

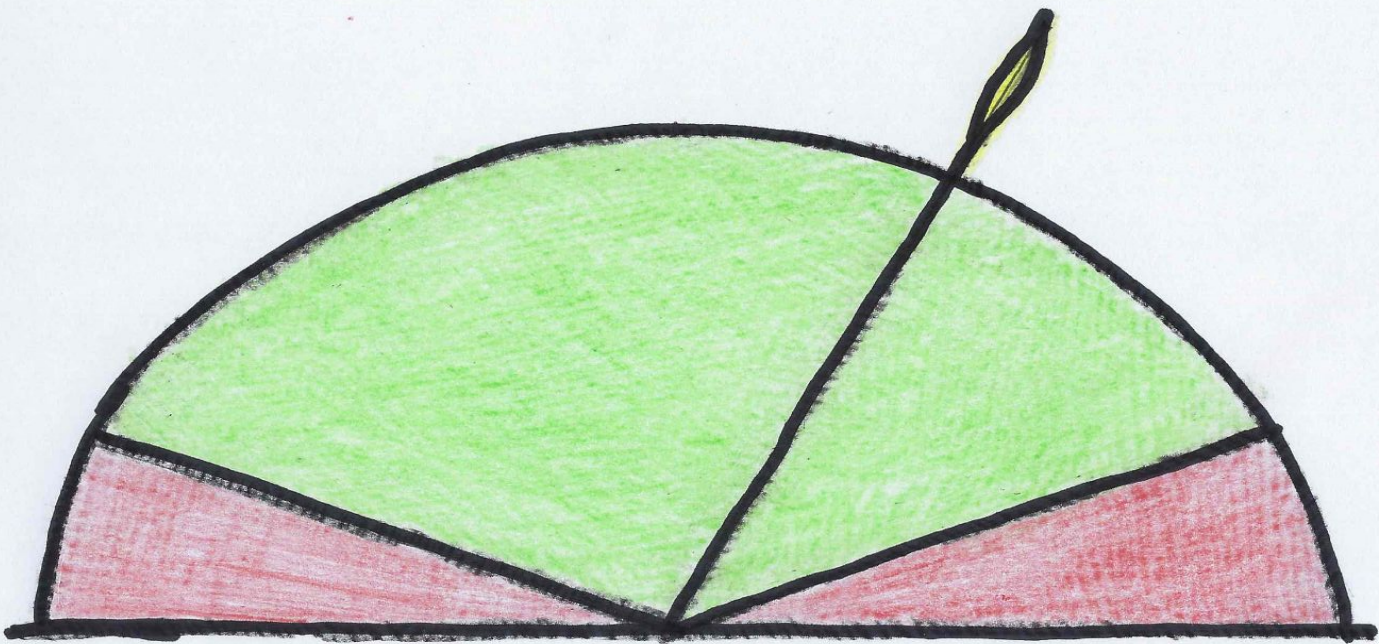
Manipulasjonsbehandling

Inspirasjon til hvordan du er og jobber som naprapat

Ole Martin Tunheim

Ole Martin Tunheim

- Naprapat 2015
- 7 sesonger medisinsk ansvarlig Bryne FK
- Hands on
- Bevisstgjøring

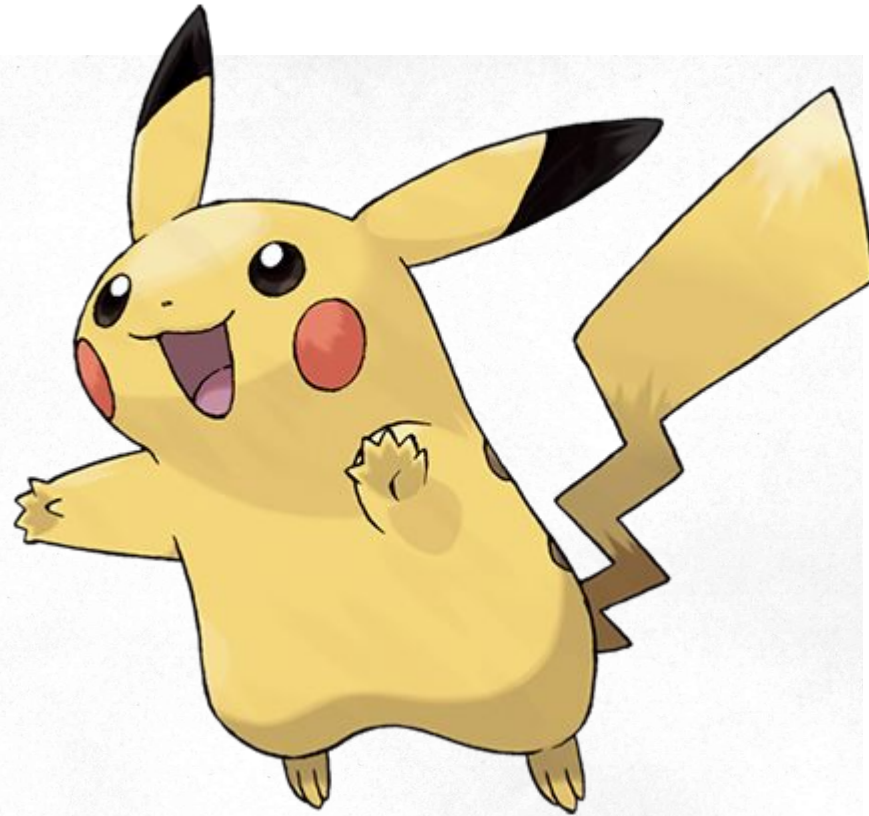
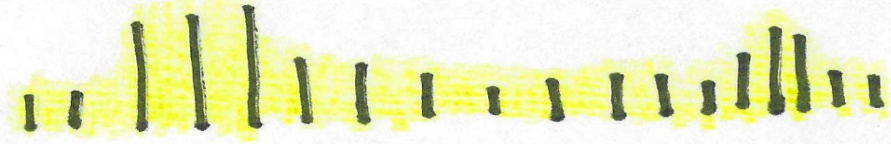


ENERGI

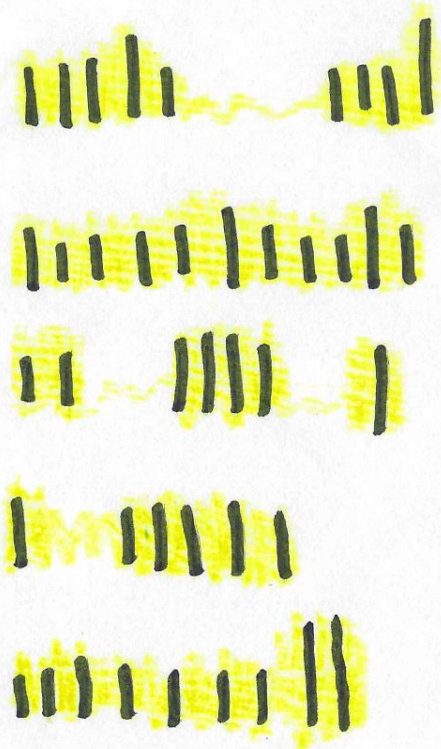
FLYT

MANIPULASJON

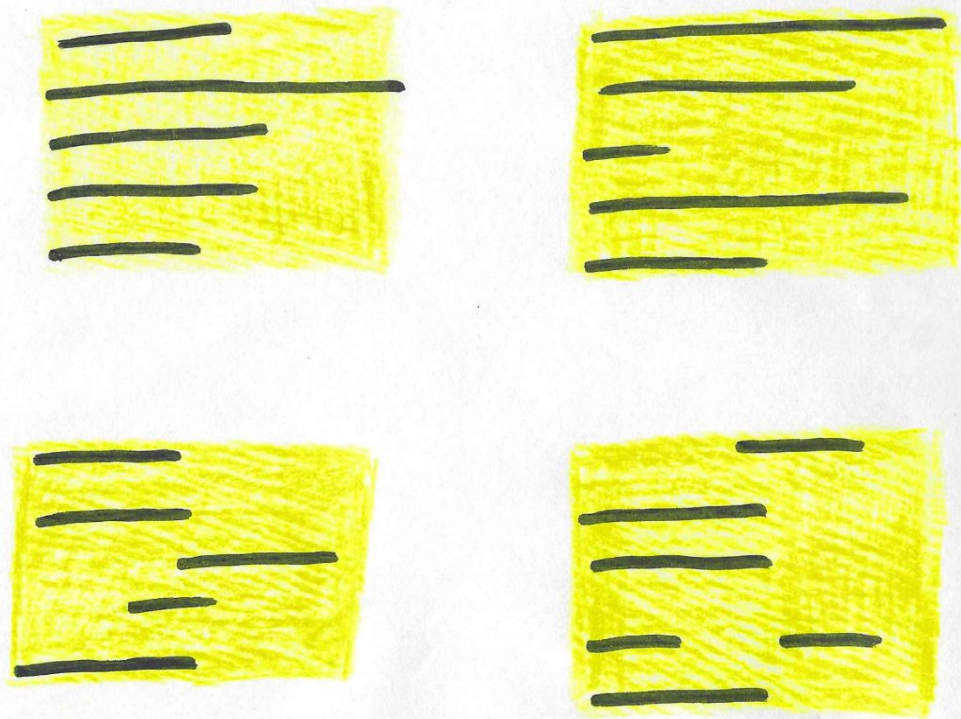
ENERGI



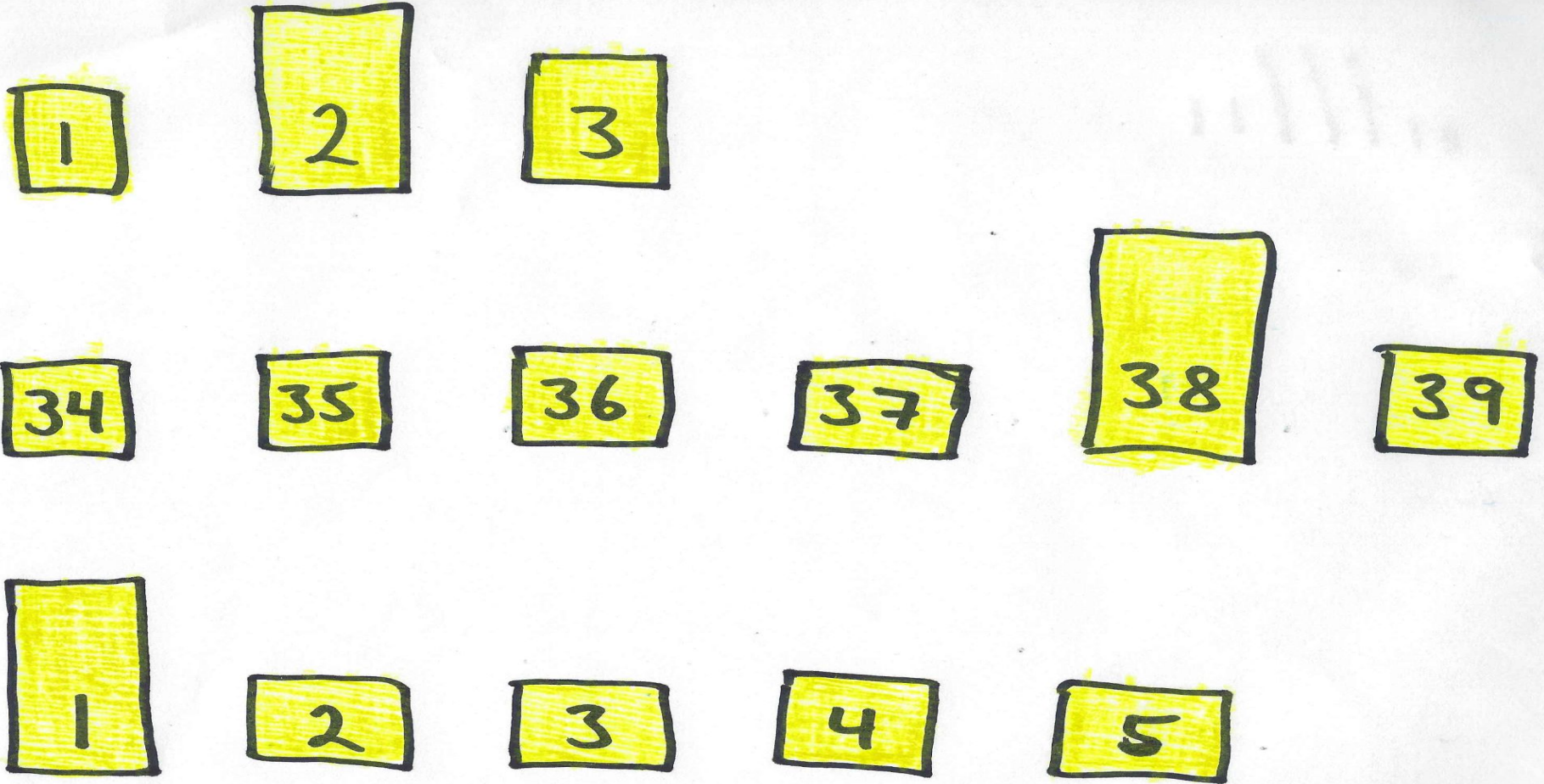
En dag



En uke



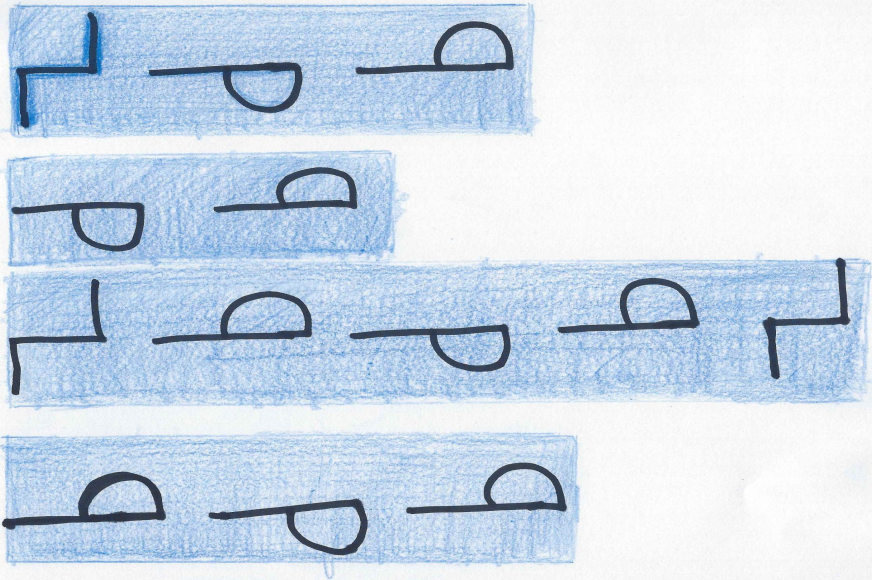
Flere behandlinger



FLYT

Høy / lav behandling

Gi deg selv tid



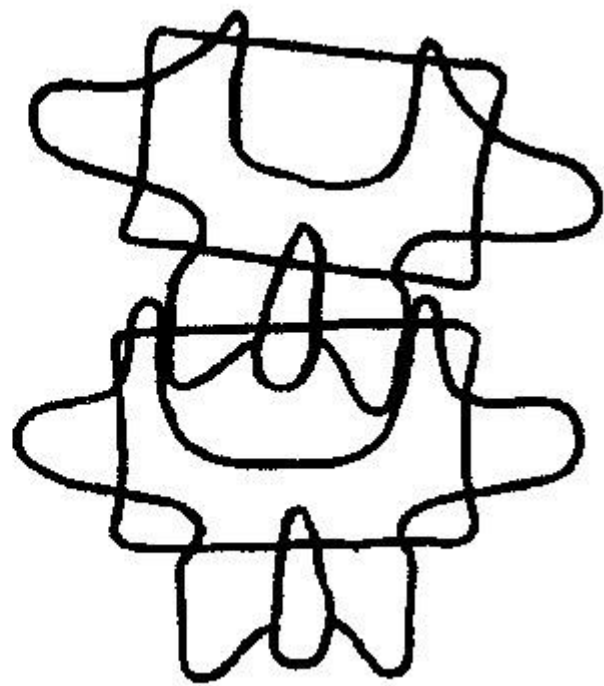
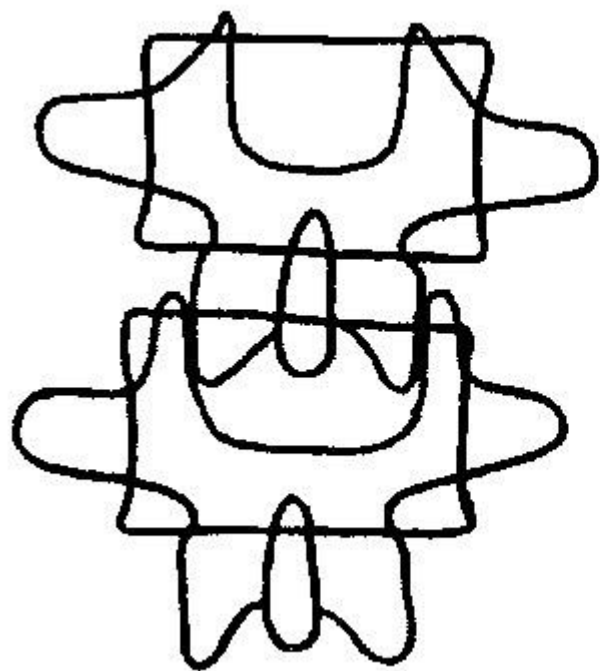
Tidsoppfattelse

The power of the walk



MANIPULASJON

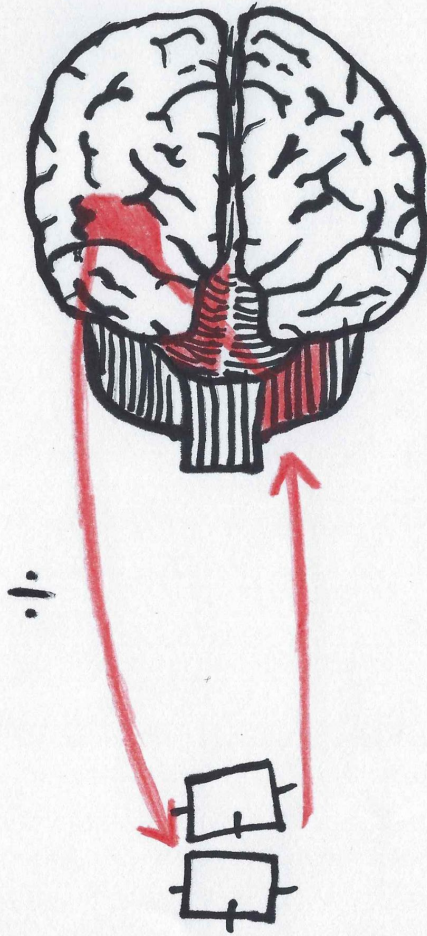
“Hva er det egentlig som skjer?”

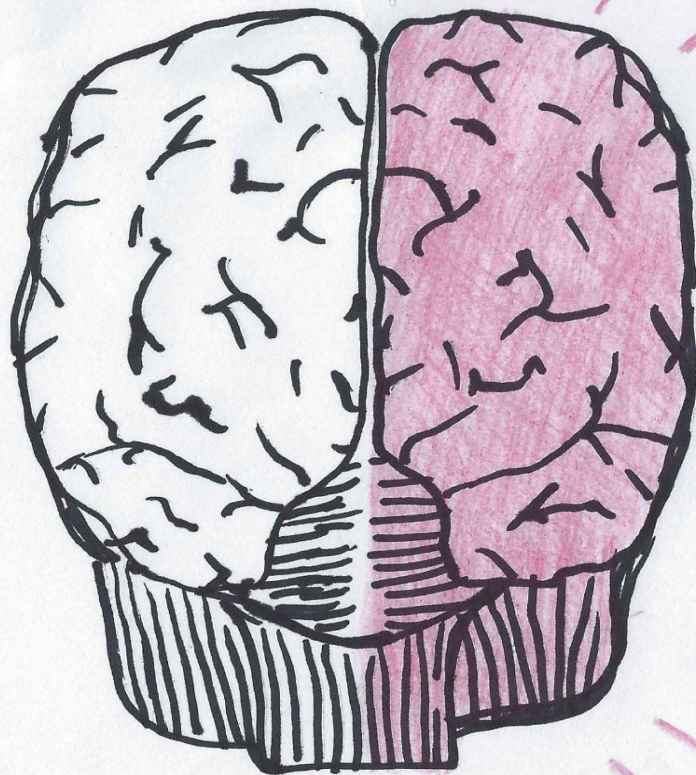


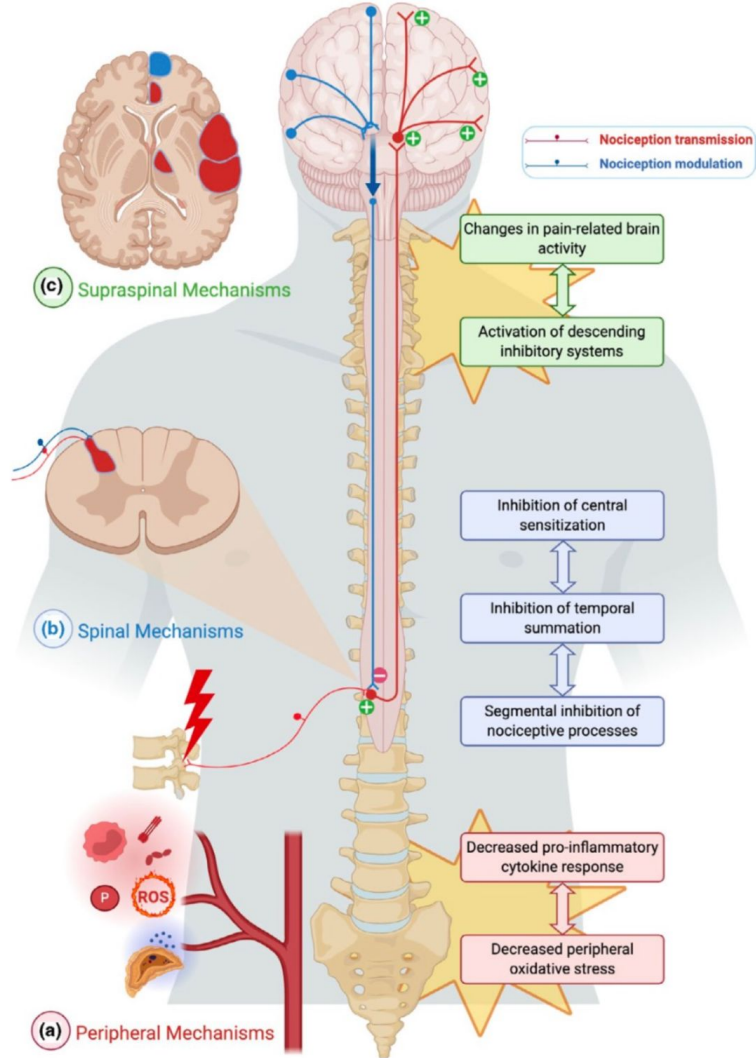
Cerebellum

Thalamus

Cortex







Pain mechanisms likely to be influenced by spinal manipulation

Supraspinal mechanisms

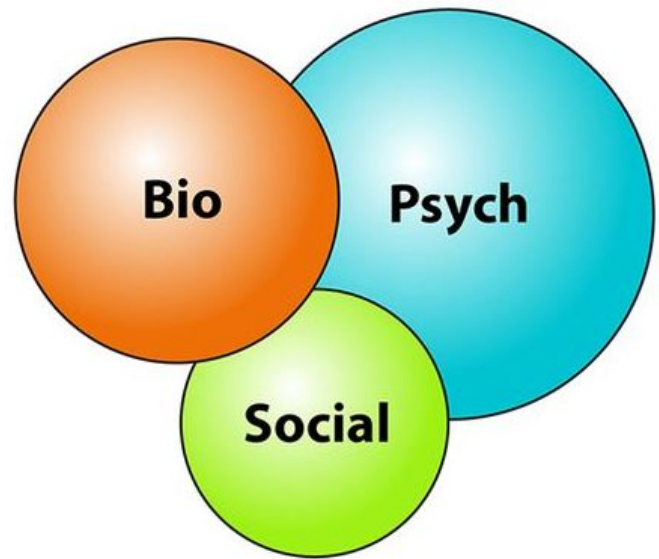
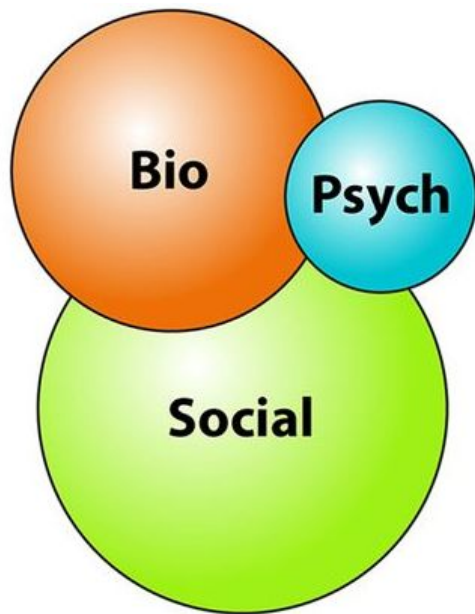
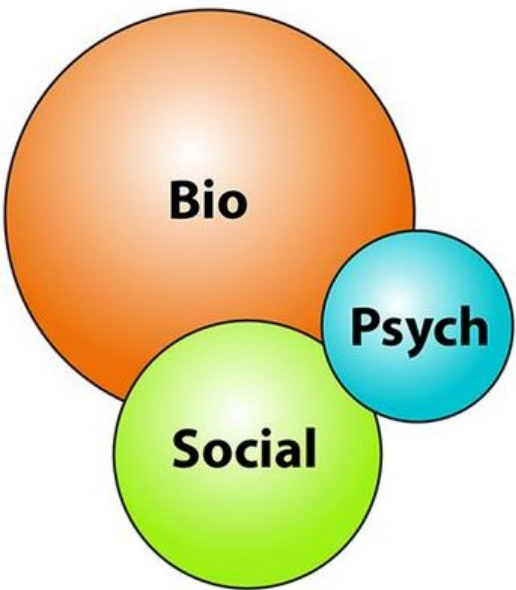
- Changes in central networks involved in pain processing
- Activation of descending pain inhibitory systems (DPIS)

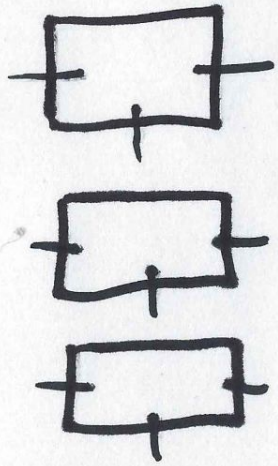
Spinal mechanisms

- Inhibition of central sensitization
- Inhibition of temporal summation and LTP
- Inhibition of nociceptive signal transmission

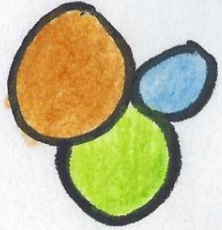
Peripheral mechanisms

- Decrease pro-inflammatory cytokine response and improve biochemical environment around nociceptors





CELLE
NIVÅ



- 5 components of Gonstead system

1. Visualization

2. Instrumentation

3. Static palpation

4. Motion palpation

5. X-ray



- 5 components of Gonstead system

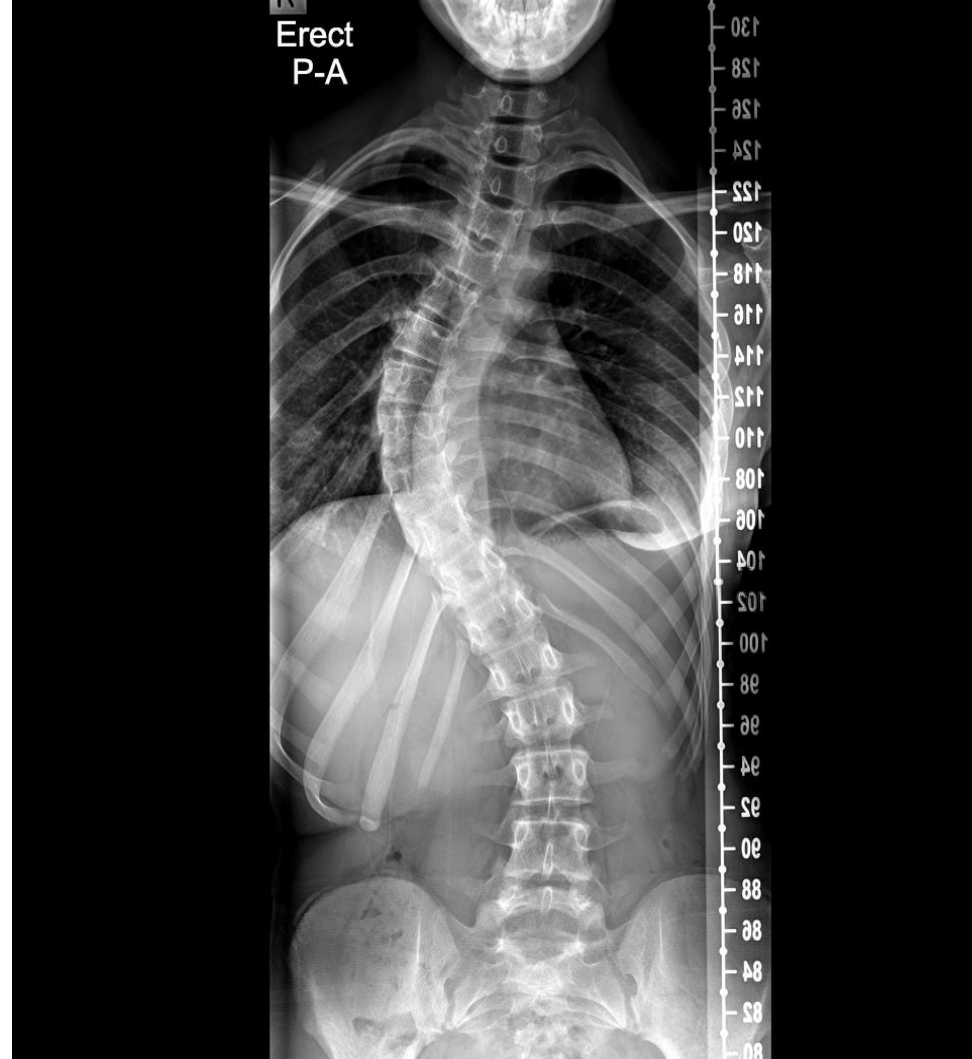
1. Visualization

~~2. Instrumentation~~

3. Static palpation

4. Motion palpation

~~5. X-ray~~



- 5 components of Gonstead system

1. Visualization

~~2. Instrumentation~~

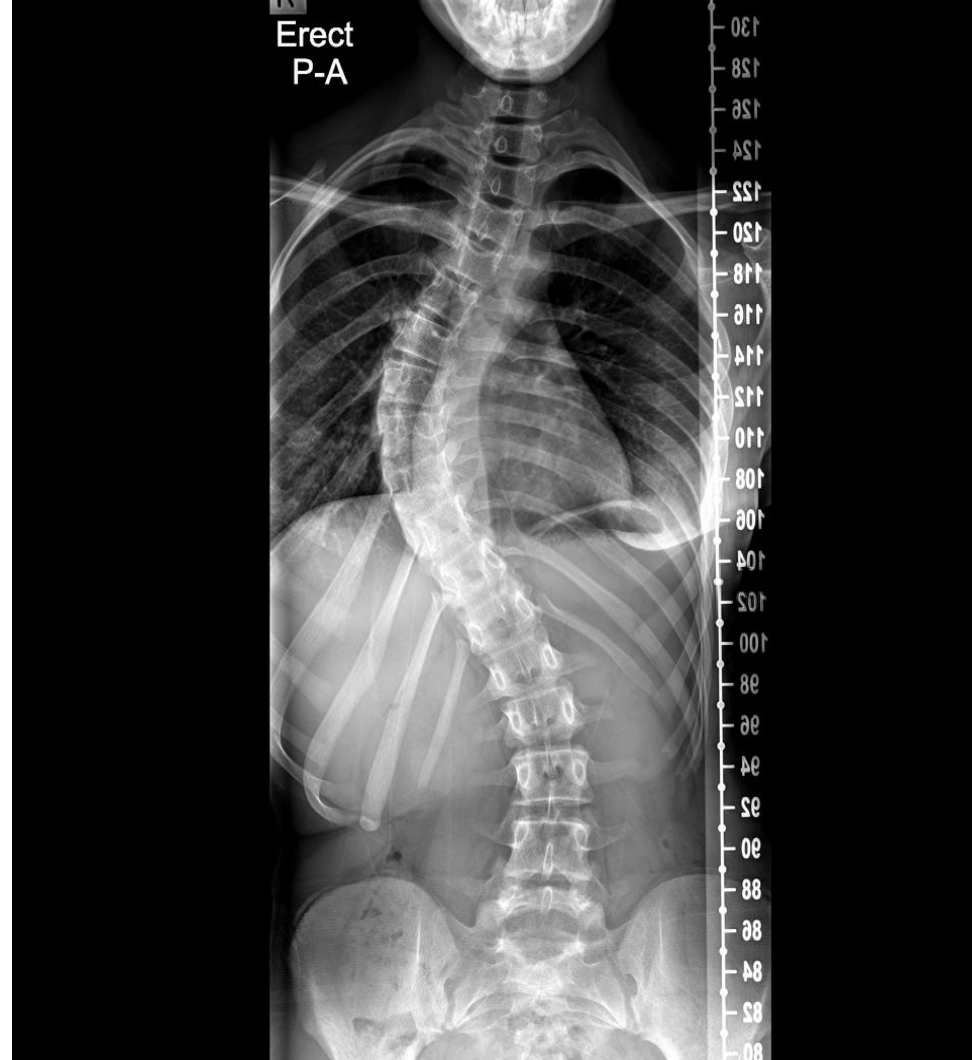
3. Static palpation

● Se

4. Motion palpation

● Kjenne

~~5. X-ray~~

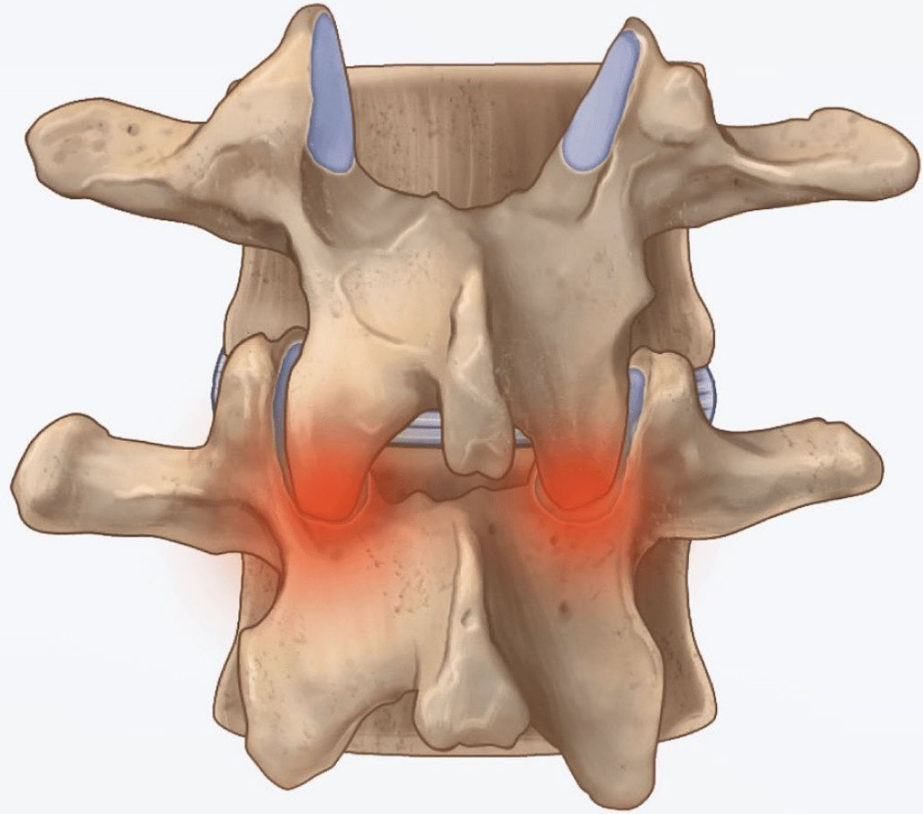


Facettledd

Cervical

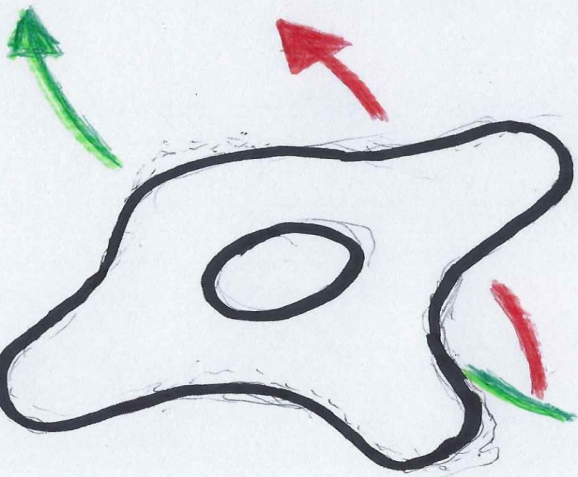
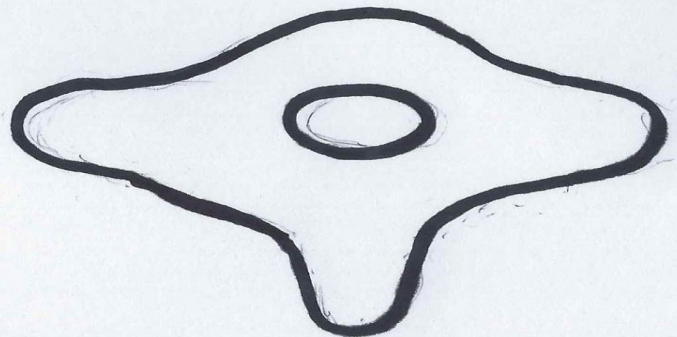
Thorakal

Lumbal





P-A



Bend it like ~~Beckham.~~
Roberto Carlos / Pavard

https://www.youtube.com/watch?v=crKwlbwvr88&ab_channel=KonanTheBarbarian

https://www.youtube.com/watch?v=kY-Wzd_1SK4&ab_channel=FIFA

Top of the rainbow
Affected side up



L Th C \rightarrow \sim \rightarrow \sim

Th \rightarrow \sim C \rightarrow \sim L

L Th \rightarrow \sim F \sim

Workshop

- L5
- C2-C7
- Håndledd
- Fotledd
 - Talus
 - Calcaneus
 - Met 1
 - Storetå

Parameter

- Palpation