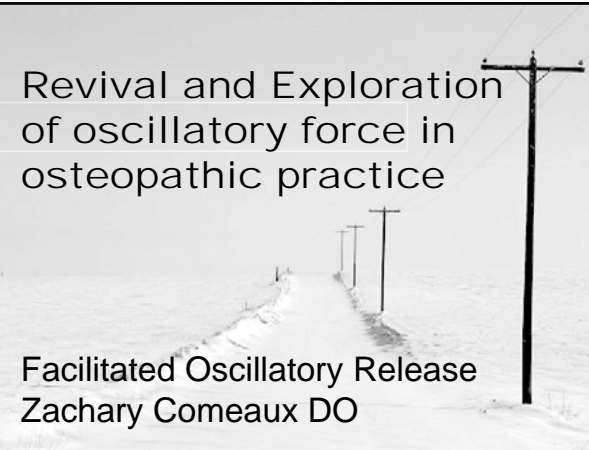
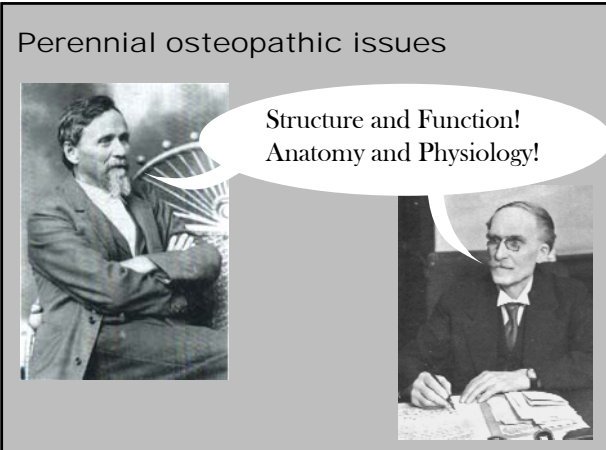


Revival and Exploration
of oscillatory force in
osteopathic practice




Facilitated Oscillatory Release
Zachary Comeaux DO

Perennial osteopathic issues




Structure and Function!
Anatomy and Physiology!

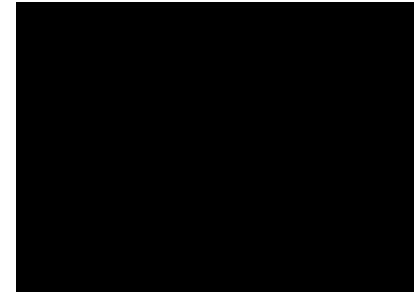


Static versus dynamic

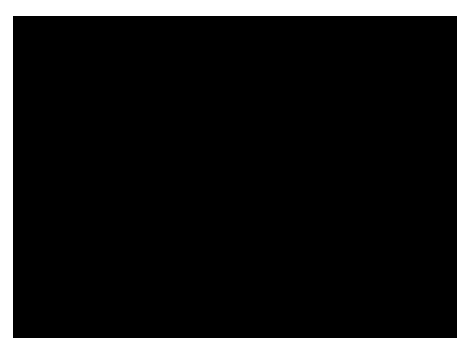
function
assessment
treatment



Dynamic motion




Dynamic motion



Assessment

- History
- Observation
- Gait
- Palpation
- Feedback during treatment
- Re-evaluation

How to optimize dynamism?



Solution!

- Palpate while walking!
- Not hardly.
- Replicated gait on the table?



Traditional use of oscillation

- T.J. Ruddy/ Fred Mitchell
- Littlejohn's Students/ Wernham/ L. Hartman
- Bowen
- Trager
- Lederman
- Hoover, Boles, Johnston
- Fulford, PVT

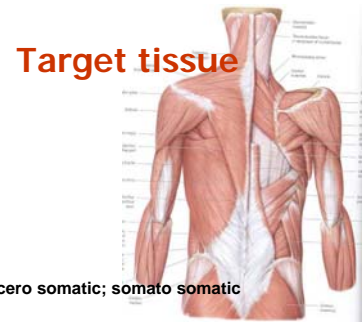


- General versus specific treatment
- Manual versus mechanic vibration
- Further physiologic understanding



Specific treatment? Think anatomy!

- How and Where is the pain generated?
- Where?
 - Regional
 - Local
 - articular
 - muscle
 - tendon
 - fascial
 - neural
 - Reflexive
 - Referred, viscerosomatic; somato somatic



Advantage of using Facilitated Oscillatory Release:

- as Dynamic Connective Tissue Release
- FOR is application of force based on principles but specific to the patient and intended treatment goal
- an adjunct to other strategies, not an independent method.



FOR

- As Dynamic Connective Tissue Release
- As an adjunct to approaching the barrier in HVLA, ME, MFR
- Independently, depending on positioning, contact and type of therapeutic contact
- Innumerable permutations



As an adjunct to approaching the barrier in HVLA, ME, MFR

- Localization for precise effect
- Releases with stretch
- With exhalation
- With vibration/oscillation
- With post-isometric return



Facilitated Oscillatory Release

L5 FRrSr



FOR- Clinical Application

Application to my practice



FOR- Clinical Application

Application to my practice



Introductory exercises: Facilitated Oscillatory Release

T10- L2 S_LR_R



Introductory exercises: Facilitated Oscillatory Release

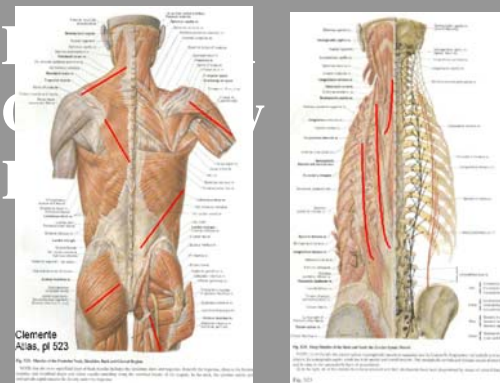
Sacrum

(Reverse
roles of
hands)



Facilitated Oscillatory Release

Integration into extremities
long lever
short lever



Wave physics

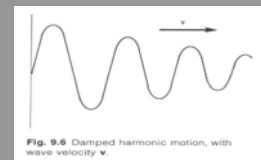
How do they apply to the person?

- Dynamic assessment of restriction
- Resonance of elements
- Regional resonance
- Reflection of resonant processes supporting tone

Wave physics



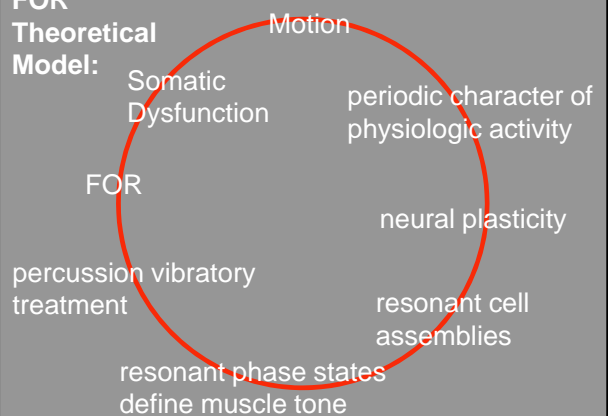
Consider origin and insertion



Why does it work?

- Conditioning of connective fibrous tissue
- First International Fascial Conference
linearity of cross fiber connection in muscle
- Proprioceptive muscle tone, pattern generation of populations of neurons by tonic vibratory reflex.
- Other possibilities

FOR
Theoretical
Model:



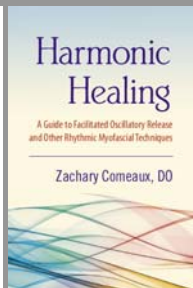
- Habaneros- fun but not a meal in themselves

Scientific references:

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- Burke, D., Hagnbarth, K.-E., 1976, The Responses of human muscle spindle endings to vibration during isometric contraction, *J. Physiol.* 261: 695-711
- Farmer, S., 1998, Rhythmicity, synchronization and binding in human and primate motor systems, *J. Physiol.* 509: 1, 3-14
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The book, other references

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- Facilitated Oscillatory Release, American Academy of Osteopathy Journal, vol 12 no 2 pp.24-35, 2002
- Facilitated Oscillatory Release - A method of dynamic assessment and treatment of somatic dysfunction, American Academy of Osteopathy Journal, vol 13 no 3 pp.30-34, 2003
- Clinical Approaches: Facilitated Oscillation, Journal of Bodywork and Manual Therapies v9 #2, April 2005 p 88-98
- See website summaries at zacharycomeaux.com



- Why does it work?
- Conditioning of connective fibrous tissue
- Cite the Fascial Conference linearity of cross fiber connection in muscle, teasing out a meshwork
- Proprioceptive muscle tone, pattern generation of populations of neurons by tonic vibratory reflex.
- Entrainment of somatosensory cortex.

Facilitated Oscillatory Release

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