

Contents

I Foundations and Techniques	1
1 Visceral Manipulation according to Barral	3
Theory of Visceral Manipulation	3
Physiology of Organ Movement	3
Motricity	3
Mobility	3
Motility	3
Visceral Joint	3
Double-Leaf System	4
Ligamentary System	4
Turgor and Intracavitory Pressure	4
Mesenteries	4
Omenta	4
Pathology of Organ Movement	4
Disturbed Mobility	4
Disturbed Motility	5
Diagnosis and General Treatment Principles in Visceral Osteopathy	5
Medical History	5
Inspection	5
Palpation	6
Superficial Palpation	6
Deep Palpation	6
Inspection and Palpation Results	6
Listening Tests according to Barral	9
Listening Test in Standing Position	9
Listening Test in Seated Position	9
Listening Test in Supine Position	9
Local Listening Test	10
Sotto-Hall Test according to Barral	11
Rebound Test according to Barral	11
Completed Tests according to Barral	12
Ventilation Test according to Barral	12
Hyperextension Test according to Barral	12
General Treatment Principles and Possibilities in Visceral Treatment	12
Possibilities in Visceral Manipulation	13
Reflex Point Treatment according to Barral	13
Inhibitions	13
Rebound Technique	13
Treatment of Mobility	13
Treatment of Motility according to Barral	13
2 Fascial Treatment of the Organs according to Finet and Williame	15
Foundations	15
Principles of Diagnosis	15
Principles of Fascial Organ Treatment	15
Principles of the Technique for Expiratory Dysfunction	15
Contraindications	16
Hemodynamic Test	16
Fascial Induction Test	16
3 Circulatory Techniques according to Kuchera	18
Objective	18
Principle of the Techniques	19
Arterial Stimulation	19
Venous Stimulation	19
Lymphatic Stimulation	19
Vegetative Harmonization	19
Techniques	20
Vegetative Harmonization	20
Lymphatic Stimulation	24
Venous Stimulation	26
Diaphragm Technique	27
4 Reflex Point Treatment according to Chapman	28
Definition	28
Location and Shape	28
Principle of Treatment	28
Significance of the Reflex Points	28

II Osteopathy of the Individual Organs	31
5 The Liver	33
Anatomy	33
General Facts	33
Location	33
Topographic Relationships	33
Attachments/Suspensions	34
Circulation	34
Movement Physiology according to Barral	35
Physiology	36
Metabolic Functions of the Liver	36
Pathologies	36
Symptoms that Require Medical Clarification	36
Icterus	36
Acute Hepatitis	37
Chronic Hepatitis	37
Fatty Liver	38
Liver Damage from Alcohol	38
Cirrhosis of the Liver	38
Portal Hypertension	38
Primary Hepatocellular Carcinoma	39
Osteopathic Practice	39
Cardinal Symptoms	39
Typical Dysfunctions	39
Associated Structural Dysfunctions	39
Atypical Symptoms	39
Indications for Osteopathic Treatment	39
Contraindications for Osteopathic Treatment	40
Notes for Clinical Application	40
Osteopathic Tests and Treatment	41
Direct Mobilization of the Liver	41
Indirect Mobilization of the Liver	42
Liver Pump according to Barral	45
Oscillations on the Liver	45
Test and Treatment of Liver Motility according to Barral	46
Fascial Treatment according to Finet and Williame	46
Circulatory Techniques according to Kuchera	47
Reflex Point Treatment according to Chapman	47
Recommendations for the Patient	48
6 The Gallbladder	49
Anatomy	49
General Facts	49
Location	49
Topographic Relationships	50
Circulation	50
Movement Physiology according to Barral	50
Physiology	51
Composition of Bile in the Gallbladder	51
Pathologies	52
Symptoms that Require Medical Clarification	52
Cholelithiasis	52
Cholecystitis	52
Gallbladder Carcinoma	52
Osteopathic Practice	52
Cardinal Symptom	52
Typical Dysfunctions	52
Associated Structural Dysfunctions	52
Atypical Symptoms	52
Indications for Osteopathic Treatment	53
Contraindications for Osteopathic Treatment	53
Osteopathic Tests and Treatment	53
Murphy Sign	53
Treatment of the Sphincter of Oddi (Major Duodenal Papilla) according to Barral	53
Voiding the Gallbladder in Seated Position according to Barral	54
Smoothing Out and Stretching the Biliary Tract according to Barral	54
Stretching the Biliary Tract by Lifting the Liver	55
Smoothing Out and Stretching the Common Bile Duct in Supine Position according to Barral	55
De-spasming the Gallbladder according to Barral	55
Defibrosing the Gallbladder according to Barral	56
Oscillations on the Murphy Point	56
Test and Treatment of Motility in the Common Bile Duct according to Barral	56
Fascial Treatment according to Finet and Williame	57
Circulatory Techniques according to Kuchera	57
Reflex Point Treatment according to Chapman	57
Recommendations for the Patient	58
7 The Stomach	59
Anatomy	59
Anatomy of the Esophagus	59
Location	59
Topographic Relationships	59
Attachments/Suspensions	59
Circulation	59
Anatomy of the Stomach	60
Location	60
Topographic Relationships	60
Attachments/Suspensions	60
Circulation	62
Movement Physiology according to Barral	62
Physiology	63
Proximal and Distal Stomach	63
Main Functions of the Stomach	63
Gastric Juice	63
Regulating the Secretion of Gastric Juice	63
Hormones	64
Pathologies	65
Symptoms that Require Medical Clarification	65
Hiatus Hernia	65

Acute Gastritis	66	Osteopathic Tests and Treatment	83
Chronic Gastritis	66	Treatment of the Sphincter of Oddi (Major Duodenal Papilla) according to Barral	83
Gastric Ulcer	66	Treatment of the Duodenojejunal Flexure according to Barral	84
Stomach Cancer	66	Mobilization of the Superior Part in the Seated Position via the Liver according to Barral	84
Osteopathic Practice	67	De-spasming the Descending and Horizontal Part in Side Position according to Barral	85
Cardinal Symptoms	67	Treating the Angle between the Superior Part and the Descending Part in the Supine Position ..	85
Typical Dysfunctions	67	Test and Treatment of Duodenal Motility according to Barral	86
Associated Structural Dysfunctions	67	Fascial Treatment according to Finet and Williame	86
Atypical Symptoms	67	Circulatory Techniques according to Kuchera ..	86
Indications for Osteopathic Treatment	67	Recommendations for the Patient	87
Contraindications for Osteopathic Treatment	67		
Notes for Clinical Application	68		
Osteopathic Tests and Treatment	69		
Mobilization of the Stomach	69		
Oscillations on the Stomach	72		
Stretching the Lesser Omentum	73		
Pylorus Treatment according to Barral	73		
Mobilizing the Mediastinum to Improve Esophageal Mobility according to Barral	74		
Test for Deterioration of Hiatus Hernia according to Barral	74		
Test for Improvement of Hiatus Hernia according to Barral	75		
Treatment of Hiatus Hernia in the Seated Position according to Barral	75		
Treatment of Hiatus Hernia in the Supine Position	76		
Mobilization of the Gastroesophageal Junction via the Liver according to Barral	76		
Treatment of Gastrophtosis according to Barral ..	77		
Test and Treatment of Stomach Motility according to Barral	77		
Fascial Treatment according to Finet and Williame	78		
Circulatory Techniques according to Kuchera ..	78		
Reflex Point Treatment according to Chapman ..	78		
Recommendations for the Patient	79		
8 The Duodenum	80		
Anatomy	80		
General Facts	80		
Location	80		
Topographic Relationships	81		
Attachments/Suspensions	82		
Circulation	82		
Movement Physiology according to Barral	82		
Physiology	82		
Pathologies	83		
Symptoms that Require Medical Clarification ..	83		
Duodenal Ulcer	83		
Osteopathic Practice	83		
Cardinal Symptoms	83		
Typical Dysfunctions	83		
Associated Structural Dysfunctions	83		
Indications for Osteopathic Treatment	83		
Contraindications for Osteopathic Treatment ..	83		
9 The Spleen	88		
Anatomy	88		
General Facts	88		
Location	88		
Topographic Relationships	88		
Attachments/Suspensions	88		
Circulation	88		
Movement Physiology according to Barral	89		
Physiology	89		
Pathologies	89		
Symptoms that Require Medical Clarification ..	89		
Splenomegaly	89		
Hypersplenism	90		
Osteopathic Practice	90		
Cardinal Symptom	90		
Typical Dysfunctions	90		
Associated Structural Dysfunctions	90		
Atypical Symptoms	90		
Indications for Osteopathic Treatment	90		
Contraindications for Osteopathic Treatment ..	90		
Notes for Clinical Application	90		
Osteopathic Tests and Treatment	91		
Test and Stretch of the Phrenicocolic Ligament ..	91		
Stretch of the Gastrosplenic Ligament	92		
Spleen Pump	92		
Fascial Treatment according to Finet and Williame	93		
Circulatory Techniques according to Kuchera ..	94		
Reflex Point Treatment according to Chapman ..	94		
Recommendations for the Patient	94		
10 The Pancreas	95		
Anatomy	95		
General Facts	95		
Division	95		
Location	95		
Topographic Relationships	95		

Attachments/Suspensions	96	General Relief Technique according to Barral ..	108
Circulation	96	Mobilization of the Posterior Peritoneum according to Roussé	109
Movement Physiology according to Barral	96	Mobilization of the Caudal Peritoneum according to Roussé	109
Physiology	96		
Insulin	96		
Glucagon	97		
Somatostatin	97		
Pathologies	97		
Symptoms that Require Medical Clarification ..	97	Anatomy	110
Acute Pancreatitis	97	General Facts	110
Chronic Pancreatitis	97	Location	110
Pancreatic Cancer	98	Topographic Relationships	110
Osteopathic Practice	98	Attachments/Suspensions	111
Cardinal Symptoms	98	Circulation	111
Typical Dysfunctions	98	Movement Physiology according to Barral ..	111
Associated Structural Dysfunctions	98	Physiology	111
Atypical Symptoms	98	Microscopic Wall Structure	111
Indications for Osteopathic Treatment	98	Regional Differences in Wall Structure between the Jejunum and Ileum	112
Contraindications for Osteopathic Treatment ..	98	Processes of Absorption in the Jejunum and Ileum	112
Notes for Clinical Application	98	Digestion of Carbohydrates	112
Osteopathic Tests and Treatment	100	Digestion of Fats	113
Fascial Stretch of the Pancreas in Longitudinal Axis according to Barral	100	Digestion of Proteins	113
Test and Treatment of Pancreatic Motility according to Barral	100	Pathologies	114
Fascial Technique according to Finet and Williame	101	Symptoms that Require Medical Clarification ..	114
Circulatory Techniques according to Kuchera ..	101	Crohn Disease	114
Reflex Point Treatment according to Chapman ..	101	Celiac Disease/Sprue	114
Recommendations for the Patient	102	Osteopathic Practice	114
11 The Peritoneum	103	Cardinal Symptoms	114
Anatomy	103	Typical Dysfunctions	114
General Facts	103	Associated Structural Dysfunctions	114
Location	103	Atypical Symptoms	114
Topographic Relationships	104	Indications for Osteopathic Treatment	114
Attachments/Suspensions	104	Contraindications for Osteopathic Treatment ..	115
Circulation	104	Notes for Clinical Application	115
Movement Physiology according to Barral ..	105	Osteopathic Tests and Treatment	116
Physiology	105	Test and Treatment of the Intestinal Loops in the Supine Position according to Barral	116
Pathologies	105	Test for Ptosis of the Small Intestine in the Seated or Standing Position according to Barral ..	116
Symptoms that Require Medical Clarification ..	105	Test and Treatment of the Mesenteric Root in the Side Position according to Barral	117
Peritonitis	105	General Relief Technique of the Peritoneum and Intestinal Loops in the Supine Position according to Barral	117
Osteopathic Practice	105	Treatment of Intestinal Ptosis	118
Cardinal Symptom	105	Treatment of the Ileocecal Valve according to Barral	119
Typical Dysfunctions	105	Test and Treatment of Motility according to Barral	119
Indications for Osteopathic Treatment	106	Fascial Treatment according to Finet and Williame	120
Contraindications for Osteopathic Treatment ..	106	Circulatory Techniques according to Kuchera ..	120
Notes for Clinical Application	106	Reflex Point Treatment according to Chapman ..	121
Osteopathic Tests and Treatment	106	Recommendations for the Patient	121
Test and Treatment of Mobility according to Barral	106		
Test and Treatment of Motility according to Barral	107		
Local Listening Test	107		
Indirect Mobilization of the Peritoneum with Long Arm Lever according to Barral	108		

13 The Colon	122
Anatomy	122
General Facts	122
Location	122
Topographic Relationships	123
Attachments/Suspensions	124
Circulation	124
Movement Physiology according to Barral	126
Physiology	126
Pathologies	126
Symptoms that Require Medical Clarification	126
Appendicitis	126
Ulcerative Colitis	126
Irritable Bowel Syndrome	127
Diverticulitis	127
Colorectal Cancer	127
Osteopathic Practice	127
Cardinal Symptoms	127
Typical Dysfunctions	127
Associated Structural Dysfunctions	127
Atypical Symptoms	127
Indications for Osteopathic Treatment	128
Contraindications for Osteopathic Treatment	128
Osteopathic Tests and Treatment	128
Mobilization of the Cecum according to Barral	128
Combined Treatment of the Cecum with Leg Lever according to Barral	130
Mobilization of the Sigmoid Colon according to Barral	130
Treatment of the Sigmoid Mesocolon	131
Combined Treatment of the Sigmoid with Leg Lever according to Barral	132
Mobilization of the Ascending Colon according to Barral	133
Lengthwise Stretch of the Ascending Colon according to Barral	133
Treatment of the Toldt Fascia according to Barral	134
Test and Treatment of the Colic Flexures according to Barral	134
Stretching Both Flexures Simultaneously according to Barral	135
Mobilization of the Flexures in the Sagittal Plane according to Barral	135
Treatment of Motility according to Barral	136
Fascial Treatment according to Finet and Willame	136
Circulatory Treatment according to Kuchera	137
Reflex Point Treatment according to Chapman	138
Recommendations for the Patient	138
14 The Kidneys	139
Anatomy	139
General Facts	139
Location	139
Topographic Relationships	140
Attachments/Suspensions	140
Circulation	140
Movement Physiology according to Barral	141
Physiology	141
Functions of the Kidney	141
Pathologies	141
Symptoms that Require Medical Clarification	141
Nephrolithiasis	141
Acute Pyelonephritis	141
Nephrotic Syndrome	141
Renal Cell Carcinoma	142
Osteopathic Practice	142
Cardinal Symptoms	142
Typical Dysfunctions	142
Associated Structural Dysfunctions	143
Atypical Symptoms	143
Indications for Osteopathic Treatment	143
Contraindications for Osteopathic Treatment	143
Notes for Clinical Application	143
Osteopathic Tests and Treatment	144
Palpation of the Kidney according to Barral	144
Mobilization of the Kidney	145
Treatment of Glynfelt Triangle according to Barral	147
Test and Treatment of Kidney Motility according to Barral	148
Fascial Treatment according to Finet and Willame	148
Circulatory Treatment according to Kuchera	148
Reflex Point Treatment according to Chapman	149
Recommendations for the Patient	149
15 The Urinary Bladder	150
Anatomy	150
Anatomy of the Urinary Bladder	150
General Facts	150
Location	150
Topographic Relationships	150
Attachments/Suspensions	152
Circulation	153
Anatomy of the Ureter	153
General Facts	153
Location	153
Topographic Relationships	154
Attachments/Suspensions	154
Circulation	155
Movement Physiology according to Barral	155
Physiology	155
Mechanism of Bladder Filling and Voiding	155
Micturition	155
Pathologies	155
Symptoms that Require Medical Clarification	155
Cystitis	155
Osteopathic Practice	156
Cardinal Symptoms	156
Typical Dysfunctions	156

Associated Structural Dysfunctions	156	Atypical Symptoms	170
Atypical Symptoms	156	Indications for Osteopathic Treatment	170
Indications for Osteopathic Treatment	156	Contraindications for Osteopathic Treatment	170
Contraindications for Osteopathic Treatment	156	Notes for Clinical Application	170
Notes for Clinical Application	156	Osteopathic Tests and Treatment	171
Osteopathic Tests and Treatment	158	Test and Treatment of the Fundus of the Uterus according to Barral	171
Test and Treatment of Bladder Mobility Cranially in the Supine Position according to Barral	158	Test and Treatment of the Ovaries and Broad Ligament of the Uterus according to Barral	172
Mobilization Cranially in the Seated Position according to Barral	159	Mobilization of the Uterus via the Median and Medial Umbilical Ligaments in the Supine Position according to Barral	172
Mobilization of the Pubovesical Ligament according to Barral	160	Combined Mobilization of the Uterus with Leg Lever in the Supine Position according to Barral	172
Combined Technique for the Median Umbilical Ligament, Medial Umbilical Ligament, and Pubovesical Ligament in the Supine Position according to Barral	160	Obturator Foramen Technique	173
Combined Technique for Stretching the Ureter in the Seated Position according to Barral	161	Test and Treatment of Motility according to Barral	173
Ureter Mobilization via the Peritoneum	161	Circulatory Techniques according to Kuchera	174
Obturator Foramen Technique	162	Reflex Point Treatment according to Chapman	174
Test and Treatment of Motility	162	Recommendations for the Patient	175
Circulatory Techniques according to Kuchera	163		
Reflex Point Treatment according to Chapman	163		
Recommendations for the Patient	164		
16 The Uterus/ Fallopian Tubes/ Ovaries	165	17 The Thorax	176
Anatomy	165	Anatomy	176
Anatomy of the Uterus	165	Anatomy of the Heart	176
General Facts	165	General Facts	176
Location	165	Location	176
Topographic Relationships	165	Topographic Relationships	177
Attachments/Suspensions	165	Attachments/Suspensions	177
Circulation	165	Circulation	178
Anatomy of the Ovaries	166	Anatomy of the Lung	178
General Facts	166	General Facts	178
Location	166	Location	178
Topographic Relationships	166	Topographic Relationships	180
Attachments/Suspensions	166	Attachments/Suspensions	180
Circulation	166	Circulation	180
Movement Physiology according to Barral	167	Anatomy of the Mediastinum	181
Physiology	167	Movement Physiology	183
Hypothalamus	167	Physiology	183
Hypophysis	167	Physiology of the Heart	183
Hormones of the Ovaries	167	Systole	183
Ovarian Cycle	168	Diastole	184
Cycle of the Uterine Mucosa	168	Physiology of the Lung	184
Menopause	168	Pathologies	185
Pathologies	169	Symptoms that Require Medical Clarification	185
Symptoms that Require Medical Clarification	169	Coronary Heart Disease	185
Myoma	169	Obstructive Pulmonary Disease	185
Endometriosis	169	Restrictive Pulmonary Disease	186
Salpingitis/Oophoritis	169	Osteopathic Practice	186
Osteopathic Practice	170	Cardinal Symptoms	186
Cardinal Symptoms	170	Typical Dysfunctions	186
Typical Dysfunctions	170	Associated Structural Fixations	186
Associated Structural Dysfunctions	170	Atypical Symptoms	186
		Indications for Osteopathic Treatment	186
		Contraindications for Osteopathic Treatment	187
		Notes for Clinical Application	187
		Osteopathic Tests and Treatment	188

Test and Treatment of the Ligaments of the Coracoid Process according to Barral	188
Test and Treatment of the Costoclavicular Ligament according to Barral	189
Compression and Decompression of the Clavicle Along the Longitudinal Axis according to Barral	189
Fascial Mobilization of the Clavicle	190
Compression and Decompression of the Sternum according to Barral	191
Mobilization of the Corpomanubrial Junction of the Sternum	192
Mobilization of the Corpoxiphoid Junction of the Sternum	192
Mobilization of the Sternocostal Joints	193
Sternal Lift according to Barral	193
Mobilization of the Subclavius according to Barral	194
Mobilization of the Transversus Thoracis according to Barral	194
Mobilization of the Clavipectoral Fascia according to Barral	195
Mobilization of the Greater Supraclavicular Fossa	195
Pectoral Lift according to Barral	196
Mobilization of the Mediastinum according to Barral	196
Sternocostal Fascial Release in Prone Position ..	197
Fascial Mobilization on Top of the Coronary Arteries	197
Treatment of the Lung and Pleura	198
Circulatory and Reflexive Treatment according to Kuchera	198
Reflex Point Treatment according to Chapman ..	198
Recommendations for the Patient	199
The Five Exercises according to Fulford	199
Bibliography	200
Index	201