

The osteopathic link between the respiratory and digestive system on newborn

Australian Osteopathic Association
Maroochydore 18 October 2008

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The osteopath, fulcrum for the baby

- Healthy digestive system
- Visceral input and peptides
- Respiratory adaptation
- Nervous adaptations
- Immunologic system

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Osteopathic treatment of newborn: a study from the french Academy of Osteopathy AO

- Decrees of the french law on osteopathy
- Critical analysis of the risk factor attributed to osteopathic care of the 0-9 months infants
- No accident in litterature
- No accident for insurance compagnies offering professionnel insurance to osteopaths
- 220.000 babies treated in France in 2005 for 400 000 osteopathic treatments

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A few facts concerning the respiratory and digestive systems at birth

- Both are vulnerable: their structure is not fully developed , so their function is fragile.
- Tension in the gastrointestinal tract after birth may decrease veinous and lymphatic circulation and exagorate troubles in other systems later.
- The lungs and the gastrointestinal tracts are one of the main place for immune activity.
- Viscero-visceral reflex through the vagus nerve: Irritation of gastric mucosa will stimulate mucus production in the lungs

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Life and Health



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F.Leboyer

What's life on an infant?

- **There is no definition of life; we see the effects** see Biogenesis by A.T.Still
- **Our perceptions are only a small part of the reality** felt sense
- **Informations we share are not knowing** W.G.Sutherland
- **Knowing is coming through dynamic stillness** Rollin Becker

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Vital force in a newborn

- Nothing is stable on a newborn in the whole body
- Everything can change and move regarding the informations shared
- Life and felt senses can accomodate what seems hard and non moving (bone)
- Every element is vibrating
- The respiratory and digestive system are not really effective before birth; the nervous system is not mature after birth

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Vibrations E Swedenborg

- Anything of a firm and hard nature, such as wood, stone, metal, is subjected to great tremulations even by a slight touch
- An expended membrane is the best medium of tremulation
- The tremulation of a string will cause a sympathetic vibration in another string; a membrane similarly affects another membrane; that is, if both are tuned in the same key

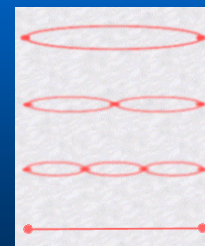
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Our vital force consists in little vibrations

- Tremulations in the air make rings and circles, and are heard on all sides round the center of the motion; that is, if the whole mass is not being moved
- In tremulations, there are millions of variations

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String theory :quantic application



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Vibrations in the newborn

- Motion takes place in the fluids in a contiguous system
- Vibrations are reflected through the connective system to the whole body
- New informations will change the matter if the informations move through the fluids

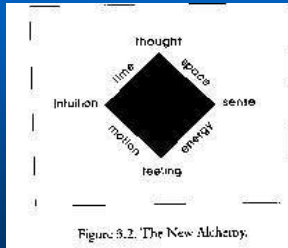
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Vibrations and main senses

- Vestibular, auditory system and ears
- Visual system and eyes
- Somato sensory system and musculoskeletal elements
- Vibrations transformed in electrical and chemical signal for the brain

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Tools: new senses



Bruno DUCOUX - DO Fred Wolf

New perceptions



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Felt sense

- Behind the five senses and words
- Link between physical, emotional, mental and intuition
- Presence or focusing
- The map is not the territory
- Eugene Gendlin Chicago 1953: a systemic experience in a holistic environment

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Vital force and environment



from Anne Geddes

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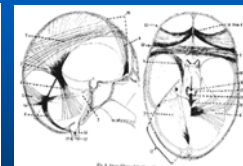
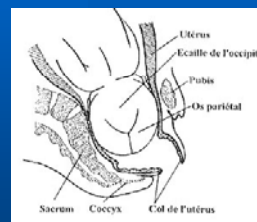
Memories from life in utero



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8 mois

Memories from birth



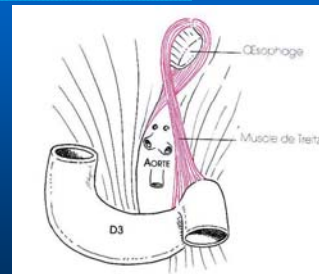
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The digestive system

- The gastro intestinal tract is exposed to the outer environment ex: position of the head
- Orthosympathic reflex slows down the digestiv mecanisms
- Steeples babies have more difficulties with digestion
- Intestinal peptides are found in the lungs; they are similar to neurotransmitters and help to maintain homeostasy

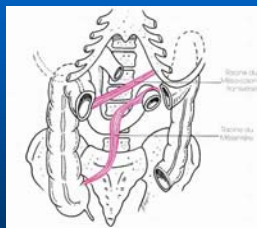
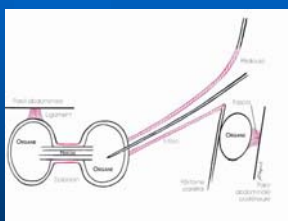
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Connective tissue, oesophagus and intra abdominal organs



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Connective tissue as the largest organ in the body transmitting vital force



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Tension and compression



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D'après S.Paoletti

Regurgitations

- Gastro oesophageal reflux is considered when the product of the stomach is coming back in the oesophagus. It may be physiological in the first two months (positing) and can be present on 64% of the babies but only 5 % have regurgitations at the age of 14 months
- After gastric regurgitation, a bronchial irritation appears and may be a vago-vagal reflex.
- According to Barr (1990) colics may be linked to vagal irritation (stress) but are not in relation with mother behavior

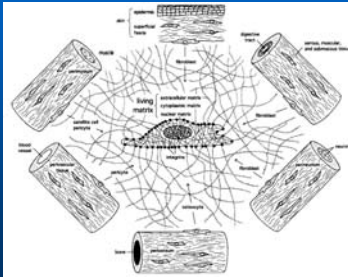
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The gut as a second brain

- Visceral behavior as an early manifestation of life
- The « first supper » is critical for the evolution of the different systems of the baby
- Immunitary protection; the immune system of the baby depends of the immune system of the mother (IgA lymphoblats)
- Importance of the autonomic nervous system

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Interconnection between the vital systems



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Oschman

Autonomic nervous system

- Transmission of informations - synapses, autocrine, paracrine, endocrine –
- Importance of extra cellular matrix
- Complexity under the diaphragm
- Meissner and Auerbach plexus
- Abdominal autonomic system: tension between pelvic and respiratory diaphragm
- Relation with mesenteric arteries
- Referred pain, sleep, metabolic answers

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Respiratory system

- Compliancy of the chest
- Immaturity of nervous system
- Great augmentation of the pulmonary alveoli: 20 millions to 200 Millions during the first three years
- Importance of a fluid: the surfactant
- T3T4 as a critical fulcrum

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Respiratory control

- Development of the phrenic and hypoglossal nerve
- Newborn period essential to a good respiration
- Informations are sent to the vagus nerve and the brainstem first
- So, preeminence of the diaphragm

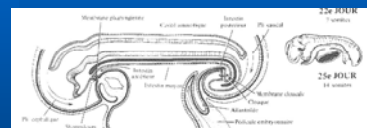
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Importance of the diaphragm



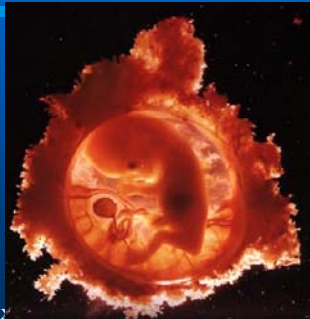
« We have to think between the lines of
A.T.Still...the thought between » W.G.Sutherland
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Septum transversum moves



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Complex organisation



3 months old
Lennart Nilsson

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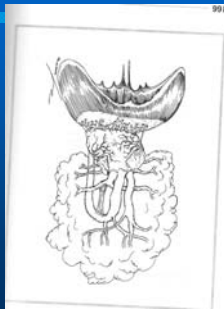
Diaphragm as a powerful structure



Willard Carreiro

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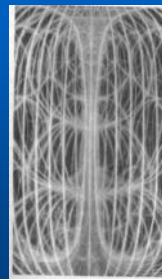
Digestiv system and diaphragm



From Litvinov

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Vertical axis

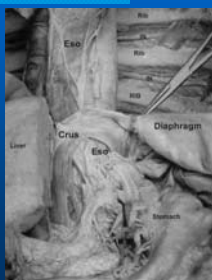


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Hugh Milne

Esophagus and diaphragm



Willard/Carreiro

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Diaphragm and core link



From Hugh Milne

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Diaphragm linked to the pericardium



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Willard/Carreiro

Different diaphragms



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Hugh Milne

Mouvement



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Jelly fish

Three dimensions axis and diaphragm



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Links



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Structure, psychisme, nutritin



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Alex Grey

Movement: a balanced life



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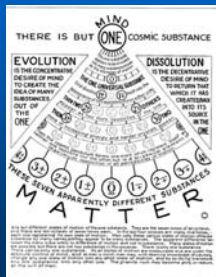
D'après
Litvinov

The osteopath: looking for neutral



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The osteopath: a fulcrum on the way to Unity



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from Russell

Principles of practice

- Looking for the place where the child shows us to work
- Find a vibrating fulcrum
- Fix in a neutral
- Fix it, like a fix in a harbour
- Let the higher Intelligence do the work

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Practice on digestive system

- Manual diagnostic
- Position of the hand
- Vibratory fulcrum in 4 directions
- Looking for neutral: tension, pressure, speed of answer
- Stay still
- Connectedness to the whole

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Practice on the respiratory system

- Diagnosis: Respiratory limitations
- Bones (T3T4), membranes, fluids, air
- Manual diagnostic
- Position of the hand
- Vibratory fulcrum in 4 directions
- Looking for neutral: tension, pressure, speed of answer
- Stay still
- Connectedness to the Dynamic stillness

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Health is the living principle in a living body R.Becker



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Sources

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