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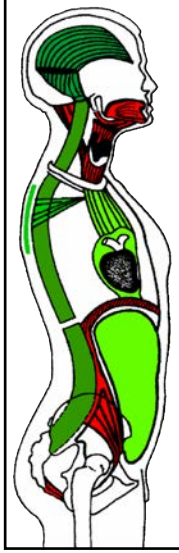

THE VISCERAL SYSTEM AND THE FASCIAL SYSTEM

Above the diaphragm it unites:
- Base of the skull.
- Mandible
- Hyoid bone
- Scapula
- Clavicle
- Sternum.

It LINKS:
- The Pharynx
- The Thyroid Gland
- The Carotids
- The Heart
- The Lungs
- The Mediastinum

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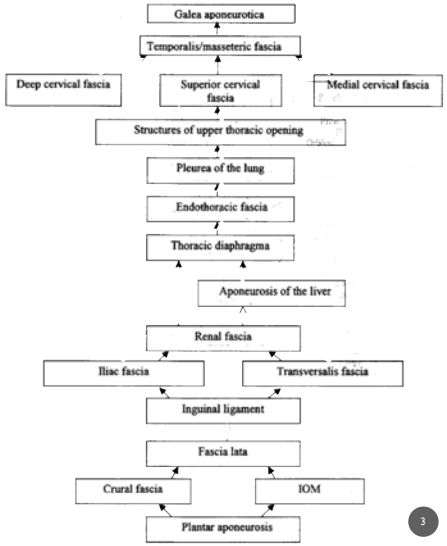
THE FASCIAL SYSTEM



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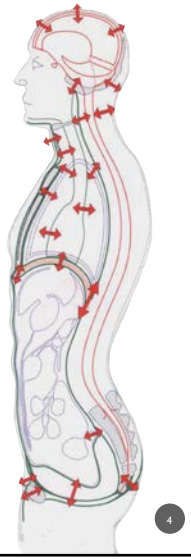
THE ROLE OF THE FASCIA

- The fascias are the soft internal skeleton that connects and controls the horizontal compartments in the body .
- When the horizontal dividers ascend and descend so they compress and release visceral tension.



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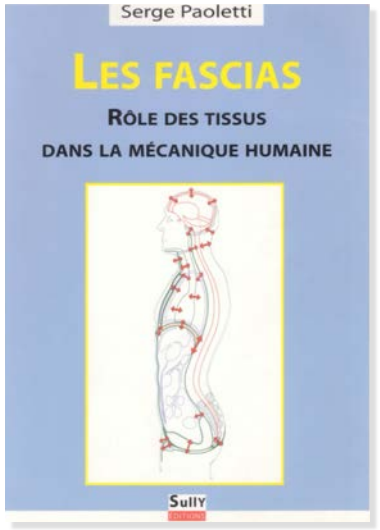

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- The significance of these fascial chains and connections is of paramount importance to the osteopath.
- Fascial relaxation techniques such as functional techniques and myofascial release techniques are important technical tools used by the osteopath to facilitate changes in the cardiovascular and respiratory systems.

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Slide Seven

THE RESPIRATORY SYSTEM

- **Viral pneumonia**
- Respiratory viruses are often the cause of pneumonia. Some examples include:
- influenza (flu)
- respiratory syncytial virus (RSV)
- COVID
- Rhinoviruses (common cold)
- Viral pneumonia is usually milder and can improve in one to three weeks without treatment.

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Slide Eight

THE RESPIRATORY SYSTEM

Hospitalization

If symptoms are very severe or you have other health problems, you may need to be hospitalized. At the hospital, doctors can keep track of your heart rate, temperature, and breathing. Hospital treatment may include:

- Intravenous antibiotics
- Respiratory therapy, which involves delivering specific medications directly into the lungs or teaching you to perform breathing exercises to maximize your oxygenation
- Oxygen therapy to maintain oxygen levels in your bloodstream (received through a nasal tube, face mask, or ventilator, depending on severity)

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Slide Nine

THE RESPIRATORY SYSTEM

- The Osteopathic approach to the treatment of Post Viral Pneumonia
  - treat the patient sitting it will be easier for them and for you too
  - Short specific treatments to the supporting fascia and articulations of the neck and chest are better then direct confrontational techniques that the patient is often unable to tolerate

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Slide Ten

THE RESPIRATORY SYSTEM

- A suggested treatment protocol might be
  - Fascial release techniques to the front and sides of the chest
  - Stretching techniques to the intercostal muscles
  - Stretching techniques to the accessory muscles of respiration
  - Fascial release techniques to the C/D junction. The root of the neck and the first and second ribs.
  - This is preparatory to treatment of the lymphatic drainage mechanisms

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THE RESPIRATORY SYSTEM

- Protocol continued
  - Cranio sacral techniques aimed at normalising motion in the horizontal compartments of the body
  - Direct “visceral “ release techniques to the lungs themselves.
  - Finally if the patient can tolerate them ,specific adjustment techniques to the thoracic spine and ribs . Remember these patients are often elderly and osteoporotic so all techniques must be very specific and very minimal leverage

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Slide Twelve

THE RESPIRATORY SYSTEM

- SUMMARY
  - Osteopathy has an important part to play in the care of patients recovering from both acute and chronic respiratory disease.
  - With appropriate care patients can be guided safely towards complete recovery once the pathogen has been dealt with by the acute care team and the patient is discharged from hospital

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PMID: 24836893

Osteopathic Manipulative Treatment as a Useful Adjunctive Tool for Pneumonia

Sheldon Yao,[1] John Hassani,[1] Martin Gagne,[1] Gebe George,[1] and Wolfgang Gilliar[1]

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Osteopathic Manipulative Treatment (OMT) is a cost-effective adjunctive treatment of pneumonia that has been shown to reduce patients' length of hospital stay, duration of intravenous antibiotics, and incidence of respiratory failure or death when compared to subjects who received conventional care alone[5].

Noll DR, Degenhardt BF, Fossum C, Hensel K. Clinical and research protocol for osteopathic manipulative treatment of elderly patients with pneumonia. J Am Osteopath Assoc. **2008**;108(9):508–516. [PubMed] [Google Scholar]

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The use of manual manipulation techniques for pneumonia was first recorded as early as the Spanish influenza pandemic of 1918, when patients treated with standard medical care had an estimated mortality rate of 33%, compared to a 10% mortality rate in patients treated by osteopathic physicians[6].

Smith RK. One hundred thousand cases of influenza with a death rate of one-fortieth of that officially reported under conventional medical treatment. J. Am. Osteopath. Assoc. **1920**;20:172–175. [PubMed] [Google Scholar]

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When applied to the management of pneumonia, manual manipulation techniques bolster lymphatic flow, respiratory function, and immunological defense by targeting anatomical structures involved in the these systems[7,8]

Saggio G, Docimo S, Pilc J, Norton J, Gilliar W. Impact of osteopathic manipulative treatment on secretory immunoglobulin a levels in a stressed population. J. Am. Osteopath. Assoc. **2011**;111:143–147. [PubMed] [Google Scholar]

Measel JW, Kafity AA. The effect of the lymphatic pump on the B and T cells in peripheral blood. J. Am. Osteopath. Assoc. **1986**;86 [Google Scholar]

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