

INTEROST project

INTEROST (Investigating the Effects of Osteopathy on Brain Functions) is a study dedicated to exploring the effects of osteopathy on brain functions. The brain plays a fundamental role in coordinating body functions and regulating complex physiological processes. INTEROST aims to investigate whether osteopathic treatment can directly or indirectly influence brain functions, leading to both physical and cognitive benefits.

Osteopathy, through its holistic approach, aims to promote balance and health in the body as a whole. Although osteopathy is commonly associated with treating the musculoskeletal system, many osteopathic practitioners recognise the importance of an integrated approach, considering the interaction between the nervous system and other body parts. In this context, INTEROST specifically focuses on the possible influences of osteopathy on the brain and neural functions.

Through INTEROST, scientific studies are conducted to evaluate the effect of osteopathy on brain functions, such as the modulation of brain electrical activity, the activation of neural circuits, neuroplasticity, and other related measures. Advanced brain imaging techniques, such as electroencephalography (EEG), functional magnetic resonance imaging (fMRI), and other methods, are used to record and analyse changes in brain activity before, during, and after osteopathic treatment.

The specific objectives of INTEROST may include evaluating the effect of osteopathy on specific neurological conditions, such as migraines, movement disorders, chronic pain, and other nervous system disorders. In addition, the possible influences of osteopathy on cognitive functions, such as attention, memory, planning, and information processing, can be explored.

The results obtained through the INTEROST project contribute to a better understanding of osteopathy's effects on the brain and neural functions. These results can provide a scientific basis for integrating osteopathy into treatment strategies for neurological disorders and improving clinical practice for patients with these conditions. Additionally, they can open new research perspectives in osteopathy and neuroscience, promoting collaboration between osteopathic professionals and researchers in neuroscience.

In conclusion, INTEROST represents an important effort to understand the effects of osteopathy on brain functions. Through scientific investigation and in-depth analysis, the project aims to provide solid evidence on the effectiveness and mechanisms of osteopathy at the brain level, opening new avenues for the application and integration of osteopathy in clinical practice.