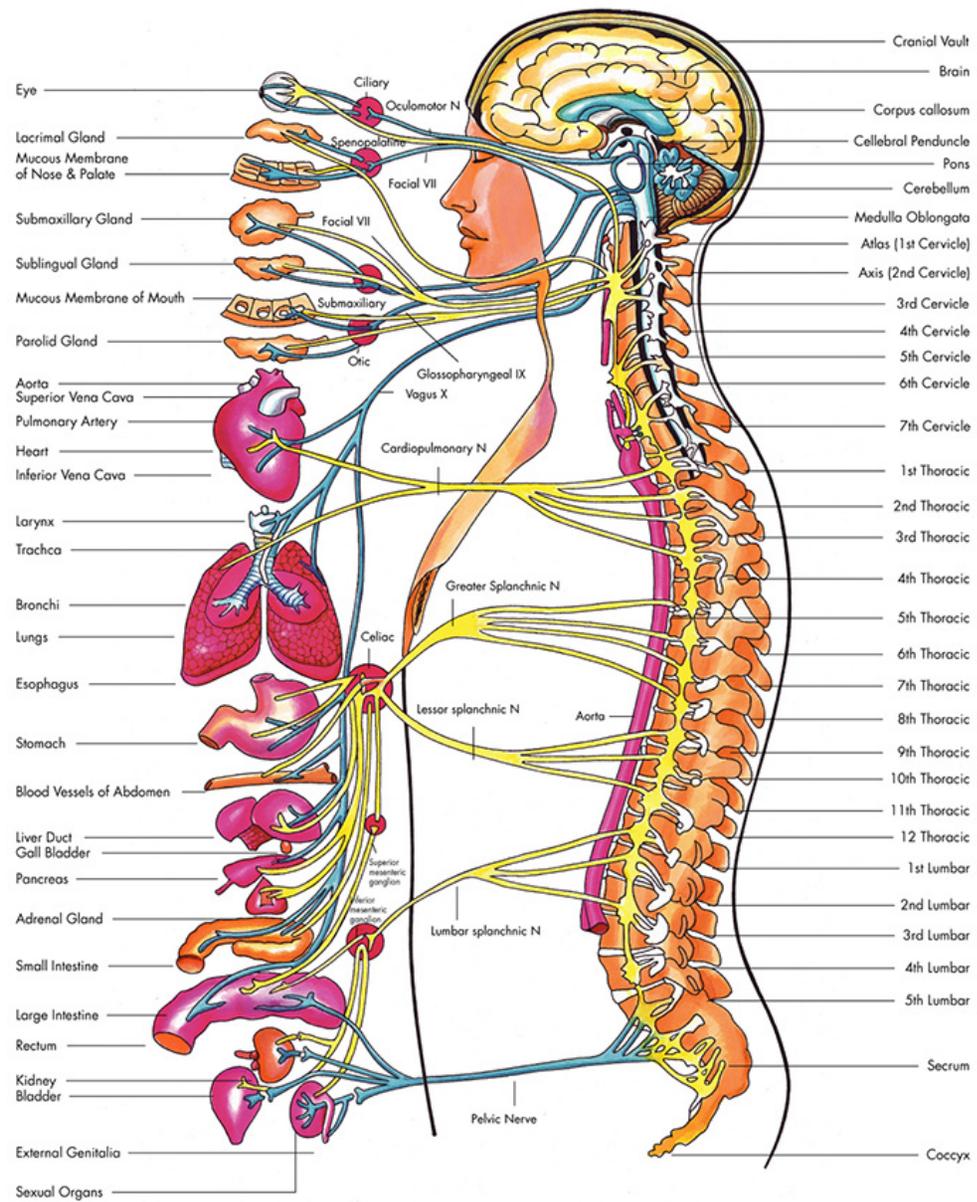
The Autonomic Nervous System Regulating Function

- ◆ Scientists knew for centuries that the autonomic nervous system was responsible for the functioning of the internal organs such as stomach, intestines and the heart and blood vessels.

The Autonomic Nervous System

- ◆ The autonomic system is the part of the peripheral nervous system that is responsible for regulating involuntary body functions, such as heartbeat, blood flow, breathing, and digestion.
- ◆ **The sympathetic division of the autonomic nervous system** regulates the flight-or-fight responses. This division also performs such tasks as relaxing the bladder, speeding up heart rate, and dilating eye pupils.
- ◆ **The parasympathetic division of the autonomic nervous system** helps maintain normal body functions and conserves physical resources. This division also performs such tasks as controlling the bladder, slowing down heart rate, and constricting eye pupils.

The Autonomic Nervous System



Dr. Still Unified the Latest Scientific Knowledge into a Rational System

- ◆ He realized that a system of healing had to incorporate:
 - ◆ The Cell Theory
 - ◆ The Germ Theory
 - ◆ The Integration of the Autonomic Nervous System
 - ◆ Stimulate the Body's Innate Drive to Compensate or Heal

Early Experiences Leading Dr. Still to Discover the Mechanics of Osteopathy

- ◆ In the 1850's, while a partisan in the Missouri Border wars, Still fell from a horse and struck his chest.
- ◆ He immediately felt heart palpitations which plagued him for years.
- ◆ This was diagnosed as a problem of his heart valve.
- ◆ Some years later he fell backwards, striking his ribs.
- ◆ This resulted in complete resolution of his palpitations.

Early Experiences Leading Dr. Still to Discover the Mechanics of Osteopathy

- ◆ In the 1870's, attended to a young worker who gashed his knee with an ax.
- ◆ Three local physicians wanted to amputate the leg after infection set in.
- ◆ The family called Dr. Still who "...worked on the pelvis and thigh, and gently rotated and stretched the injured leg to relax the inflammed and contracted tissues.
- ◆ By morning the swelling had subsided and the boy was out of danger".

Early Experiences Leading Dr. Still to Discover the Mechanics of Osteopathy

- ◆ In 1878, Dr. Still got an urgent telegram from an old patient who's daughter had pneumonia.
- ◆ Regular medical treatment carried a poor prognosis. Morphine was recommended.
- ◆ For treatment, Dr. Still "placed his hands on either side of the girl's thoracic spine, applied pressure ...and raised the ribs to restore mobility...to free blood and lymph and allow the body's own "drugs" to overcome the infection.
- ◆ This ...resulted in an immediate improvement and by morning the crisis had passed.

Personal Experiences with Illness/ Injury Affected His Perspective

- ◆ He concluded that "no human body was normal in disease."
- ◆ Might irritation of any nerve, artery, vein or lymphatic vessel anywhere in the body predispose to disease?
- ◆ He was so engrossed in the mechanical approach to medicine that he entered his occupation in the 1875 Kansas census not as a physician but as a "Machinist"

The Culmination of Dr. Still's Research and Experiences – Osteopathic Medicine

- ◆ The body is composed of cells which are driven to compensate or heal
- ◆ The environment of the body determines its ability to heal
- ◆ This environment, or Pasteur's "terrain", includes a normal arterial and venous supply for oxygenation and pH balance of the cells, and a normal lymphatic circulation for functioning of the body's filtration and immune system.
- ◆ Interacting with the body's anatomy and physiology, through the autonomic nervous system, mechanically puts the body in a better state to compensate or heal

The Fulcrum and the Lever

- ◆ Dr. Still named his new findings, the science of Osteopathy
- ◆ He felt that the bones were levers which, with a correctly placed fulcrum, could alter circulation and nerve function.
- ◆ He never felt that “popping joints” would, in and of themselves, lead to any “cure” or correction of illness.

Archimedes

288-212 BC

- ◆ Give me a lever long enough and a fulcrum on which to place it, and I shall move the world.

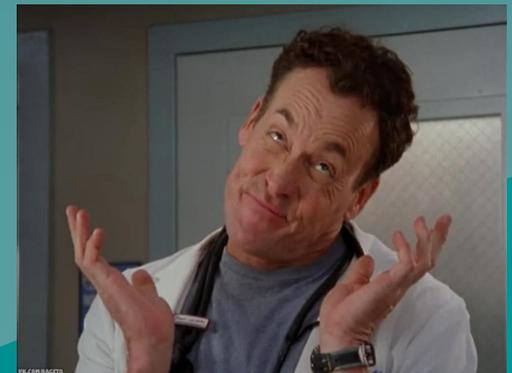


LEVEROPATHY VS. OSTEOPATHY

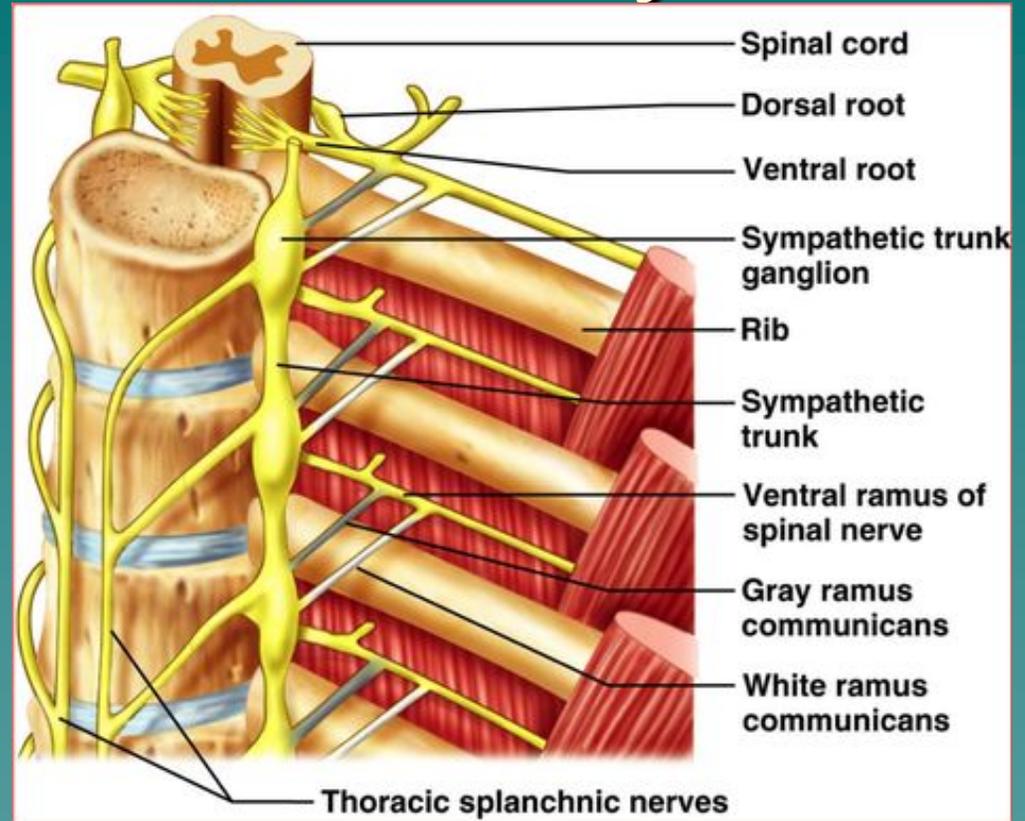
- ◆ I tell my students that the world might more quickly grasp the fundamentals and mechanics of Osteopathic Manipulation if Dr. Still had called his “discovery”



Oh well!



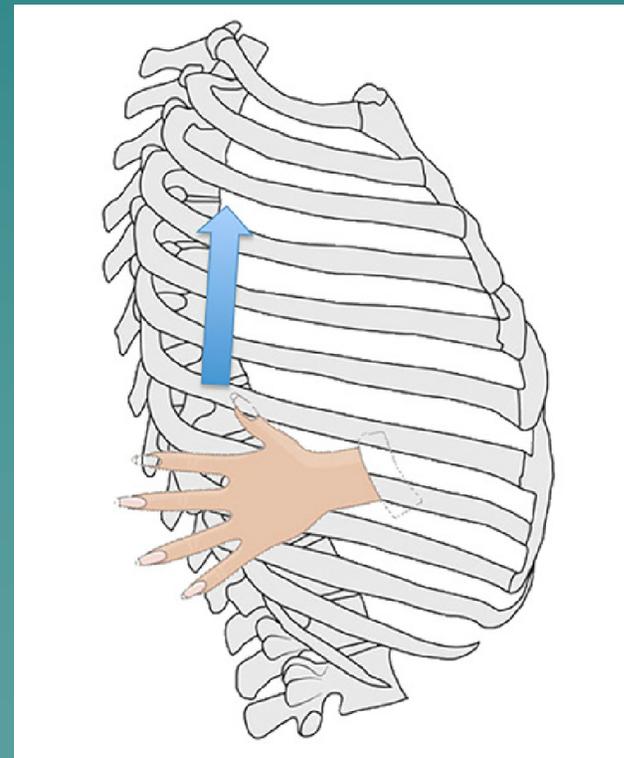
The Sympathetic Nervous System



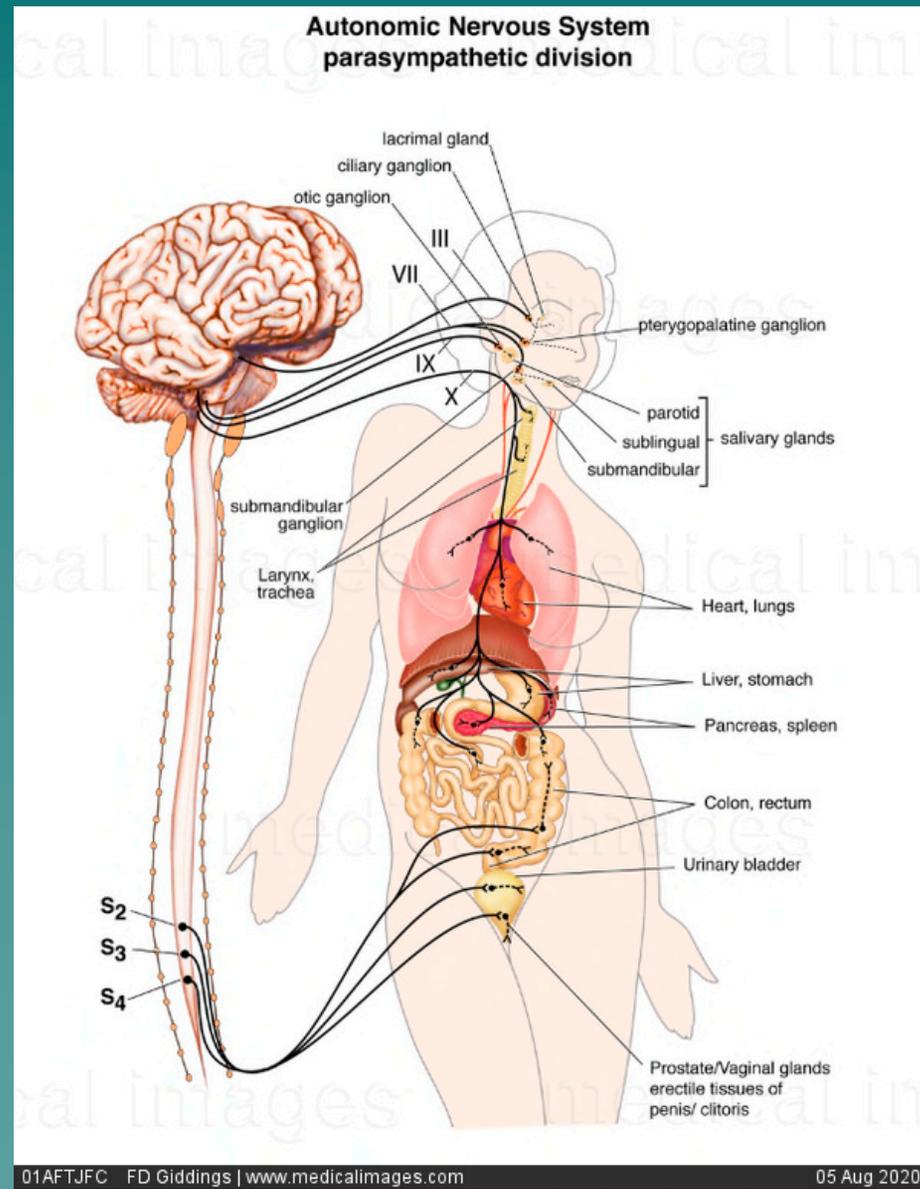
- ◆ The sympathetic ganglia lie next to the vertebrae and on top of a rib head at each vertebral level

Rib Raising

- ◆ Rib Raising – an osteopathic technique to “massage” the sympathetic ganglia using
- ◆ the rib heads



Parasympathetic Nervous System



Osteopathic techniques for affecting the parasympathetic nerves coming from the skull



- ◆ Suboccipital technique

Case studies using Osteopathic Manipulative Treatment (OMT)- Case #1

- ◆ KNEE PAIN – unable to bend knee enough to stand from sitting



Case studies using
Osteopathic Manipulative Treatment (OMT)-
Case #1

- ◆ A 70 year old female, with a right total knee replacement surgery 3 years ago, complains of pain in the right knee
- ◆ Examination - Patient unable to bend her knee beyond 90 degrees, making standing from a chair difficult. Pain in anterior and medial right knee. Orthopedic tests for internal cartilage problems were negative.
- ◆ Treatment - Triple Technique devised and published in medical journal by Dr. Chmielewski, along with Fascial Distortion Model treatment to knee
- ◆ Result - complete resolution of the problem at first treatment

Case studies using
Osteopathic Manipulative Treatment (OMT)-
Case #2

- ◆ Shingles – and postherpetic neuralgia

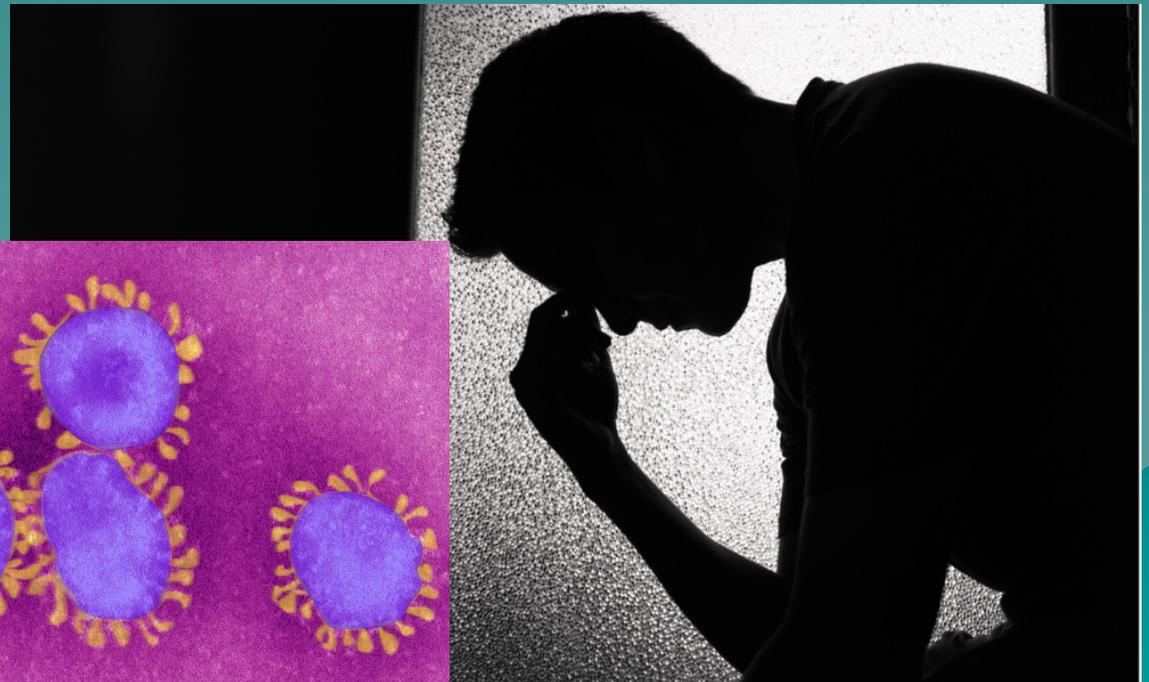


Case studies using
Osteopathic Manipulative Treatment (OMT)-
Case #2

- ◆ A 63 year old male who was treated for shingles a few weeks earlier with antiviral medication and pain pills
- ◆ Examination - The right lateral chest wall with healed rash of shingles. Painful and very tender in the spaces between the 7th to 10th right ribs. Lungs clear.
- ◆ Treatment: Osteopathic lymphatic drainage technique along the affected ribs
- ◆ Result: Complete resolution of pain after two treatments a few days apart

Case studies using Osteopathic Manipulative Treatment (OMT)- Case #3

- ◆ Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:
- ◆ Fever or chills
- ◆ Cough
- ◆ Shortness of breath or difficulty breathing
- ◆ Fatigue
- ◆ Muscle or body aches
- ◆ Headache
- ◆ New loss of taste or smell
- ◆ Sore throat
- ◆ Congestion or runny nose
- ◆ Nausea or vomiting
- ◆ Diarrhea



Case studies using
Osteopathic Manipulative Treatment (OMT)-
Case #3

- ◆ A 35 year old male who was diagnosed with Covid-19 infection about 5 weeks prior, with no fever, cough or shortness of breath for 4 weeks. Patient still having joint pains and severe weakness, almost "flu-like"
- ◆ Examination: Afebrile, lungs clear. Very weak, listless, appears depressed.
- ◆ Treatment: Osteopathic manipulative treatment - Viral Infection Protocol (VIP Treatment) involving the head, neck, chest and ribs, abdomen and legs
- ◆ Result: Rechecked the next day. Patient completely asymptomatic, afebrile, smiling, wanting to return to work.

To view the V.I.P. (osteopathic Viral Infection Protocol) :

- ◆ Go To: www.nysoms.org
- ◆ Click on: Covid-19 resources, then
- ◆ Scroll down to : Webinars, and
- ◆ Click on: Coronavirus - Is There a Missing Link to Treatment?

OR

- ◆ On You Tube:
- ◆ www.youtube.com
- ◆ In Search, type: richard chmielewski
- ◆ Click on the video: Osteopathic Manipulation and Viral Infections - Useful against Influenza and CoVid -19?