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Profile: Osteopath, teacher and researcher

Title: Innovation in Medicine: Paradigm Shift to Biomedicine

Engel (1977) introduced the bio psychosocial model, where the boundaries between health and disease were redefined. The twenty-first century sees the development of biomedicine, also known as environmental or ecological medicine. There are many environmental causes of health problems, which are complex, global and poorly understood. Humans must constantly adapt to their environment, according to their resources and the stimuli around them. Manual therapy, such as osteopathy and physiotherapy, fit in with this new paradigm as they facilitate the adaptive power of their patients to live well. There are many innovations in manual therapy, within the ecological medicine model, that may help health practitioners innovate for good.

This lecture will enter into detail the following points:

- Definition of innovation in medicine;
- Paradigm shift toward ecological medicine;
- Significance of the musculo-skeletal system within its environment;
- Role of manual therapy in environmental adaptation;
- Innovation in manual therapy.

Workshop: Innovation in manual therapy what the literature tells us about muscle energy techniques. Published literature is the key to evidence-based medicine. Osteopathy must be informed by evidence: both teachers and students must know about the current literature to put into practice the latest innovations developed in research.

This workshop will detail:

- Definitions of evidence-based medicine and evidence-informed osteopathy;
- Concept update of muscle energy techniques (MET) according to the literature;
- Techniques which innovate in the field of MET.

This workshop is suited for osteopathy students, may be suited according to the level of the students.