The treatment of postural disease and its consequences according to postural medicine in a modern osteopathic office- a sciencebased revival of the CCP given by Gordon Zink

Dr. Christoph J. Bäumer, MSc paed ost, DO
Centrum für Orthopädie, Osteopathie und Schmerztherapie Hamburg

Summary:
The human posture system plays an important role in regulatory medicine, thus in maintaining health (McEwen and Stellar, Allostatic Response, 1993) and ultimately in preventing pain in humans. The postural system is exposed to various important influences: genetics, gravity, the chosen diet with possible deficiency symptoms - also, but not only, during growth, possible environmental stress and pollution, muscular strength or weakness and the quality of the neurological and mechanical equilibrium of the organizing forces at work, organic dysfunctions with postural significance such as intestinal dysfunctions such as dysbiosis, infections, scars after operations and, last but not least, psychological and psychosomatic stress.
The complex disorders in the human posture system can be clearly summarized in the innovative diagnosis of postural illness (Bäumer, C., The Postural Disease, FMD Journal, December 2019 issue).

The factors that disrupt posture and are therefore considered to be the cause of the structural reasons for back and joint pain can be roughly divided into:
- biomechanical / traumatic reasons
- biochemical and toxicological reasons
- bioenergetic and neurological reasons

The postural disease - a definition:
Postural illness is the manifest dysharmonic posture with neuronal and mechanical deviation from the perpendicular with compensatory changes in important key regions of the human movement system, together with the complex "unspecific" pain syndromes that then occur, including:
- Temporomandibular joint
- Head-neck joint
- thoracolumbar junction
- lumbosacral junction
- Pelvic ring dysfunction with torsion with/without variable leg length difference
- Internal/external rotation misalignment of the hip joints (foot position in supine position, mobility)
- Internal rotation and postural valgus of the knee, usually asymmetrical
- Tendency of hyperpronation foot with or without flat foot

This complex pattern of poor posture can be precisely examined and documented as part of a complex and professional manual examination. In the case of "manifested" postural illness, the affected person had or has complaints in the musculoskeletal system, at rest or under stress, often chronically recurrent, and in the advanced stages, permanently with varying degrees of intensity.
The symptoms often become chronic because the body is fixed in the incorrect posture due to fascial structures that shrink in the wrong position. A muscle that is activated by physiotherapy to correct poor posture will work on misaligned fascial structures and will lose the battle for correction and cause pain and another part of the postural illness due

to overload. It is important to rule out a real somatic cause for the symptoms, such as: a herniated disc, rheumatism or activated osteoarthritis, or rarely even psychosomatosis. The proposed treatment can of course also be used adjuvantly in specific cases of pain, but the important specific treatment of the organically explainable cause(s) must also be carried out.

Organic causes start the compensatory pattern (CCP according Zink) in many cases, and the compensatory pattern does not disappear in all cases once the organic cause of pain such as disc herniation has been treated - depending on the degree of chronicity.

If there is suspicion of a chain syndrome in the sense of a postural illness, additional examinations may be carried out using postural medicine hardware and software. The practitioner's requirements determine the scope of the examination. (Bäumer, C., A case for holistic thinking - does a child's foot cause adult back pain?, Journal for Functional Myodiagnostics, 1/2020).

Osteopathic Medicine is going to the next level with more integrational advance, based on the genious findings of the "old ones".