Session Aims

- To examine the histories of the modern osseous manual therapies of osteopathy and chiropractic
- To meet the luminaries who created these disciplines and discuss their relationship to other natural therapies
- To distinguish the similarities and differences between the philosophies and practices of these disciplines
Moving the Bones: Renaissance Europe

- 1580: Ambrose Pare advised use of manipulation in the treatment of spinal curvature
- 1656: Friar Thomas, in *The Complete Bone Setter*, described manipulative techniques for the extremities
- 1674: Johannes Scultetus included descriptions of Hippocrates’ manipulative methods in *The Surgeon’s Storehouse*

Moving the Bones: The Enlightenment (18th Century)

- Physicians and surgeons tended to abandon general acceptance of spinal manipulation

- 1746: physician Johannes Hieronymi appears to be the first to use the term “subluxation” to describe spinal function

- Manipulation remained a healing method used in folk healing by the bone setters

Moving the Bones: The Bone Setters

- Folk medicine, and particularly rural medicine, carried this tradition
- Related to the barber surgeons and other niches of folk medicine
- Bone setters did everything from setting broken bones to reducing dislocated joints and correcting spinal anomalies via manipulation of vertebrae
Early 19th Century Europe

- By 1828, physicians were routinely using the term “spinal irritation” to describe the causation of many types of complaints and as a threat to the function of the major organs.

- But physicians had a tenuous connection to bony manipulation as a therapy through most of the 19th century.
Late 19th Century Europe

- A handful of physicians were using the term “subluxation” and even describing the use of the transverse and spinous processes of the vertebrae as levers to correct misalignments.

- By 1882, manipulation was again evident in medicine, a topic of meetings and papers, viewed favourably, though it continued to be called “bone setting.”

Shifting Tide in the US

- In the second half of the 18th century, the US was fertile ground for development of alternatives to conventional medicine.

- The drive was on to find perspectives on healing and health that were more effective and less harmful.

- Nature Cure, Hygiene, Hydrotherapy, Homeopathy, and Naturopathy all took root in the US in this timeframe.
What is Osteopathy?

“Osteopathy is a hands on approach to healthcare recognising the important link between the structures of your body & the way it works. Osteopaths focus on how your skeleton, joints, muscles, nerves and circulation work together to improve your health & well-being.”

http://www.osteopathy.org.au/
What is Chiropractic?

“A health profession concerned with the diagnosis, management and prevention of mechanical disorders of the musculoskeletal system, and the effects of these disorders on the function of the nervous system and general health.”

Definition World Federation of Chiropractic, 2001

Revision Questions

- What was the relationship between physicians and bone setters historically?
- From this lecture so far, what do you see as the main difference between Osteopathy and Chiropractic?

Other food for thought:

- Based on what you’ve learned this semester, what might have been some the things that drew the focus of physicians away from gross physical structures of the body in the 1800’s?
Andrew Taylor Still

- Born 1829 in Missouri, son of a physician who was also a Methodist minister
- Apprenticed into medicine, began practice in 1854
- Three of his children died in a single episode of spinal meningitis, and he thus became disillusioned with conventional medicine
- Started working on his own ideologies about healing

Offentlig eiendom, https://commons.wikimedia.org/w/index.php?curid=840099
Andrew Taylor Still

- As a child, he had relieved his own chronic headaches by laying with his neck wedged between two roots of a tree.
- Formed the basis of his theory that organs could not function properly if the blood flow was not optimal.
- Law of the Artery: proper function of the musculoskeletal system was, to him, the key to ensuring proper blood flow.

By [http://wellcomeimages.org/indexplus/obf_images/70/3e/4e58896a08aadb3d265ccc3711ca.jpg](http://wellcomeimages.org/indexplus/obf_images/70/3e/4e58896a08aadb3d265ccc3711ca.jpg) CC BY 4.0, [https://commons.wikimedia.org/w/index.php?curid=35856467](https://commons.wikimedia.org/w/index.php?curid=35856467)
Andrew Taylor Still

- From 1874, he referred to himself as the “Lightning Bone Setter”
- Incorporated manual manipulative techniques and ideas of magnetism
- Belief that manipulation could cure disease was unpopular in mainstream medicine
- His technique was very popular with general society, and he soon had too many patients to treat on his own

Osteopathy is Born

- 1889: coined the term Osteopathy, from “osteon” (meaning “bone”) and “pathos/pathine” (meaning “to suffer”)
- 1892: established the American Osteopathic College in Missouri
- By 1910, there were 8 major Osteopathic colleges, all of which withstood the recommendations of the Flexner Report

By PCOM - PCOM Facebook Site, Public Domain, [https://commons.wikimedia.org/w/index.php?curid=17620313](https://commons.wikimedia.org/w/index.php?curid=17620313)
US Osteopathy

- Like early Naturopaths, Osteopaths were often arrested and charged with practicing medicine without a license.

- By 1929, American Osteopathic colleges had added pharmacy (herb and drug), surgery and obstetrics to their courses, then lobbied for the same practice rights as regular medical doctors.

- By 1973: all US states had granted equivalent scope of practice and licensure of DO’s as to MD’s.

- Through this process, there was dramatic reduction in number of DO’s who used manual or manipulative therapy in their practice.
Australian Osteopathy

- Graduates from the first American college arrived via migration or return to Australia in the early 1900’s
- From ~1907, the hub of Australian Osteopathy was in Collins St in Melbourne, at a practice that housed up to 6 practitioners at a time
- Teaching of Osteopathy was firmly established in 1947 at the Pax College of Osteopathy in Ballarat
- By the early 1970’s, training was concurrent/joined with chiropractic, which was offensive to some osteopaths
Australian Osteopathy

- 1977: Royal Commission enquiry into alternative medicine in Australia, resulting in the Webb Report
- Neither Osteopathy nor Chiropractic were recognized as complete systems of medicine, but Osteopaths recognised as “skilled spinal manipulators” whose therapy is “beneficial for conditions of the musculoskeletal system”
- So, regulation of Osteopaths was for manual manipulative treatment and musculoskeletal therapies only
- Joint registration granted with Chiropractors in 1978 by Victoria and NSW
- Now nationally registered under AHPRA
British Osteopathy

- Two major historical founders: John Martin Littlejohn (pictured on next slide) and FJ Horn
- British College of Osteopathy was established in 1917 and was the first osteopathic college outside the US
- 1938: British College of Naturopathy and Osteopathy founded in London
- Until 1989, graduates received a Diploma of Osteopathy, abbreviated as “DO”, which created confusion as compared to the US DO’s, who were doctors
- First BSc in Osteopathy established in 1989, major advancement in the education
British Osteopathy

- Unity of the profession began in 1992 around common goals related to registration
- Achieved statutory registration in 1998
- Currently, the education is quite varied, with some short programs that are open only to already registered medical doctors, and some programs being up to five years and open to school leavers

Evolution of Osteopathy Worldwide

- 1999: about 40,000 practitioners worldwide with the title Osteopath
- Lack of unity in the profession internationally or nationally that is similar to Naturopathy
- Widely variable education, regulation and practice by country
- Variable understanding amongst the general population about what an osteopath is and does
Revision Questions

- Describe what Osteopathy is in your own words.
- What role did personal experience and success with patients play in the development of the system of Osteopathy?

Other food for thought:

- What role do you think that Still’s opposition to conventional medicine played in development of osteopathy? Why were they opposed? What were the pros and cons of this?
Daniel David Palmer

- Born 1845 in Canada, was a factory worker until migrating to the US in 1865
- Well educated and particularly interested in the sciences and healing arts
- Worked for 20 years as a horticulturist/farmer and schoolteacher before becoming a “natural healer”

Daniel David Palmer

- Practiced magnetic healing for almost a decade prior to establishing the system of Chiropractic

- 1895: Palmer manually assesses the deaf janitor in his building, finds a vertebra out of alignment, and thrusts on it to attempt to realign it

- Reportedly immediately improved the janitor’s hearing

Daniel David Palmer

- **Law of the Nerve**: when a vertebra is out of alignment, there is pressure on the nerves nearby, which is irritating and affects organ function, leading to disease.

- **Chiropractic** was a synthesis of four distinct healthcare traditions of the time: magnetic healing, bone setting, popular health reform, and orthodox science.

By Anuskafm, CC BY-SA 3.0, [https://commons.wikimedia.org/w/index.php?curid=3676929](https://commons.wikimedia.org/w/index.php?curid=3676929)
Innate Intelligence

- Palmer revised the theory of magnetism to his concept of the “innate intelligence” of the organism.

- Most important aspect of healing was attaining and maintaining an unimpeded flow of energy in the body.

- This was the major point by which the mainstream medical community ultimately rejected and disdained his theories.
Chiropractic is Born

- Name derived from Greek “cheiros” (meaning “hand”) and “praktos” (meaning “done by”), basic meaning = “hand work”

- 1897: first chiropractic college opened in Davenport, Iowa, now called the Palmer College of Chiropractic

- 1907: one chiropractor charged with practicing medicine and osteopathy without a licenses was found not guilty, with the court stating that he was practicing a distinct discipline that was not medicine – chiropractic was then considered a distinct system of healing
Chiropractic Evolves and Grows

- 21st century in the West: chiropractic is second only to conventional medicine in the primary healthcare arena
- Major fragmentation and infighting in the profession over treatment technique
- Overlap of the profession’s manipulative therapies with modern physiotherapy, to the extent they are considered competitive
- Concept of subluxation has evolved and greatly expanded
US Chiropractic

- Largest of the alternative healthcare professions
- Legacy of professional factionalism
- Enough professional cohesion that they have successfully defended vigorous opposition from conventional medicine
- Core belief remains that spinal adjustment and alignment is a critical healthcare intervention

Australian Chiropractic

- First chiropractors came to Australia in 1905
- Until the 1930’s, only a handful of chiropractors in Australia, all trained in the US
- Chiropractic education was established in Australia in the 1930’s in a blend with osteopathy and naturopathy
- First professional association established 1938
- Now nationally registered under AHPRA, with ~5,000 registered chiropractors in 2016
Revision Questions

- Describe what Chiropractic is in your own words.
- What is the major theoretical difference between Chiropractic and Osteopathy?

Other food for thought:

- What are some similarities between Palmer’s concept of Innate Intelligence and the Naturopathic principle of the Vis Medicatrix Naturae? What are some differences?
References

COMMONWEALTH OF AUSTRALIA

Copyright Regulations 1969

WARNING

This material has been reproduced and communicated to you by or on behalf of the Australian College of Natural Medicine Pty Ltd (ACNM) trading as Endeavour College of Natural Health, FIAFitnation, College of Natural Beauty, Wellnation - Pursuant Part VB of the Copyright Act 1968 (the Act).

The material in this communication may be subject to copyright under the Act. Any further reproduction or communication of this material by you may be the subject of copyright protection under the Act.

Do not remove this notice.