

# A PROCESS APPROACH TO THE MANAGEMENT OF EDS & HSD

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# CONNECTIVE TISSUE PUZZLE

- Understand the anatomical and physiological framework, and the individual manifestation of symptoms
- Therapeutic Alliance: patients & professionals working together to find creative and effective treatment solutions





- Therapeutic model: change from a structure-centred approach to a process-centred approach
- Manage the health spectrum for the patient with EDS & HSD
- The role of manual & exercise therapy within an integrated healthcare team

“Variability is the law of life, and as no two faces are the same, so no two bodies are alike, and no two individuals react alike and behave alike under the abnormal conditions which we know as disease.”

– Sir William Osler (1849-1919)



**MASTERCLASS**

# **A process approach in osteopathy: beyond the structural model**



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- A structural approach to treatment compartmentalizes symptoms and applies a single mode of treatment to 'fix' the problem
- Multi-systemic disease presents with a complicated manifestation having physical, psychological, cognitive, behavioural and social components

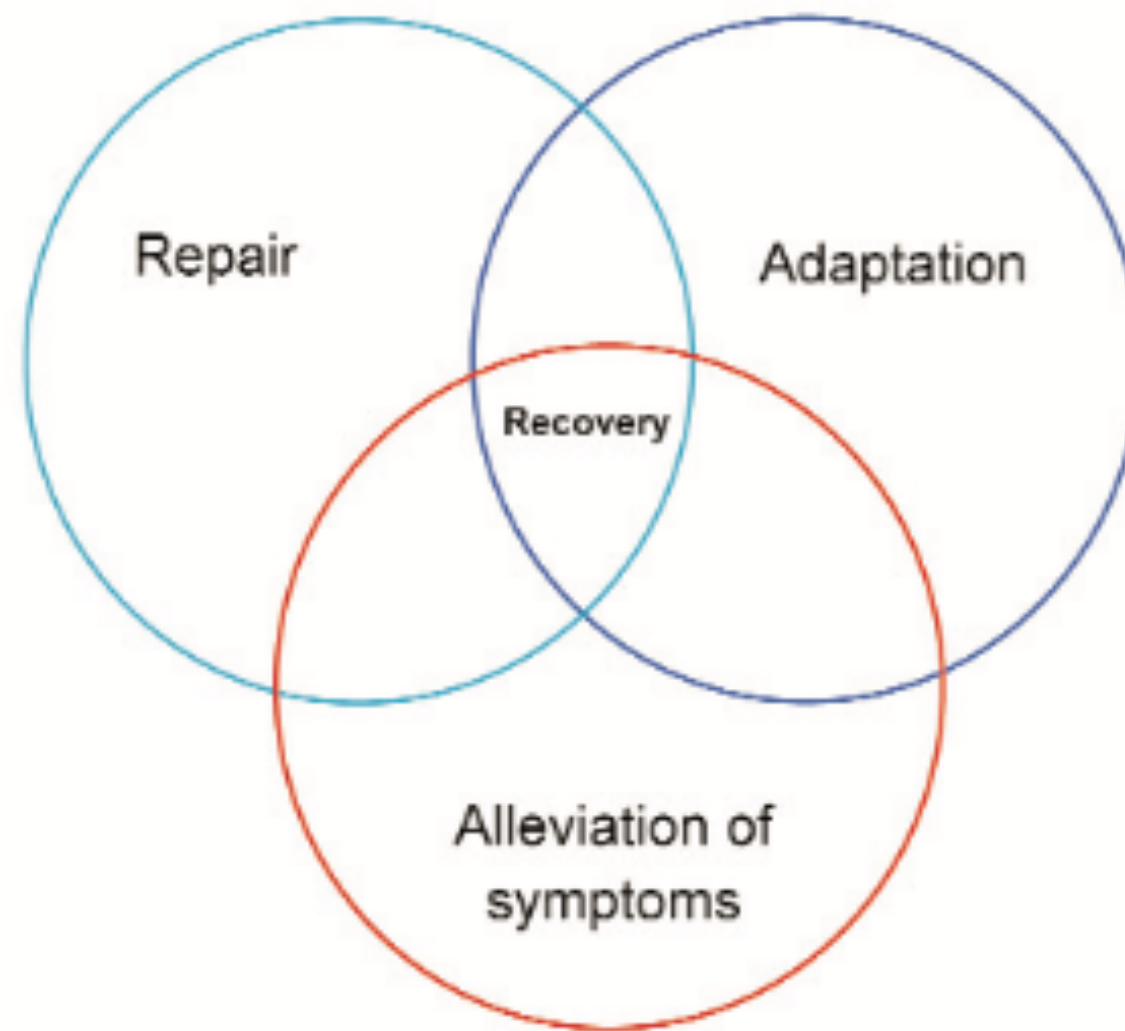
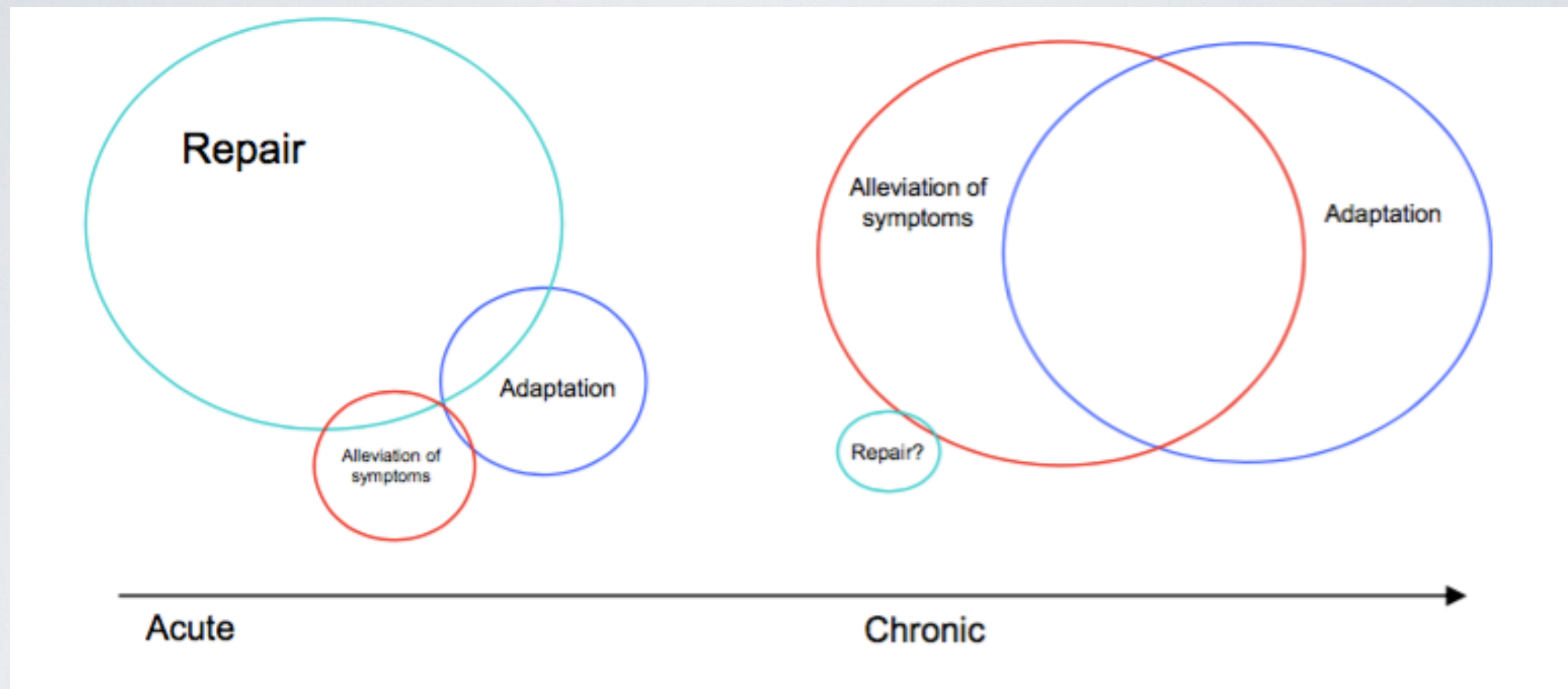


Fig 1 : The three recovery processes. Recovery from most musculoskeletal and pain conditions is associated with one or several of these processes.



**Fig. 4** (a). Possible processes associated with recovery in acute and chronic low back pain. The overlap between alleviation of symptoms and adaptation represents CNS plasticity associated with recovery in chronic LBP. The Size of the circles depicts the possible relative contribution of each recovery process in acute and chronic conditions; (b).



- Develop realistic strategies and functional goals that reflect the patient's movement abilities
- Focus on pathways & opportunities for self-care, independence, autonomy
- Recovery occurs in the patient's environment and during daily activities



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### Masterclass

## Integrating osteopathic approaches based on biopsychosocial therapeutic mechanisms. Part 1: The mechanisms

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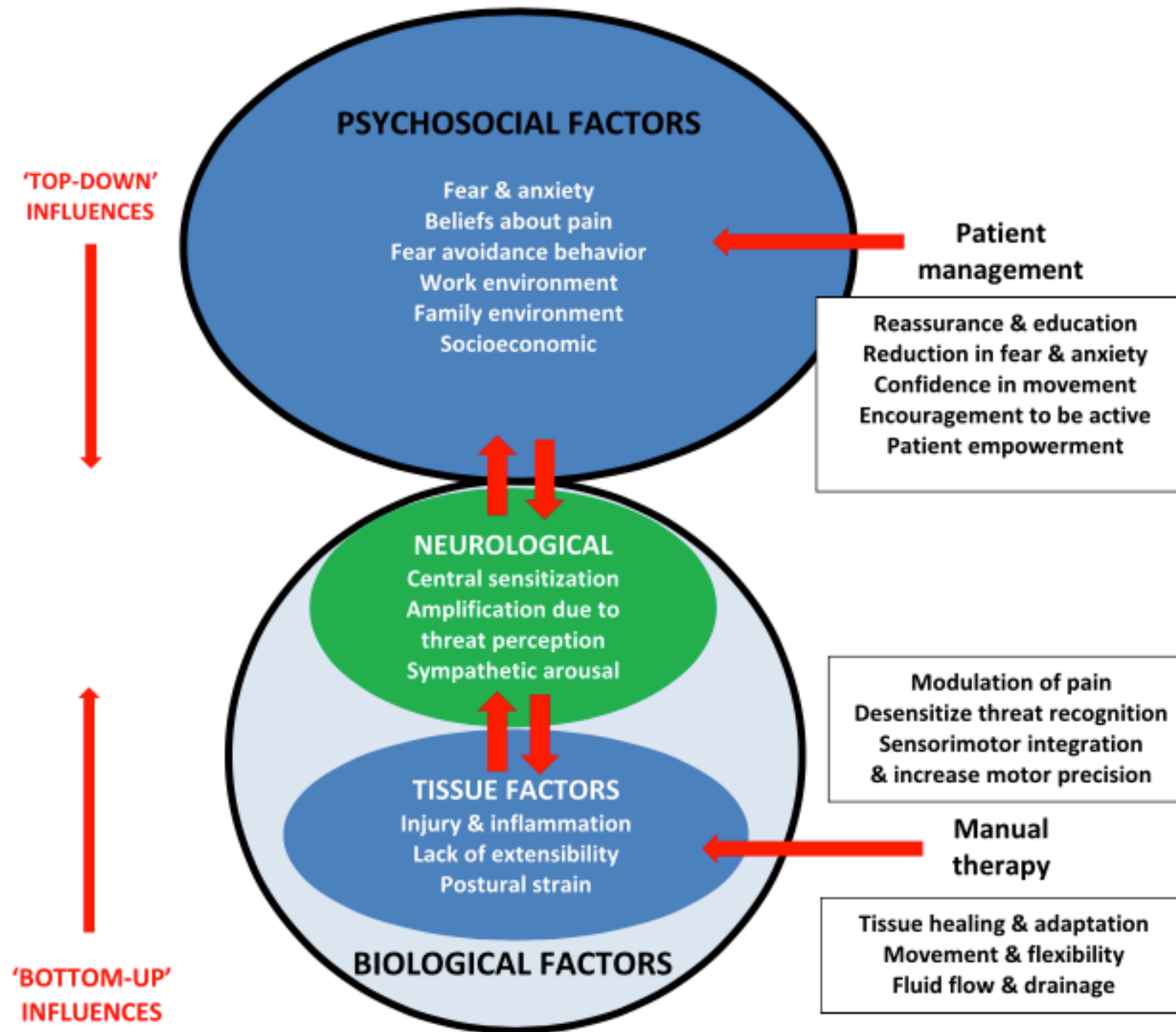
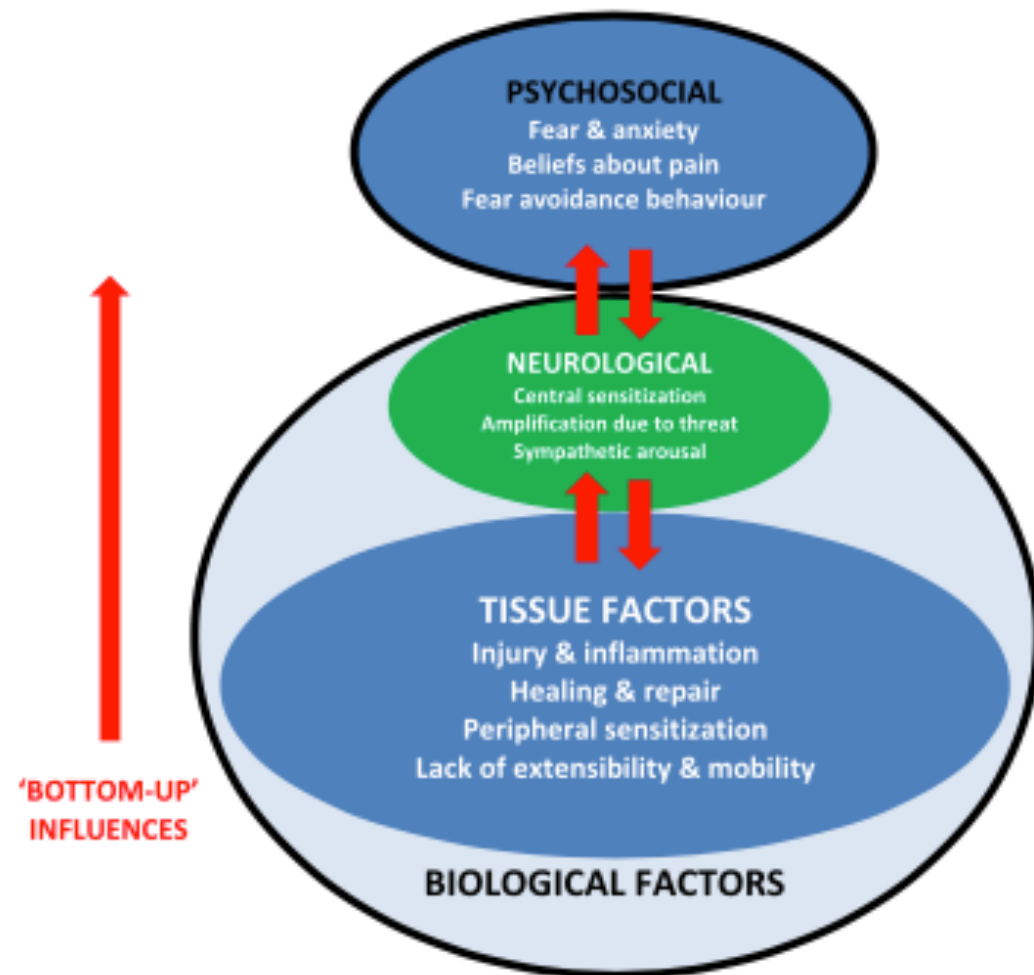
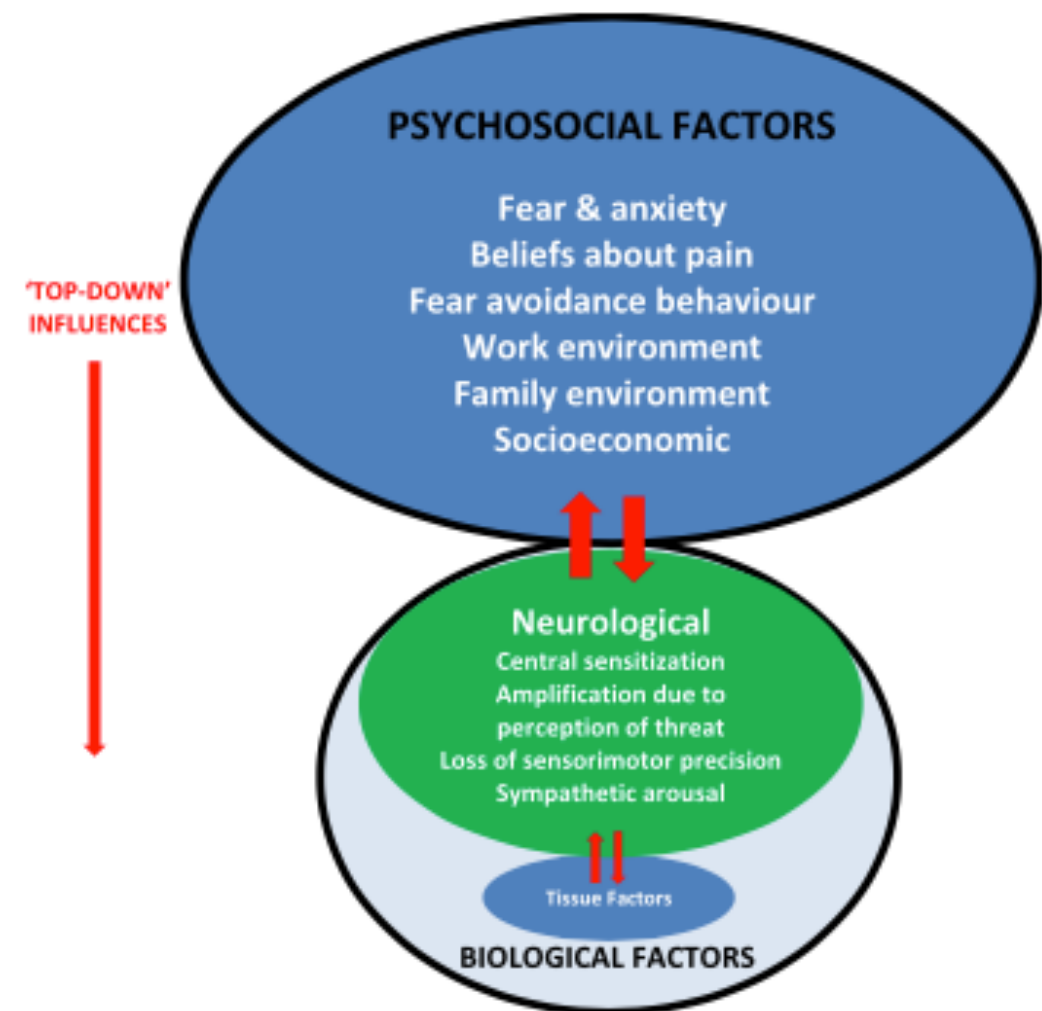


Fig. 1. Psychosocial and biological factors in somatic pain and aims of osteopathic management.





**Fig. 2.** Psychosocial and biological factors in acute somatic pain. Figure illustrates the likely increased influence of tissue factors in acute nociceptive pain.



**Fig. 3.** Psychosocial and biological factors in chronic somatic pain. Figure illustrates the likely increased influence of neurological and psychosocial factors.

# TREATMENT OUTCOMES

- Neurophysiological pain modulation
- Improved sensorimotor & proprioceptive integration
- ANS response: SNS & PNS depending on the treatment techniques
- Education: nature of pain, empowerment, self-care

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EDITORIAL



## **Manual physical therapy for chronic pain: the complex whole is greater than the sum of its parts**

Rogelio A. Coronado, Dept. of Physical Therapy, The University of Texas

Joel E. Bialosky, Dept. of Physical Therapy, University of Florida



- Pain is an experience orchestrated by dynamic sensory, cognitive, and affective processes and is strongly influenced by a patient's expectations, mood, desires, and past experiences.
- A comprehensive approach requires the integration of adjunct interventions, such as psychosocial strategies and exercise, that can enhance the effectiveness of manual therapy for reducing pain and/or promote positive behavioural change.

## Spectrum of Health

Decreased Function ..... Optimal Health

- EDS/HSD are dynamic, and symptoms and experiences change daily. “What does this patient need most today?”
- Education and problem solving to increase the tools in the toolbox for **both** the patient and practitioner
- Create a flexible, goal-focussed program for ADL, exercise, lifestyle habits & work

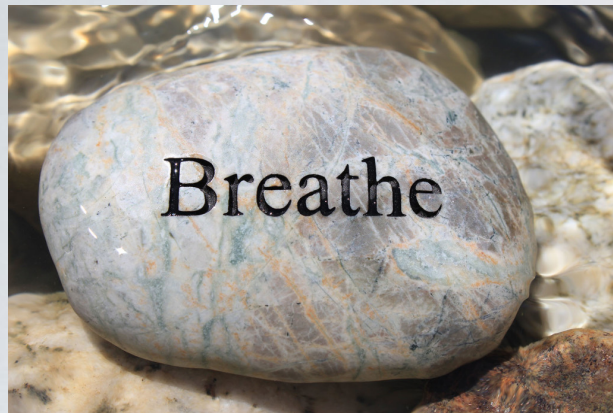
# OSTEOPATHY

- Palpation at the core of osteopathic examination & treatment
  - Used for ongoing evaluation, and empathic communication
  - Sets the context for treatment, healing and change
  - Gentle, patient-centred techniques
  - Beyond the MSK - function of the whole person
    - neurological, somatosensory, psychosomatic



# MINDFUL MOVEMENT

building a progressive and daily practice



- Proper breathing mechanics improves core activation and spinal stability. Helps with relaxation and focus.



- Move from a point of balance and presence. Be an objective observer. Increase strength, motor control, and balance.



- Graduated movement to improve adaptability and resilience using functional exercise & ADL.

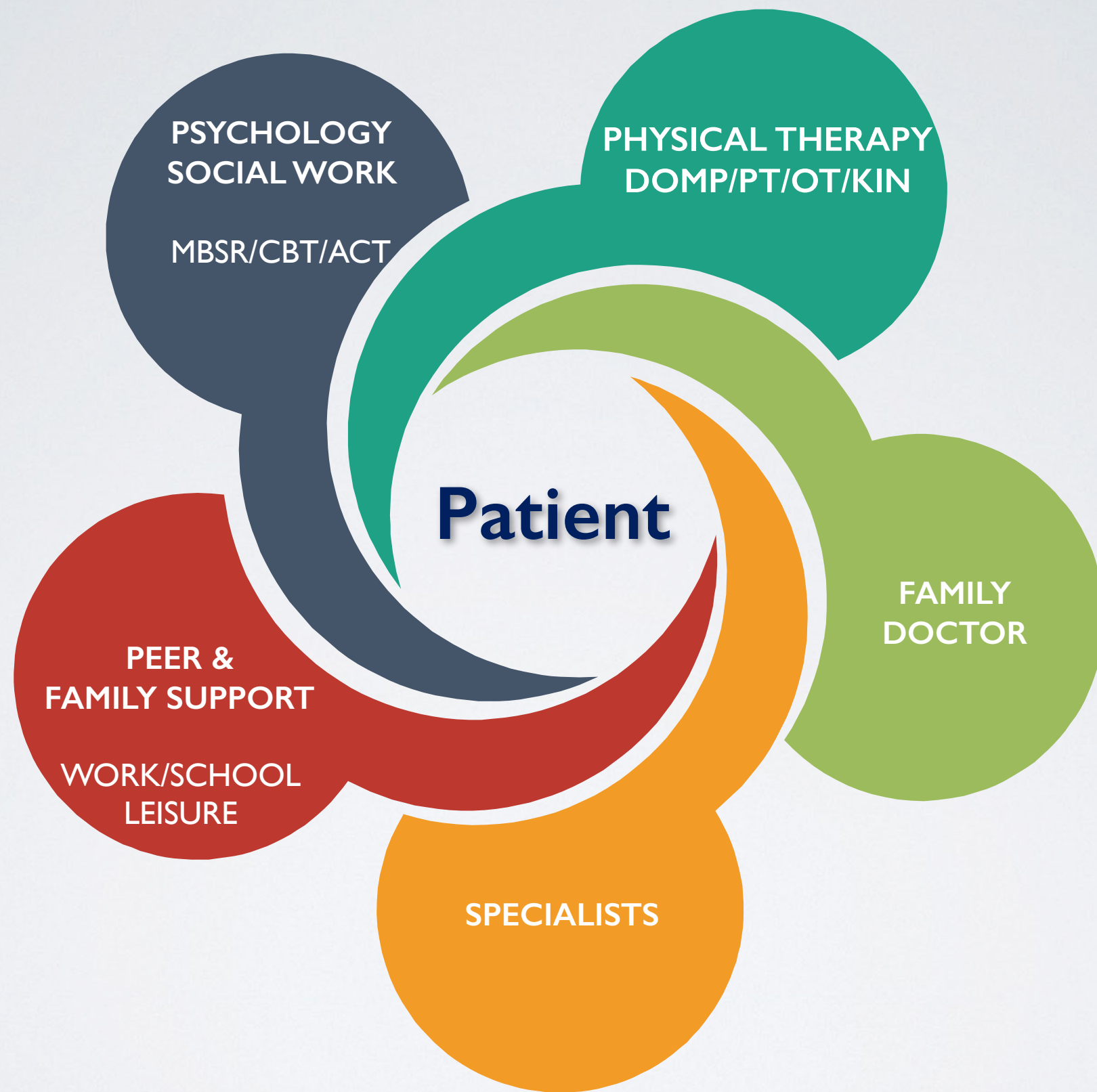


# EXERCISE TOOLS

- Dynamic Neuromuscular Stabilization
- Pilates, Tai chi, Feldenkrais, Alexander technique, yoga\*
- Aqua therapy
- Walking, stationary bike, arm ergometer
- Stability ball, balance exercises, theraband & hand weights
- Daily life!



# INTER-PROFESSIONAL COLLABORATION



# WORK TO BE DONE

- Integrated, multi-disciplinary, process-centred approach to **ongoing** management of EDS/HSD
- Timely treatment will decrease healthcare costs and increase quality of life
- How can we come together within communities/LHIN's? Bridge the gap between our public and private healthcare systems?

# Attending

MEDICINE,  
MINDFULNESS,  
*and* HUMANITY



Ronald Epstein, M.D.



“Beginner’s mind uncouples expertise from one’s present experience. An intentional setting aside of the knowledge and preconceived notions that one has gained from books, journals, teachers, and past experiences to see the situation with new eyes.

Simply setting my expert self aside helps me to consider new possibilities. Then I seek the evidence to justify or refute my initial impressions.”

— Ronald Epstein, M.D.

*Attending: Medicine, Mindfulness, and Humanity (2017)*

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