

European Registry of Osteopathic Physicians (EROP) Update

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European Registry of Osteopathic Physicians (www.erop.org)



EROP

- **EROP** is an umbrella organisation for medical (physician only) osteopathic organisations in Europe. EROP has defined standards for osteopathic physicians in Europe; moreover, it regulates and coordinates the training in osteopathic medicine for physicians in Europe, as well as serving to support the physicians in other European countries wishing to establish Osteopathic Medicine.

EROP- History

- Founded in 2003: foundation of EROP by DGOM und DAAO
- 2004: French members: GEOS, Osteos de France, Osteo Formation
- 2004: Swiss member: SAGOM
- 2005: French member: GETM
- 2005: German member: DVOM
- 2009: Italian member: AMOI, Austrian member ÄGO and German member: DGCO
- **About 3800 Osteopathic Physicians are organized within the EROP (April 2009).**

EROP - Mission

- The philosophy and practice of Osteopathy was founded in the 19th century by Dr. A.T. Still M.D., D.O.
- The aim of EROP is to transform Dr. Still's concepts into the scientific world of the 21st century.
- OM is an **extension and completion** of the regular western medical system in the context of an integrated patient care which is concerned with **both evidence based (or informed) and patient centered medicine.**

Important goals of EROP

- Creating a quality standard in Osteopathic Medicine by certifying educational programs for Osteopathic physicians.
- A register for Osteopathic physicians with a diploma in Osteopathic Medicine which is up to the EROP standards.
- Promoting interdisciplinary research in Osteopathic Medicine.
- Assisting other countries in developing OM.
- International cooperation with organizations like WHO, AOA, OIA and WOHO

EROP - Standards

- The physician must have completed a Doctor of Medicine program at a nationally recognized Medical School. This is usually a 6 year program after final high school exam (which is equivalent to a 2 year Junior College Degree) comprising about 6800 hours (independent of completion of a dissertation to be granted the 'Dr. med.' title),
- The Osteopathic Physician must have an unlimited license to practice medicine in the country of his/her residence,
- Following the completion of medical school, the Osteopathic Physician has first completed a post-graduate training program in Manual Medicine (about 300 hrs.)

EROP - Standards

- Following this, a program in Osteopathic Medicine comprising at least 400 hours is completed. This training program must be given by or approved by a recognized Osteopathic Physician Medical Society in the country of training.
- The Osteopathic Physician must successfully complete a written, oral and practical test at the completion of this training program. This test must be given by a board of Osteopathic Physicians recognized nationally in the country of training.
- This post-graduate training can be completed parallel to the Osteopathic Physician's practice of medicine but must take at 4 least years to complete.

New Vision for Osteopathy

- **"Declaration to Osteopathy"**, is the title of a new EROP declaration of osteopathy. The Osteopathy founded in the 19th century by Dr. A.T. Still is still very popular in the 21st century but it needs to be transformed to fit the new paradigm, incorporating modern scientific knowledge (evidence-informed medicine) with a patient-centered approach.
- EROP defines the scientific and political health framework for a new European Osteopathic Medicine.

The Biologic Paradigm

- All biological systems are designed for movement, stability and energy balance. Living cells are constantly moving within all elements. At the same time we find a highly developed stability in form and structure.
- Biological systems are continuously able to adapt and at the same time they stay within their structural stability. In modern science this is explained by the Tensegrity model. Biological structures are constructed in a way that all functions are performed with a minimum of energy consumption.
- Osteopathy influences all three levels: movement, stability and energy balance.
- **A 'network-based' way of thinking and acting in Osteopathy is the central perspective for assessing structure, function and the regulation of all parts of the patient's body.**

Biologisches Paradigma Tensegrity Modell



Osteopathic Integration

- Osteopathic manipulative treatment (OMT) influences all body systems in a macro- and microscopic way. Due to the constructional principles of Tensegrity affecting all cells and due to the fascial continuity within the body, Osteopathy can improve regulation within the body on a macro level as well as down to a cellular level.

Focus der Osteopathie



The current international Osteopathic scene

- We find many different organizations and many disputes regarding who has the right view of Osteopathic Medicine or Osteopathy. Within this diversity, the more important question is: 'What do we have in common?'
- The answer is, we all believe in:
 - Fascial continuity.
 - Tensegrity model.
 - Resources in the tissues: „potency“
 - Vitalistic theory: the salutogenetic resources of the body for recreation of health
 - Health is reflected generally in free movements within the body.
 - Interrelatedness of structure and function
- These principles have all been described in one way or another by A. T. Still. We can explain these principles even better today with our current more advanced methods of science and humanities.