

Naprapathy History and Development

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Naprapathy is a method of managing neuro-musculoskeletal conditions that does not involve the use of drugs. Based on the understanding that most neuro-musculoskeletal conditions stem from the displacement of connection tissues, this treatment method is administered through the manipulation of adjoining structures and connective tissues, as well as through dietary measures (The Scandinavian College of Naprapathic Manual Medicine, 2021). In other words, the treatment method is based on the theory that some neuro-musculoskeletal conditions stem from problems with connective tissues and strained ligaments. As such, the belief is that they can be treated through carefully selected massage procedures. These manipulations are held together for a reasonable period to support the recuperative and regeneration process of the body.

Naprapathy is predominant among cultural communities or groups, especially in the North Atlantic and Northern Europe. It is also practiced extensively in some states in the United States. However, naprapathy is a highly scrutinized and regulated practice in some countries, such as the US. The state of Illinois, for instance, has an act in place that regulated the practice of naprapathy. The act (225 ILCS 63/1) recognizes naprapathy as a matter of public interest because it affects the health outcomes, safety, and welfare of people. As such, it is subject to heavy regulations, especially because it is considered a non-conventional method of treatment. As such, the state recommends that the treatment be administered with a specialist to minimize risk while optimizing its potential benefits to patients.

Historical Background

Naprapathy emerged from conflicting theories that were developed to explain the occurrence of neuro-musculoskeletal conditions. Doctor Oakley Smith was instrumental in the development of this treatment method. He rejected subluxation-theory that was predominantly

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used to explain the occurrence of disabilities and pain during the late 19th Century and early 20th Century (Southwest University of Naprapathic Medicine, 2021). Subluxation-theory defined, and still continue to drive the practice of chiropractic. This theory posits that some diseases result from impaired nerve flow. Chiropractic is an alternative perception of illnesses and treatment method for musculoskeletal diseases that is based on pseudoscientific views. It has few followers or believer, thus rarely proved or studies further. In 1963, Sam Homola, one of the renowned second generation chiropractor observed that Subluxation-theory was limited in trying to explain musculoskeletal diseases (Homola, 2011). He observed that while Subluxation-theory explained that misaligned vertebrae could cause organic problems, this explanation lacked a solid factual basis. As such, he limited the application of chiropractic practice to specific cases. Doctor Oakley Smith made similar observations in the early 20th Century, leading to the development of naprapathy. Naprapathy was conceptualized to mean correcting the root causes of neuro-musculoskeletal conditions. Doctor Oakley and like-minded researchers belied that problems and pain experienced in connective tissues, bone structures, joints, and muscles could be diagnosed by exploring the effectiveness connective tissues (Southwest University of Naprapathic Medicine, 2021). Over the years, Doctor Oakley understood that the cause of discomfort was too complex to be explained in the context of displacement of fetlocks. As such, his treatment methods expanded to include soft tissues techniques. With this realization, naprapathy transformed in to a treatment method that was based on the holistic assessment of the neuromusculoskeletal system.

Doctor Oakley Smith's early studies on ligatite created a robust philosophical platform for the development of naprapathy. Smith first found that most tissues surrounding spinal nerves were ligament (The Scandinavian College of Naprapathic Manual Medicine, 2021). Secondly, he

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found that ligaments became inflexible when they were exposed to increased cases of constriction and conditions of tightening or poor posture. Other than poor posture, ligaments can be degenerated into ligatite through aging, daily tear and wear, and accidents. Thirdly, Oakley determined that ligatites consisted of scar tissues that compromised the functioning of the vital nerves they enclose. Subsequently, Oakley determined compromised functioning of the vital nerves caused problems in function area. For instance, people are likely to experience digestion problems if the vital nerves controlling their stomach areas were compromised by scar tissues enclosing them. This early work led to the conceptualization of the philosophy of naprapathy. Doctor Oakley conceptualized that most of the neuro-musculoskeletal conditions could be addressed by manipulating adjoining structures and connective tissues, as well as observing proper dietary measures (Southwest University of Naprapathic Medicine, 2021). In the process, naprapaths' primary tasks are to identify the location of ligatites, assess the extent of their impacts, and implement a suitable corrective measures. Corrective measures aim to ease tension caused by ligatite through progressive manipulations. The mechanism for achieving this aim implementing manipulations that frees up the vital nerves, allowing them to function optimally. To treat digestive problems, for instance, a naprapath would need to free up the vital nerves that control the stomach area to ease the tension in the digestive system. This treatment approach will reconfigure the natnun circuit, thus triggering the body's healing process, while relieving pain at the same time.

Modern naprapathy often involves four specific steps followed by naprapaths to ensure that patients receive high-quality care. The first step following the location of ligatites is the manipulation of soft tissue. This first step involves the most physical process, given that it involves the manipulation of soft tissues around the area experiencing pain or discomfort. As

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such, the location of the injured area should be accurately identified to improve the efficiency of the manipulation processes and prevent possible adverse impacts of manipulating tissues in the non-injured areas. Modern naprapathy may include non-invasive techniques to improve the accuracy, efficiency, and effectiveness of the treatment process. For instance naprapaths may use low-level laser therapy to stimulate cell responses while relieving pain in the injured area.

Alternatively, they can use ultrasound therapy to promote tissue healing while relieving pain at the same time. Others can use tissue adjustments techniques with cold packs to achieve the objective. Thirdly, dietary concerns are discussed with patients to create a better platform for the healing process. Because proper nutrition is considered the base for effective body functioning, it is considered critical in improving the outcomes of naprapathy. Proper nutrition restores a person's nutritional balances while facilitating musculoskeletal balance. As such, patients are offered nutritional counseling, including mineral supplements, herbal supplements, dietary recommendations, and vitamin supplements. Lastly, naprapaths augment the above therapies using rehabilitative exercise. Such exercises are meant to optimize blood flow, improve muscle strengths, and improve a person's posture.

Schools in the World

Multiple specialty schools exist where students can study naprapathy. Firstly, the Southwest University of naprathic Medicine in the US aims to drive naprathic practice across the world by advancing the allied and complementary health sector in the US. It prepares students to participate in the world of alternative medicine. Its lessons are offered in two models, using online learning and face-to-face models. The University is the only institutions of higher education permitted to teach naprapathy in New Mexico, raising its demand among students from the region aspiring to study the treatment method. The university regards naprapathy as a

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manual medical practice meant to treat pain, stress, and aches without drugs. The institution was established in 2004 by Dr. Patrick Nuzzo, his wife, and a friend. It has served over 15,000 in New Mexico alone (Southwest University of Naprapathic Medicine, 2021). One of its greatest achievements is lobbying the legislature, leading to the development and implementation of the Naprapathic Practice Act. Not only did it lobby legislation to support naprapathy, but it also advocated for the comprehensive coverage of naprapath patients in medical insurance. While the institution started to operate in 2004, it acquired a license to be an institution of higher learning in 2006, and began to offer its lessons in 2010. The institution offers the course at a doctorate level for three years, meaning that it is suitable for individuals with a master's degree qualification. Each academic year is subdivided into four quarters. The first two quarters cost \$5,224.68 to complete, while the last two quarters cost \$2,612.34. The total cost for completing the doctorate course is \$57,900. This total cost includes study materials. However, students bear the cost of lodging and hospitality separately.

National College of Naprapathic Medicine also offers education on naprapathic medicine in the US. Its DN academic calendar runs within spring and fall. Within spring, the program runs from January to May, while the program runs from August to December within fall. Its MVP academic calendar runs with fall, between October and December. The institution offers a set of programs, including MicroVascular Professional Certification Program and Doctor of Naprapathy Program. The cost of these programs tends to rise to \$58,240.00 based on the requirements of each program. The institution offers an in-school student loan program. Through the plan, the institution offers stimulus packages that students need to support their education. Students are required to make monthly payments of \$400. The fulfillment of that premium requirement and adherence to a shorter loan repayment period can help students save up to

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\$17,000 in interest. Correspondingly, students can be allowed to repay their loans in six years.

This college accepts credit transfers for students who had previously pursued relevant courses as fulfillment of basic requirements for the two programs. The outlined medical practitioners eligible for credit transfer include chiropractor, advanced practice nurses, dentistry, medical doctors, oriental medical doctors, nurse practitioners, pharmacists, osteopaths, podiatrists, and physical therapists. Students with post-baccalaureate in life sciences may also be considered for specific courses following a review of their academic transcripts.

National University of Medical Sciences also offers naprapathy educational programs at the doctorate level. Unlike the other institutions, this institution offers its programs online. The lectures are offered on-demand via the internet or sent to students as pre-recorded programs to be watched on computer and televisions. The online educational program is used to accommodate as many students as possible across the world. However, students who need to learn understand supervision may attend in-campus lessons. The institution explains that its graduates meet the minimum accreditation requirements to work in all the countries across the world. Particularly, its graduates are absorbed in Canada, Italy and Spain. The University was established and registered by Doctor Shahin Pourgol in 2016 from Spain. He also co-founded the National University of Medical Sciences in Spain. The institution offers many academic programs, unlike the other institutions, including a Bachelor of Science in fitness training, doctor of naprapathy program, doctor of philosophy in osteopathic clinical sciences program, postgraduate program in physical therapy, and Master of Science in pedorthics. Entry requirements depend on the program of choice and the level of study (National University of Medical Sciences, 2021). For instance, students must have a degree level qualification to enroll in MBA, MSc (AT), or MSc (P). Correspondingly, health professionals can pursue the highlighted courses at a master's level.

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The application and admission fee is \$275.00 (non-refundable), while the fee per semester for a single degree is \$4,250. Fee per semester for two online courses is \$6,050, while the fee per semester for three online degrees is \$7,260 (National University of Medical Sciences, 2021). The institution requires students fill semester fees before accessing lessons and resources.

Naprapath University in Sweden also offers a degree in naprapathy specifically. It is one of the renowned universities dedicated to offering this course at the degree level. Most of the institutions assessed above offer various courses related to naprapathy at different levels, including diploma, degree, masters, and doctorate. The institution offers the degree following a four-year study period and satisfactory fulfillment of the course requirements. The institution is also mandated by the government to offer accreditation to students. Subsequently, students are required to register with the National Board of Health and Welfare to obtain licenses for practice. The points on the naprapath education are calculated in the same way as other courses because the program is treated as a vocational program. The institution require students from Sweden, Norway, and other countries to fulfill various eligibility requirements to be selected to study the course. Applicants from Sweden should meet the minimum requirements of higher education. Applicant from Norway should fulfill minimum general studies competence, while students from other countries across the world should present statements about their foreign grades. The statements should be accompanied by the assessment of the college and university council. Moreover, international students should master Swedish and English as second languages to improve communication and help them achieve high academic performances. Its programs begin in autumn and fee requirement is 52,500 SEK. Students, from Sweden, Norway, and Finland are eligible to loans.

Accreditation

Accreditation in the US is done by the Council for Higher Education Accreditation (CHEA). CHEA is a government agencies mandated to award degrees upon satisfactory completion of courses and meeting minimum course requirements. As such, it serves the public and students by ensuring that institutions adhere to highest quality standards through accreditation. The organization also ensures that the standard of accreditation adheres to the level of quality of education offered by such institutions. In Canada, accreditation is done by the Canadian Association of the Naturopathic Doctors. Like the use, the process of accreditation aims to ensure that students meet the minimum requirements for qualification. It also aims to ensure that the institutions of learning offering education in naprapathy adheres to high-level of quality. The practice of naprapathy is highly regulated in some countries, especially in the US and Canada. This regulation primarily stems from the view of naprapathy as a non-conventional way of treating neuro-musculoskeletal conditions. As such, states wants to ensure that high-quality standards are followed and that patients' safety is prioritized.

Clinic Models and Pricing

Naprapaths offer their services through two business models. Firstly, they offer their services through direct sales, which involves offering services directly to patients through non-relate environments. Because neuro-musculoskeletal conditions affect the mobility of many patients, naprapaths conduct home-based care delivery to patients. In other words, they make appointments with patients and offer their services at their comfort. Secondly, some naprapaths offer their services in hospital setup. In this case, patients are brought to facilities, where they are attended to by qualified personal. This kind of the business model is more popular than the first one. However, the first one is more patient-centric than the second one. However, the second one

provides all the treatment resources to patients. Most facilities and service providers use different pricing approaches depending on the socioeconomic requirements of the targeted customers. Depending on the severity of the problem and the type of therapy required, prices can range between \$100 and \$200USD per session. Most sessions last for one hour, while others only last 30 to 45 minutes depending on the complexity of the cases to be addressed and the therapy to be used.

Conclusion

Based on the understanding that most neuro-musculoskeletal conditions stem from the displacement of connection tissues, this treatment method is administered through the manipulation of adjoining structures and connective tissues, as well as through dietary measures. Doctor Oakley Smith was instrumental in the development of this treatment method when he rejected subluxation-theory that was predominantly used to explain the occurrence of disabilities and pain during the late 19th Century and early 20th Century. Doctor Oakley Smith's early studies on ligatite created a robust philosophical platform for the development of naprapathy. However, naprapathy educational program is offered in few institutions of higher learning. Naprapaths use two clinic models to offer their services, including home-based service delivery and service delivery in hospital setting.

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