

Conjoint Congress of FIMM with the DGMM-German National Congress in Potsdam, Germany

by Wolfgang von Heymann, Vice-President of FIMM, President of the 15th FIMM International Scientific Conference

After a 6-year hiatus, the 15th FIMM Scientific Conference was convened in Potsdam, Germany. From Friday, September 24 to Saturday, September 25, FIMM held its Scientific Conference in conjunction with the German National Congress of DGMM, the German umbrella organization for Manual Medicine. This conjoint Congress was really a great success, as almost 300 physicians from Germany and all over the world gathered in an intense presentation of recent results and updates of standards as well as in a mutual exchange of experience in various workshops. The international part was literally woven into the national congress permitting a free wandering of participants between the two different, but joined events. The free selection of those individual presentations that participants considered to be most interesting was possible for all those who understood English as well as German. The overall congress fee covered all lectures, presentations, posters and workshops of both events, so there was no problem for the participants to choose whatever they wanted to attend or discuss. Just those who were fit only in one of the two languages were obviously fixed to the respective program of their language.

I. 15th FIMM International Scientific Conference:

In the FIMM program, the Conference started on Friday morning with 4 invited key note lectures:

- About the biomechanics of the SI-Joint by Prof. Paul Klein from Brussels, Belgium. He explained convincingly, that there are no reliable axes for these joints, but there is an axis for each joint individually that will vary from person to person. Interesting as models, all theories about reliable oblique or transverse axes have been proven to be wrong – most important are clinical tests.
- About the sensory-motor aspects of muscle pain and muscle contractions by Prof. Hong-You Ge from Aalborg, Denmark. The most recent results about the sympathetic modulation of the sensory hypersensitivity and the motor unit hyperexcitability of Trigger points were presented: The muscle trigger point is a focal center for increased sensory-motor-sympathetic interaction, which induces pain and muscular dysfunction in chronic musculoskeletal pain conditions.
- About the influence of nitric oxide on pain by Prof. Michael Kuchera from Philadelphia, USA. Presenting the results of the research on effects of mechanical lymph pump and special exercises he summarized that Manual Medicine changes the expression and the production level of NO and influences the effect of vascular structures. These vascular factors will remove (by blood) the “inflammatory soup” in chronic pain structures; by lymph they will maintain the drainage of inflammatory products; the influence of NO to central perception is under investigation.
- About the non-manual pain management by Dr. Jukka Pekka Kouri from Helsinki, Finland. The director of the ORTON Pain Clinic reported on the state of the art for intradural injection, facet joint injections, disc- and stenosis-operations, sacroiliac blocks, radiofrequency and spondylodesis. All these therapies should be taken into consideration after a manual treatment provided by trained physicians failed.

On Friday afternoon there were numerous workshops offered in English and German. Most exciting was the presentation and open training of the atlas-impulse-technique for babies with the syndrome of tonus asymmetry. Participants could practice with instantaneous feedback on dummies connected

to a computer – each impulse was shown on the screen to be corrected by further training. In the English program there was also a workshop from a Japanese group about their special method (Arthrokinematic Hakata Method), and a workshop on the treatment of chronic low back pain using osteopathic manipulations. These workshops were well accepted, even with so many participants seeking to learn first-hand applications.

On Saturday the FIMM Conference offered three sessions for presentations from members of FIMM member societies and a poster session:

- **New evidences in functional tests and RCTs**
 - KB Niemier, Germany – Reliability of functional tests for stabilization & hypermobility
 - H Locher, Germany – National guideline on Low Back Pain
 - A Steinmetz, Germany – Sensorimotor alterations in Violinists
 - W von Heymann, Germany – Prospective RCT: MM vs. NSAIDS vs. Placebo
 - JY Maigne, France – Interexaminer reproducibility of examination of the neck in MM
 - M Fischer, Germany – CMD and hip-abduction-test
- **Miscellaneous**
 - M-J Teyssandier, France – The two functional spines
 - SP Kanaev, SN Rasstrigin, Russia – MT in complex treatment of scalene-syndrome
 - S Vulfsons, Israel – Language of chronic musculoskeletal pain
 - JY Maigne, France – Searching the side of the pain without asking the patient
 - S Hosono, Japan – MM and microprocessor passive motion analysis, oscillation percussion therapy
- **Cervical spine – vascular approach**
 - AB Sitel, AJ Nefedov, Russia – Anatomy and physiology of vertebrobasilar systems
 - AB Sitel, K Kusminov, MA Bakhtadze, Russia – Degenerative processes vertebrobasilar
 - MA Bakhtadze, Russia – Cervicogenic headache by hypoperfusion of a. vertebralis
 - IN Sharapov, Russia – Ultrasound monitoring of acute cervical radiculopathy
 - A Nefiodov, Russia – Cervical manipulation to prevent cerebral vascular insufficiency
 - AI Nebogin, Russia – Cervical-vestibular syndrome
 - NA Krasnoyarova, Kazakhstan – Manual Therapy in vertebra-basilar insufficiency
 - DA Bolotov, Russia – Autoimmune mechanisms of cervicogenic headache
- **Poster session**
 - ML Kuchera, F Casella, NE Myers, J Nelson, V Ferencz – Inter-examiner reliability of a pelvic diagnostic test
 - ML Kuchera, NE Myers, V Ferencz, J Nelson, F Casella – Impact of gender on inter-examiner reliability of a pelvic diagnostic test
 - ML Kuchera, F Casella, J Nelson, V Ferencz, NE Myers –Effect of the first pelvic test on the second examiner in inter-examiner reliability studies
 - LH Young, LM Hodge, J huff, A Schander, F Downey, A Williams Jr, L Howard, ML Kuchera – Lymphatic pump manipulation affecting nitric oxide release in blood & lymph
 - PL Barnes, L Noto-Bell, J Nelson, V Ferencz, A Nicholas, ML Kuchera – Changes in cervical hysteresis after manual treatment

The abstracts of all these presentations are already published on the FIMM website in FIMM-News Vol.19, 2 from August 2010 (<http://fimm-online.com>) and in *Manuelle Medizin* 48(4-5)/2010.

The program of the FIMM International Scientific Conference was well-attended until the last minute by international and German participants and their always vivid discussions. This will encourage FIMM to continue this path of joined congresses, and we are curious which national member society will offer to host the next event in 2013.

II. 4th National DGMM Congress on MM-Medicine:

The German Congress was opened by 2 invited key-note lectures:

- Dr. Wolfgang von Heymann, past-president of FIMM, opened the national Congress with a lecture on “Biomechanics, Sensory Motoric and Pain – a triplet in every-day practice of MM”. “Although we know a lot about anatomy and function, we have images of WDR-Neurons and motor neurons, we can explain the craniosacral connection by muscles and interneurons – there are still black holes like the biomechanics of the SI-joint. We know a lot about afferents and efferents, about convergences in the brainstem and neuroplasticity of chronic pain – but we know very little about the sympathetic control of all these mechanisms by fear. We just last year were presented the actual model of 4 forms of pain – hyperalgesia, allodynia, spontaneous pain and referred pain. This model still has to be explained and introduced into all-day-practice”.
- Prof. Karel Lewit, now 95 years old, from the Czech Republic, gave a lecture on “The Deep Stabilizing System of the Spine” (DSS). This DSS is composed of MM bifidi in the back, the intraabdominal pressure produced anteriorly by the abdominal muscles, the diaphragm and the pelvic floor, and finally the muscles of the leg and the foot. All these muscles should function automatically, but quite often they have to be trained actively. The DSS is necessary for posture and gait; it needs balance between flexion and extension. Therapeutic strategies will incorporate correct breathing, flexion of trunk and toes, position of scapula and cervical stabilization. He invited all to come to a special Conference of the Czech and Slovak MM societies on stabilization that will take place in Prague on October 14 – 15, 2010.

On Friday there were 8 workshops and on Sunday another 16 workshops – all aspects of practical use of MM in diagnostics and therapies by hand or needles were represented.

Saturday in the German program was dedicated to presentations to the plenary session in the morning, to three symposium sessions parallel in the afternoon – each with at least 6 presentations – and to poster discussions in between. This national congress was also very well accepted and offered an overview on the state of the art in M/M-Medicine.