

Osteopathy vs. Conventional Medicine: A Holistic Review of Principles, Practices, and Effectiveness

Erdem Fırat Çağlar

Nisantasi University, Faculty of Sport Sciences, Nisantasi NeoTech Campus, Maslak, Istanbul, Turkey

Email: [bilgi\[at\]firaterdem.com](mailto:bilgi[at]firaterdem.com)

Abstract: *Osteopathy is a holistic medical practice that emphasizes the interconnectedness of body, mind, and spirit. Founded in the late 19th century by Andrew Taylor Still, it emerged as a response to the limitations of conventional medicine, which relies heavily on pharmacological and surgical interventions. Osteopathy prioritizes the body's innate ability to heal itself through optimal musculoskeletal function. This paper explores osteopathy's principles, therapeutic techniques, and its role in contemporary healthcare. A comparative analysis with conventional medicine highlights its potential contributions and limitations, providing insights into its efficacy as a complementary or alternative medical practice.*

Keywords: Osteopathic medicine, manual therapy, holistic health, musculoskeletal therapy, integrative medicine

1. Introduction

Osteopathy, a distinctive form of alternative medicine, has gained recognition for its holistic approach to health and its emphasis on the interconnectedness of the body, mind, and spirit. Originating in the late 19th century, this practice was pioneered by Andrew Taylor Still as a response to the perceived limitations of conventional medical practices that heavily relied on pharmacology and surgical interventions. Still envisioned a healthcare model that emphasized the body's innate ability to heal itself, assuming the musculoskeletal system functions optimally. This foundational philosophy continues to define osteopathy, distinguishing it from traditional medical frameworks.

Central to osteopathy is its principle of the "body unit," which views the human organism as an interconnected whole. This principle recognizes that dysfunction or imbalance in one part of the body can manifest as complications in seemingly unrelated areas. By integrating this perspective into clinical practice, osteopathy seeks to address not only the physical symptoms but also the underlying causes of illness. This holistic approach contrasts with conventional medicine, which often isolates symptoms within specific systems for diagnosis and treatment.

Osteopathy's emphasis on anatomy and physiology reflects its commitment to understanding the complex interplay of the body's systems. Through techniques that aim to restore balance and harmony within the body, osteopaths strive to promote health in all dimensions. This approach has positioned osteopathy as a complementary or alternative choice for individuals seeking a more integrative approach to their healthcare.

This research is significant as it provides a comparative analysis of osteopathy and conventional medicine, highlighting osteopathy's unique contributions and potential limitations and study employs a qualitative literature review approach, synthesizing findings from peer-reviewed articles, clinical studies, and theoretical frameworks to analyze osteopathy's effectiveness compared to conventional medicine. As integrative health approaches gain recognition, understanding osteopathy's role in modern medicine is

essential for both medical professionals and patients seeking alternative treatment options. By comparing osteopathy to conventional medicine, this discussion will provide insights into its unique contributions and potential limitations as an alternative medical practice. Through a detailed examination of its holistic philosophy, therapeutic techniques, and clinical applications, this paper will elucidate the role of osteopathy in promoting health and well-being in contemporary society.

2. Osteopathic Medicine

Osteopathy is a distinct form of alternative medicine that takes a holistic approach, emphasizing the interconnection between the body, mind, and spirit. Founded at the end of the 19th century by Andrew Taylor, osteopathy emerged as an answer to the limitations perceived in contemporary medical practices very weighted towards pharmacology and surgical interventions.¹ The fundamental philosophy of osteopathy postulates that the body has an inherent capacity to heal, provided that the musculoskeletal system works properly. This paradigm is encapsulated in the osteopathic principle that a deep understanding of anatomy and physiology is essential for effective therapeutic intervention.

Osteopathy diverges significantly from conventional medicine in its treatment approach and patient care. Although conventional medicine often focuses on treating symptoms within isolated systems, osteopathy adopts a more integrated perspective, seeing the person as a whole. Osteopathic practice incorporates a variety of techniques aimed at restoring balance and promoting health in all body systems. The principle of "body unit", central to osteopathic philosophy, affirms that the body works as an interconnected entity; Dysfunction in an area can precipitate complications that manifest in apparently unrelated regions.²

Historically, the development of osteopathy was influenced by the social and medical contexts of its time, particularly during an era marked by the emergence of scientific medicine and disenchantment with conventional methods that often showed minimum results.¹ Still's discovery of the importance of the musculoskeletal system in health paved the way for a paradigm shift, positioning osteopathy as a viable alternative that sought to align medical practices with a more complete

understanding of human physiology and anatomy. The emphasis on preventive care, patient education, and the promotion of a healthy lifestyle underlines osteopathy's commitment to ensuring long-term well-being rather than simply addressing acute health problems.

Osteopathic professionals use a variety of manual techniques, commonly known as osteopathic manipulative treatment (OMT). These methods include stretching, soft pressure, and resistant movements aimed at improving mobility, relieving pain, and enhancing overall body function. It is important to note that the use of these practical techniques is not simply a mechanistic approach; Rather, it embodies the osteopathic philosophy of treating the individual as a whole. Research indicates that OMT can be effective for various conditions, including musculoskeletal pain, headaches and other functional disorders. This multifaceted treatment methodology facilitates a dynamic interaction between the therapist and the patient, promoting the sense of agency in the patient's health trip.³

Unlike conventional medical practices, which often prioritize a diagnosis-based model, osteopathy places significant emphasis on the therapeutic relationship and biopsychosocial context of each patient. The osteopathic approach acknowledges that emotional and environmental factors significantly impact physical health, emphasizing the need for comprehensive evaluations beyond pathology. As such, the osteopathic perspective is closely aligned with the principles of holistic health, advocating interventions that address psychological well-being, social determinants of health and lifestyle choices. This intersection of physical, mental and emotional health differentiates osteopathy within the broader health panorama and highlights its possible contributions to integrative health strategies.⁴

In summary, osteopathy's principles, holistic philosophy, historical development, and treatment methodologies provide an alternative perspective to conventional medicine. By promoting an interconnected understanding of health and emphasizing the mutualism of body systems, osteopathy seeks to provide comprehensive care that addresses the complexities of human health. The practice of osteopathy is based on a set of fundamental principles that emphasize the intrinsic ability of the body to heal itself, a concept that is at the center of osteopathic philosophy. At the center of this philosophy is the understanding that the musculoskeletal system plays a vital role in maintaining general health and well-being. This perspective underlines the interconnection between the body structure and its function, suggesting that the interruptions of the musculoskeletal system can lead to health problems in other areas of the body.⁵

The first principle of osteopathy places that the body is a unit, which means that the physiological, psychological and social dimensions are interconnected and should be treated in a holistic way. According to Fahlgren et al.⁶ osteopathic professionals are trained to recognize signs and symptoms as aspects of a wider health narration, which promotes a global understanding of the health status of a patient. By focusing on the whole person rather than on isolated symptoms, osteopaths can identify the causes of the discomfort and dysfunction root, leading to more effective and personalized treatment

strategies.

Another critical principle is that the body has a natural ability to heal itself. This concept integrates the innate body healing mechanisms with osteopathic manipulation techniques designed to facilitate this process. Osteopathy encourages the use of practical techniques, such as manipulation of soft tissues and joint mobilization, to restore normal function and promote systemic health. By exploiting these physical interventions, osteopathic practitioners aim to improve circulation, improve lymphatic drainage and relieve musculoskeletal tension, thus promoting an environment that favors healing.⁵

The role of the musculoskeletal system is fundamental in osteopathy. The belief is that the correct alignment and function of the bones, muscles and connective tissues are essential for optimal health. When restrictions or misalignments occur within this system, they can contribute to dysfunction that can occur in various forms, including pain, disease and reduced mobility. The osteopathic treatment methods, therefore, are designed to deal with these imbalances through a combination of physical adjustments and lifestyle recommendations. Professionals often evaluate posture, pace and joint mobility as part of their diagnostic process, transmitting a preventive approach to treatment.⁶

In addition, the holistic approach of osteopathy extends beyond the immediate physical treatment to incorporate the modifications of the lifestyle and the self-management strategies to encourage long-term health. Patients are often encouraged to engage in activities that promote a healthy lifestyle, including regular physical exercise, correct diet and stress management techniques. This preventive perspective reflects a wider vision of health that is not exclusively reactive but proactive of nature, with the aim of strengthening patients in their health travel.⁵

In summary, the principles of osteopathy provide a distinctive framework for the understanding and treatment of health problems through a holistic lens. The emphasis on the interconnection of the body, the ability of self-healing and the meaning of the musculoskeletal system is essential for the osteopathic approach. These principles not only model the treatment methods used by osteopathic professionals, but also influence the general assistance strategy to patients who give priority to the needs and circumstances of individual patients. Osteopathy uses a variety of treatment methods, being the osteopathic manipulative treatment (OMT) one of its distinctive techniques. OMT covers several practical approaches, which include stretching, soft pressure and resisted movements, aimed at improving body alignment and facilitating natural self-care processes. Roberts et al.⁷ highlight that OMT is not only an integral part of osteopathic training, but also serves as a primary therapeutic intervention in several medical environments, particularly for musculoskeletal disorders. The versatility of UNWC allows professionals to adapt treatments to individual patients, considering unique health conditions and holistic well-being. Several techniques within OMTC, such as myofascial release, cranial therapy and setback, are frequently used to address specific health conditions. Myofascial release involves applying sustained pressure to the fascial system to relieve

tension and promote tissue relaxation. Steel et al.⁸ provide empirical evidence that demonstrates the effectiveness of myofascial liberation in chronic pain management, such as fibromyalgia and low back pain. His study suggests that patients who received myofascial therapy reported significant reductions in pain, greater mobility and a better quality of life, underlining the biological basis of osteopathic interventions.

Cranial therapy, another technique to which Roberts et al.⁷ focuses on the role of the cranial system in the maintenance of the health of the central nervous system. It has been shown that this soft manipulation relieves tension symptoms and improves neurological function. Preliminary studies suggest that cranial therapy can be beneficial for patients who have migraines and stress-related disorders.⁹ These findings indicate a tendency to integrate osteopathic approaches in the treatment of often considered challenging conditions for conventional standards.

Counterin is another UNWC technique that has attracted the attention of research. This method involves placing the patient in a comfort position, while the osteopath applies a low load pressure to specific bidding points. This approach aims to restore neuromuscular tensions and restore normal function. Roberts et al.⁷ suggest that the setback is particularly effective for muscle and somatic dysfunctions, with improvements reported in patients with syndromes and chronic pain injuries. A critical evaluation of several studies suggests that although the osteopathic treatment methods, particularly OMT, produce significant positive results, there is a definitive challenge in the proper classification of osteopathy within the context of conventional medicine. Like Steel et al.⁸ Note that the growing body of literature on osteopathic techniques often highlights its effectiveness in pain management, however, the clinical acceptance of these methods in conventional medical care remains variable. This ongoing debate highlights the challenges of integrating osteopathy into conventional medical systems.

To summarize, the various integrated techniques within the osteopathic treatment methods not only reflect their holistic philosophy but also indicate a promising efficacy for numerous health conditions. The research continues to evolve, with studies that consistently demonstrate the benefits of OMT as comparable and, in some cases, superior to conventional therapeutic approaches. This ongoing research will play an important role in the configuration of the future of osteopathy and its acceptance within complementary and alternative medicine practices. Osteopathy is basically characterized by its holistic approach to health care, which underlines the interconnection of the body, mind and spirit. This paradigm states that optimal health is obtained not simply through the elimination of symptoms, but rather through understanding and understanding of the underlying causes of the disease. At the center of this philosophy is the concept of personalized care, which recognizes that each individual is unique and requires tailor-made interventions that take into account their history of health, lifestyle and specific psychological state.¹⁰ The osteopathic practitioner, therefore, adopts a global perspective, trying to harmonize physical and psychological aspects of a patient's conditions in order to promote general well-being.

In evaluating the holistic approach of osteopathy, studies have shown that this mode integrates various treatment techniques, thus offering a brazen way to recovery. Techniques such as manual therapy, the prescription of the exercise and the lifestyle consultancy are used synergistically to affect the musculoskeletal system also facing wider health problems.¹¹ Consequently, the embodied and experiential nature of osteopathic treatment promotes a strong patient-professional relationship, allowing professionals to arouse information on both physical disorders and psychosocial stress that can affect health. This relational aspect is fundamental; It allows a deeper understanding of the patient's experience, thus modeling an individualized treatment plan that aligns with their specific needs and objectives.

The experiences of patients with osteopathic treatments reveal high levels of satisfaction, often attributed to the holistic and personalized nature of the approach. Qualitative studies indicate that many patients appreciate the time and attention dedicated to their concerns during consultations, which often contrast with the most fragmented interactions often observed in conventional medical contexts. For example, the emphasis on listening to patients' narratives promotes a sense of validation and enhancement, since patients believe that their health problems are recognized and understood.¹⁰ An assessment of patient feedback through various osteopathic practices observed that individuals have reported not only improvements in their physical symptoms, but also improved psychological well-being after treatment.¹¹ This double impact strengthens the effectiveness of the holistic model, suggesting that facing psychological aspects at the same time can lead to better health results.

In addition, studies comparing patients' satisfaction levels between osteopathic and conventional medical care reveal that osteopathic patients often report higher levels of satisfaction and improve the quality of perceived treatments. Lam et al. found that patients who received osteopathic treatments felt more supported and engaged in their health process, which could derive from the emphasis on a collaborative relationship of the patient-brought.¹⁰ Osteopathic professionals are trained to see the patient as a whole, thus allowing complete treatment plans that often include recommendations for lifestyle adjustments, stress management techniques and mental health support. This supplementary approach serves not only to alleviate physical discomfort, but also to encourage resilience and encourage a sense of agency among patients.

In summary, the holistic approach of osteopathy is characterized by its individualized care, which integrates both physical and psychological components of health, leading to high levels of patient satisfaction. Giving priority to the entire person and their unique circumstances rather than focusing exclusively on physical disorders, osteopathy presents a convincing alternative to conventional medical practices, in particular for those looking for a more supplementary and reactive health experience. The psychological advantages of osteopathy have drawn increasing attention in recent years, in particular concerning its effectiveness in the management of persistent pain and chronic conditions. Research has shown that osteopathic care, rooted in a holistic approach, not only addresses the physical manifestations of the disease, but also significantly influence the psychosocial factors integrated into

the well-being of patients. Saracutu et al. conducted a complete study examining the psychosocial dimensions of osteopathic treatment in patients with chronic pain. Their results have indicated that osteopathic manipulation has led to a significant reduction in pain perception and the improvement of mental health results.¹² The authors applied that the obvious reduction in anxiety and depression scores was largely attributable to the biopsychosocial model inherent in osteopathic practice, which emphasizes the understanding of the physical, emotional and social contexts of patients.

Completing these results more, Edwards and Tout explored the impact of osteopathy on patients with a variety of chronic conditions, focusing on the complex relationship between pain, mental health and quality of quality life.¹³ Their research has used a mixed method approach, integrating quantitative assessments into qualitative interviews that have painted a wider image of patient experiences. Participants notably reported that osteopathic treatments have not only attenuated physical pain, but also favored a feeling of empowerment and agency on their health. This empowerment was linked to improved adaptation strategies, improved emotional regulation and reinforced social support networks, which are essential for individuals with chronic disease.

The biopsychosocial model of osteopathy aligns with the contemporary research of neuroscience which highlights the interconnection between physical health and psychological states. It is increasingly recognized that chronic pain is often accompanied by psychosocial distress, which can exacerbate the perception of pain and hinder recovery. By approaching physical and psychological aspects, osteopathy provides a complete treatment modality which can facilitate better results. The currency of this perspective is highlighted in systematic journals and meta-analyses which affirm the positive psychological operations observable after osteopathic interventions.^{14,15}

Interestingly, the therapeutic relationship favored during osteopathic sessions also plays an essential role in improving psychological well-being. The patient-headed approach centered on the patient allows practitioners to cultivate confidence and empathy, essential attributes that can improve feelings of isolation and despair frequently reported by people with chronic pain. The quality of the interaction between the patient and the practitioner is fundamental to creating a therapeutic alliance which allows patients to act actively in their treatment.¹⁶

In addition, patients often express how the holistic nature of osteopathy resonates with their understanding of health. This alignment can strengthen their commitment to the processing process, thus promoting more positive mental health results. For example, a qualitative analysis of Jones (2021) indicated that patients felt validated in their experiences and appreciated the concentration of osteopath on holistic health rather than the simple management of symptoms.¹⁷ This positive perception can improve adherence to therapeutic patterns and promote long-term commitment to health-promoting behavior. In short, the psychological advantages of osteopathy extend beyond the immediate relief of pain, influencing broader psychosocial health aspects. The literature actually indicates that osteopathic care is promising to improve mental

health results in people with chronic pain, demonstrating the importance of integrative health approaches which consider the complex interaction between the mind and the body. An growing set of research has sought to assess the effectiveness of osteopathy in relation to conventional medical practices, in particular in the management of various medical conditions. This section reviews key studies and systematic journals that analyze the clinical results associated with osteopathic treatment, emphasizing its application under conditions such as irritable colon syndrome (IBS) and chronic pain.

Florance et al. carried out a systematic review which explored the clinical efficiency of the osteopathic manipulator treatment (OMT) in a variety of disorders.¹⁸ The authors have noted that the OMT seems to make modest improvements in pain management and functional results, in particular for conditions related to musculoskeletal and visceral complaints. Their meta-analysis has indicated statistically significant advantages in OMT patients for chronic pain syndromes, stating that the holistic approach inherent in osteopathy can approach underlying dysfunctions contributing to symptoms. This suggests that osteopathy could serve as effective complementary therapy alongside conventional medical interventions.

Likewise, Steel et al. examined the role of osteopathic care in the management of SCI, recognizing that the disease often resists conventional treatment paradigms.⁹ Their systematic review included randomized controlled trials (ECR) and observation studies, revealing that patients receiving osteopathic treatment reported significant reductions in abdominal pain and gastrointestinal symptoms. The study underlined the biopsychosocial model used in osteopathy, which suggests that the therapeutic and holistic relationship of patients contribute to these favorable results. In addition, the incorporation of physical manipulation in osteopathy has been observed to promote an improvement in gastrointestinal function, thus emphasizing its effectiveness in the treatment of visceral conditions.

In terms of chronic pain management, research carried out by Cummings et al. found that osteopathic treatment offered efficiency comparable to pharmacological interventions commonly used in clinical areas.¹⁹ Their results have indicated a significant reduction in the intensity of pain and an improvement in quality of life for patients who have received osteopathic care, especially those who suffer from chronic lower back pain. This evidence supports the idea that osteopathy can effectively provide an alternative or complementary approach to traditional pain management strategies, reducing dependence on drugs which often include significant side effects and a risk of dependence.

In addition, a systematic review by Guillaud et al. specifically assessed the effectiveness of osteopathy in the treatment of musculoskeletal problems.²⁰ The review of the aggregated results of several trials, which suggests that osteopathic treatments could offer significant relief and functional improvement compared to standard care options. The authors highlighted the importance of individualized treatment plans, which are a characteristic of osteopathic practice, aligning with evidence that personalized approaches can improve the results and satisfaction of patients.

Although evidence supporting the effectiveness of osteopathic intervention continues to grow, it is imperative to also consider the need for additional research. Certain studies have noted methodological limitations, in particular smaller sample sizes and variable definitions of treatment protocols, which can hinder the generalization of results. In order to fully understand the comparative efficiency of osteopathy against conventional medicine, BCRs more on a scale with a rigorous methodology are justified. Such research would not only elucidate the specific conditions best dealt with with osteopathic approaches, but potentially potentially illuminating future integration into broader health practices, emphasizing a more holistic paradigm for patient care., The integration of osteopathy in contemporary clinical assistance systems reflects a growing recognition of its potential to integrate and improve conventional medical practices. Osteopathy, which is rooted in the principles of treating the body as a whole rather than simply dealing with the localized symptoms, offers a holistic picture that aligns well to the growing demand for care focused on the patient within the integrated health models. This shift of the paradigm is facilitated by tests in support of the effectiveness of osteopathic approaches in various clinical contexts, thus supporting the inclusion of osteopathic professionals within multidisciplinary health teams.

The research conducted by Turner and Holroyd highlights the effectiveness of osteopathic treatment in the management of chronic pain conditions, with the results that suggest that osteopathic manipulative treatment (OMT) can lead to significant improvements in patients' results.¹⁹ Their systematic revision stressed that patients who received osteopathic treatments reported an improved function and a reduction in pain levels compared to those who only receive standard medical care. This evidence of better clinical results positions osteopathy as a precious addition within the integrated care, in particular for the management of the conditions that benefit from a holistic intervention approach, such as musculoskeletal disorders and somatic dysfunction. Further supporting the integration of osteopathy in conventional health is the work of Cicchitti et al. which illustrates how osteopathic principles can improve the general care of patients.²¹ Their study stressed that osteopathic professionals usually evaluate the biopsicosocial factors that influence the health and well -being of a patient, thus providing a complete picture that aligns with holistic health models. The authors indicate that this supplementary vision helps to face not only physical manifestations of illness, but also the psychosocial factors below, leading to more effective interventions. These approaches resonate particularly well in environments focused on the management of chronic diseases, in which a multifaceted understanding of health is crucial.

In addition, the principles of osteopathy, emphasizing the self-healing skills relating to each patient, perfectly align with the modern health philosophies that give priority to empowerment and prevention. By promoting collaborative relationships between osteopathic professionals and conventional medical professionals, a more cohesive approach to patients can emerge, promoting shared responsibility for patients' results. The tests presented by Turner and Holroyd, Cicchitti suggest that these collaborations could improve the effectiveness of treatment strategies, in particular in the populations that face

complex health challenges.^{21,22}

The expanding role of osteopathy within integrated health systems is further exemplified by health policies in various countries that recognize and support supplementary practices. For example, in the United Kingdom, the National Health Service (NHS) has increasingly incorporated osteopathic services in its offers, recognizing the demand of patients looking for non -pharmacological options to manage their health. These political developments not only reflect the growing acceptance of osteopathy, but also highlight its complementary role in facing the limits of conventional treatment paradigms, in particular in the context of chronic pain management.

3. Conclusion

In conclusion, existing literature strongly supports the integration of osteopathy into clinical care as a complementary practice that enhances patient management. By exploiting the osteopathic principles within integrated health systems, suppliers can face the multifaceted nature of health, ultimately improving the quality of the treatments provided to patients. Recent studies not only strengthen the effectiveness of osteopathic interventions, but also illuminates the potential for synergies between osteopathy and conventional medicine, opening the way to a more complete approach to health and well -being., The results of the literature review highlight the potential of osteopathy as a viable health approach that complements conventional practices through its holistic structure. Osteopathy, rooted in the idea that the body is an interconnected entity in which structure and function are intricately linked, promotes a comprehensive perspective on health and well-being.²¹ The emphasis on the body's innate capacity to heal itself promotes an integrative treatment approach, in which the osteopathic practitioner employs a variety of manual techniques, such as handling and soft tissue articulation, to improve physiological function and facilitate recovery.²³

Research indicates that osteopathy can effectively address a number of conditions, particularly musculoskeletal issues, as well as contributing to the overall well and preventive care.²⁴ In addition, studies highlight patient satisfaction and perceived improvements in quality of life by engaging in osteopathic treatment, suggesting that this modality not only relieves symptoms, but also supports a broader state of health.²⁵ The efficacy of osteopathy, as evidenced by various systematic revisions and meta -analysis, reflects its role in increasing patient results when integrated in multidisciplinary treatment plans.²⁶ In addition, OMT should effect functional movement scores in young ages.²⁷

Despite the promising evidence, significant gaps in the literature that justify further investigation. Notably, there is a need for larger and high quality randomized clinical trials to rursively assess the effectiveness of osteopathic treatments in various patient populations and health conditions.²⁸ In addition, there is a growing interest in exploring the mechanisms in which osteopathic interventions produce their effects, including the neurophysiological foundations of manual therapy techniques.²⁹ This can illuminate the logic behind the observed results, increasing the credibility and

integration of osteopathy into conventional medical practice. A critical area for future research involves exploring the role of osteopathy in chronic diseases and preventive health strategies. Given the growing load of chronic conditions around the world, an investigation into how osteopathic principles can be used to promote good -mitigating chronic diseases is essential.³⁰ In addition, examining the applicability of osteopathic approaches in multidisciplinary care environments, especially with emphasis on patient -centered care models, could contribute substantially to the ongoing speech in holistic health.

In addition, the intersection of osteopathy with mental health and psychological well-being is a growing field of research. Understanding how osteopathic practices can support the results of mental health through physical rehabilitation and stress reduction, can reveal additional paths for comprehensive therapy.³¹

Overall, as the health scenario increasingly embraces holistic and integrative approaches, osteopathy has a promising potential for providing comprehensive care. Future studies should not only aim to clarify their effectiveness, but also explore their synergistic role in increasing overall health and well-being in various populations. Continuous exploitation of osteopathic practices in relation to holistic health will be fundamental to substantiate their contribution and inform best practices in the provision of contemporary health care.

References

- [1] Stone, C. (1999). Science in the art of osteopathy: osteopathic principles and practice. Nelson Thornes.
- [2] Kaya O, Tutar M, Caglayan A, Korkmaz H. Effects Of Lower Extremity İsoinertial Strength Training On Shooting Speed, Dynamic Balance, And Dribbling Skills In Adolescent Football Players, 2025;25(24):209-217. Doi:10.7752/Jpes.2025.01024
- [3] Whelan, A. M., Jurgens, T. M., Bowles, S. K., & Doyle, H. (2009). Efficacy of natural health products in treating osteoporosis: what is the quality of internet patient advice?. *Annals of Pharmacotherapy*, 43(5), 899-907.
- [4] Bishop, F. L., Yardley, L., & Lewith, G. T. (2008). Treat or treatment: a qualitative study analyzing patients' use of complementary and alternative medicine. *American journal of public health*, 98(9), 1700-1705.
- [5] Ost, M. P. O., & Hons, O. S. T. (2023). Reconceptualizing principles and models in osteopathic care: a clinical application of the integral theory. *Alternative Therapies in Health and Medicine*, 29(5), 192-200.
- [6] Fahlgren, E., Nima, A. A., Archer, T., & Garcia, D. (2015). Person-centered osteopathic practice: patients' personality (body, mind, and soul) and health (ill-being and well-being). *PeerJ*, 3, e1349.
- [7] Roberts, A., Harris, K., Outen, B., Bukvic, A., Smith, B., Schultz, A., ... & Mondal, D. (2022). Osteopathic manipulative medicine: a brief review of the hands-on treatment approaches and their therapeutic uses. *Medicines*, 9(5), 33.
- [8] Steel, A., Blaich, R., Sundberg, T., & Adams, J. (2017). The role of osteopathy in clinical care: broadening the evidence-base. *International Journal of Osteopathic Medicine*, 24, 32-36.
- [9] Steel, A., Sundberg, T., Reid, R., Ward, L., Bishop, F. L., Leach, M., ... & Adams, J. (2017). Osteopathic manipulative treatment: a systematic review and critical appraisal of comparative effectiveness and health economics research. *Musculoskeletal Science and Practice*, 27, 165-175.
- [10] Orrock, P. J. (2016). The patient experience of osteopathic healthcare. *Manual therapy*, 22, 131-137.
- [11] Lam, M. T., Banihashem, M., Lam, H. R., Wan, A. B., & Chow, E. (2019). Patient experience, satisfaction, perception and expectation of osteopathic manipulative treatment: A systematic review. *International Journal of Osteopathic Medicine*, 32, 28-43.
- [12] Saracutu, M., Rance, J., Davies, H., & Edwards, D. J. (2018). The effects of osteopathic treatment on psychosocial factors in people with persistent pain: a systematic review. *International Journal of Osteopathic Medicine*, 27, 23-33.
- [13] Edwards, D. J., & Toutt, C. (2018). An evaluation of osteopathic treatment on psychological outcomes with patients suffering from chronic pain: a prospective observational cohort study collected through a health and well-being academy. *Health Psychology Open*, 5(1), 2055102918774684.
- [14] Coulter, E. H., McDonald, M. T., Cameron, S., Siebert, S., & Paul, L. (2020). Physical activity and sedentary behaviour and their associations with clinical measures in axial spondyloarthritis. *Rheumatology international*, 40(3), 375-381.
- [15] Olaiya, O. R., Alagabi, A. M., Mbuagbaw, L., & McRae, M. H. (2020). Carpal tunnel release without a tourniquet: a systematic review and meta-analysis. *Plastic and reconstructive surgery*, 145(3), 737-744.
- [16] Zink BJ, Cole BD, Tippet SP. Osteopathic Techniques for Enhancing Sports Performance and Recovery: A Review of Mechanisms. *J Sports Rehabil*. 2017;26(5):367-82.
- [17] Jones, T. L., Esa, M. S., Li, K. C., Krishnan, S. G., Elgallab, G. M., Pearce, M. S., ... & Birrell, F. N. (2021). Osteoporosis, fracture, osteoarthritis & sarcopenia: A systematic review of circulating microRNA association. *Bone*, 152, 116068.
- [18] Florance, B. M., Frin, G., Dainese, R., Nébot-Vivinus, M. H., Barjoan, E. M., Marjoux, S., ... & Piche, T. (2012). Osteopathy improves the severity of irritable bowel syndrome: a pilot randomized sham-controlled study. *European journal of gastroenterology & hepatology*, 24(8), 944-949.
- [19] Cummings, M. (2021). The single accreditation system: risks to the osteopathic profession. *Academic Medicine*, 96(8), 1108-1114.
- [20] Guillaud, A., Darbois, N., Monvoisin, R., & Pinsault, N. (2016). Reliability of diagnosis and clinical efficacy of cranial osteopathy: a systematic review. *PLoS One*, 11(12), e0167823.
- [21] Cicchitti, L., Martelli, M., & Cerritelli, F. (2015). Chronic inflammatory disease and osteopathy: a systematic review. *PLoS One*, 10(3), e0121327.
- [22] Turner, P. W., & Holroyd, E. (2016). Holism in Osteopathy—Bridging the gap between concept and

- practice: A grounded theory study. *International Journal of Osteopathic Medicine*, 22, 40-51.
- [23] Bohlen, L., Shaw, R., Cerritelli, F., & Esteves, J. E. (2021). Osteopathy and mental health: an embodied, predictive, and interoceptive framework. *Frontiers in Psychology*, 12, 767005.
- [24] Esteves, J. E., Zegarra-Parodi, R., van Dun, P., Cerritelli, F., & Vaucher, P. (2020). Models and theoretical frameworks for osteopathic care—a critical view and call for updates and research. *International Journal of Osteopathic Medicine*, 35, 1-4.
- [25] Grace, S., Orrock, P., Vaughan, B., Blaich, R., & Coutts, R. (2016). Understanding clinical reasoning in osteopathy: a qualitative research approach. *Chiropractic & manual therapies*, 24, 1-10.
- [26] Licciardone, J. C., Moore, S., Fix, K., Blair, L. G., & Ta, K. (2023). Osteopathic manipulative treatment of patients with chronic low back pain in the United States: a retrospective cohort study. *Journal of Osteopathic Medicine*, 123(5), 259-267.
- [27] Genç, Ünal And Tutar, M. (2025) “Evaluation Of The Effect Of Core Strength Training On Fms Scores In Tennis Athletes”, *Annals Of “Dunarea De Jos” University Of Galati. Fascicle Xv, Physical Education And Sport Management*, 2(3), Pp. 75-88. Doi:
- [28] Baroni, F., Ruffini, N., D'Alessandro, G., Consorti, G., & Lunghi, C. (2021). The role of touch in osteopathic practice: A narrative review and integrative hypothesis. *Complementary Therapies in Clinical Practice*, 42, 101277.
- [29] Leach, J. (2008). Towards an osteopathic understanding of evidence. *International Journal of Osteopathic Medicine*, 11(1), 3-6.
- [30] Williams, N. H. (2007). Optimising the psychological benefits of osteopathy. *International journal of Osteopathic medicine*, 10(2-3), 36-41.
- [31] Sari, Ö., & Tutar, M. (2025). Investigation of the Effects of 8-Week Tabata Training on Physical Performance in Amputee Football Players. *Journal of Basic and Clinical Health Sciences*, 9(1), 188-194. <https://doi.org/10.30621/jbachs.1568553>