Psycho Physiological Benefits of Manual Osteopathy

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Introduction

There is a high prevalence of mental and physical disorders all around the world. With the help of psychosocial variables integrated into person-centered care procedures, it is now possible to provide better treatment to patients with long-term physical and mental health issues. Person-centered treatment can only be achieved through a solid therapeutic alliance between mental health and musculoskeletal care providers. As an example of a collaborative approach, patients with musculoskeletal conditions might benefit from osteopathy, which may also improve their mental health outcomes. Despite this, there is no evidence to support the claim that osteopathic treatment can help those with mental health disorders. This essay examines the psychological and physiological advantages of manual osteopathy through several expositions of osteopathic therapy.

Osteopathy is a manual therapy that aims to improve the operation of the human body's systems and structures. According to the Canadian Federation of Osteopaths (CFO), the purpose of Osteopathy is to assist the body to regain equilibrium to encourage self-healing. Palpation is a critical component of Osteopathy. Osteopathy, unlike other therapies, focuses on identifying the source of the problem and using manipulations to assist the body recover itself. Other than that, osteopathic treatment centers on joint and muscle movement. Osteopathic treatment impacts the nervous, circulatory, and lymphatic systems of the human body. The principle of "Tensegrity" is held by osteopathic manual therapists, who think that improper functioning in one part of the body can lead to symptoms in other body parts. There is no undue tension anywhere in the body when the body is in balance, but when the body is out of balance, this might be increased in other regions. Osteopathic manual therapists believe that the complete body is more than the sum of its parts. They recognize the body's innate potential to repair itself and work to facilitate that process

by removing any impediments. Osteopathic manual therapists specialize in tailored patient care, which involves educating patients about their specific disease and how they can alter their lifestyle to give themselves the most outstanding possible opportunity of recovery or optimal management.

Osteo-articular adjustments, Fascial release, Cranial-Sacral methods, and Visceral Manipulation are the four primary forms of hands-on osteopathic sub-disciplines that a Manual Osteopathic Practitioner is trained in. Osteo-articular adjustments and fascial release are widespread in Manual Therapy professions, including physiotherapy and chiropractic. Visceral manipulation is a gentle manual treatment technique that evaluates and treats the viscera (organs), their location, suspension system, and fascia/ligaments that connect them to the musculoskeletal system. Visceral and connective tissue imbalances are linked to posture and postural abnormalities. They can affect various systems, including the musculoskeletal, neurological, circulatory, respiratory, and digestive systems. The cranial-sacral system comprises the head and spinal cord's bones and the membranes and fluid that surround and support the brain and spinal cord and connect directly to the bones. Any portion of this system that malfunctions can cause local consequences like headaches, migraines, or discomfort running down the spine from the neck to the low back, as well as nervous system symptoms like nerve impingement and end-organ dysfunction like digestive, respiratory, or gynecological issues.

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In Osteopathy, a holistic approach to healing is taken. To improve circulation and correct faulty biomechanics, it employs manual "hands-on" treatments. In contrast to conventional medicine, osteopathic medicine focuses on the whole person rather than simply the ailment. Osteopathic Manipulative Medicine (OMM) is the practice of diagnosing and curing diseases using these approaches. Osteopathic manipulative medicine consists of stretching, moderate pressure, and resistance. Manual Osteopathy has numerous benefits ranging from physical to physiological advantages. Physiological benefits of manual Osteopathy include; stress relief, enhanced mood, reduced anxiety, reduced risk for depression, improved self-esteem, improved self-care, and many more others.

Manual osteopathy has proven to be a more favorable way to adjust the body functioning and condition self-healing. Psychophysiological problems such as organ failures, stress, depression, anxiety, lack of sleep, and low self-esteem now have a no-medication approach. Unlike medicinal approaches, manual osteopathy enables self-healing. Besides, manual osteopathic therapy has no lethal side effects like medication approaches, thus, more suitable in dealing with psychological challenges. Statistical data reveal that adults are more affected with depression. As such, the use of manual osteopathic therapists to reduce risks for depression has been widely approved to help combat the scourge.

Manual Osteopathy is more effective at reducing stress. It has been shown to reduce stress perceptions. Besides, evidence suggests that manual Osteopathy improves the musculoskeletal system's neuronal connection. Increased neural system activation leads to a significant reduction in stress levels (Schnohr et al., 2005). The calming impact of osteopathic therapy also reduces stress levels (Field, 2011). Also, various types of physical activity may be particularly beneficial in reducing stress among college students and reducing the number of everyday events that they regard as inconvenient or challenging (Nguyen-Michel et al., 2006). Osteopathic therapists educate their patients on the authentic sources of stress, thereby playing a critical role in allostatic control and, as a result, health and welfare, primarily through active interoceptive inference. Manual Osteopathy is still a good stress reducer in this case. Pain-related stress is prevalent in patients experiencing various types of pain. As a result, Manual Osteopaths help patients cope with stress by assisting with pain relief. Osteopathic lifestyle counseling enhances healing and relieves stress. The reduction of pain to patients suffering pain-related stress using osteopathic therapy has proved be an amicable solution to millions of patients worldwide. During manual osteopathy, therapists induce touch effects to the neural system, thus conditioning communication channels between the visceral organs and the nervous system. The adjustments done during the osteopathy session relieves the mind of the patients, hence saving them from stress. The hand-on session also plays a vital role in creating ambience and relief.

Also, Manual Osteopathy improves mood. Manual Osteopathy has various effects on mood or one's state of mind or feeling. In healthy adult populations, resistance exercise has enhanced mood (McLafferty et al., 2004). Other studies that have used aerobic training programs have also yielded positive results. Notably, even light cardiovascular activities, such as leisurely walking, can lead to an overall favorable mood boost (Janisse et al., 2004). Manual Osteopathy communicates with the brain system, which ultimately governs psychological processes, therefore, it's unlikely to affect the patient's mood. Manual Osteopathy stimulates the neurological system's sensory nerves, transmitting information to the brain. As a result, the patients' spirits improve as they feel safe and on the mend. In decades of research, the "feelgood" effect has described how manual Osteopathy improves one's mental state (Hyde et al., 2011). Physical activities also influence the mood of a person. Special manual Osteopathy has also been demonstrated to effectively treat people with mood swings.

Furthermore, manual Osteopathy aids in the alleviation of anxiety. Manual Osteopathy conducted by a trained professional may help to reduce an individual's anxiety-related concerns

and sensations. According to research by Smits et al. (2008), anxiety-related symptoms are alleviated by manual osteopathy therapies lasting as little as two weeks. Several studies have also found that higher adherence to physical activity programs reduces anxiety, particularly when exercise is paired with other treatment choices like counseling and medication (Jayakody et al., 2013). During Craniosacral Therapy (CST), osteopathic therapists train their hands to be sensitive to cranial motion and to use cranial procedures with high precision. As a result, osteopathic therapists use their expertise to diagnose and treat problems related to the skull's movement and its contents.

Osteopathic Therapy can also diagnose and take care of any issues with the back or pelvis. Rebalancing blood and other fluid circulation is the final step in correcting the body's physiology. Osteopaths who practice manual methods address the body's natural biorhythms. According to the researchers, these rhythms can be detected in the patient's sacrum, spinal cord, skull, and other bodily components. Biorhythm is used by manual osteopaths to measure the patient's state and may be modified during treatment, thus, this procedure aids in the reduction of anxiety.

Manual Osteopathy, on the other hand, lowers the risk of depression. Depression is a severe health problem, with Major Depressive Disorder being the most commonly diagnosed mental illness (Kessler et al., 2005). Osteopathy is recommended as a critical component of a depression therapy program by national organizations (WHO, 2016). Exercise is effective in reducing depressive symptoms, according to a recent in-depth analysis of the effects of various physical activity interventions on depression. The positive results were observed when manual Osteopathy was delivered as a stand-alone treatment and as a supplement to medication (Kvam et al., 2016). In particular, when used in conjunction with prescription medication, regular

manual Osteopathy may be more effective in preventing depression relapse than medicine alone (Babyak et al., 2000). Depression is still a deadly health challenge that is frequently misunderstood. Reducing relapse depression chances with manual Osteopathy is thus a game-changer in the fight against mental illness.

An estimated 3.8% of the worldwide people are affected by depression, which is more prevalent in those over 60 years old (5.0%) and those under the age of 18. Depression affects an estimated 280 million people throughout the world. Depression and physical health have a symbiotic relationship. Cardiovascular illness can lead to depression and the other way around. Severe disease can trigger depression; thus, manual Osteopathy has an essential role in alleviating depression during visceral manipulations. Patients with conditions affecting their visceral organs can benefit from visceral Osteopathy, performed by manual osteopaths. One or more of these organs may cause pain, or the viscera may be less flexible than it should be. Higher rates of depression may be linked to visceral pain. By gently massaging the organs themselves and the fascia, Osteopaths can re-establish an entire movement in their patients. In most cases, the manual osteopath's hand exerts only gentle pressure. Repairs are effective enough to boost an organ's function while increasing its flexibility. As a result, patients are spared the dangers of depression.

Aside from improving self-esteem, manual osteopathy can also help with that. Manual osteopathic therapy improves one's self-esteem. Patients of osteopathic therapists are more satisfied with their bodies than those who do not (Hausenblas & Fallon, 2006). Even in physically active persons, osteopathic therapy has improved their body image (Hausenblas & Fallon, 2006). These findings are striking, given that college students' self-esteem may be a substantial influence. Osteopathic students had more physical self-esteem and better quality of

life indices due to their participation in educational programs that promote this therapy (Joseph et al., 2014). A person's unique collection of worldviews and life experiences play a role in how high their self-esteem is. Traditional definitions of self-esteem state that it is a person's "overall opinion of themselves — how they feel about their strengths and weaknesses" (Mayo Clinic, 2020). High self-esteem people believe that they are worthy of others' respect. When it comes to expressing their opinions and ideas, people with low self-esteem don't prioritize it. Disease, personal relationships, and how a person interacts with their surroundings can contribute to their low self-esteem.

Lack of self-confidence is a sign of low self-esteem. This makes them the least degraded, unworthy, or unwelcome of the group. Because of this, people with low self-esteem are more reluctant to make mistakes. It is more common for people who lack self-assurance to suffer from health issues and have difficulties with personal and professional relationships. One's mental health is an essential factor in diminishing one's sense of self-worth. Insight into how they process information and perceive their immediate environment Manual osteopathy positively affects people's self-esteem. Osteopaths are taught to look for subtle shifts in their physical condition in their work. For example, the texture of your body's tissue may have changed, or your range of motion may have been restricted. To get them back in line, they employed a variety of strategies. There are a variety of techniques that can assist decrease stress, including myofascial release and craniosacral therapy. Osteopathic treatment sets itself apart from chiropractic treatment after spinal manipulations.

In contrast, manual osteopathy encourages patients to take better care of themselves. For the reasons already stated, osteopathy works to improve or restore a patient's total health by combining physical diagnosis and treatment (Zegarra-Parodi et al., 2021). Osteopaths rely heavily on their senses when diagnosing and treating patients. Osteopathic hand-on treatments focus on palpation and manipulation to impact the patient's tissues for diagnostic and therapeutic purposes. When it comes to mental and emotional health, the osteopathic hands-off approach emphasizes education, counseling, lifestyle advice, and other types of self-management (Vaucher et al., 2018). Regardless of whether you use a hands-on or a hands-off technique, both impact your brain.

Nevertheless, top-down and bottom-up processes are present in both. This bottom-up processing of the brain relies on sensory input anticipating the impact of hands-on techniques on visceral tissues, which is issued from the top-down. These approaches may either nurture or challenge a brain's understanding of what happens to the sensory input received from the body's visceral tissues bottom-to-top or top-to-bottom, depending on how hands-off approaches are implemented. Based on models of care, manual osteopathic diagnosis and therapy are highly influenced by osteopathy. Osteopathic therapeutic reasoning is based on a connective tissue–fascial meta-model that includes "biomechanical, neurological, metabolic, metabolic–energetic, or nutritional, respiratory–circulatory, and biopsychosocial or behavioral models" (Grace et al., 2016). When these structure-function models are coupled, it is possible to determine the importance of a physiological impairment, determine the most effective therapeutic approaches, and develop proper diagnostic and treatment guidelines for patients.

To better understand how osteopathy affects the comorbid psychological aspects of patients with physical diseases. Many patients seek care from osteopaths because of their chronic pain or depression; interoceptive deficiencies or erroneous assumptions may cause their symptoms. This includes both overly precise and imprecise interoceptive predictions, such as the failure to detect interoceptive information associated with pain or depression. Physical and emotional problems may be alleviated if osteopaths' manual therapy procedures can update and improve maladaptive interoceptive predictions and their capacity to pay attention.

Conclusion

To help patients cope with changes in expectations and attenuation of information derived from the interoceptive model, reassurance, education, support, counseling, and exercises should be utilized in conjunction with manual osteopathy treatments. There are supposed to be fewer mistakes in osteopathy when people make active and perceptive inferences. One of the essential aspects of osteopathy is the use of active interoceptive interpretation to pursue optimal health and well-being. We believe that osteopathic treatment activates active inference processes that generate autonomic activity consistent with pain and depression feelings, which are inferred as the most plausible causes of ambiguous interoceptive information. It's also possible to employ perceptual inference processes to update predictions and underlying beliefs with actual interoceptive information while simultaneously increasing the ability to pay attention to interoceptive prediction error can theoretically be "replaced" by an astonishingly exact interoceptive prediction error. Similarly, osteopathic treatment may reduce one's belief and expectation of the physical and emotional symptoms of chronic pain and despair.

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