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NEWS & VIEWS ACROSS THE PROFESSION

ICAOR 3

3rd International Conference on Advances in Osteopathic Research

Dr Nick Walters



Clive Standen after dinner

And so we all packed our bags and took the long flight to Melbourne for ICAOR3, well those of us from this side of the globe. After two successful events in London in 1999 and 2000, the 3rd International Conference on Advances in Osteopathic Research was hosted by Victoria University and the BCNO on the 15th to 17th February 2002. Over one hundred delegates convened in Melbourne to hear presentations from researchers in the UK, Australia, New Zealand and USA.

After a cocktail reception on the Friday evening, the Conference formally started with a presentation by Frank Willard (whose Air-Miles tally must surely rate a mention in the Guinness Book of Records). Frank (in his third ICAOR keynote) chose to speak on developments in our understanding of pain and its underlying physiology. His thesis was that there is a demonstratable neuro-endocrine/biochemical mediation and maintenance of chronic pain rather than disturbed tissue repair and rejuvenation. As usual the audience were held in awe by Frank's mastery of his subject. Some delegates were heard to mention that the keynote alone was worth the registration fee.

Richenda Power (UK) opened the research presentations with a double header of work she and Averille Morgan have been doing with children with educational and behavioural problems. This work was followed by a presentation by Margit Janossa (UK) of Iona Bramati-Castellarin's BCNO dissertation which examined the potential benefit of visceral osteopathy. Both these presentations surely opened the minds of those who might question anything but structural osteopathy as having benefit to patients. The session following lunch was a Kiwi affair with Chris McGrath presenting a controversial look at anatomical evidence for cranial suture movement. Chris was awarded a \$100 book token prize for the best presentation by an experienced researcher. David Gale and Boris Gutnick followed with a pair of papers looking at osteopathic treatment and behaviour patterns in coordinated tasks.

The remaining afternoon session comprised of Nick Penney (Aus) presenting a summary of his recent BCNO conversion course thesis on whether osteopaths used biopsychosocial issues in their case history taking when treating patients with low back pain.

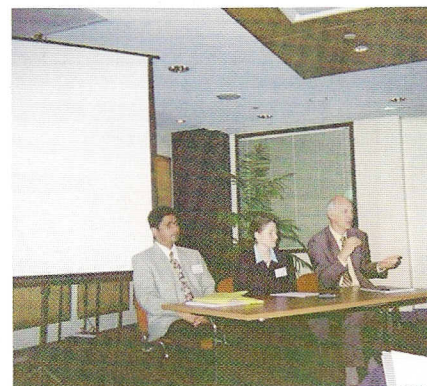


Ian Drysdale (BCNO) and Peter Gibbons (VU) closing the ICAOR conference

The day was rounded off with a paper by Nick Walters and Tanya Lipman (UK) examining the role hydrotherapy can play in enhancing muscle function.

The conference dinner was held at the Duxton Hotel and the diners were entertained by that master raconteur (recently surfaced in NZ) Clive Standen.

The second day of the conference opened with a keynote presentation by David de la Harpe - a spine surgeon from Melbourne. The presentation entitled "Indications for Lumbar Discectomy" included some fascinating video footage of neuro surgery on prolapsed discs. Ian Drysdale (UK) followed with a presentation of a four year study at the BCNO into upper limb muscle development in osteopathic students, the conclusion was that wrist flexors and extensors showed a 30% increase in peak force development. Sarah Weldon (UK) provided a detailed systematic review of the efficacy of stretching and concluded that there is confusion in the literature mainly due to lack of rigorous



Manoj Mehta, Sarah Weldon and Ian Drysdale take questions

protocol adherence. – a message to all researchers!!

Manoj Mehta (UK) then showed that using a 5 sec MET is just as effective as a 20 sec MET, giving further support to the belief that we must all challenge what we do and how we do it until empirical evidence is obtained.

The post lunch session again produced a prize winner, this time in the form of the new researcher award given to Matthew Wallden (UK) for his work on

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