Abstract

Aim

The aim of the study is to prove the relationship between two somatic dysfunctions in order to structurize and customize osteopathic treatments through inhibition.

Research design

The study is designed as basic research, as no studies with similar measurements have been conducted in osteopathy to date. The number of participants is 25.

Methods

The participants are individually examined osteopathically. This examination is based on Chauffour's “Lien Mechanique Osteopathie” (LMO) system and extended to include the tender points (TePs) of Strain-Counterstrain (SCS). In the next step, all TePs found are inhibited against each other by palpation for pressure pain. As a result of this inhibition, only the strongest and the second strongest TeP remain on the whole body, which in turn are inhibited against each other to decide where the algometer should be applied for measurement. The Pressure Pain Threshold (PPT) is measured at the second strongest TeP, following the example of Conditioned Pain Modulation (CPM). The first measurement is conducted without any effect on the strongest TeP; in the second measurement, the pain threshold is measured again while the strongest TeP is palpated for pressure pain.

Results

The PPT increased by 47.95% from the first to the second measurement.
This corresponds to $p < .001$***.

Pain intensity, measured using the verbal numerical pain scale (vNSS), decreased by 11.93%. This corresponds to $p = .011$**.

Discussion

The highly significant increase in PPT and the significant decrease in pain intensity indicate that testing the relationship between two TePs may be helpful in determining the dominant somatic dysfunction and customizing treatment to individual patients.

Keywords: inhibition tests, tender points, pressure-pain threshold, nociception, algometer