



Osteopathic Medicine and Posture for Moms & to Be

What relation exists between Posture and Osteopathic Medicine?

The human body is a marvel of equilibrium. As one reversed pendulum, it wobbles freely around a spindle located between the ankles. This marvelous mechanical machine, managed by the nervous system, allows the centre of gravity of the body to leave at free the movement and the good functioning of the body's inner organs.

This system of equilibrium disturbed in most cases by problems such as a poor coordination of the eye's muscles, problems of the dental occlusion, of the podal support, wrong sports movements and/ or lack of activity. This will misinforms deliberately our central nervous system which in turns misorders our postural muscular chains. It destabilizes position, destabilizes movement, weakens the articular system and increases the pressure on the musculo-skeletal system and the inner organs.

These dysfunctions will lead to several symptoms, the most common ones:

Back and joint pains (eg. hip, knee, shoulder), muscular stiffness, dizziness, humming of ears, tension headache, chronic fatigue, digestive difficulties (eg. Reflux, bloating, constipation, diarrhea...).

What does the Osteopathic Physician do in these cases?

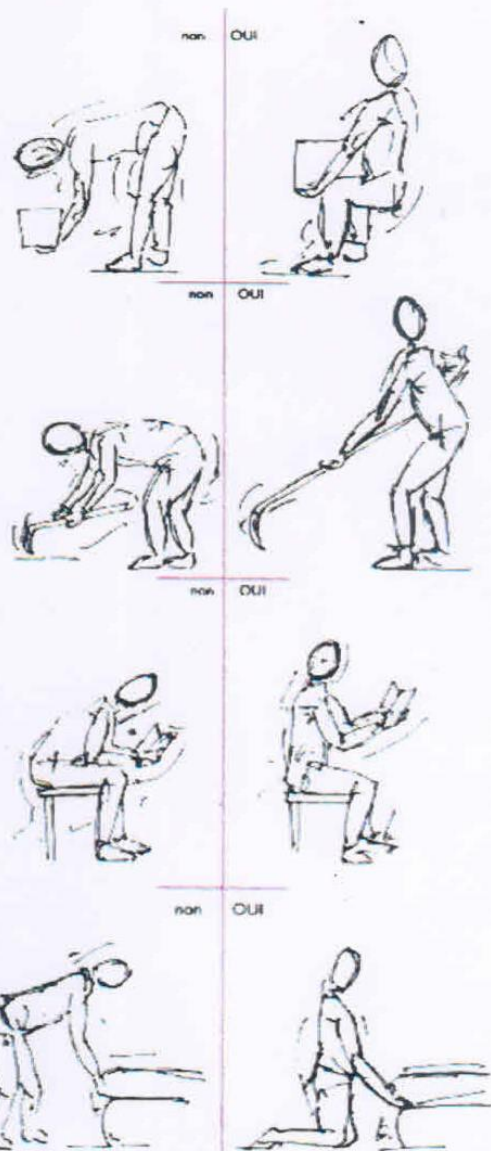
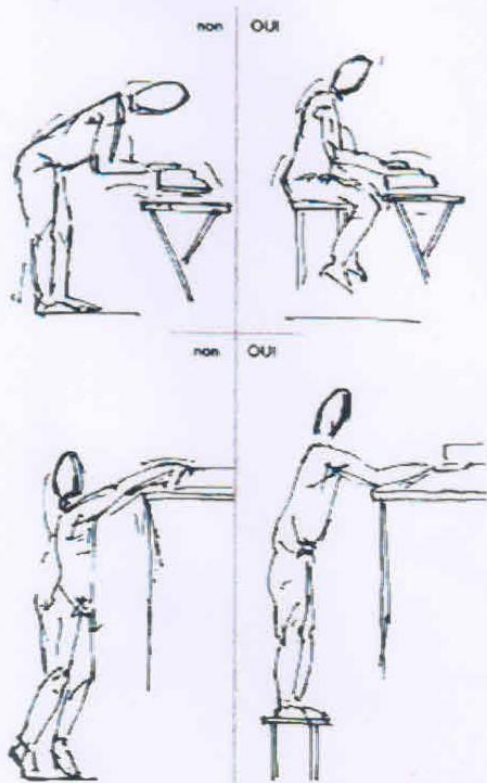
The osteopathic Physician treats by manual manipulatives techniques dysfunctions and restrictions of mobility of the musculo-skeletal system, of the inner organs and the nervous system resulting from any postural problem. After the manipulative treatment, a specific rehabilitation program, which consists of specific exercises adapted to each problem, is prescribed to avoid chronicity.

It is necessary to specify a major point: the therapist must be a Medical Doctor to remove any serious health problem and to refer to a colleague specialist if needed. It is a must since the postural problem resulting in symptoms should be a diagnosis done well after a medical examination which will eliminate any organic reason and so, avoid any delay in the treatment.

Therefore, it is especially recommended in Lebanon that the patient verifies at the LOP (Lebanese Order of Physicians) that the pretending therapist is a confirmed Medical doctor and this only for a unique purpose; their own health.

Who is concerned by postural problems?

Every person is subject to postural problems when a specific movement is wrongly done and/or misadjusted. Here are some common figures of daily movement done by Moms and to Be that will show the right (OUI) and the wrong (NON) postural movements:



Elie MALEK MD.DOM
OSTEOPATHIC MEDICINE

*Member of the French Professional Association For
Osteopathic Physicians
Member of the French Society for Orthopedic and
Osteopathic Manual Medicine
Member of the World Osteopathic Health Organization
Training Monitor at the French Academy for
Post Graduate Training for Osteopathic Physicians - Paris*