

## **Section manual therapy and osteopathy.**

Specialists of the Scientific Research Medical Clinic of Chiropractic and Osteopathy, chiropractors use the MANUTHERA system couch in the clinic, which increases the possibilities of medical manipulations and allows the doctor to work efficiently and correctly, thereby giving a high quality of medical manipulations.

The MANUTHERA system helps the chiropractor to achieve high results when performing manipulations on the upper and lower extremities, manipulations on the spine, thereby achieving a high therapeutic result.

We want to briefly talk about this couch below.

For more information about the method of manual therapy, see other sections of the site and read the books of Dr. Bulanov, write by e-mail [osteopat-24@yandex.ru](mailto:osteopat-24@yandex.ru) or call +7 (495) 916-14-31



### **Table for mobilization and manual therapy Lojer manuthera**

Mobilization table for professionals. Unique features and sophisticated design.

The Manuthera table is designed for manual therapists, for mobilization, manipulation and massage. Its characteristics allow for easy manipulation in order to assist the doctor in his work. Manuthera table folds out into main therapeutic and

anatomical positions; bearings in the movable joints of the table ensure smooth, quiet movement.

”The table has no analogues. The ideal companion for the chiropractor ”

Mobility restoration can be performed in 3D motion using traction, flexion, lateral flexion and rotation. The table tilts up and down to accommodate gravity therapy. In this position, the lower section can also be rotated in three planes.

The lower section tilts almost to the floor for easy patient access to the table. The head section allows for extension / flexion, lateral flexion, traction and height adjustment (up and down). Both the head and bottom sections allow for unprecedented, gentle lateral flexion. The Manuthera table has a unique "drop" function in the hip area.



**An excerpt from the book of Professor L.A. Bulanov "Manual therapy  
Source of health". The book was published in 2008 by the Phoenix  
publishing house**

**NEW METHOD  
OF MYODISTRACTION MANIPULATIONS ON THE SPINE OF PROFESSOR  
L.A. Bulanov**

*Maintaining health is a duty.  
Herbert Spencer.*

The doctor's duty is to restore the patient's health by the most correct medical actions. Can my new method help with this? Without a doubt.

Its advantage is the simultaneous effect on the muscular and bone structure of the musculoskeletal system, where special movements on the muscles are used to relax them. Moreover, during muscle relaxation, muscles and fascia are immediately stretched, which sharply normalizes their natural tone.

At the same time, the effect on the musculoskeletal structure gives the best result during myodistractive manipulations on the spine. In this case, the doctor relies on the clinical manifestations of the patient's diseases, the presence of injuries, and takes into account concomitant diseases. Finally, the principle of muscular distraction manipulations is, of course, associated with the correct method of influence chosen by the doctor himself.

Indications for the method: migraine, cervical vertebral artery syndrome, vertebral pains, lumbodynia syndromes, cervicalgia, tonsillitis, frontal sinusitis, laryngitis, sinusitis. Diseases of the respiratory system, upper and lower extremities, gastrointestinal tract, genitourinary system (including frigidity and impotence). Diseases of the liver, pancreas, bile ducts, the entire musculoskeletal system. Hearing and vision impairment, limitation of mobility within the normal physiological function of the joint - functional blockages, various diseases of the musculoskeletal system, cervical, thoracic, lumbar sciatica, diseases of the peripheral joints of the upper and lower extremities, diseases of the ANS, cardiovascular system, the heart itself in non-acute period, diseases associated with disorders of the respiratory system and the hormonal system.

Contraindications: spinal fractures and injuries of intervertebral discs (cracks, destruction), congenital malformations, pregnancy over 12 weeks,

Absolute contraindications: tumors of the spine, joints and internal organs, infectious processes in the spine and joints (tuberculous spondylitis, osteomyelitis, rheumatism in active form). Spondylopathies of

various etiologies, inflammatory diseases of the spinal cord and its membranes, recent injuries of the spine and joints, condition after spinal surgery, grade III ankylosing spondylitis, scoliosis above grade III, polyarthritis grade III-IV. Acute diseases of the gastrointestinal tract, chest organs, acute disorders of cerebral and coronary circulation (stroke), bleeding, acute inflammation, infections.

### **Features of performing myodistractive manipulations on the spine and joints**

First of all, manipulations on the spine and joints are performed gently, easily and naturally, without causing pain to the patient. The force of pressure varies from 5 to 70 kg by pressure with the weight of the doctor's hand. Moreover, its effects have not only therapeutic, but also diagnostic properties, since the chiropractor receives impulses from the muscles about the state of the joint, its soreness, as well as impulses from muscles that can even block the joint.

During myodistractive manipulations on the spine, a characteristic crunch occurs, which indicates traction in the joints of the spine and the disease of osteochondrosis of varying degrees. Moreover, the stronger the degree of osteochondrosis, the more tense the muscles of the back. Therefore, the effect on the muscle structure is a necessary combined effect along with manipulations.

By acting simultaneously and consistently on the muscles and joints of the spine, the doctor achieves the most effective therapeutic effect of manipulations, which is the fastest and most effective recovery of the patient.

### **P.S**

The methods and principles of osteopathy have been revised for centuries. For example, manipulations on the musculoskeletal system of the time of Hippocrates were alone and now seem primitive to us. The founder of the modern school of osteopathy, Andre Still, used completely different techniques. However, they are extremely difficult to implement.

In my opinion, today manipulations should simultaneously affect both the muscle structure and the bone structure. At the same time, be simple, accessible to the doctor.

At the same time, the patients themselves must be quite clear about and understand what the doctor is doing. He himself is obliged to competently use his experience and knowledge in order to correct “that displaced bone of the patient,” which the patient is not able to heal on his own. And the more experience and skill a doctor has, the more efficiently and professionally he acts.

... I believe that the above method more clearly defines the sequence of muscle and joint, and allows you to achieve an effective painless effect on the damaged area of the musculoskeletal system.