

EBM in clinical practice : implementation in osteopathic diagnosis and manipulative treatment for non-specific low back pain patients



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Osteopathic Education
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This book chapter was written by practising French osteopaths also involved in teaching and research in osteopathic medicine. They describe with the highest levels of scientific evidence the concept of somatic dysfunction related to one of the most common complaints in Western countries, non-specific low back pain.

The conceptual, scientific, diagnostic and treatment aspects of the somatic dysfunction are analysed in the light of the evidence-based medicine which drives all medical practice in the 21st century.



**Rafael Zegarra-Parodi,
DO, MEd**

Rafael is currently involved in osteopathic practice, teaching and research in France.

He graduated from the British College of Osteopathic Medicine (BCOM) in 1997. He also holds academic degrees in Education (University of Tours, 2008), in Clinical Research Methodology (University of Bordeaux 2, 2009) in Statistics (University of Bordeaux 2, 2010), and in Epidemiology (University of Bordeaux 2, 2011).

He spends most of his working time in private practice with his wife Pauline in Paris (<http://zegarra.allamand.com/>). He is focused on helping patients with acute & chronic neuromusculoskeletal conditions and sport injuries.

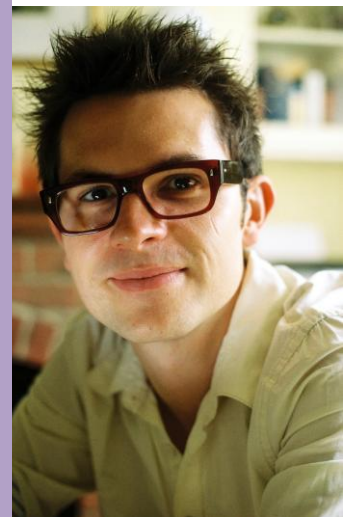
He has lectured in osteopathic manipulative techniques and in osteopathic diagnosis since 1999 and has been Research Consultant at a French leading private osteopathic institution since 2004. His main research interests are the neurophysiology of manipulations, its influence on pain perception and the reliability of osteopathic tests. He has published many papers in professional and in peer-reviewed journals and he has presented his research in various medical, scientific and osteopathic congresses both nationally and internationally. He has been a member of the International Review Panel of the leading osteopathic scientific journal, the International Journal of Osteopathic Medicine (IJOM) since 2010. He is currently involved as a scientific advisor in three osteopathic clinical trials in French hospitals.

Jerry is a practising osteopath (www.osteopathydidcot.co.uk), a lecturer and is currently working towards a professional doctorate in osteopathy run by the British School of Osteopathy and the University of Bedfordshire.

He received his degree in osteopathy (DO) in 2007 and has postgraduate diplomas in anatomy (Université Paris Ouest, 2007; Université Paris V Descartes, 2009), and a postgraduate certificate in research methods (BSO-University of Bedfordshire, 2011). He began the professional doctorate in 2011.

He taught for two years at the CEESO (Paris) as an assistant in visceral osteopathy and structural orthopaedic examination. He has now been teaching structural osteopathy at the British School of Osteopathy (London) for two years.

He has published two posters (Morphologist Association Congress, Brussels (Belgium); International Conference of Osteopathic Medicine, Florence (Italy)) and several articles in the research and treatment bulletin of the International Journal of Osteopathic Medicine, a peer-reviewed journal, on various subjects including osteopathic education, low back pain, chronic tension-type headache, and lymphatic pump techniques.



**Jerry Draper-Rodi,
DO, PGDip, PGCert**



Laurent Fabre, DO

Laurent is currently involved in osteopathic practice and the teaching of anatomy and dissection in Paris (France).

He graduated from the Centre Européen d'Enseignement Supérieur de l'Ostéopathie (CEESO Paris) in 2003. He also holds academic degrees in Clinical Anatomy (University of Paris V, 2007 and University of Paris VII, 2011).

He works in a private practice in Paris (boyer-fabre-osteopatheparis.fr). His main interests are neuromusculoskeletal pain management and perinatal osteopathic care.

He has been teaching anatomy since 2004, and has been Academic Advisor at CEESO Paris since 2006.

He has co-written papers published in peer-reviewed journals and presented posters in international osteopathic congresses. His main interests are neurophysiological pain mechanisms, reliability of osteopathic diagnosis and physiological effects of OMT.

He is involved in an osteopathic clinical trial in a Parisian hospital (AP-HP).

Julien is currently involved in osteopathic practice and teaching in France. He graduated from the Centre Européen d'Enseignement Supérieur de l'Ostéopathie (CEESO Paris) in 2010. He also holds an academic degree in Clinical Anatomy and Medical Imaging (University of Paris V, 2011). He works in private practices in Paris (www.bardin-osteopathe.com). His centre of interest is neuro-musculo-skeletal pain care and he also treats American football players. He has been teaching physiology and osteopathic manipulative techniques at CEESO Paris since 2011. In 2010, he worked on a poster presented in an international osteopathic congress in Italy concerning the influence of the French decrees on the use of some osteopathic techniques through a questionnaire analysis. He is interested in the treatment of neurophysiological pain and the physiological effects of osteopathic manipulative techniques.



Julien Bardin, DO



Pauline Allamand, DO

Pauline is currently involved in osteopathic practice and teaching in France. She was a former professional volleyball player for six years. As an athlete, she became aware of the complexity and the vulnerability of the neuro-musculo-skeletal system and its painful conditions and she decided to change career and study osteopathic medicine. She gained her Diploma in Osteopathy in 2008 at the Centre Européen d'Enseignement Supérieur d'Ostéopathie (CEESO) in Paris (France). She works in private practice in Paris with her husband Rafael (<http://zegarra.allamand.com>). Her main interests are neuro-musculo-skeletal conditions and the care of pregnant women, infants, children and patients with sport injuries. She is currently involved in osteopathic education as an assistant in visceral techniques at the CEESO Paris. She presented a research poster at the 7th International Conference on Advances in Osteopathic Research in Bradenton (USA) in 2008. She has published two journal paper review on low back pain risk factors in International Journal of Osteopathic Medicine, a peer-reviewed journal, and she has coauthored several scientific papers with her husband. She is particularly interested in physiological changes following osteopathic manipulative techniques.

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The book chapter is available in open access at :

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