

# 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 (!)

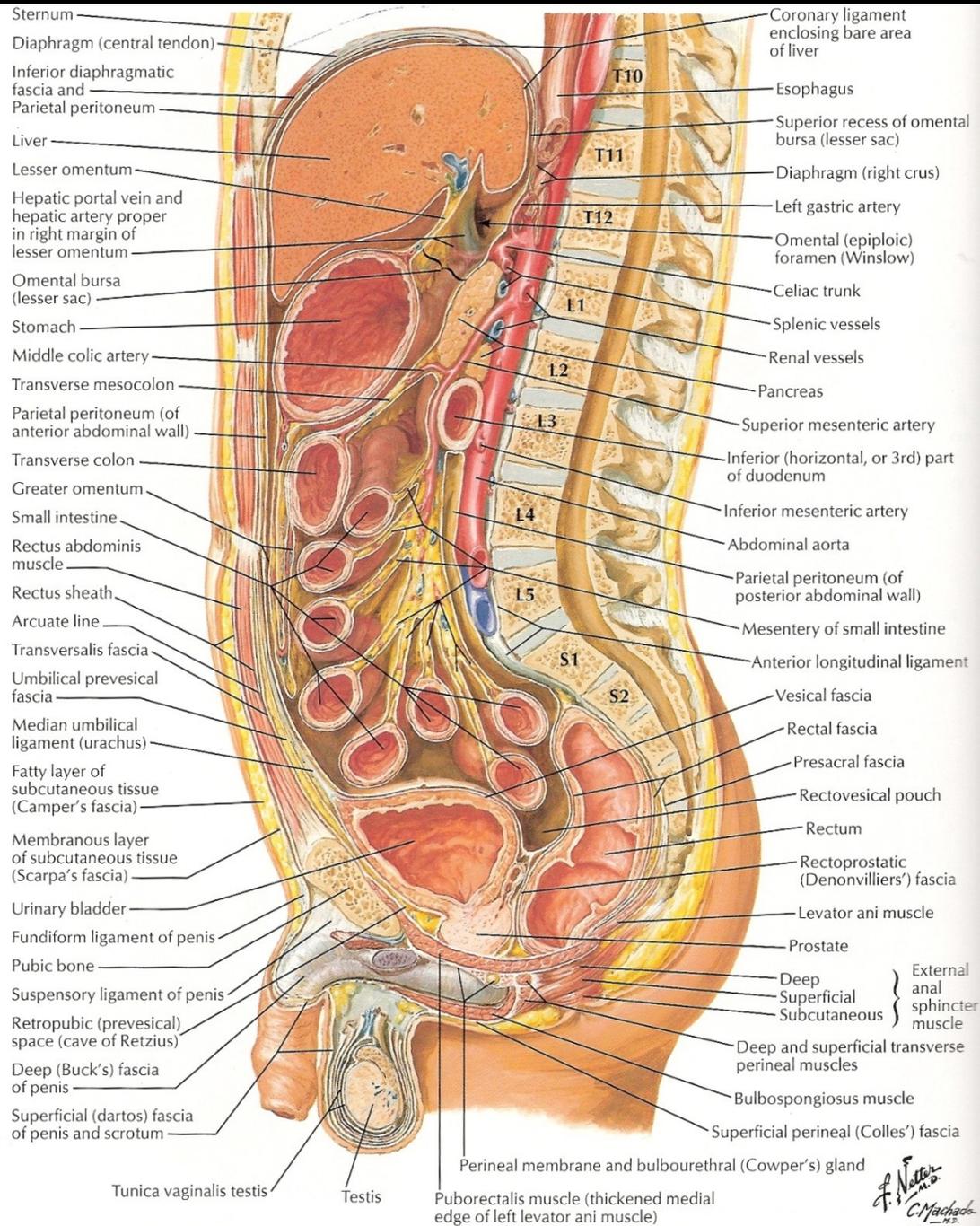
# Osteopathic Approach

- 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

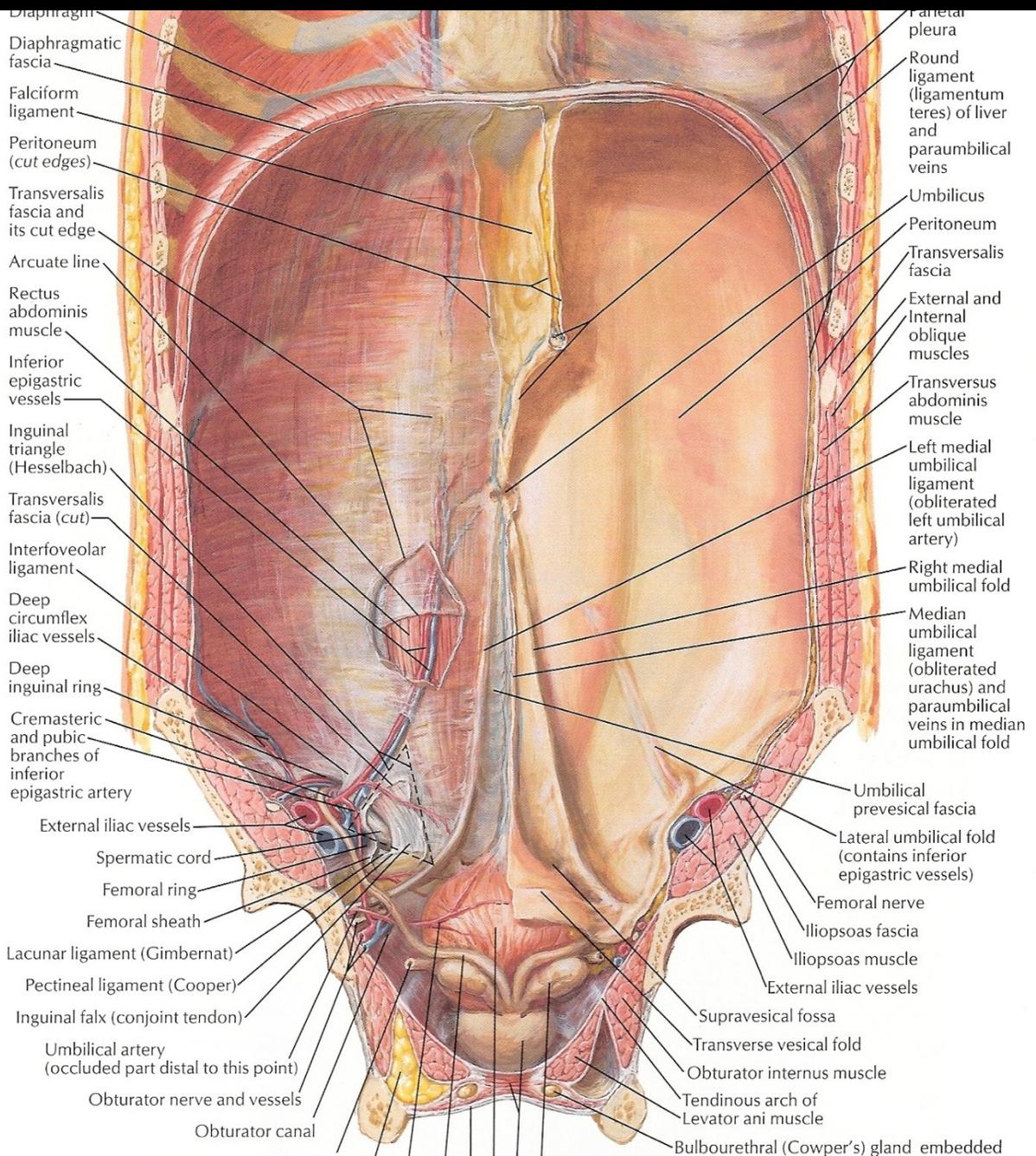


# Visceral Connections I



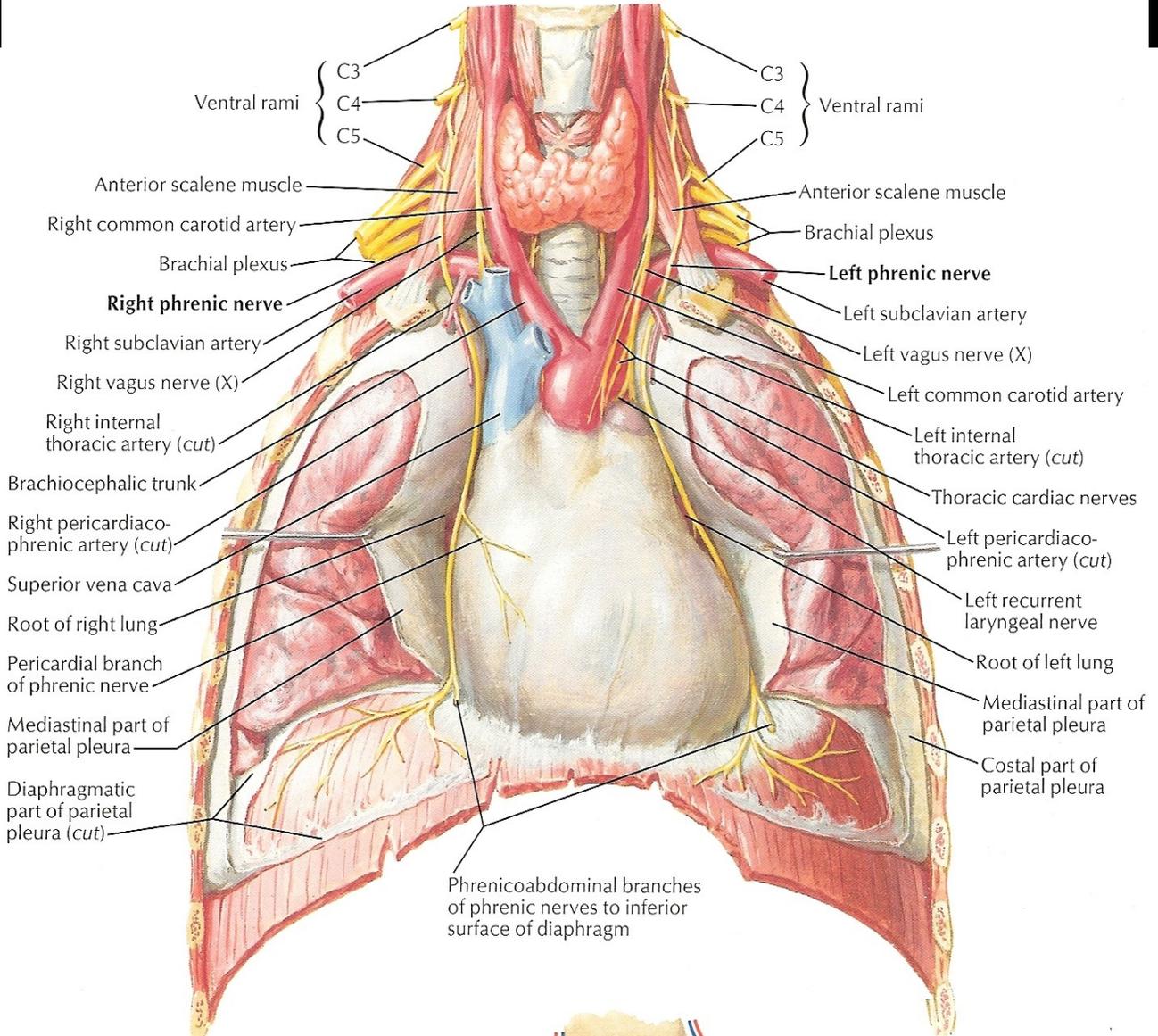
All organs are connected to each other, to the back, to the pelvis and to the **diaphragm**.

# Visceral Connections II



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

# Visceral Connections: The diaphragm

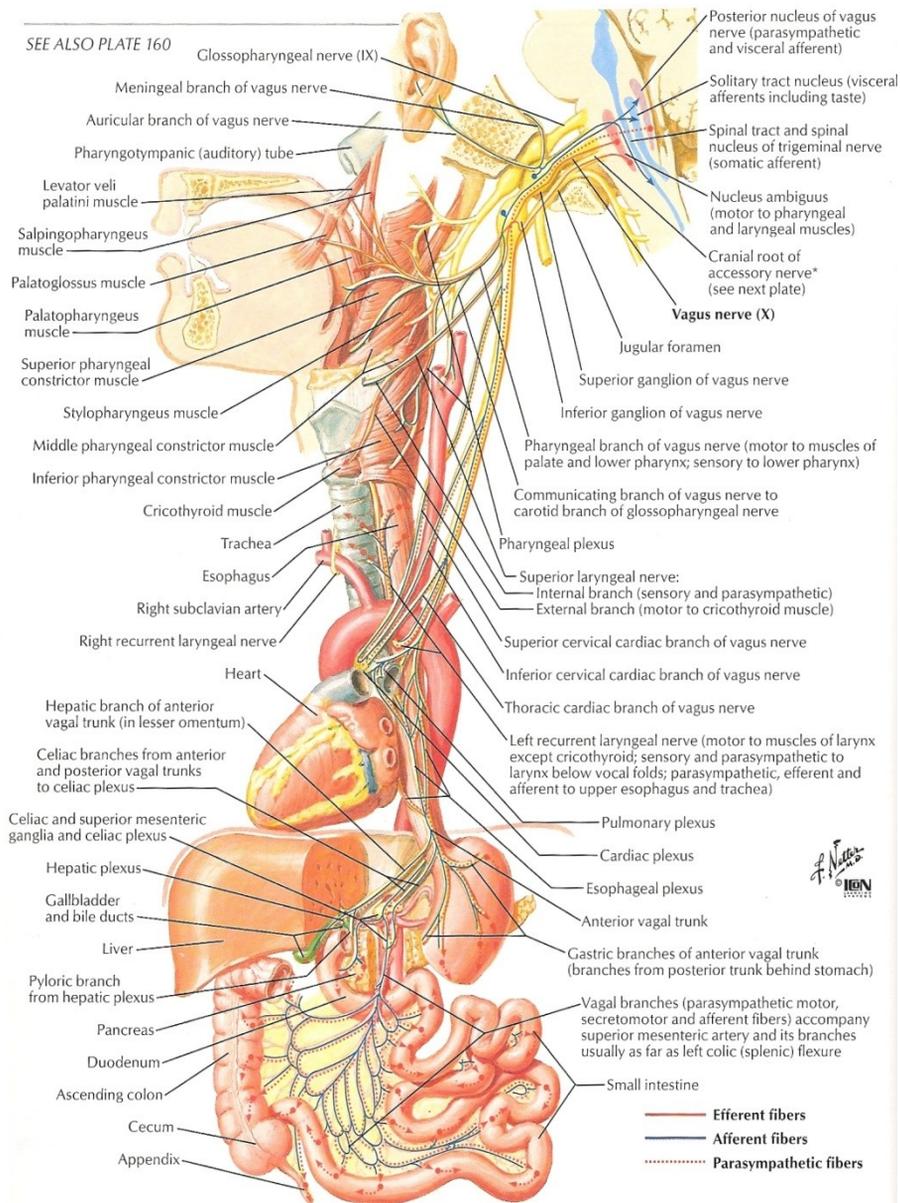


Connective tissue of the lungs → Lower cervical spine

Nerve supply of the diaphragm → Middle cervical vertebra 3-4-5

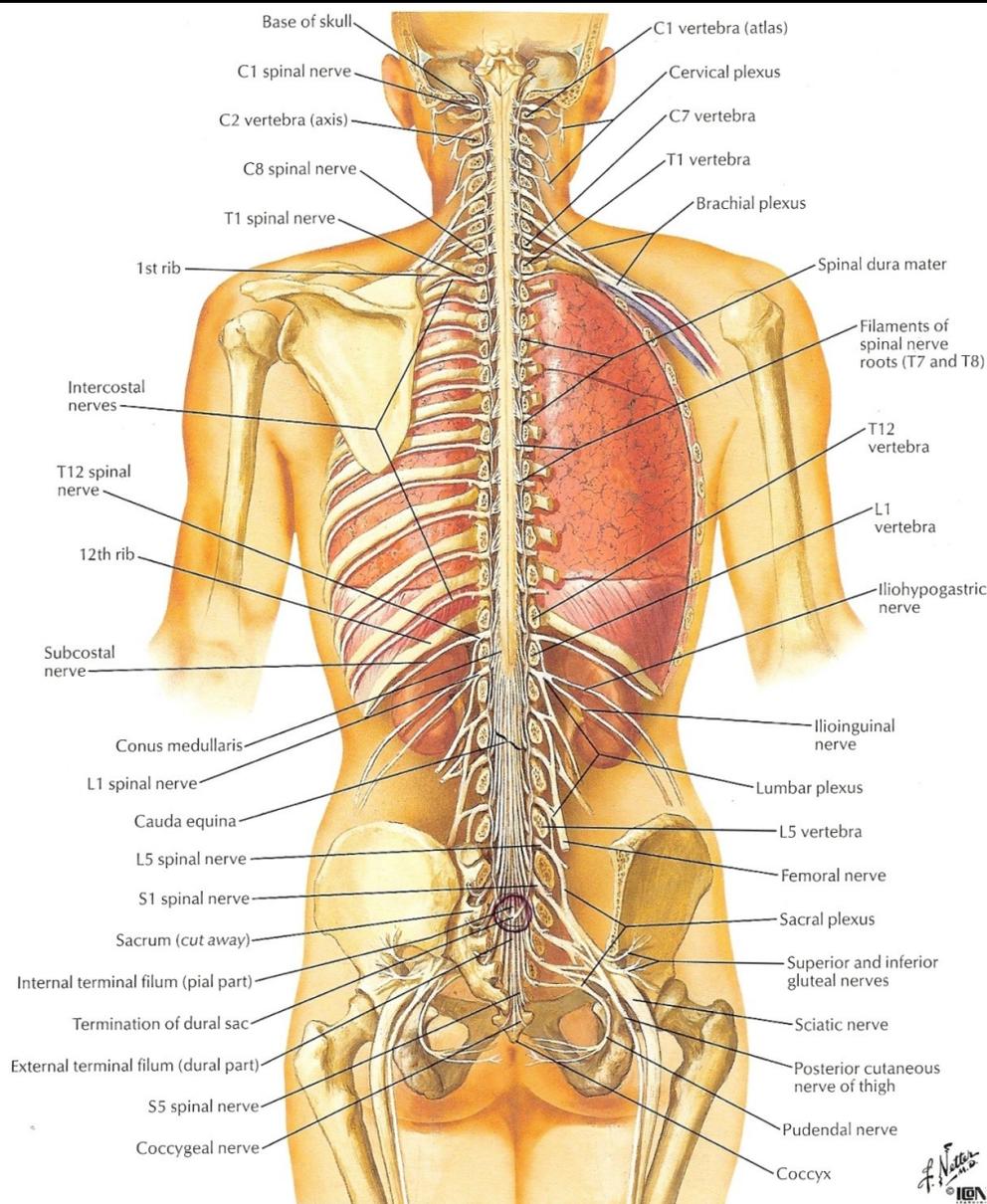
Diaphragm is attached to the lower back and the lower ribs

# Nerve Supply of the Digestive System: The Vagus Nerve



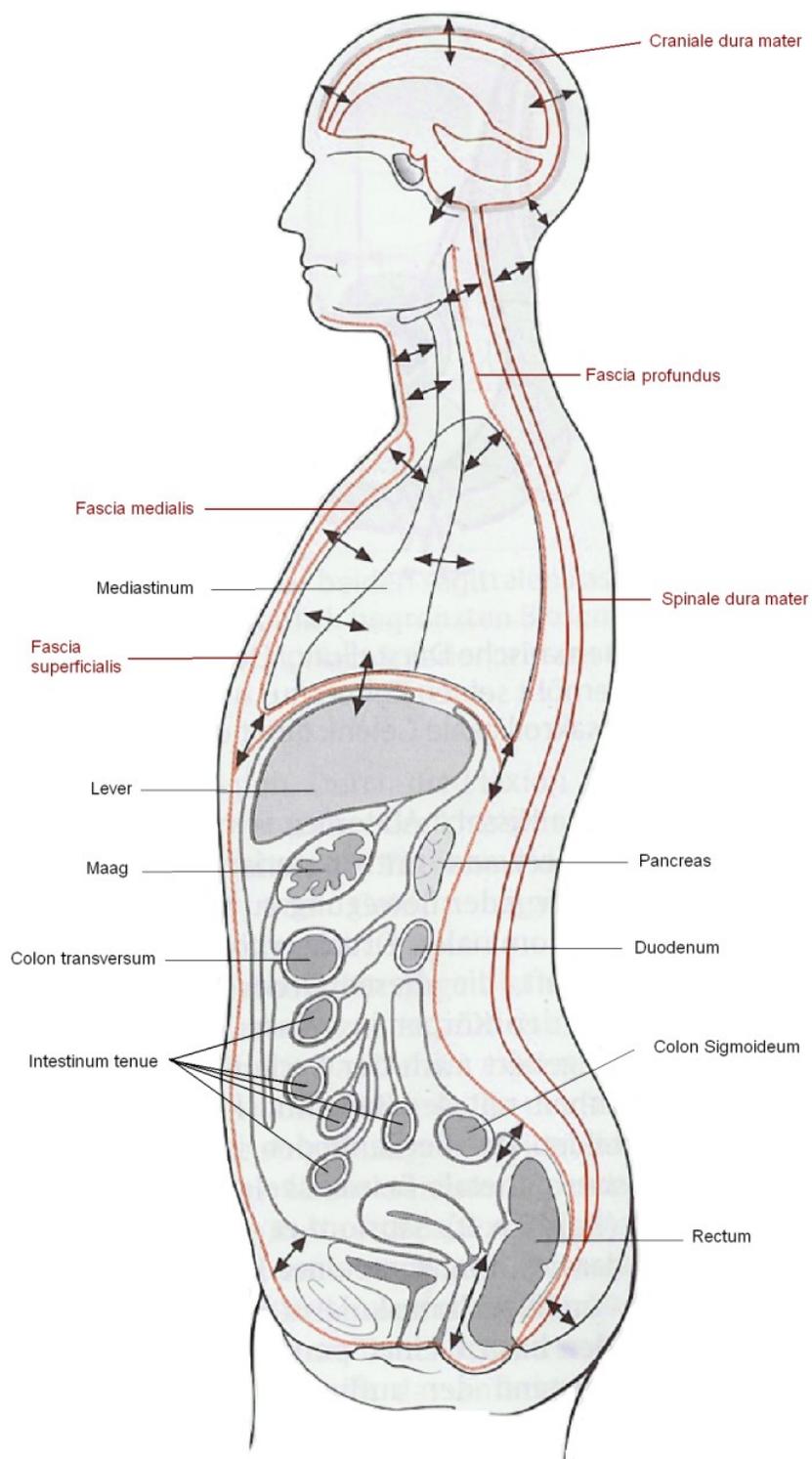
(Almost) all the organs of the digestive system receive their nerve supply from the base of the skull.

# Cranio-Sacral Connection

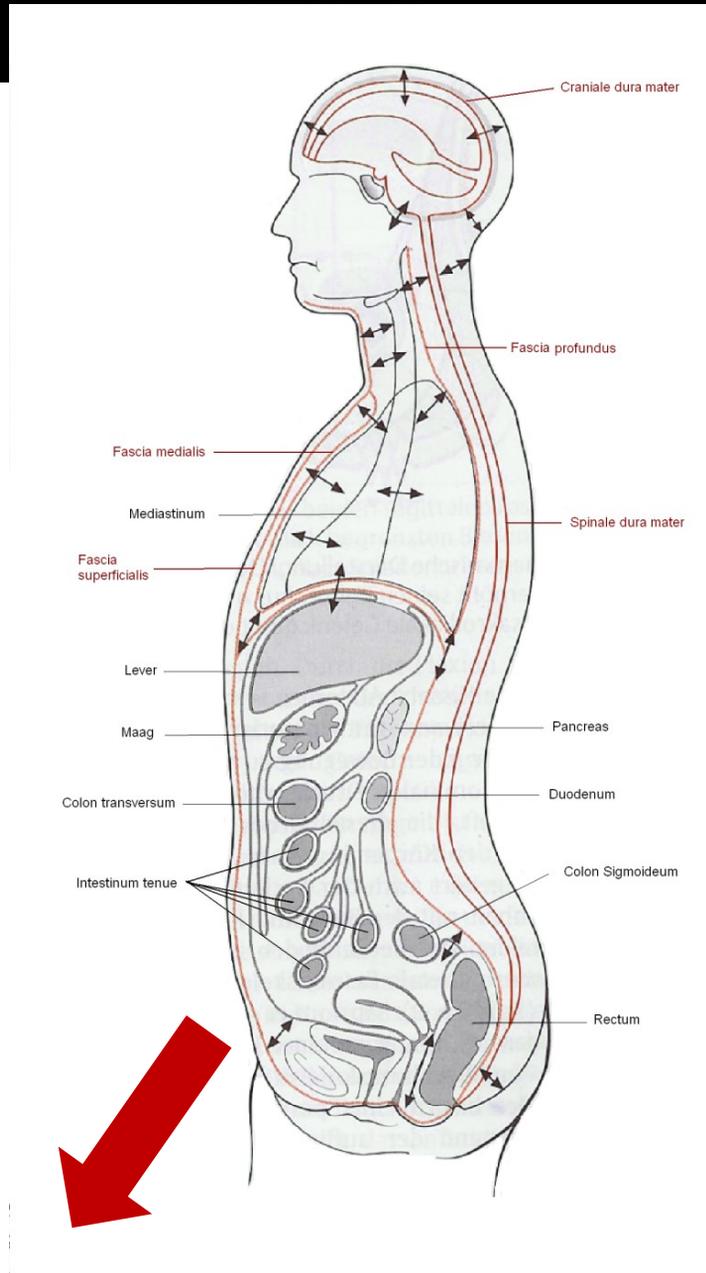


- The meninges connect the pelvis and (inside of) the head
- This connective tissue surrounds ALL the nerves, from finger tips, toe tips into the head.

# One anatomical UNIT

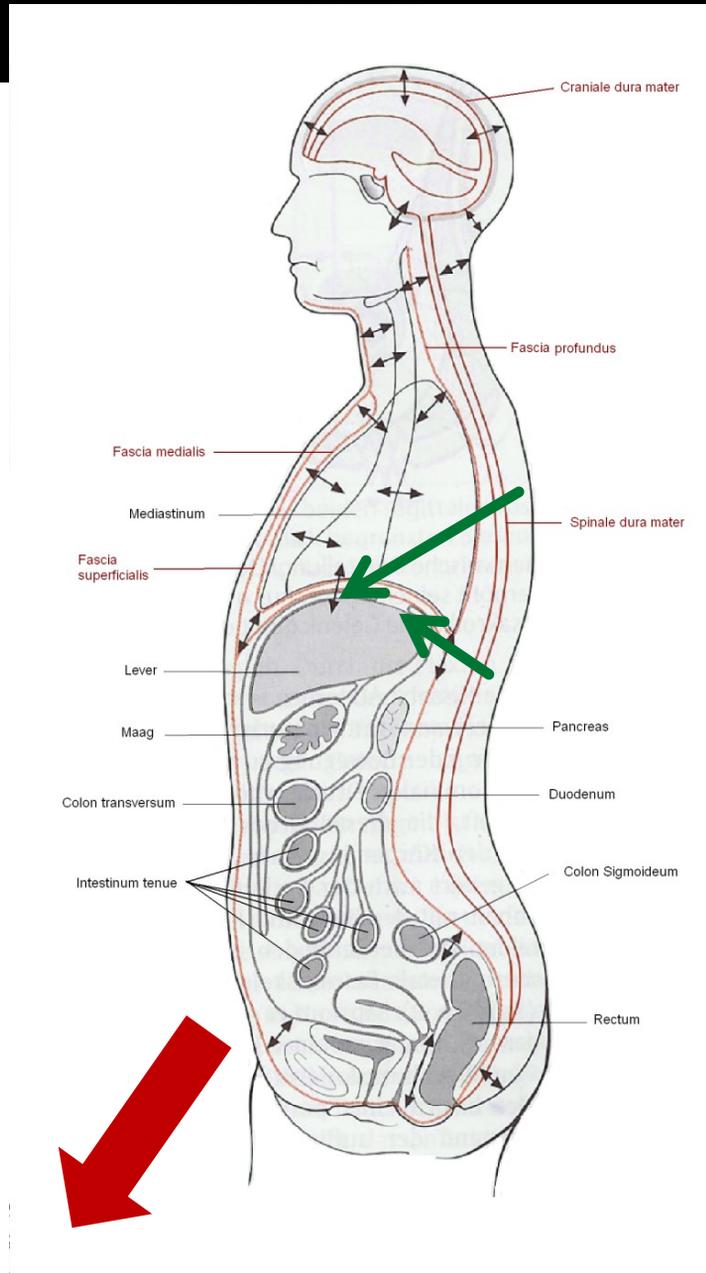


# One anatomical UNIT



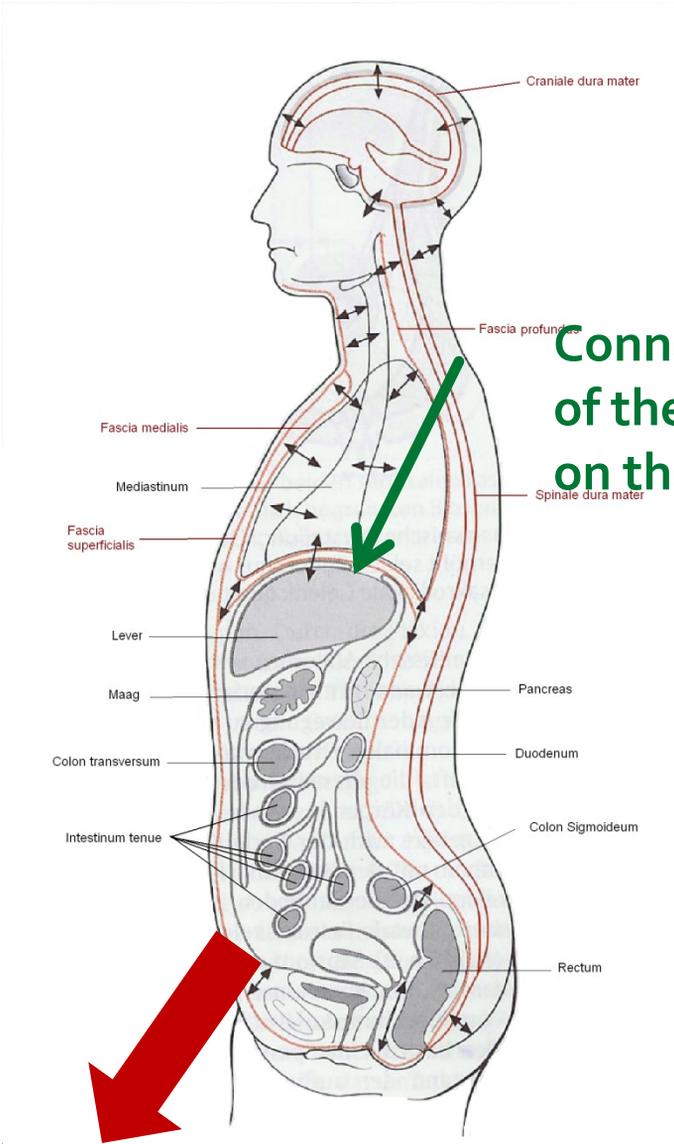
**Visceral System:  
Tension of the (connective tissue of the)  
organs**

# One anatomical UNIT



**Anatomical connections of the diaphragm**

# One anatomical UNIT

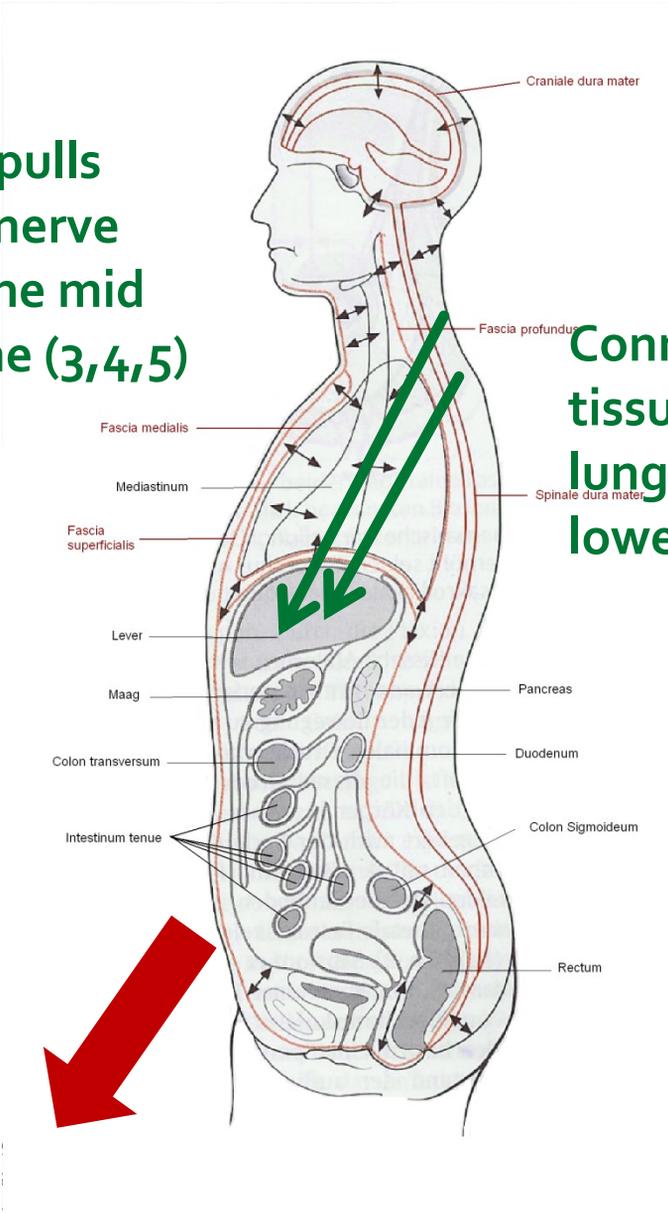


Connective tissue of the lungs pull on the lower neck

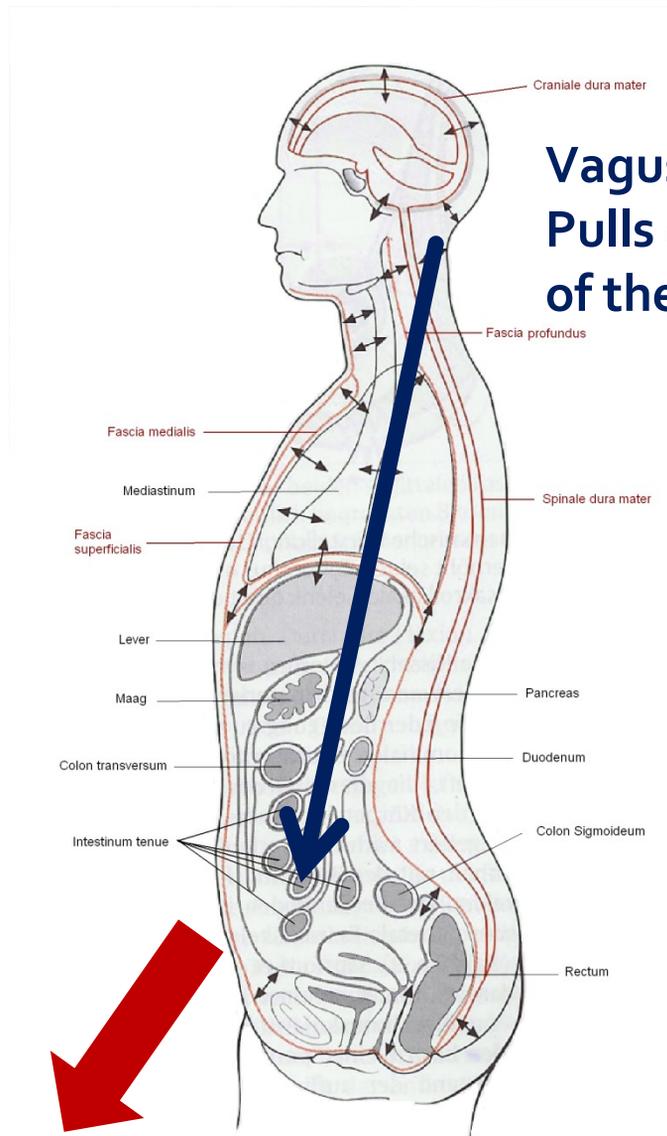
# One anatomical UNIT

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

Connective tissue of the lungs pulls at the lower neck.



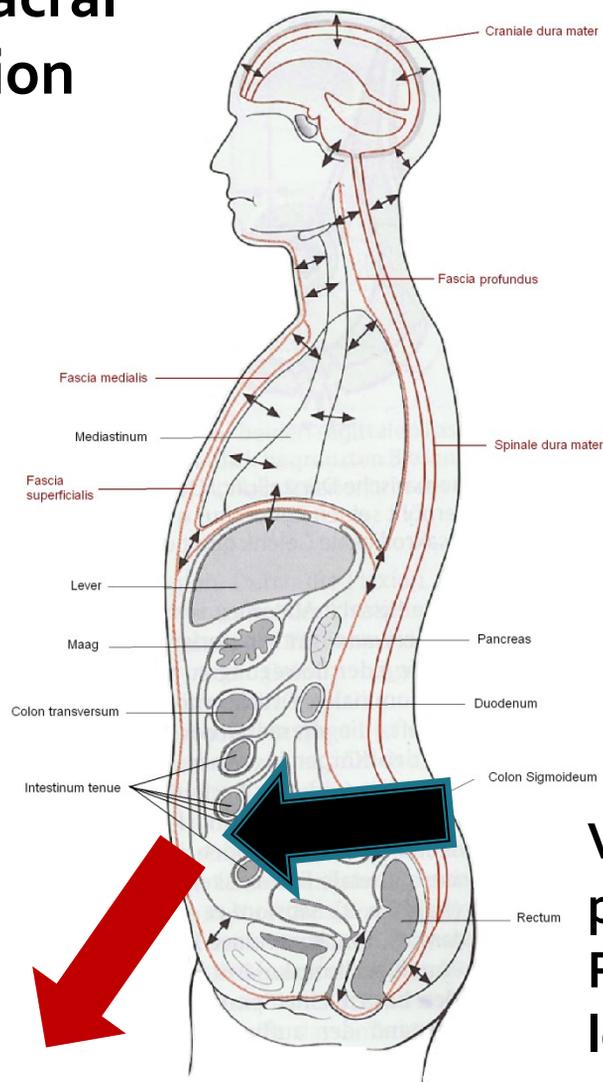
# One anatomical UNIT



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

# One anatomical UNIT

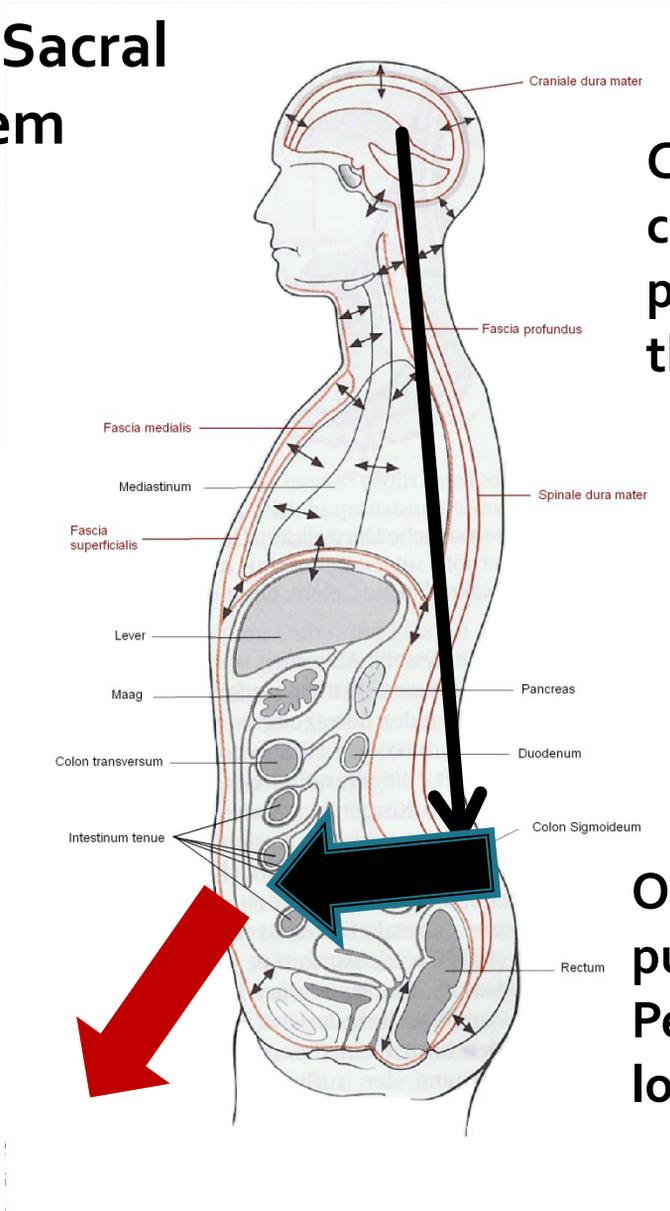
## Cranio – Sacral connection



**Viscera are pulling on the Pelvis and the lower back**

# One anatomical UNIT

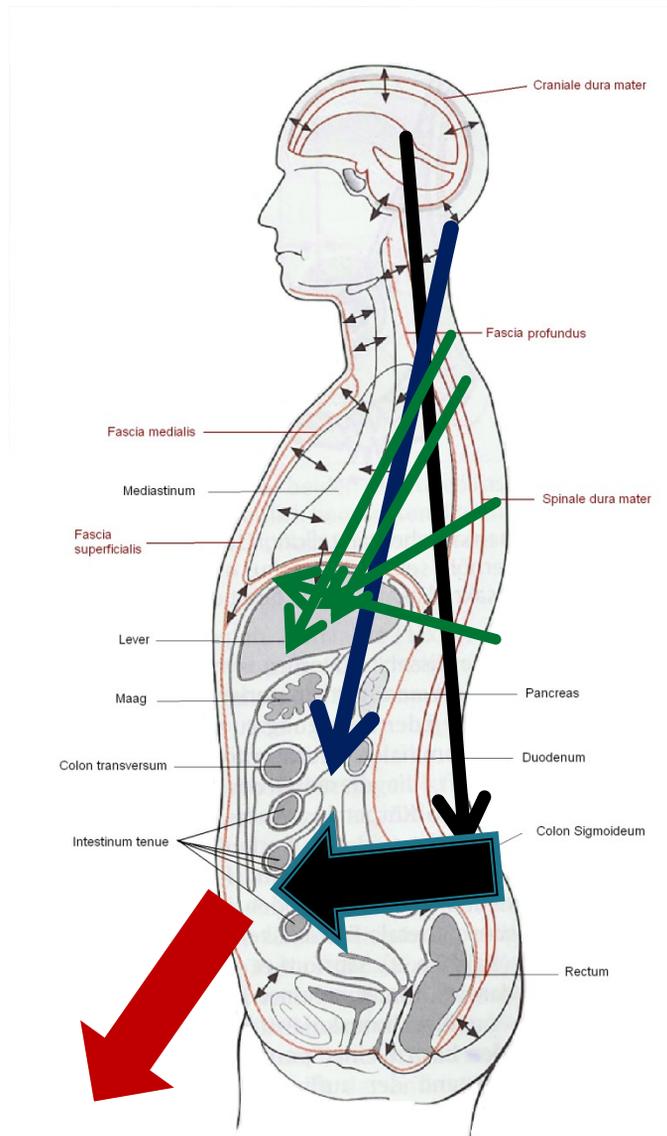
## Cranio – Sacral system



**Cranio-sacral connection pulls inside the Head**

**Organs are pulling on the Pelvis and the lower back**

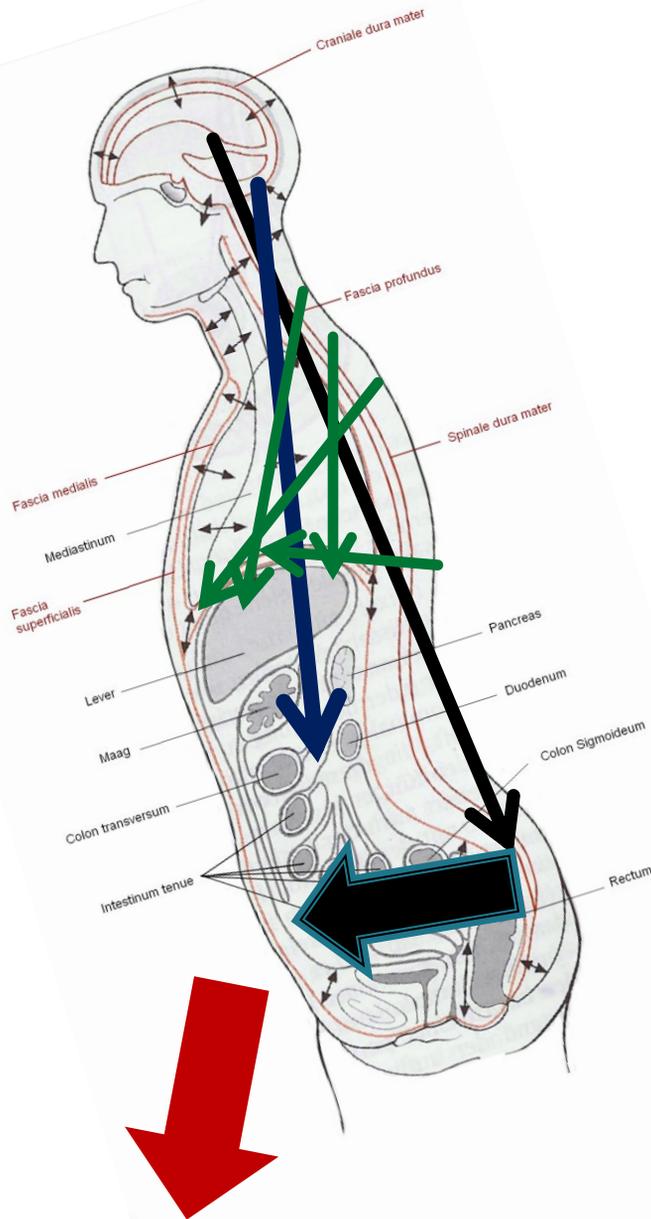
# One anatomical UNIT



**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!

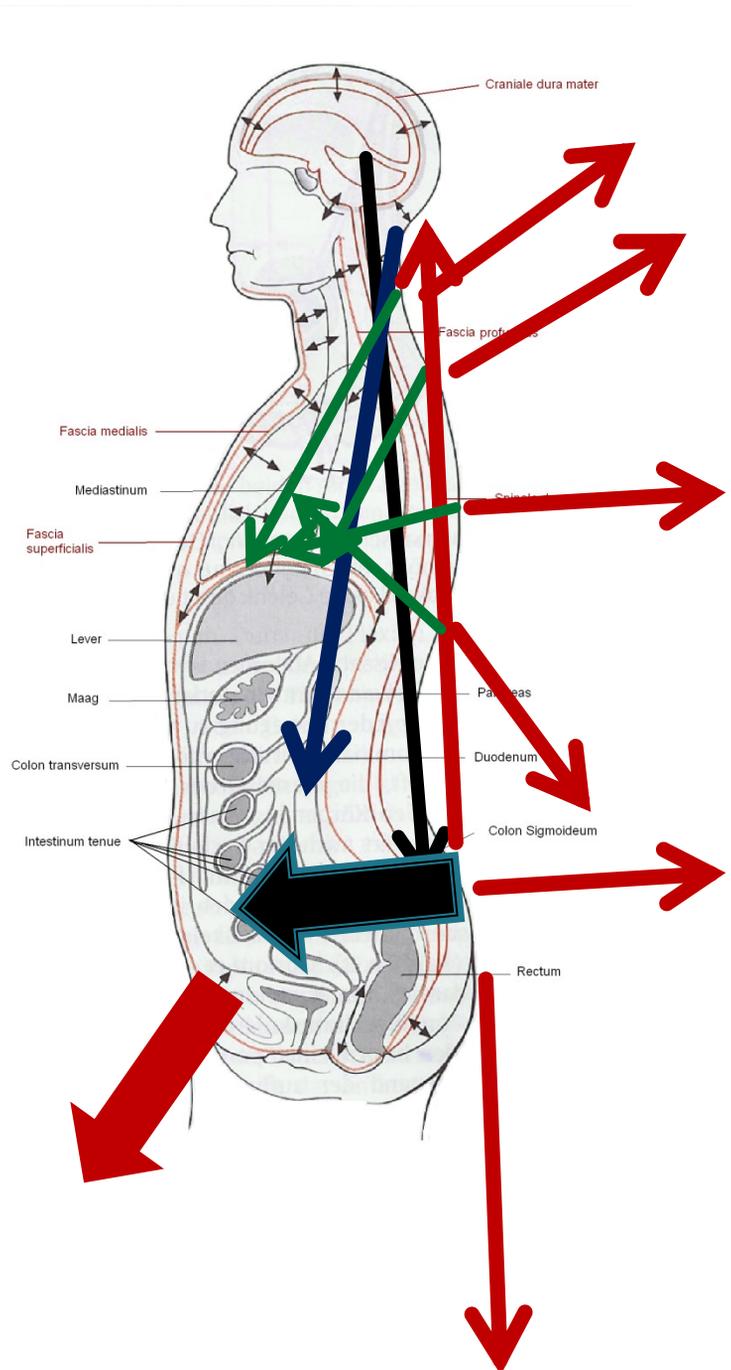


# One anatomical UNIT !

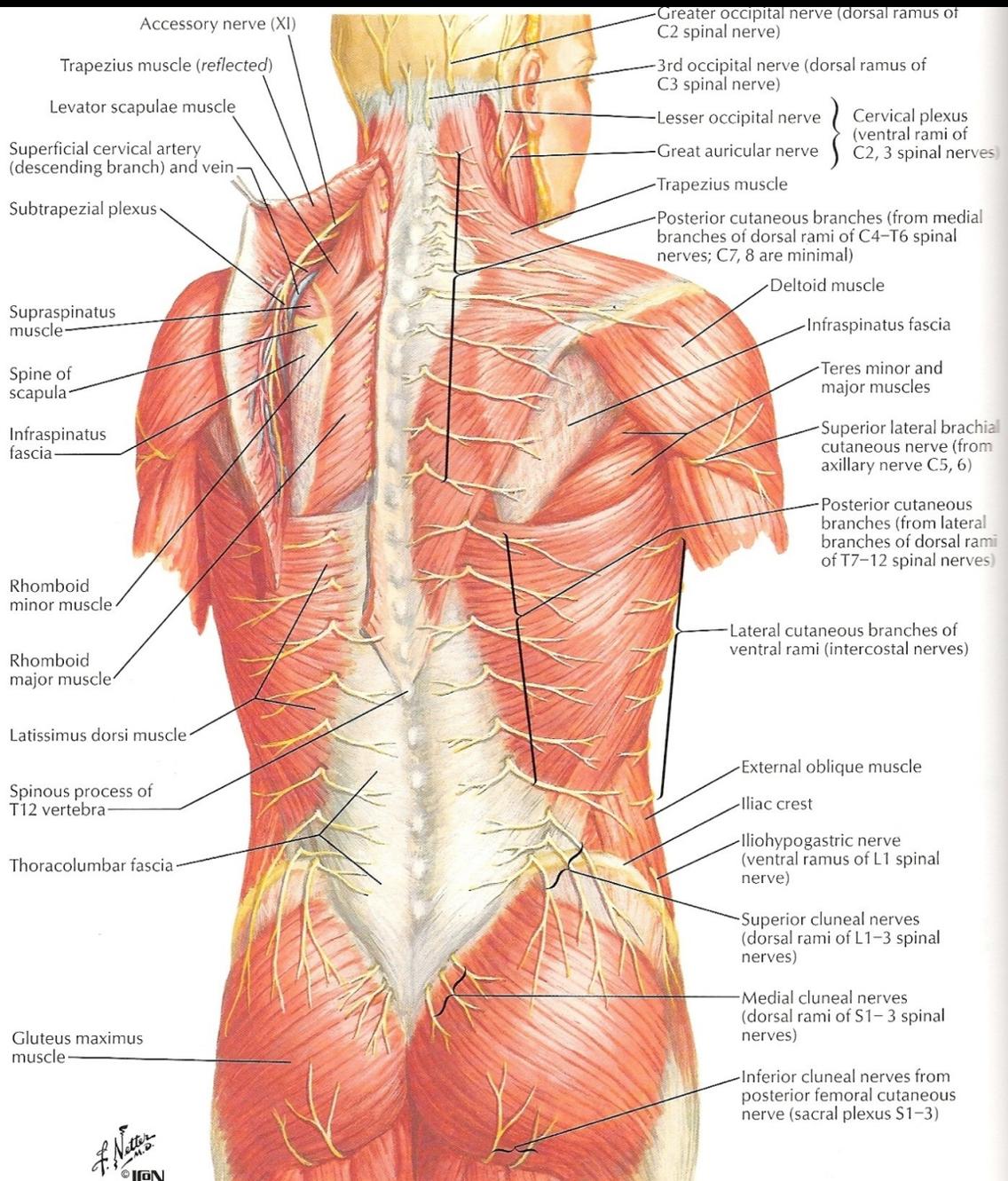
**Result?**  
**The body**  
**is pulled**  
**forward!**

**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

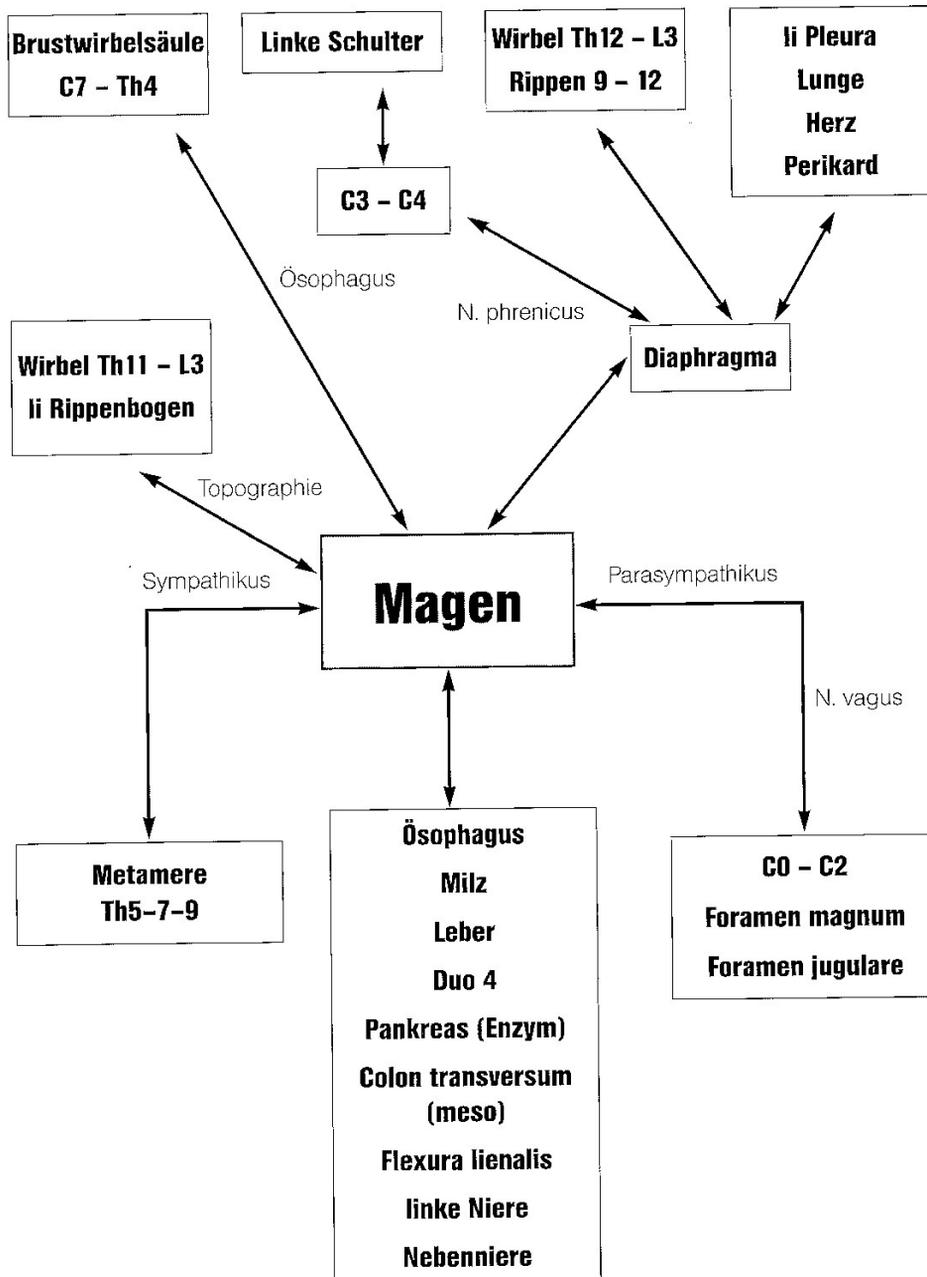
## 2) Tension in the Cranio-Sacral system:

- 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](mailto:stulensdominique@gmail.com)