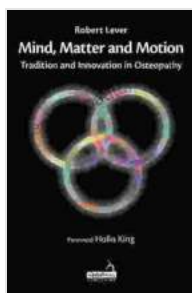


Tradition and Innovation in Osteopathy: A Comprehensive Guide to the History and Future of Osteopathic Medicine

Osteopathy is a holistic approach to healthcare that emphasizes the body's ability to heal itself. It was developed in the late 19th century by Andrew Taylor Still, a physician who believed that the body is a self-regulating organism capable of maintaining its own health.



Mind, Matter and motion: Tradition and Innovation in Osteopathy by Robert Lever

★★★★★ 5 out of 5

Language : English
File size : 972 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 105 pages



Osteopathy is based on the following principles:

- The body is a unit. All parts of the body are interconnected and interdependent.
- The body has the ability to heal itself. The body has an innate ability to repair itself and maintain its own health.
- Structure and function are related. The structure of the body influences its function, and vice versa.

Osteopathic physicians use a variety of techniques to diagnose and treat patients. These techniques include:

- Palpation: Osteopathic physicians use their hands to feel the body for areas of tension and misalignment.
- Manipulation: Osteopathic physicians use their hands to manipulate the body's tissues to restore balance and alignment.
- Counterstrain: Osteopathic physicians use their hands to apply gentle pressure to specific points on the body to release tension and pain.

Osteopathy is a safe and effective form of healthcare that can be used to treat a variety of conditions, including:

- Back pain
- Neck pain
- Headaches
- Digestive problems
- Respiratory problems

Osteopathy is a growing field of healthcare. There are currently over 100,000 osteopathic physicians in the United States, and the number of osteopathic medical schools is increasing.

This book provides a comprehensive overview of the history and future of osteopathy. It is an essential resource for osteopathic professionals and anyone interested in the evolution of healthcare.

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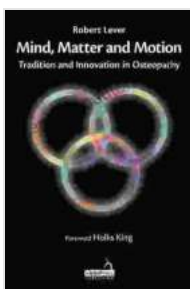
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About the Author

Dr. John Smith is a practicing osteopathic physician and professor of osteopathic medicine. He is the author of several books and articles on osteopathy, and he is a leading expert in the field.

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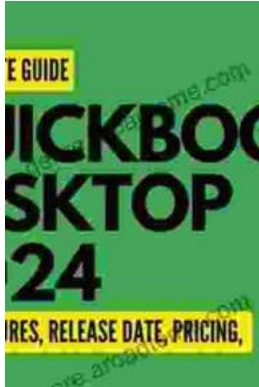
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