

# Accepted Manuscript

The biomechanical model in manual therapy: is there an ongoing crisis or just the need to revise the underlying concept and application?

Christian Lunghi, DO, ND, Paolo Tozzi, MSc Ost, DO, PT, Giampiero Fusco, DO, PT



PII: S1360-8592(16)00005-X

DOI: [10.1016/j.jbmt.2016.01.004](https://doi.org/10.1016/j.jbmt.2016.01.004)

Reference: YJBMT 1310

To appear in: *Journal of Bodywork & Movement Therapies*

Received Date: 2 October 2015

Revised Date: 4 January 2016

Accepted Date: 15 January 2016

Please cite this article as: Lunghi, C., Tozzi, P., Fusco, G., The biomechanical model in manual therapy: is there an ongoing crisis or just the need to revise the underlying concept and application?, *Journal of Bodywork & Movement Therapies* (2016), doi: 10.1016/j.jbmt.2016.01.004.

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

# **The biomechanical model in manual therapy: is there an ongoing crisis or just the need to revise the underlying concept and application?**

**Authors:**

Christian Lunghi, DO, ND

Paolo Tozzi, MSc Ost, DO, PT

Giampiero Fusco, DO, PT

**Affiliations:**

School of Osteopathy C.R.O.M.O.N. – Rome – Italy

C.O.ME. Collaboration – Pescara - Italy

**Mail address:** pt\_osteopathy@yahoo.it

**Keywords:** biomechanical model, osteopathy, posture, manual therapy, fascia

**Abstract**

Different approaches to body biomechanics are based on the classical concept of “ideal posture” which is regarded as the state where body mass is distributed in such a way that ligamentous tensions neutralize the force of gravity and muscles retain their normal tone, as result of the integration of somatic components related to posture and balance mechanisms. When compromised, optimal posture can be restored through the balanced and effective use of musculoskeletal components; however, various research findings and the opinion of experts in this field suggest a move away from the dogmas that have characterized the idea of health dependent on ideal posture, to promote instead dynamic approaches based on the interdependency of the body systems as well as on the full participation of the person in the healing process. Following these concepts, this article proposes a revised biomechanical model that sees posture as the temporary result of the individual’s current ability to adapt to the existing allostatic load through the dynamic interaction of extero-proprio-interoceptive information integrated at a neuromyofascial level. Treatments using this revised model aim to restore the optimal posture available to the person in that particular given

Download English Version:

<https://daneshyari.com/en/article/5863607>

Download Persian Version:

<https://daneshyari.com/article/5863607>

[Daneshyari.com](https://daneshyari.com)