

Osteopathy

Pranada Wellness Center Wellness Retreat 2025

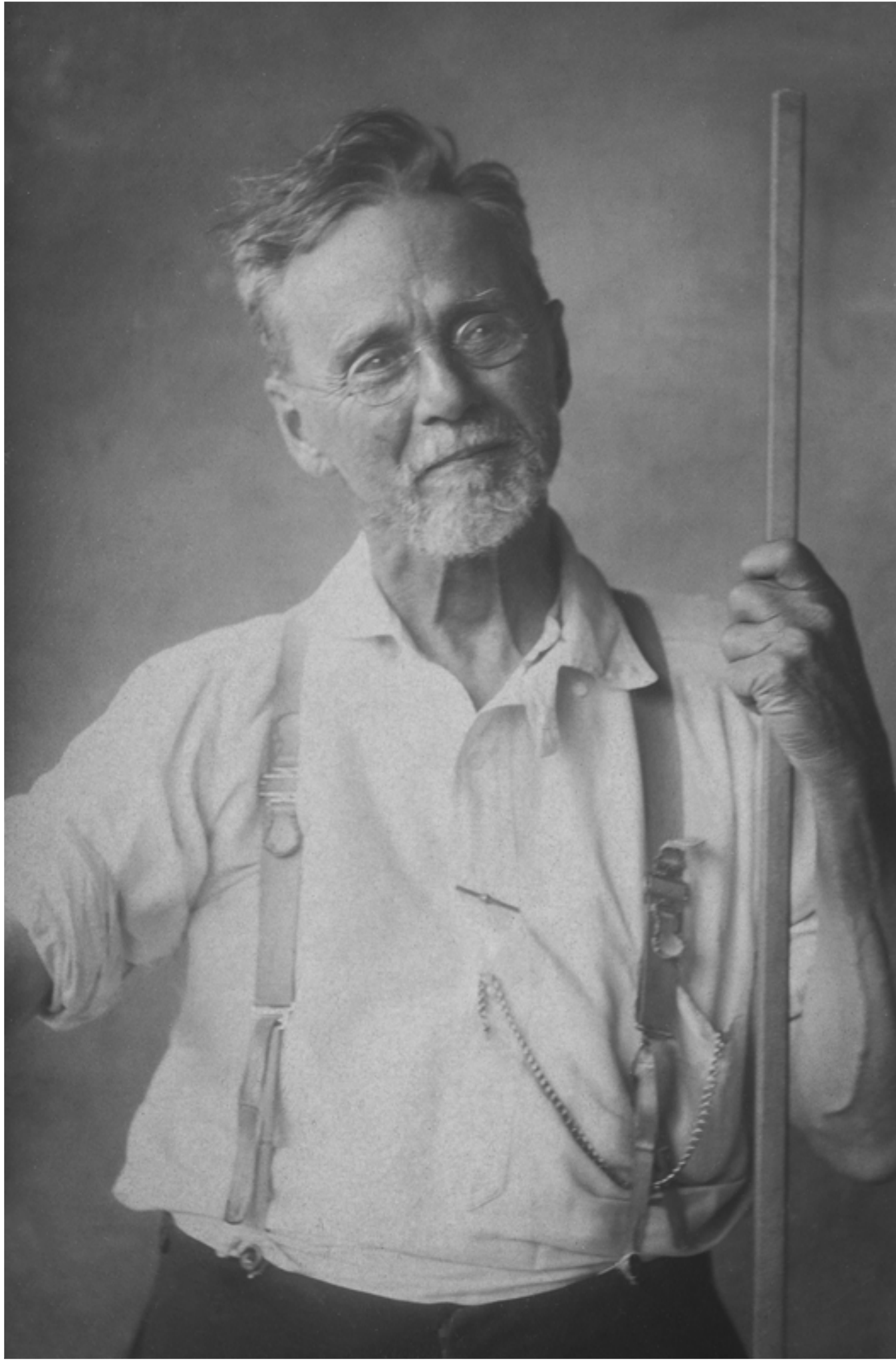
Christine A. Mitchell, D.O.
December 14, 2024



Andrew Taylor Still, MD

.... DO

1828 -1917



To know all of a bone in its entirety would close both ends of an eternity. AT Still

To find health should be the object of the doctor, anyone can find disease. AT Still

I love my patients because I see God in their faces and form. AT Still

Human Life is eternal. We have no proof otherwise. Life enters the forest of flesh as man. It carries constructing wisdom and ability. AT Still

I am not ashamed to be a child in the MIND of GOD. AT Still

Life is that calm force sent forth by Deity to vivify all nature. AT Still



**William Garner Sutherland, D.O.
1873-1954**



All Life is Manifested in Energy or Motion. Without motion, in some degree, there can be only death. Further more motion is essential to function. But that motion must be intelligent and purposeful for the living organism to successfully compete with its environment.

Hence that motion must be Guided and Directed By a Supreme Being. There must be a channeling of the Universal Intelligence down to the individual cell or organism. Otherwise all would be chaos.

What is the Supreme Intelligence? How does the channeling take place? No one knows for sure. The fact remains that the existence of such is a positive and irrefutable fact, which is emphasized by the world's greatest scientists. William Garner Sutherland, D.O.

... Fingers capable of feeling, thinking, seeing ... requiring brain cells in their tips... locating etiological factors beneath as well as throughout all bodily tissues. The finger- feel, the finger-thought, and the finger-sight are the only way to read the diagnostic message.

William Garner Sutherland, D.O.

Osteopathy is governed by and through the intelligent application of the cultivated sense of touch. Osteopathy cannot be learned by observation – eyesight cannot observe the sense of touch. There must be a finger-feel, a finger- thought, and a finger- sight in order to note how the lesion moves, when it moved, and the change occurring after.

William Garner Sutherland, D.O.



James S Jealous, D0
1943 - 2021

WE ARE DESIGNED TO HEAL EACH OTHER

JS Jealous, D.O.

The cause of an illness is not the illness itself, but how one became susceptible.

JS Jealous, D.O.

The Health creates the lesion to protect the whole in an act of wisdom.

JS Jealous, D.O.

When we hate lesions in ourselves, we miss the real story of love. Does hating a lesion help healing? Self-pity is a poison. Feeling healthy or ill is the same fulcrum. Neutrality can improve both levels of function. How often do you consult with your patients on this?

JS Jealous, D.O.

Some of those redwoods feel as if they never began.

JS Jealous, D.O.

“Osteopathy is an opportunity to serve the suffering persons in this world through the very humbling experience of coming to know the “magnitude of the heavens” as Dr. Still described. As one grows in this work everything will slowly change until the Truth awakens the desire to serve without any reward.

Our tradition is a living organism that begins with sincere respect for all aspects of our profession... this is what can and will bind us in a healthy expression of community. Traditional Osteopathy is an oral tradition that functions through mutual love between the elders and the beginners and embraces the inner discipline and fortitude to practice what we preach.”

JS Jealous, D.O.

What is Osteopathy?

***Osteopathy is the art of using one's hands to
engage
a therapeutic process governed by the natural
laws
of Life and Health of a patient.***

What is Osteopathy?

***Osteopaths communicate and cooperate
with natural laws.***

Laws not framed by human hands.

That are supernatural in cause.

Natural Laws

Wholeness

Health

Outer Physical

Inner Physical

PHYSIOLOGY: Normal functions of Living Organisms

What are some of these Functions?

Metabolism – happening at the protoplasmic level ... in cells, tissues and organs ... anabolic, catabolic and sustaining processes

Breathing (both outer and inner physical)

Oxygenation

Circulation

Digestion

Bioelectric/Biomagnetic movements of electrical current

Excretion (both outer and inner physical)

***The Subtle Physical
Body***

Fluid Body

All of these inner processes culminate in sum patterns of motion and movement that create shapes and forms.

These shapes and forms are known as fields - metabolic or fluid fields.

Kaleidoscopic

<https://www.etsy.com/listing/253860799/oval-kaleidoscope-elliptic-flower>



*Indwelling
Therapeutic Forces*

Embryology

Neutral

Respiration

Tissues

Fluids

Potency

Organs and Organ Systems

Nervous System

***Autonomic Nervous
System***

Soma

Osteopathic Lesion

... A Lesion Field

aka

Somatic Dysfunction

Healing

OSTEOPATHY IS SERVICE

We use our hands.....

- To treat the Whole patient
- To listen to the indwelling movements of Life
- To treat all levels of illness
- To assist in building the patient's functional reserve
- To support homeostasis and trophicity by balancing the activity of the A.N.S.
- To explore "laws not framed by human hands" (Dr. Still and Sutherland)
- To cooperate and communicate with Laws of Nature (Dr. Wales)
- To find the Health (Dr. Still)
- To get to the treatment plan
- To get to the diagnosis
- To help establish a point of Rest or Neutral around which the Whole can come to balance
- To find Cause.

We believe.....

- We have innate capacity to heal
- The patient functions as a whole
- The autonomic nervous system plays a major role in disease and healing
- Structure and function are one form of activity
- The Divine is indwelling
- Life moves beyond death
- There is a Constant Movement towards Normal
- We are here to Serve Humanity

Normal is.....

- "A sense of peace and harmony" (Dr. Sutherland)
- Ease of motion, without tension
- A capacity for Neutral
- A sense of Wholeness to Life
- The capacity for adaptation, change without compensation.

"Skill is proportionate to one's understanding normal" (Dr. Still)

***In GRATITUDE ...
and service***