

## The **Postural** Disease according to Dr. med. C. Bäumer ®

**Definition:** interdisciplinary, untreated usually chronic-relapsing or progressive, autoaggressive and exceptionally expensive and suffering pressure causing and unfortunately also massively underdiagnosed and therefore poorly treated "Endemic-civilization-related" disease



Almost every person (after orthopedic experience from more than 25 years of medical work on humans) becomes obsessive over the course of his life, through disposition (genetics and epigenetics), lifestyle and other burdens of life, but especially through gravity in the upright dual ducted gait. The civilizational influences (culturally induced reduction of physical activity per day from, for example, optimal genetically programmed approx. 20,000 steps per day in the evolutionary stage of the collector and hunter to a few hundred steps per day in the current evolutionary stage of the couchpotatoe and online purchaser) are probably very relevant.

Added to this are the constant weight gain and the change in the corporate world with the integration of humans into getting more complex computer-controlled production and service processes.

The everywhere flat and hard floors inside and outside without any stimulation of the human foot skin also contribute significantly to the **postural disease** and to lymphatic and venous problems in humans.

The **postural disease** affects all "civilized" people, more or less pronounced. The compensatory behavior and capacity of this **postural disease** by each individual decides about it, rather than when, how and where in the body the **postural disease** has painful consequences. The respective place of the least stability or compensatory ability in humans becomes symptomatic - therefore this illness has intra- and interindividually very different characteristics and phenotypical pictures - with no two humans the appearance is identical, which is common also with syndromic illnesses in the medicine.

Almost without exception, the painful consequences of postoperative disorders are inflammatory states of joints (arthritis and arthritis, instability), muscles (myopathy, trigger points, micro- and macrocracks) and their approaches (tennis and golfer's elbow, patellar tendon syndrome, Pes anserinus syndrome, biceps tendon syndrome, Supraspinatus tendon syndrome etc), fasciae and tendons as well as their accompanying tissues (tenovaginitis, jumping fingers, bursitis etc). The intervertebral discs belong as a specialized connective tissue in this list, because they can develop as a fibrocartilage degenerative and inflammatory (activated osteochondrosis).

In addition, the fracture formation in the fibrocartilage ring of the intervertebral disc with escape of gelatinous core material (herniated disc) following the incorrect loading is a frequent, painful but rarely neuropathic disorder requiring surgery.

Not each person with a tennis elbow has the complex form of the **disease of posture**, but every person with the disease of posture has an increased risk, a tennis elbow or other diagnosis from the above mentioned. To suffer a list.

Many people with other organic diseases (organs of the pelvis, the abdomen or the thorax) have according to the scientific-neurological concept of metamerism (embryonic segmental organizational structure, science-based) an unconscious viscerosomatic perception input, according to also scientifically proven mechanisms for postural change via segmental and can contribute over-segmental dysfunctions. Conversely, the flow of information from a disturbed posture segment as a somatovisceral reflex is also possible on the organs. These German-conventional medical neurological information channels are also the basis for the American-conventional medical teaching of osteopathy, as well as the Chinese-conventional medical teaching of the track treatment such as acupuncture and Tuina massage.

It may therefore be classified as a very common, autoaggressive and progressive disease, which may possibly be considered as probably the most expensive and commonest disease in civilized countries in summing up all facets with diagnoses and the diagnose-related sums of direct and indirect costs.

Therefore, the understanding of this disease, its treatment, but especially the early detection for the possible effective prevention of this disease in early stages in all forms of all patients at all ages is important for every social system but also for every human and patient-centered physician.

Almost every doctor (especially general practitioners, orthopedic surgeons, rehab physicians, sports physicians, intern medicine specialists, neurologists, rheumatologists, dentists) in every professional direction and facility meets in his professional life a lot of symptoms of **postural disease**. But analogous to osteoporosis, symptoms of a severe systemic disease that has just begun (in osteoporosis, for example, a fracture of the femoral neck, back pain in **postural disease**) are almost never diagnosed and treated as the underlying causative diagnosis. This is hippocratically and economically insane. Added to this is the highly valued and sometimes avoidable suffering of millions of people.

Elements of the **postural disease** have been described in the last century, for example by Dr. med. Gordon Zink in the US and also from the French osteopaths of posturodentics such as M.A. Clauzade and B. Darraillans. So it is not that new, and I really can't understand, why thinking like this („**postural disease**“) is not common in the 21st century in the medical world.

The treatment of this disease is complex, the mechanisms used are always multidisciplinary. The objective of the interdisciplinary team with the multimodal therapy plan is always to enable the individual human body structure to perform as best as possible. The human functions to be taken into account and to be improved are understood to be mechanical, neurological and biochemical.

The presented Bio-Medical-Philosophical-Syntheegrity® (BMPS) model according to Dr. med. Christoph Bäumer takes into account of the highly complex clinical picture of the described **postural disease**, explains the basics of this complex disease and its treatment methods and prevention options.

A qualifying certified training and workshops for all groups (shoe retailers, physiotherapists, osteopaths, medical doctors) as a modular course system is available as needed.

**Please feel free for any questions, inquiries for talks or workshops  
info@posturalist.com**