

Oriental Medicine – Physical Medicine (OM-PM)

A Modern Definition:

OM-PM is an integrative system of medicine combining the best of classical Oriental Medicine and Western Medical Science to arrive at an integrated method of treatment. OM-PM is directed at an integrated method of treatment for regulating abnormalities in the physical condition. This is based on an assessment of the imbalances and anomalies in various channels systems using diagnostic methods (The Four Examinations) unique to OM and assessment methods (Orthopedic and neurological exams, manual muscle testing, and motion palpation) unique to “Physical Medicine”. PM findings are then reframed into the OM paradigm in order to broaden diagnosis and treatment options. Palpation receives the greatest emphasis. Imbalances and anomalies in the channel system and their related myofascial manifestations are ascertained through palpation. Chief among the findings are “constrictions” (mind-body holding patterns) which are dealt with in a hands on approach. These constrictions can be caused by direct acute overload, over work, fatigue, direct trauma, repetitive accumulated trauma, positioning, chilling, visceral disease, arthritic joints, nutritional deficiencies, ergonomic demands, and emotional stress. Once a differential diagnosis is formulated, an appropriate treatment is initiated with the aim of freeing up constrictions, prodding the client toward mind-body and spirit integration.

OM-PM is taught in four (4) modules:

1. Introduction to myofascial pain

“Introduction to Myofascial Pain” focuses on defining “what is myofascial pain”, definition of terms with respect to physical and orthopedic medicine, re-establishing significance of this precedence in OM found in truly understanding the Tendino-Muscular Channels and other channel systems with respect to pathologies, diagnosis and treatment. Related theories of Peripheral and central sensitization, gate control theory, Patterning, specificity, somato-visceral versus viscerosomatic reflex, current of injury, segmental facilitation, and an overview of related theories. Mechanism of injury and diagnostic criteria will be explored. General treatment modalities will be discussed.

The “Dorsal Zone” module focuses on pathologies (pain and dysfunction) of the head (posterior aspect), neck (posterior), back (upper, middle, lower), and extremities (legs-posterior). Pathologies include but not limited to head pain, cervical radiculopathy/neuropathy, rotator cuff injuries, dorsal pain, low back pain, lumbo-sacral pain, sacro-iliac pain, spondylolysis, spondylolesthesis, bulging disc, disc herniation. and lumbar radiculopathy. At the end of the “dorsal zone module”, the participant will be able to assess and treat complaints and diagnosis of the cervical, thoracic, and lumbo-sacral spine, scapula, ilium, sacrum and pelvic utilizing an integrative physical medicine approach.

Theoretical Basis of all modules:

1. Yin-Yang Theory
2. Zang Fu Theory
3. Channel Theory:
 - A. Primary Channels (Associated Acupoints)
 - B. Tendino-Muscular Channels (Associated Acupoints)
 - C. Eight Extra-Ordinary Channels (Associated Acupoints)
 - D. Divergent Channels (Associated Acupoints)
 - E. Cutaneous Zones
4. Peripheral and central sensitization
5. Segmental Facilitation
6. Somato-visceral –Vs- Visceral-somato Reflex
7. Myofascial Chains
8. Trigger Points (expanded hypothesis)
9. Myotomal Motor Points (Motor End-Plate Zone)
10. Muscle Spindles
11. Golgi Tendon Apparatus (GTAs)
12. Muscular System:
 - A. Nomenclature
 - B. Origin and insertion of muscles
 - C. Innervation
 - D. Local Blood supply
 - E. Lymphatic supply
 - F. Action
 - G. Antagonist
 - H. Myotactic (Functional) Unit

13. Skeletal System:
 - A. Nomenclature
 - B. Types of bones
 - C. Types of Joints
 - D. Range of Motion
 - E. Planes of movement and Axis of rotation

Assessment:

1. Determine mechanism of injury
2. Observation of morphology and asymmetry
3. Observation of autonomic phenomenon
4. Manual muscle testing of injured part and related muscles
5. Orthopedic Testing
6. Neurological testing of injured part and related spinal segment
7. Determine channel and Zang-Fu Involvement
8. Determining Spinal Segment involvement
9. Palpation of involved Channel (s) and related Zang-fu (Mu and Shu Points), Hua To Jia Ji points
10. Palpation of involved spinal segment to determine fixations (motion palpation)
11. Cross Fiber Palpation to identify taut bands and hyperirritable zones (Ashi Acupoints, Trigger Points, Myotomal Motor Points)

Treatment

1. Needle: selection of appropriate needle and needle technique
2. Bodywork (soft tissue and structural manipulation)
3. Use of electro-stimulation (micro v. milli current): Percutaneous v. Transcutaneous
4. Use of thermal and cryogenic agents
5. Gua Sha (Therapeutic Scraping)
6. Cupping
7. Thermal Therapy (Heat)
8. Cryotherapy (Cold)
9. Chinese Herbal Remedies
10. Nutritional supplementation

11. Homeopathic preparations
12. Dietary considerations
13. Home program