

## Proceedings | *Resumos*



Associação Lusófona  
para o Desenvolvimento  
do Ensino e Investigação  
em Ciências da Saúde  
ALIES

UNIVERSIDADE LUSÓFONA  
de Humanidades e Tecnologias  
*Humani nihil alienum*

# III<sup>as</sup> Jornadas Lusófonas de Osteopatia

*Novos Desafios em Osteopatia*

Universidade Lusófona  
Auditório Agostinho da Silva  
**3 e 4 MAIO  
2013**

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**Livro das Jornadas**

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Osteopatas

## III Lusofona's Journeys of Osteopathy - *New Challenges in Osteopathy* - *III Jornadas Lusófonas de Osteopatia - Novos Desafios em Osteopatia* -

May | Maio 03,04/05/2013  
Lisboa – Universidade Lusófona

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### Journeys Programme / Programa das Jornadas

May 3<sup>rd</sup> of 2013  
3 de Maio de 2013

#### Workshops Programme / Programa dos Workshops

**C01. - L'articulation temporo-mandibulaire (ATM) | A articulação Temporo Mandibular (ATM)**, Alain Berton  
**C02. - Considération ostéopathique et étiopathique de la manipulation structurelle chez les sportifs de haut niveau. Et conception appliquée à la pubalgie | Consideração osteopática e etiopática da manipulação estrutural nos desportistas de alta competição.**  
*Concepção aplicada à pubalgia*, Eric Robinson

May 4<sup>th</sup> of 2013  
4 de Maio de 2013

#### Symposium Programme / Programa do Simpósio

##### Open Session / Sessão de abertura

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Ex<sup>o</sup> Vice-Presidente da FPO, Dr. Fernando Diniz Baptista

##### Session 1 / 1<sup>o</sup> Painel

Moderador- **Fernando Diniz Baptista**, Federação Portuguesa de Osteopatas  
**C03- Diagnostic palpation and decision making in Osteopathy – Jorge Esteves**  
**C04 - Abdominal lymphatic pump treatment Increases leucocyte count and flux in thoracic duct lymph – Lisa Hodge**  
**C05 - Osteopathic treatment for non-specific low back pain (NSLBP) – Christian Fossum**  
**C06 - The effects of osteopathic manipulative treatment on cardiac function in patients with hypertension - Francesco Cerritelli**

##### Session 2 / 2<sup>o</sup> Painel

Moderador- **Nelson Costa Pinto**, ACPO – Associação Colegial Portuguesa de Osteopatas  
**C07- Postural Changes, and Musculoskeletal Disorders in Workers with Mental Disabilities – Fernando Diniz Baptista**  
**C08- Somatic dysfunction and osteopathic manipulative techniques: models and myths – Christian Fossum**  
**C09- A Qualitative Approach to Ergonomic Risk Existing in Pathological Anatomy Laboratories – Monica Teixeira**  
**C10- Abdominal Lymphatic Pump Treatment Mobilizes Leukocytes from the Gastrointestinal Associated Lymphoid Tissue into Lymph, Lisa Hodge**

**Round Table | Mesa Redonda:**  
**Osteopathy in Portugal, Wath Future? | Osteopatia em Portugal, que Futuro?**

- **Jorge Esteves** (Quality Assurance Agency for Higher Education, Reino Unido)  
- **Leitão Henriques** (AROP – Asso de Registo dos Osteopatas de Portugal)  
- **Carlos Coelho** (AOD – Associação dos Osteopatas Diplomados)  
- **Fernando Diniz Baptista** (ACPO – Asso. Colegial Portuguesa de Osteopatas)  
- **José Paulo Pereira** (FPO – Federação Portuguesa de Osteopatas)

May 3<sup>rd</sup> of 2013 | 3 de Maio de 2013

### Workshops ( A )

#### C01 - L'articulation temporo-mandibulaire (ATM) *A articulação temporomandibular (ATM)*

Speaker / Prelector

Alain Berton



#### Résumé / Currículo Resumido

Alain Berton as graduate degree in Kinésiotherapia and Osteopathy since 1998 by the School of Osteopathy de Genève, recognized by the Department of Public Instruction Cantonal de Genève, Switzerland  
Gave initial training in Osteopathy from 2002 to 2008, and training continues from 2008.

*Alain Berton é diplomado em Kinésiotherapia e diplomado em Osteopatia desde 1998 pela Escola de Osteopatia de Genève, reconhecida pelo Departamento Cantonal de Instrução Pública de Genève, Suíça. Ministrou formação inicial em Osteopatia de 2002 a 2008, e formação continua a partir 2008.*

#### Abstract / Resumo da Comunicação

The jaw bone is entirely suspended element which incorporates most of the soft tissues of the neck and the chains of fascia above.

These anatomical peculiarities may indicate that the temporomandibular joint dysfunctions may have consequences on the function of mastication, the appearance of ENT pathologies, pathologies of the face, and overall body posture.

Along this journey propose, after a review of anatomy, physiology, and pathology related to this entity, the approach in a practical way the various techniques required to treat these diseases.

*A mandíbula é um elemento ósseo totalmente suspenso no qual se insere a maior parte dos tecidos moles do pescoço e das cadeias da fâscia anteriores.*

*Estas particularidades anatómicas podem indicar que as disfunções da articulação temporomandibular poderão vir a ter consequências sobre a função da mastigação, no aparecimento de patologias otorrinolaringológicas, patologias da face, e da postura corporal global.*

*Ao longo desta jornada proporei, após uma revisão da anatomia, da fisiologia, e das patologias ligadas a esta entidade, a abordagem de forma prática as diversas técnicas necessárias ao tratamento dessas patologias.*

### Workshops ( B )

#### C02 - Consideration and osteopathic manipulation etiopática structural high competition in sports. Design applied to pubalgia *Consideração osteopática e etiopática da manipulação estrutural nos desportistas de alta competição. Concepção aplicada à pubalgia*

Speaker / Prelector

Eric Robinson



#### Résumé / Currículo Resumido

Eric Robinson is a Diplomate of Osteopathy biomechanics, visceral and cranial (France), and Diploma in Etiopatia the School of Geneva (Switzerland). Eric Robinson specializes in elite athletes with the following experience:

- Osteopath Bordeaux, 1st French League Cup.
- Osteopath Association of Professional surfers.
- Osteopath Football Club Bayern Munich from

2000 to 2007.

- Involved in various clubs and Rugby Football, French and European.
- Involved in several world champions (boxing, skiing, dancers)
- Teaching Osteopathy in various European schools (France, Germany, Belgium, Spain).
- President of the International Association of Osteopaths Sports (AIOS)

*Eric Robinson é Diplomado em Osteopatia biomecânica, visceral e craniana (França), e Diplomado em Etiopatia pela Escola de Genève (Suíça). Eric Robinson é especialista em atletas de alta competição com a seguinte experiência profissional:*

- *Osteopata do Bordéus, 1ª Liga Francesa de Futebol.*
- *Osteopata da Associação de surfistas profissionais.*
- *Osteopata do Clube de Futebol Bayern de Munique de 2000 a 2007.*

#### Abstract / Resumo da Comunicação

Consideration and osteopathic manipulation etiopática structural high competition in sports. Design applied to pubalgia.

Eric Robinson will develop his theory supporting laden osteopathic sportsmen of high competition with a precise explanation:

- The principles of structural manipulation (contacts, positioning and organization).
- Gesture followed by a therapeutic application on pubalgia.

*Consideração osteopática e etiopática da manipulação estrutural nos desportistas de alta competição. Concepção aplicada à pubalgia.*

*Eric Robinson desenvolverá a sua teoria de apoio em carga osteopática dos desportistas de alta competição com uma explicação precisa:*

- *dos princípios da manipulação estrutural (contactos, posicionamento e organização).*
- *do gesto terapêutico seguido de uma aplicação sobre a pubalgia.*

May 4<sup>th</sup> of 2013 | 4 de Maio de 2013

## Symposium Open Session | Sessão de abertura



**From Left to Right | Da direita para a esquerda:**  
Fernando Baptista (FPO Vice-President),  
Conceição Soeiro (Lusofona University Administration Board Member)  
L. Monteiro Rodrigues (SPCC President and Pres. Conference President),  
José Paulo Pereira (Journeys President and FPO President)

## 1st Session | 1º Painel

**Moderator / Moderador**

**Fernando Diniz Baptista**



### **Résumé / Curriculo Resumido**

Fernando Baptista was graduated as osteopath (DO) in 1994 by the Oxford School of Osteopathy, England, and subsequently BSc in Osteopathy by Oxford Brookes University, UK.  
Since the nineties he runs his private Osteopathic practice in the town of Parede, municipality of Cascais, Portugal. He was professor of Osteopathic Clinic, in the 2000s, in the course of Osteopathy by Oxford Brookes University in

Portugal, carried out in the so called Osteopathic Centre of Lisbon.  
In 2000 performs Postgraduate studies in Health and Safety at Work in Lusofona University of Lisbon, and starts a path within the osteopathic research related to Occupational Health, conducting various scientific studies correlated with the Occupational Osteopathy, particularly in the area of musculoskeletal disorders related with work. He held a Master in Management of Occupational Risk Prevention at ISLA Santarém and a Postgraduate studies and Specialization in

## C.03 - Diagnostic palpation and decision making in Osteopathy *Diagnóstico por palpação e tomada de decisão em Osteopatia*

**Speaker / Prelector**

**Jorge Esteves**



### **Résumé / Curriculo Resumido**

Jorge Esteves qualified as an osteopath in 1993 and since then has worked as a clinician and academic. He has been a leading figure in developing postgraduate programmes at the British School of Osteopathy, where is the Head of Postgraduate Studies. Previously, Dr Esteves was in the development and implementation of the osteopathic provision at Oxford Brookes University. Apart from his academic work at the British School of Osteopathy, Dr Esteves is also an osteopathy subject reviewer for the Quality Assurance Agency for Higher Education (QAA)

and an assessor of clinical competence for the General Osteopathic Council. Dr Esteves has recently completed his PhD. His research was focused on diagnostic palpation in osteopathy and developing neurocognitive models of expertise. He is interested in investigating how expert osteopaths process and bind together diagnostic data across different senses. In particular, he is interested in examining the way in which diagnostic data conveyed by different senses converge in the brain to form a perception of soft tissue

### **Abstract / Resumo da Comunicação**

Clinical decision making in osteopathy is heavily reliant on palpatory diagnostic findings. Although there is evidence that osteopathy is effective in the management of musculoskeletal conditions; the reliability of palpation as a diagnostic tool remains controversial. Studies that have investigated the reproducibility of diagnostic palpation demonstrated that, in general, it lacks clinically acceptable levels of reliability. These findings might be explained by how individual perceptual judgments regarding the nature of the lesion or dysfunction are made and by the clinician's level of professional expertise. However, the perceptual and behavioural aspects of diagnostic palpation in osteopathy are largely unknown. Preliminary results from present research indicate that the development of expertise in diagnostic palpation is associated with changes in cognitive processing style. Whereas the experts' diagnostic judgments are heavily influenced by top-down, non-analytical processing; students rely, primarily, on bottom-up sensory processing from vision and haptics. Ongoing training and clinical practice are, arguably, likely to lead to changes in the osteopath's neurocognitive architecture. Building upon my preliminary results and on a putative neurocognitive model of expertise, I will go further to propose an embodied model of clinical decision making, which is based on ongoing research and newly available evidence. Damasio (2010) has recently proposed that mental images used in the perception of objects are the result of changes that occur in the body and brain during the physical interaction of an object with the body. Arguably, the perception of tissue dysfunction is likely to be influenced by the osteopath's sense of self and dependent on the integration of exteroceptive and interoceptive sensory input, feelings of emotion and on interactions with the patient and external environment. The implications of this model for research, clinical practice and education will be discussed.

## 1st Session | 1º Painel

### C.04 -Abdominal lymphatic pump treatment Increases leucocyte count and flux in thoracic duct lymph

*Tratamento por bombagem linfática abdominal e o aumento da contagem leucocitária e respectivo fluxo no ducto linfático torácico*

Speaker / Prelector

Lisa Hodge



#### Résumé/ Currículo Resumido

Lisa M. Hodge received her Ph.D. in Microbiology and Immunology from the University of North Texas Health Science Center, where her research focused on the mucosal immune response during respiratory immunization and infection.

During her postdoctoral fellowship at the University of Pittsburgh Medical Center, she focused on novel immune therapies for the treatment and prevention of cancer.

Dr. Hodge is an Associate Professor in the Department of Molecular Biology and Immunology and holds a joint appointment with

the Osteopathic Research Center at the University of North Texas Health Science Center at Fort Worth, Texas.

In addition, Dr. Hodge is the Basic Science Research Chair for the National Osteopathic Heritage Foundation. She also serves on the Louisa Burns Osteopathic Research Committee (national) and the Commission for Osteopathic Research, Practice and Promotion (international). Dr Hodge is a member of the editorial board for the Journal of Blood and Lymph and the Journal of the American Osteopathic Association.

Currently, her lab is investigating the effect of manual therapies, such as osteopathic manipulative treatments (OMT), on the host response to infection, inflammatory diseases and cancer. Understanding the mechanisms by which manual therapies enhance the lymphatic and immune systems and alter disease progression will provide scientific support for their clinical use.

#### Abstract/ Resumo da Comunicação

**Introduction:** Lymphatic pump techniques (LPT) are used by osteopathic practitioners for the treatment of edema and infection; however, the mechanisms by which LPT enhances the lymphatic and immune systems are poorly understood. In these studies, the thoracic duct of anesthetized mongrel dogs or the cisterna chylí (CC) of rats were catheterized, so the immediate effects of LPT on lymph flow and leukocyte output could be measured. **Methods and Results:** Lymph flow was measured by timed collection or ultrasonic flowmeter, and lymph was collected over ice under 1) resting (baseline) conditions, and 2) during application of LPT. In dogs, the baseline leukocyte count was  $4.8 \pm 1.7 \times 10^6$  cells/ml of lymph, and LPT significantly increased leukocytes to  $11.8 \pm 3.6 \times 10^6$  cells/ml. Flow cytometry and differential cell staining revealed that numbers of macrophages, neutrophils, total lymphocytes, T cells and B cells were similarly increased during LPT. Furthermore, LPT significantly enhanced lymph flow from  $1.13 \pm 0.44$  ml/min to  $4.14 \pm 1.29$  ml/min. Leukocyte flux, computed from the product of lymph flow and cell count, was increased by LPT from  $8.2 \pm 4.1 \times 10^6$  to  $60 \pm 25 \times 10^6$  total cells/min. Similar trends were observed in macrophages, neutrophils, total lymphocytes, T cells and B cells during LPT. In rats, LPT increased significantly ( $p < 0.05$ ) lymph flow from a baseline of  $24 \pm 5$  microliters/min to  $89 \pm 30$  microliters/min. The baseline CC lymphocyte flux was  $0.65 \pm 0.21 \times 10^6$  lymphocytes/min, and LPT increased CC lymphocyte flux to  $6.10 \pm 0.99 \times 10^6$  lymphocytes/min ( $p < 0.01$ ). LPT had no preferential effect on any lymphocyte population, since total lymphocytes, CD4+ T cells, CD8+ T cells, and B cell numbers were similarly increased. To determine if LPT mobilized gut-associated lymphocytes into the CC lymph, gut-associated lymphocytes in the CC lymph were identified by staining CC lymphocytes for the gut homing receptor integrin alpha4 beta7. LPT significantly increased ( $p < 0.01$ ) the flux of alpha4beta7 positive CC lymphocytes from a baseline of  $0.70 \pm 0.03 \times 10^5$  lymphocytes/min to  $6.50 \pm 0.10 \times 10^5$  lymphocytes/min during LPT. Finally, lymphocyte flux during recovery was similar to baseline, indicating the effects of LPT are transient. **Conclusions:** Collectively, these results demonstrate that LPT increases the numbers of lymphocytes released in to lymphatic circulation of both dogs and rats. Increased mobilization of immune cells is likely and important mechanism responsible for the enhanced immunity and recovery from infection of patients treated with LPT.

### C.05 -Osteopathic treatment for non-specific low back pain (NSLBP)

*Tratamento osteopático para lombalgias não específicas*

Speaker / Prelector

Christian Fossum



#### Résumé/ Currículo Resumido

Dr. Christian Fossum, D.O., is an Associate Professor and Head of Osteopathic Studies at the Norwegian University College of Health Sciences in Oslo, Norway. His past positions include: Associate Director of the A.T. Still Research Institute of the A.T. Still University of Health Sciences and Assistant Professor, Department of Osteopathic Manipulative Medicine, Kirksville College of Osteopathic Medicine, both in Kirksville, Missouri, United States. Prior to that, he was the Vice Principal of

the European School of Osteopathy in Maidstone, United Kingdom. He is currently enrolled in the Doctoral program at the University of Bedfordshire and the British School of Osteopathy. He has numerous publications in the form of articles and book chapters, and lectures at under- and postgraduate level as well as conferences worldwide.

#### Abstract/ Resumo da Comunicação

A abordagem osteopática a de cuidados ao paciente deve ser centrada no paciente. A dor lombar não específica (NSLBP) é uma condição multifatorial que afeta muitos pacientes e que representa um grande ônus sócio-económico nos países industrializados. A gestão do paciente na prática osteopática inclui, excluindo pacientes com patologias graves, quadros de potenciais barreiras que impedem a melhoria (aspectos afetivos, psicossociais e de fatores socioeconómicos e cognitivos), devendo clinicamente os pacientes serem avaliados para identificar funcionalmente causas reversíveis e / ou impedimentos para a melhoria. Muita pesquisa foi feita identificando as competências e características de extraordinários clínicos que vai além das destacadas aptidões biomédicas e manipulativas. O resultado da pesquisa feita pela profissão osteopática indica um efeito positivo associado ao tratamento osteopático, e estudos experimentais têm tentado destacar o potencial da fisiologia da dor (periférico e central), envolvida em ambas as NSLBP e o desfecho clínico, os quais serão analisadas num contexto de gestão clínica. O objetivo deste trabalho é apresentar uma revisão do estado da arte dessa condição clínica comum, e a evidência para a abordagem osteopática no tratamento da mesma.

## 1st Session | 1º Painel

### C.06 -The effects of osteopathic manipulative treatment on cardiac function in patients with hypertension *Efeitos da manipulação osteopática no tratamento da função cardíaca em pacientes hipertensos*

Speaker / Prelector

Francesco Cerritelli



Résumé / Currículo Resumido

Dr. Cerritelli is an osteopath DO with broad interests in osteopathic research and health science focusing on interdisciplinary aspects of evidence based medicine. He has published several scientific papers as well as various abstracts in this field.

After graduating in movement sciences and specializing in preventive and adapted physical activity at University of L'Aquila in Italy, he attended osteopathic studies at A.I.O.T. in Pescara, Italy where he graduated in 2008.

In 2008 he founded the European Institute for Evidence Based Osteopathic Medicine (EBOM), a non-profit research foundation dedicated both to the

investigation of mechanisms underlying the efficacy of osteopathic manipulative treatment and to promote theory and practice of osteopathic medicine through the application of modern principles of evidence based medicine.

In 2010 he has received 2 international prizes in relation to the scientific activities conducted on the application of osteopathic medicine on newborns.

Abstract / Resumo da Comunicação

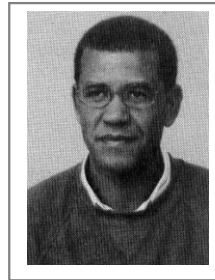
Hypertension is the leading cause of cardiovascular events and is highly prevalent. In 2000 the worldwide prevalence rate was 26.4% (95% CI 26.0, 26.8%) with a sex standardized rate of 26.6% [26.0-27.2%] for men and 26.1% [25.5, 26.6%] for women, and it has been projected to rise up to 29.2% (28.8, 29.0%, men 29.0% [28.6, 29.4%] and women 29.5% [29.1, 29.9%]) by 2025 affecting 1.56 billion (1.54, 1.58) people (Kearney, Whelton et al. 2005). However the last report of the National Center for Health Statistics estimates the prevalence rate in USA of 32% (NCHS 2011) highlighting an higher burden of the disease in USA. Incidence of hypertension is influenced by age, gender and race. In an analysis of the Framingham Heart Study was shown that the lifetime risk of developing hypertension for middle-aged and elderly individuals is close to 90%, with a two-fold higher risk for men compared to women (Vasan, Beiser et al. 2002). The mortality estimate for hypertension is 7.1 million premature deaths worldwide equal to 4.5% of the cardiovascular disease burden (64 million DALYs) (Whitworth 2003). Therefore hypertension is considered a very challenging health problem, realistically affecting large part of the worldwide population. Measuring the cardiac function is a way to control, detect and early diagnose hypertension. Ultrasounds, sphygmomanometer, Holter are the easiest and the most cost-effective tools used for assessing the cardiovascular system and its process of atherosclerosis. Particularly effective is the monitoring of intima-media vessels walls which produces an estimate of the risk of developing a cardiovascular event. Numerous strategies, treatments and health programs were developed to reduce the risk of cardiovascular event (Whitworth 2003), but not many studies provided evidence about the role of OMT in hypertension. Papers published by Johnston et al (Johnston, Hill et al. 1980; Johnston, Hill et al. 1982; Johnston and Kelso 1995; Johnston and Golden 2001) mainly focused on the relationship between cardiac function and somatic dysfunctions but few studies were planned to establish a correlation between the application of OMT and a change in cardiovascular function. Cerritelli et al (Cerritelli, Carinci et al. 2011) carried out a research to look at the association of OMT to a change in blood pressure and intima-media thickness (IMT). Results from this one-year observational study based on 63 hypertensive patients (31 OMT group and 32 control group), consequently recruited, showed an association between OMT and systolic blood pressure -4.523mmHg [-6.291, -2.755] (delta pre-post measurements between study and control group) and OMT and IMT -0.517mm [-0.680, -0.353], but not with diastolic blood pressure. Authors argue that the possible explanation could be based on the relationship between somatic dysfunctions and the release of cytokines which in turn are precursors of vessel wall alteration as well as the ability of OMT techniques to re-balance the autonomic nervous system. However these assumptions are hypothetical and not based on evidence on cardiovascular field and therefore further specific RCT studies are needed to prove them as stated also from Spiegel (Spiegel, Capobianco et al. 2003). The latter published a review on the possible potential effect of OMT in treating hypertension and concludes that OMT could have a support role in an integrated and holistic hypertensive treatment scenario. Therefore OMT seems to be effective in modifying cardiac functions in a cohort of hypertensive patients, even though the scarcity of structured and strong studies has to be considered as a limitation in the interpretation of these results. However the inner feature of OMT to be less invasive as well as well tolerated can open a way to consider it as a potential complementary method in the management of hypertension.

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## 2nd Session | 2º Painel

Moderator / Moderador

Nelson Costa Pinto



Résumé / Currículo Resumido

Dr. Nelson da Costa Pinto graduated as an osteopath (DO) in 1994 by the Oxford School of Osteopathy, England, and subsequently BSc in Osteopathy from the Oxford Brookes University, UK. He exerts Osteopathy two decades ago, in his private practice in the City of Lisbon. He has a Master's in Sophrologic Psychology, and also specialized in Sophrologic Clinic, by Alfonso Caycedo Foundation, and is also a member of the World Federation of Sophrology. Dr. Costa Pinto holds other specializations in the area of

Osteopathy, such as Pediatric Osteopathy. Also he made the course of Trauma Physiology and Somatic Experiencing in Osteopathy, by the Universitat Pompeu Fabra, Barcelona, Spain. He is lecturer of Psychology in the Osteopathic Context. In addition to clinical activity and teaching Dr. Costa Pinto has been conducting several studies in the osteopathic scientific context, emphasizing research on "Osteopathic Clinic and its Psycho-Emotional Content.

### C.07 -Postural Changes, and Musculoskeletal Disorders in Workers with Mental Disabilities *A Alterações Posturais e Disfunções Musculoesqueléticas em Trabalhadores com Deficiência Mental*

Speaker / Prelector

Fernando D. Baptista



Résumé / Currículo Resumido

Fernando Baptista was graduated as osteopath (DO) in 1994 by the Oxford School of Osteopathy, England, and subsequently BSc in Osteopathy by Oxford Brookes University, UK.

Since the nineties he runs his private Osteopathic practice in the town of Parede, municipality of Cascais, Portugal. He was professor of Osteopathic Clinic, in the 2000s, in the course of Osteopathy by Oxford Brookes University in Portugal, carried out

Preventive Medicine by University of León, Spain, and he is PhD student in Health and Safety, Department of Biomedical Sciences in the same university. He practice for over a decade, Sports Osteopathy in high competition, in the monitoring of senior teams; Futsal (GD Estoril Praia) Hockey (Paredes F. Club) and the Olympic team Beach Volleyball of People's Republic of Angola, who participated in the Beijing Olympics 2008.

Dr. Fernando Baptista is Vice-President of the Portuguese Federation of Osteopaths and General Assembly President of the Portuguese Collegiate Association of Osteopaths.

Abstract / Resumo da Comunicação

Introduction: This study's main goal was to identify postural changes and musculoskeletal disorders (MSDs) in workers with mental disabilities on a Protected Job Centre in Lisbon area. Were studied 36 workers of both sexes, aged from 26 to 50 years, assigned to the areas of: packaging cutlery, carpentry/ joinery, stuffing, industrial laundry, ironing, gardening, and aid to patient transportation. Methods and Results: Was applied the OWAS® methodology for postural analysis, a survey questionnaire and a bodily pain map. The results showed a predominance of an exacerbated posture of the trunk in anterior inclination overload (73%), and high prevalence of MSDs, especially in the spine in 60% of cases: - cervical (24%); lumbar (22%); and dorsal (14%). Conclusions: The results point to a possible relation between the postural overload and MSDs when the workers they do tasks that require manual lifting with excessive loads, and prolonged exposure to incorrect postures with repetitive movements with biomechanical overload.

Keywords: Postural Analysis, Musculoskeletal Disorders, Mental Disabilities, Biomechanical Overload.

## 2nd Session | 2º Painel

### C.08 -Somatic dysfunction and osteopathic manipulative techniques: "models and myths" *Disfunção Somática e Técnicas Manipulativas Osteopáticas: "Modelos e Mitos"*

Speaker / Prelector

Christian Fossum



#### Résumé / Currículo Resumido

Dr. Christian Fossum, D.O., is an Associate Professor and Head of Osteopathic Studies at the Norwegian University College of Health Sciences in Oslo, Norway. His past positions include: Associate Director of the A.T. Still Research Institute of the A.T. Still University of Health Sciences and Assistant Professor, Department of Osteopathic Manipulative Medicine, Kirksville College of Osteopathic Medicine, both in Kirksville, Missouri, United States. Prior to that, he was the Vice Principal of the European School of Osteopathy in

Maidstone, United Kingdom. He is currently enrolled in the Doctoral program at the University of Bedfordshire and the British School of Osteopathy. He has numerous publications in the form of articles and book chapters, and lectures at under- and postgraduate level as well as conferences worldwide.

#### Abstract / Resumo da Comunicação

The concept of somatic dysfunction has been central to osteopathic practice for more than a century. Despite its prominent role, little is known on this clinical entity in terms of potential causes, contributing factors and its putative role in health, illness and disease. For treatment, a plethora of osteopathic manipulative techniques has been developed to effectively reverse this condition, and most of them are based on speculative theories on mechanisms of action. This presentation will review these concepts, their value in osteopathic patient care, and experimental and clinical research suggesting how they may work.

### C.09 -A Qualitative Approach to Ergonomic Risk Existing in Pathological Anatomy *Abordagem Qualitativa dos Riscos Ergonómicos existentes em Anatomia Patológica*

Speaker / Prelector

Mónica Teixeira



#### Résumé / Currículo Resumido

Mónica Dias Teixeira received her Ph.D. in Biomedical Sciences by University of León, Spain, in which her developed a research project oriented to health monitoring in occupational settings. The solid skills that have been acquired have made possible a strong academic and professional development that gradually and consistently allowed her to reach

the teaching category as Coordinator Invited Professor at the Polytechnic Institute of Northern Health as well as at the Institute of Languages and Administration of Santarém, and Associate Invited Professor at the Lusofona University of Porto. In terms of research she is integrated into two Research Units; REQUIMTE Associate Laboratory of the Engineering Institute of Porto, and CITS - Research Centre for Health Technologies (CESPU-IPSN). In these two research units has cultivated a fascination for research in the areas of Pathophysiology, Occupational Toxicology, Environmental and Forensic and Ergonomics. In the latter area, has been dedicated to the study of ergonomic risk perception by workers and major postural changes, emphasizing the importance of posturology action from the therapeutic and prevention point of view

#### Abstract / Resumo da Comunicação

Introduction: The musculoskeletal disorders related to work (MSDs) are a broad group of conditions referenced in the work environment. MSDs are the subject of great concern by many organizations, including insurers, industry and health services. The technicians who develop activity in pathology anatomy laboratory in the areas of histology and cytology have an increased ergonomic risk. The present study aimed to evaluate qualitatively ergonomic risks in hospitals with pathological anatomy laboratories. Methods and Results: A questionnaire is applied to the entire universe, 50 probationers and graduates in pathological anatomy, cytological and thanatological. The data show that 92.3% of the surveyed who perform their duties in the histology sector, performing repetitive movements, reported symptoms of back pain and upper limb pathologies, indicating that the first signs emerged a few years after the start of their professional activity. Conclusions: It is concluded that these professionals have a high risk of developing musculoskeletal injuries due to the repetitive nature of their tasks.

Keywords: Technicians of pathology; MSDs; Perception Risk

## 2nd Session | 2º Painel

### C.10 -Abdominal Lymphatic Pump Treatment Mobilizes Leukocytes from the Gastrointestinal Associated Lymphoid Tissue

*Tratamento manipulativo osteopático na mobilização dos tecidos linfáticos a nível gastrointestinal*

Speaker / Prelector

Lisa Hodge



Résumé / Currículo Resumido

Lisa M. Hodge received her Ph.D. in Microbiology and Immunology from the University of North Texas Health Science Center, where her research focused on the mucosal immune response during respiratory immunization and infection.

During her postdoctoral fellowship at the University of Pittsburgh Medical Center, she focused on novel immune therapies for the treatment and prevention of cancer.

Dr. Hodge is an Associate Professor in the Department of Molecular Biology and Immunology and holds a joint appointment with the Osteopathic Research Center at the University of North Texas

Health Science Center at Fort Worth, Texas. She also serves on the Louisa Burns Osteopathic Research Committee (national) and the Commission for Osteopathic Research, Practice and Promotion (international). Dr Hodge is a member of the editorial board for the Journal of Blood and Lymph and the Journal of the American Osteopathic Association.

Currently, her lab is investigating the effect of manual therapies, such as osteopathic manipulative treatments (OMT), on the host response to infection, inflammatory diseases and cancer. Understanding the mechanisms by which manual therapies enhance the lymphatic and immune systems and alter disease progression will provide scientific support for their clinical use.

Abstract / Resumo da Comunicação

**Introduction:** Lymphatic pump techniques (LPT) are used clinically by osteopathic practitioners for the treatment of edema and infection; however, the mechanisms by which LPT enhances lymphatic circulation and provides protection during infection are not understood. Rhythmic compressions on the abdomen during LPT compress the abdominal area, including the gut-associated lymphoid tissues (GALT), which may facilitate the release of leukocytes from these tissues into the lymphatic circulation. This study is the first to document LPT-induced mobilization of leukocytes from the GALT into the lymphatic circulation. **Methods and Results:** Catheters were inserted into either the thoracic or mesenteric lymph ducts of dogs. To determine if LPT enhanced the release of leukocytes from the mesenteric lymph nodes (MLN) into lymph, the MLN were fluorescently labeled in situ. Lymph was collected during 4 min pre-LPT, 4 min LPT, and 10 min following cessation of LPT. LPT significantly increased lymph flow and leukocytes in both mesenteric and thoracic duct lymph. LPT had no preferential effect on any specific leukocyte population, since neutrophil, monocyte, CD4+ T cell, CD8+ T cell, IgG+B cell, and IgA+B cell numbers were similarly increased. LPT significantly increased the mobilization of leukocytes from the MLN into lymph. In addition, the lymphatic flux of interleukin-2 (IL-2), IL-4, IL-6, IL-10, interferon-gamma, tissue necrosis factor alpha, monocyte chemoattractant protein-1 (MCP-1), keratinocyte chemoattractant, superoxide dismutase (SOD) and nitrotyrosine (NT) were increased during LPT. Lymph flow, leukocyte counts and the flux of inflammatory mediators fell following LPT treatment, indicating that the effects of LPT are transient. **Conclusions:** LPT mobilizes leukocytes from GALT, and these leukocytes are transported by the lymphatic circulation. This enhanced release of leukocytes and inflammatory mediators from GALT may provide scientific rationale for the clinical use of LPT to improve immune function.

## Round Table & Conclusions | Mesa Redonda e Conclusões

### Osteopathy in Portugal, what Future ? *Osteopatia em Portugal, que Futuro?*



- Jorge Esteves (Quality Assurance Agency for Higher Education, Reino Unido)
- Leitão Henriques (AROP – Associação de Registo dos Osteopatas de Portugal)
- Carlos Coelho (AOD – Associação dos Osteopatas Diplomados)
- Fernando D. Baptista (ACPO – Associação Colegial Portuguesa de Osteopatas)
- José Paulo Pereira (FPO – Federação Portuguesa de Osteopatas)



Like in the two previous editions the Lusófona University in partnership with the Schools of Health Sciences and Technology and of Health Ribeiro Sanches, Institute for New Therapies, Association for the Development of Teaching and Research in Health Sciences, and the Portuguese Federation of Osteopaths, has conducted the 3rds Lusophone Days of Osteopathy. This year's edition under the title New Challenges in Osteopathy included the subjects of Diagnostic, Lymphatic Pathology, Low Back Pain, Cardiac Function and Hypertension, Manipulative Techniques, Lymphatic Abdominal Therapy, Posturology and Ergonomics, all related to Osteopathy. This year were submitted communications from the United States, United Kingdom, Norway, Italy, Spain, and Portugal. It should also be highlighted the organization of a round table concerning: Osteopathy in Portugal, what future?. We would like to thank the participation of national and international experts who kindly accepted our invitation, and in particular the institutional support of Lusófona University of Humanities and Technology. We are also thankful for the official support of the Portuguese Federation of Osteopaths as well as the valuable contribution of several companies, mentioned in the page 6 of this proceedings book. We are sure about the wide and engaged participation of all in this event and wish that it may have an increasing relevance at a national and international level.

Lisbon, 4th May 2013  
The Organizing Committee



