

COSMOS project

The study of somatic dysfunction, known as COSMOS (Comprehensive Study of Somatic Dysfunction), represents a fundamental research field in the context of osteopathic medicine and manual therapy. This discipline focuses on analysing and understanding structural and functional alterations of the human body, particularly regarding the musculoskeletal system.

COSMOS aims to investigate somatic dysfunction's causes, mechanisms, and effects. Somatic dysfunction can manifest as musculoskeletal pain, movement restrictions, muscle tension, and joint misalignments. It may be caused by physical trauma, poor posture, stress, or underlying disorders.

Research in the COSMOS field focuses on several aspects. First, it studies the pathophysiology of somatic dysfunction by analysing anatomical and physiological alterations associated with specific conditions or disorders. This understanding is crucial for developing targeted and personalised treatment strategies.

Moreover, COSMOS investigates the methods for assessing and diagnosing somatic dysfunction. Clinical tools such as palpatory examination, joint mobility assessment, and postural evaluation are used to identify and evaluate musculoskeletal disorders. The goal is to accurately pinpoint the origin and nature of somatic dysfunction to plan appropriate therapeutic interventions.

Finally, COSMOS is dedicated to developing and evaluating treatment strategies for somatic dysfunction. These include specific manual techniques such as osteopathic manipulation, myofascial release, and therapeutic exercise. The aim is to restore balance and functionality to the musculoskeletal system, reduce pain, improve mobility, and optimise the patient's overall health.

COSMOS research thoroughly explores the underlying mechanisms of somatic dysfunction to provide evidence-based and effective therapeutic solutions. Additionally, this research contributes to the training of health professionals by enhancing diagnostic and therapeutic skills in managing musculoskeletal disorders.

Overall, the study of somatic dysfunction through COSMOS represents a significant contribution to the field of osteopathy. Understanding the causes and mechanisms of this dysfunction seeks to improve the quality of care for patients with musculoskeletal disorders, promoting better health and overall well-being.