



Fédération Internationale de Médecine Manuelle - Internationale Gesellschaft für Manuelle Medizin - International Federation for Manual/Musculoskeletal Medicine

FIMM NEWS BULLETIN

TO THE NATIONAL SOCIETIES

Secretary-General
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FIMM 43rd General Assembly Meets in Varna, Bulgaria

The **43rd General Assembly** of the Fédération Internationale de Médecine Manuelle (FIMM) was conducted on September 27, 2008 in Varna, Bulgaria. The Bulgarian Society for Manual Medicine and its president, Professor Todor Todorov, graciously hosted the 24 National Society representatives and 3 guests officially attending the Assembly.

The minutes of the 2008 General Assembly (GA) are available online at www.fimm-online.com as are the reports of the President, Secretary-General, Health Policy Board Chairperson and Treasurer.

The major outcomes of the 2008 GA were the following:

1. **Restructured of the FIMM dues structure** for National Societies
2. Established the new **Educational Board and its initiative** for 2009
3. Reiterated **2009 Health Policy agenda** with passage of "special project" funding
4. Issued a **mandate to the German National Society (DGMM)**, in consultation with the FIMM Health Policy Board Director, **to create a structure** in cooperation with other FIMM members and pertinent invited experts/organizations that can fulfill the demands representing Manual and Musculoskeletal Medicine according to health medico-political regulations to European authorities and to present the statutes of this organization to the Executive Board for its final approval -- or, if that Body has questions or concerns, to introduce the statutes at the next GA regarding FIMM involvement.
5. Charged FIMM to rewrite the FIMM Statutes with the intent of creating a strong and mutually agreeable **Memorandum of Understanding** -- clarifying strong links based upon both the Memorandum and mutual trust but which are not structurally or fiscally linked; this will be put forth to the **FIMM International Academy** as well. (This incorporates the understanding that the 7500€ that FIMM promised to pay the FIMM Academy in 2008 will be forgiven by the FIMM Academy.)
6. Accepted **Turkey's** new manual medicine national society as an ordinary member of FIMM and excluded **South Korea's** national society from that status.

Details on these major outcomes include:

Restructuring FIMM Dues: Henceforth, all societies will only be responsible for supporting the costs of the “basic” FIMM expenses (administration & infrastructure). This means that for 2009, the base dues requires that “small” national societies will only pay dues equal to those assessed in 2008; “large” national societies will have their dues reduced to 1200€.

Health Policy Agenda & Funding: The outline of the Health Policy Board chairperson, Bernard Terrier, as laid out on www.fimm-online.com includes objectives associated with both the World Health Organization (WHO) and the European Union of Medical Specialists (UEMS). A special assessment of 0.50€ per member of each National Society was assessed for 2009 activities in this area. To reduce costs, the next meeting of the Health Policy Board will take place in conjunction with the FIMM International Academy meeting in May (Prague).

Future FIMM Special Projects: At least two votes will be taken in the future for FIMM projects to be considered outside the basic operations of FIMM. The first vote will determine whether a special project has the support of the General Assembly to be conducted in the name of FIMM contingent upon funding; subsequent votes will be dedicated to determine which National Societies will agree to fund the project and at what cost to each member or each society. This approach insures that any National Society can submit a special project resolution to the General Assembly (upon meeting the deadlines laid out in the FIMM Bylaws); the ability to complete the project will be determined by the support of those National Societies willing to contribute, the ability to raise outside funds or obtain grants, and the allocation of any discretionary funds available to the Executive Board to carry out the directions of the General Assembly.

Educational Board Agenda: an inventory will be made regarding administrative data reflecting MM education and a course book will be created incorporating materials from key FIMM member societies (including those from Germany, the USA, Russia, NZ, and Switzerland); this initiative will begin in 2009 and be presented at each GA.

For more information, please see www.fimm-online.com.

2009 FIMM 44th General Assembly To Meet in Prague

The 2009 FIMM General Assembly (GA) has been set for the Hotel ILF in Prague, Czech Republic. The Executive Board will meet on September 25 and a welcome party for delegates will be held that date. The FIMM GA and the FIMM dinner will take place on **September 26th**.

Thanks are extended to the president of the Czech National Society, Vlasta Tosnerova, for their invitation to FIMM and its National Societies!

For FIMM’s Researchers and Educators: The International Academy

Born from the FIMM Scientific Committee, the FIMM International Academy opened its doors to qualified active researchers and educators in the field of Manual / Musculoskeletal Medicine. Until now funded in part by FIMM, the International Academy increased the numbers of individuals involved in science and provided Instructional Courses benefiting many National Societies.

Action taken at this year's General Assembly creates the intention to establish independence in fiscal and leadership links between FIMM and the Academy, however ongoing collaboration and partnerships in advancing the academic and evidence-base in manual medicine. Restated, the aims of the Academy are:

- to enhance and develop scientific approaches that focus on musculoskeletally related problems,
- to encourage collaboration between scientists and teachers, based on individual membership thereby creating a scientific platform independent of National Society interest and representation.

To obtain more information or to submit an application or nomination, click on the FIMM International Academy section of www.iammm.net.

The outcome of discussions and negotiations between the leadership of FIMM and of the FIMM Academy will be brought to the 2009 General Assembly for a vote.

2009 International Academy To Meet in Prague; Instructional Course Offered

The 2009 International Academy meeting will take place in Prague, Czech Republic from **May 28-30, 2009**. The meeting will include the Annual General Meeting, Science Board meeting, committee meetings and Instructional Course. The bi-annual Instructional Course is open to everybody interested in musculoskeletal science and education. Course-fee for members of the Academy is 50% of the announced fee.

The first course was an **Instructional Course on Reproducibility Studies**. It took place in Montreux in 2003, and it was dedicated in particular for members of Education Boards in National Societies. Three more courses - in Prague (June 2007), Bilthoven (January 9, 2008), and Copenhagen (January 26, 2008) – also taught participants how to perform reproducibility studies. The latter two were sponsored in cooperation with the Dutch Society of OrthoManual Medicine and the Danish Society of Musculoskeletal Medicine.

For more information on the International Academy or its official journal, *International Musculoskeletal Medicine (IMM)*, see www.iammm.net. The journal is based on the former *Journal of Orthopaedic Medicine (JOM)* that kindly published reports from previous FIMM Scientific Committee/FIMM Academy meetings as well as abstracts from previous Conferences. The Journal is published by the English publisher Maney.

2008 American Osteopathic Association Research Conference Concludes

The AOA Research Conference was instituted in 1956 (2 years prior to the founding of FIMM). The 52nd Annual Research Conference was held in conjunction with the 113th AOA Annual Convention & Scientific Seminar, held 10/26-30/08 in Las Vegas, NV. The 2008 Convention was the largest yet, with over 9,000 osteopathic family members attending this great educational event. The bulk of the research abstracts presented at the 2008 AOA Research Convention were published in the August edition of the peer reviewed *Journal of the American Osteopathic Association (JAOA)*; review these abstracts at <http://www.jaoa.org/cgi/reprint/108/8/413>. The remainder will be published in a special section of the January edition of the JAOA.

The AOA's 114th Annual Convention and Scientific Seminar will be held in New Orleans, Louisiana, on November 1-5, 2009.

2nd Fascial Research Congress Update

The **Second International Fascial Research Conference** will be held in **Amsterdam** from **October 27-30, 2009** at **Vrije Universiteit**. It will continue the high level of scientific presentations set in the first conference which was held October 4-5, 2007. The 1st Conference presented the latest and best scientific fascial research from basic and clinical scientists around the globe and was critically acclaimed. FIMM was a "supporting organization" meaning that our Federation backed the 1st conference goals with a formal letter of support. In addition, FIMM made information about the conference available to our members and associates.

The Amsterdam Congress will be a four-day schedule followed by an additional day of post-conference clinical workshops. This will add new dimensions – presentation of the clinical practices, in lectures and demonstrations and in small group sessions, and integration with academic faculty conducting rehabilitation research. Vrije University has a main auditorium seating 900 and numerous smaller rooms for concurrent sessions.

The Fascia Research Congress 2009 in Amsterdam will be hosted by *Faculteit Bewegingswetenschappen* (Faculty of Human Movement Sciences) at Vrije Universiteit.

Registration begins shortly and **Research Abstract Submission** Deadline is currently February 15, 2009. (See <http://www.fasciacongress.org/2009/index.htm> for the complete agenda, faculty, and other details.)

Fascial Research Suggests Healing Power of Indirect Manual Medical Care

One minute of simulated **indirect counterstrain manual technique** can reverse the proliferation of pro-inflammatory cytokines caused by 8 hours of repetitive strain in an in vitro fibroblast model that mimics fascia and connective tissue. This information is supported by articles in the *JAOA* entitled, "In vitro biophysical strain model for understanding mechanisms of osteopathic manipulative treatment" (see <http://www.jaoa.org/cgi/reprint/106/3/157>) and "Modeled repetitive motion strain and indirect osteopathic manipulative techniques in regulation of human fibroblast proliferation and interleukin secretion" (<http://www.jaoa.org/cgi/reprint/107/12/527>). The latter article was the winner of the year's George W. Northup, DO, Medical Writing Award from the American Osteopathic Association.

This information was also recently summarized in "Importance of strain direction in regulating human fibroblast proliferation and cytokine secretion: A useful in vitro model for soft tissue injury and manual medicine treatments." (*Journal of Manipulative and Physiological Therapeutics* 30(8): 584 – 592) by Eagan, Meltzer, and Standley.

Counterstrain manual medicine technique was introduced by Lawrence Jones, D.O., FAO and involves identifying a painful point of tissue texture change and moving the body into a position such that the pain at this point is reduced by at least 70% and holding that point for an empirically determined 90 seconds and then slowly

returning the body to a neutral position. The *Jones Strain-Counterstrain* text (and others) are available from http://academyofosteopathy.org/pub_catalog.cfm.

General Updates on FIMM National Societies

France: The **SOFMMOO** (French Society of Orthopedic & Osteopathic Manual Medicine) is pleased to offer a series of **articles in Spanish**, the translation of which is guaranteed by GBMOIM (Grup Barcelona de Medicina Ortopédica i Manual). They sincerely hope that these texts will be useful for the study of Medicine Handbook. These articles are available at the French society's webpage at www.sofmmoo.com. An English translation page is also available at this site.

Seminar on the examination and treatment of cervical pain by manipulation (May 16, 2009): This SOFMMOO seminar covers the minimum clinical examination requirements as well as basic manipulation techniques with technical tips to be successful. Under the direction of Dr. Jean-Yves Maigne, the number of participants is limited to 35.

SOFMMOO also identified a **private website** with questions and answers, conference information, and references (see <http://www.mediosteofr.com/sommaire.htm>).

Germany: In addition to the basic level offered its members, the three German manual medicine societies associated with the German FIMM umbrella organization, *Deutsche Gesellschaft für Manuelle Medizin* (DGMM), offer well **over 100 osteopathic technique courses** to its members (and other interested physicians when space is available). Courses include muscle energy treatment, counterstrain technique, visceral treatment and support, lymphatic approaches, introductory and refresher coursework, pediatric and masters courses, cranial-sacral approaches, high-velocity techniques, Still technique, myofascial release and soft tissue treatments, as well as integration courses.

The **Deutsch-Amerikanische Akademie für Osteopathie DAAO e.V.**, which is associated with the **DGMM-MWE**, offers courses in both German and in English leading to an organizational credential. These osteopathic courses are conducted in Isny, Bad Iburg, and Vienna; see http://www.daaofr.com/internet/kurse/kurse_2009.html. The DAAO also partners with the *Österreichische Ärztesgesellschaft für Manuelle Medizin* (ÖÄMM).

The **Deutsche Gesellschaft für Osteopathische Medizin (DGOM) e. V.**, which is associated with the **DGMM-FAC**, offers courses in both German and English leading to an organizational credential. These osteopathic courses are taught in Boppard, Bergzabern, Berlin, Freiburg, Hamburg, Mainz, and Rheinfelden; see <http://www.dgom.de/pdf/anmeldung09.pdf>.

The **DGMM-ÄMM** offers its **Osteopathie für Ärzte** in German in Berlin; see <http://www.dgmm-aemm.de/kurse/webbasys/index.php>.

New Zealand/Australia: The Australian Association of Musculoskeletal Medicine (**AAMM**) site <http://www.musmed.com> links to the Tables of Contents for past issues of the *Journal of the AAMM* as well as the abstracts of **Stefan Blomberg, MD** (see "Topics of Interest") and numerous .pdf files of articles concerning manual medicine in headache, neck pain, low back pain and more.

United States of America: The American Academy of Osteopathy (**AAO**) has a new Executive Director, Harriet O'Connor, who replaces long-time Executive Director, Stephen Noone. Upcoming courses by or with the AAO include:

- Jan 9-11, 2009: **Fundamentals of OMM**, Nova Southeastern University College of Osteopathic Medicine (NSUCOM), Fort Lauderdale-Davie, Florida

- Jan 23-25, 2009: **Fundamentals of OMM**, Arizona College of Osteopathic Medicine (AZCOM), Glendale, Arizona
 - February 28 – March 1, 2009: **Dr. Fulford's Basic Percussion: A Systematic Approach to the Whole Body**, Tucson Osteopathic Medical Foundation, Tucson, Arizona
 - March 25, 2009: **Progressive Inhibition of Neuromusculoskeletal Structures (PINS)**, (Peabody Hotel) Little Rock, Arkansas
 - March 23-24, 2009, **Training Researchers in Manual Medicine, In Conjunction with the American Academy of Osteopathy Convocation**, (Peabody Hotel) Little Rock, Arkansas
 - March 25-29, 2009: **AAO Convocation -- Basic Mechanisms of Osteopathy: Balancing the Neuroendocrine-Immune System**, (Peabody Hotel) Little Rock, Arkansas
 - March 29-31, 2009: **Osteopathic Considerations in the Foregut**, (Peabody Hotel) Little Rock, Arkansas
 - May 1-3, 2009: **Evidenced-Based Manual Medicine A Problem Oriented Approach**, Western University of Health Sciences College of Osteopathic Medicine (PCOM), Pomona, California
 - May 15-17, 2009: **Still Technique**, University of Medicine and Dentistry of New Jersey School of Osteopathic Medicine (UMDNJ-SOM), Stratford, New Jersey
- For the course contact, click on the name of the course above or visit www.academyofosteopathy.org.

A Special Note on Activities in the Lives of Friends in the FIMM Family

- **Denmark: Palle Holck, MD** (a specialist in Rheumatology and Internal Medicine) was recently elected the new **president** of the Danish Society of Manual Medicine. He attended his first General Assembly in Varna.
- **Finland: Olavi Airaksinen, MD, PhD**, president of the Finnish national society, was elected in May 2008 as the **Scientific Director** of the FIMM International Academy replacing founding Director, Jacob Patijn, MD, PhD, of The Netherlands.
- **United States of America: Michael L. Kuchera, DO**, Secretary-General of FIMM, was presented with the 2008 Beehler **Research Mentor of the Year** from the American Osteopathic Foundation in October 2008.