

# NEUROVISCERAL MANIPULATIONS OF THE THORAX AND THE ABDOMEN

Classically the visceral manipulations target their attachment systems, ligaments, omentum, fascia ... JP Barral and A Croibier to be more complete have added vascular manipulations. We know that manipulations in general have an effect on mechanoreceptors; without the nervous system, no central response can be obtained.

We have studied the visceral system to develop precise manipulations on certain key points of the nerve centers of the organs. These manipulations allow a precise and complete action on the sympathetic and parasympathetic systems.

For example, most of the right part of the colon is innervated by a cranial nerve, the vagus nerve, while the left part receives its innervation of the sacral parasympathetic system. It is this kind of precision that allows the osteopath's hand to be effective.

By linking peripheral nerve manipulations with cranial nerve manipulations, this course will show you how to use the nervous system to act on the visceral sphere and achieve a lasting regulatory action on it. Thus, thanks to a good knowledge of the visceral nervous system, it is possible to improve our results for the benefit of patients.

We will see the thorax, the abdomen and the pelvis: we will discuss in particular the manipulative approach of the different branches of the spinal nerves:

- The intercostal nerves that are particularly interesting to manipulate because of their connection to the Autonomic Nervous System, and the viscera underlying their path. We will see that these nerves can either guide you to the diagnosis of visceral fixation, or allow you to remove dysfunctions that direct manipulation of the organ could not fix.
- The posterior branches that give branches to the intervertebral and costo-vertebral joints (joint capsule, ligament and intervertebral muscle). You will be surprised at how knowing how to act on neural ramus can facilitate the structural manipulation of the spine.
- The intercostobrachial nerves, closely connected with the brachial plexus and the pleural region.
- The cluneal nerves, because of their deep distribution for the urogenital sphere.

We will see how to manipulate other nerves involved in the regulation of the visceral nervous system: the vagus nerves, the phrenic nerves, the sympathetic trunk and the sacral parasympathetic system.

We will also be interested in the skin, both in order to perfect our osteopathic diagnosis, and to use it reflexively on the viscera that are connected.