

MANUELTERAPİ

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Bu bölümün amacı manuel terapi hakkında genel bilgilendirme, farklı modeller hakkında bilgi verme ve klinik kullanım temelleri hakkında okuyucuyu bilgilendirmektir. ‘Manuel tıp’ çok geniş bir kavram ve çeşitlilik barındırmaktadır. Okuyucu bu geniş yelpazenin içinden gelen bir konsantrasyon alacaktır. 2014 yılında Türkiyede Sağlık Bakanlığının Geleneksel ve tamamlayıcı tıp yönetmeliğinin çıkması ile beraber hekimler arasında Osteopati ve karyopraksi ile ilgili farkındalık artmıştır. Sağlık bakanlığının açtığı osteopati programı 2019 haziran ayında ilk mezunlarını vermiştir. Osteopati ve diğer manuel tıp uygulamalarına olan ilginin artarak devam edeceği öngörülmektedir.

Manuel terapi; kas iskelet sistemi başta olmak üzere, nörojenik ve visseral fonksiyonel problemlerin el teknikleri ile tedavisidir. Başka bir tanımla ; manuel terapi (MT), klinisyenler tarafından doğrudan veya dolaylı olarak çeşitli anatomik yapılar veya sistemleri hedef alan, hastanın ağrısında faydalı değişiklikler oluşturmak amacıyla, çeşitli anatomik yapılar veya sistemlere yönelik uygulanan pasif, özelleşmiş hareketlerin bütünüdür (1). Manuel terapide tanı koymak için birçok muayene yöntemi kullanılır. Bu nedenle öncelikle aslında bir tanı yöntemi- dir. Kas iskelet sistemi, nöronal sistem, biyomekanik testlemeler yanında; palpasyon-dokunma teknikleri ile aldığı bilgileri birleştirir ve manuel teşhisi tanımlar.

Günlük yaşamımızda etrafımızdaki herhangi bir objeye veya canlıya doğru bir müdahale yapmak istediğimizde genellikle ellerimizle bir fiziksel uyarı yaparız.

İnsan biyolojisi ve anatomisi derinlemesine bilgiler ortaya koydukça ellerimizin ne kadar önemli bir uzuv olduğu görülmüştür.

Üst ekstremiteler genel olarak beceriden sorumlu iken alt ekstremitelerimiz stabilite ve hareketten sorumlu olmuşlardır. Ellerimiz dokunarak birçok bilgiyi almamıza, birçok olumlu ve olumsuz durumun algılanmasına yardımcı, çok özelleşmiş, fonksiyonel bir vücut birimidir.

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